

Strong emotions

- Working with our strong emotions helps us become more skillful and know how to handle our feelings.
- When the energy of a strong emotions emerges, we can know right away what to do in order to take care.
- We don't have to fight the emotion or the feeling. We just have to invite the energy of mindfulness to come help take care of the feelings.

“Breathing in, I recognize the strong emotion that is happening right now. Breathing out, I know this is only one feeling, and I am much more than one feeling.”

From the teachings of Thich Nhat Hanh

RAIN

The acronym RAIN is an easy-to-remember tool for practicing mindfulness and compassion using the following four steps:

- ***Recognize what is happening;***
- ***Allow the experience to be there, just as it is;***
- ***Iinvestigate with interest and care;***
- ***Nurture with self-compassion.***

You can take your time and explore RAIN as a stand-alone meditation or move through the steps whenever challenging feelings arise.

from www.tarabrach.com/rain

Power of Compassion

kindness vs judgment (blame)	connection vs isolation (shame)	perspective vs perfection (guilt)
--	---	---

Acceptance:

Reality is as it is.

Everything has a cause even if it's complicated or not clear.

We don't have to like or love it.

Life holds infinite possibilities.

Suffering is not required.

Compassion with equanimity:

Everyone is on their own life journey.

I am not the cause of all suffering, nor is it within my power to make the suffering go away, even though I wish I could.

Moments like these can be difficult to bear, yet I may still try to help if I can.