

REAL EYES REALIZE "Beyond RAIN"

Our **REAL Eyes Realize** podcast interview with **Justin Michael Williams and Shelly Tygielski** highlighted ways where we, as everyday citizens, can get involved and support one another, creating a better world for all. Justin Michael Williams Shelly Tygielski inspires people to get involved, in their communities and in our world, doing what they can through matching needs with wants in the Pandemic of Love, or going beyond the meditation mat. This practice is Shelly's adapted version of going Beyond RAIN.

How Does It Work? ...

Going Beyond RAIN

Tara Brach has introduced a beautiful practice of RAIN, helping us to attune to our emotions and act in a way that promotes responding vs. reacting. That practice is identified here, as well as Shelly's additional two steps ... to go Beyond RAIN!

RAIN stands for:

R – Recognize (name your feelings)

A – Allow (make space without the desire to get rid of tough emotions)

I – Investigate (be willing to contact what's inside)

N – Nurture (bring in kindness; to self and others)

In order to recognize/name your feelings, it helps to identify our core emotion(s).

Step 1: Recognize. Think of a person or situation. Name which feeling(s) are most present for you.

Step 2: Allow / Accept Practice deep and mindful breathing and relax your body and mind as best as possible. Place your hands over your heart. Where do you feel the sensation(s) most in your body? How can you give yourself permission to feel fully what is presenting itself to you?

Step 3: Investigate. Journal or ask yourself questions such as:

What I see / feel is ...

It feels this way because ...

Step 4: Nurture. Ask yourself and provide what you need for self-care and compassion, and what, if anything, to provide care/compassion to others:

What would be most healing? Right now?

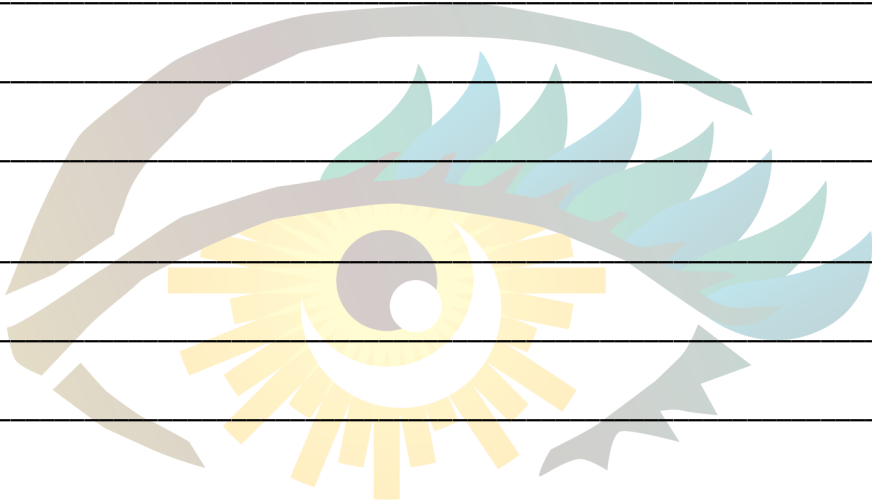
The Additional Steps Beyond RAIN Include:

Step 5: Empathy. Befriend your own self and those around you, with non-judgement and an open heart.

What can I tangibly do about what I am feeling? ...

Step 6: Action. What can be done, as a next step?

How do I come from a place of love? ...



A large, stylized illustration of an eye is centered on the page. The eye has a yellow sunburst for a pupil and blue-green rays emanating from it. The eye is set against a background of horizontal lines. The entire page is framed by a green border.

To offer what you can Give or ask for what you Need, check out the Pandemic of Love: <https://www.pandemicoflove.com/>