

# RAIN PRACTISE DIARY

<i>What was the situation?</i>	<i>R – Recognising What was happening inside me? (body, mind and emotions)</i>	<i>A – Allowing How did I let what’s happening, “Just be”, as it is?</i>	<i>I – Investigating What happened as I looked closer? (body, mind and emotions)</i>	<i>N – Natural Awareness What happened next, as you opened your awareness?</i>

