

The Sacred Art of Pausing

“RAIN”

“If we can pause, we can see the old pattern and how it gave temporary relief. In that pause, we can come into more presence – we have this incredible possibility of making a new choice.” – Tara Brach

R – Recognize what is happening. “Okay, I recognize it. I’m caught in the sense of deficiency – caught in the sense of falling short.”

A – the A is to Allow. This is where the pause is. It is like we are saying, ‘Okay, this is the actuality of what is happening right now. Can I just let it be here – right now – for these moments? Can I just let it be – not try to hide from it, not try to make it go away, but just allow it for the moment.’

I – this is where we begin to activate some **interest**. For example, ‘So what’s really going on inside me?’

Interest can carry us a long way. If you are interested, there is a little more energy and engagement just to hang in with what is there.

So we begin to just **investigate**, ‘What is going on in my body? What am I believing?’

The *I* has this quality of *Intimate attention*, which means it is gentle – it is kind.

N – We discover we are Not Identified. This is the magic of transformation – when being in this sense of presence, instead of being the deficient self, by paying attention we have enlarged and just become more of that presence.

In practicing RAIN, instead of getting locked in an emotional reaction, instead of identifying AS that deficiency, we are being present with it, observing it, allowing it to unfold and resolve itself.

Drawn from a discussion facilitated by The National Institute for the Clinical Application of Behavioral Medicine with Tara Brach, PhD and Ruth Buczynski, PhD.