



## Tara Brach: Embodied Self Compassion: Awakening our Hearts with RAIN



Tara Brach is the founder and guiding teacher of the Insight Meditation Community of Washington and author of internationally bestselling *Radical Acceptance* and *Radical Compassion*. In this presentation, we'll explore blocks to self-compassion and how the RAIN practice can open our hearts and bring healing to ourselves and our world.

**TOP EMBODIMENT TIP:** May we trust the goodness, love and awareness of ourselves and others.

### Limbic Trance: Appears in 3 Ways

- We spend a lot of our time lost in thought, not here, in a trance of anxiety, anger, etc.
- The three common ways that limbic trance appears: a) anxious, obsessive thinking and fixated on what can go wrong, b) feeling insecure and blaming others, and c) turning against ourselves, feeling not enough, feeling shame.
- Society reinforces this trance of unworthiness and not belonging.

### RAIN: Understanding the RAIN Meditation Practice

- We can use this practice to wake up from the limbic hijack and come back home to the present moment
- RAIN stands for:
  - Recognize (name the emotion)
  - Allow (acknowledge reality, saying yes to the emotion, allowing it to belong to the here and now)
  - Investigate (notice what's going on in the body, somatic sensations)
  - Nurture (what does this part of yourself need, put your hand on the heart and listen)
- Do these four steps and then after the RAIN practice, attend to the quality of presence and sense the shift in identity, the shift from the anxious self to a space of tender awareness, a shift back to who we really are. This will make it easier for you to return again and again to your true nature.
- Sometimes the trauma and pain is so great and so much that RAIN is not accessible. In this case, begin with nurture to calm down the nervous system.

### Resources

- ❖ **Books:** *Radical Acceptance*, *Radical Compassion*
- ❖ **Courses:** For Online Courses, check out Tara Brach's [website](#)
- ❖ **Website:** [tarabrach.com](http://tarabrach.com)
- ❖ **Social:** @tarabrach, Facebook: Tara Brach



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Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors”. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

# ILAN STEPHANI

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