



RAINS MEDITATION

What is Rains Meditation?

Rains Meditation is a physical and mental process. It is the “activity” of being *inactive*. It is the most effective and direct standby method for delivering the meditator directly from a state of *Wanting* to a state of completely lacking Wanting, which is called *Samadhi*.

What is Samadhi?

This Samadhi serves as the “proof” of Rains Understanding: the truths of suffering, change, lack of self, emptiness, and perfection. With Samadhi, you will see - for yourself, without believing me - that the Rains Method leads to the truth. Understanding works with the other three+ Practices of the Rains Method over time to achieve Enlightenment: which is final deliverance from suffering: game over, you win.

It all starts with the *proof*. Otherwise we’re just consuming more confused beliefs. The proof is not in the words I say or my gestures. The proof is within *your mind* - within *this moment* - the only reliable place. The proof is Samadhi. But this same proof also lies within the very messy pudding of these minds of yours and mine.

It is the avoidance of this mess that has led to the present state of the world, our country, our communities, families, and our *minds*. That should be a sobering statement. The only way to see what our mind is up to is to stop acting out according to its whims and motivations - and that means to be *truly physically inactive* while being *truly aware*.

Therefore, the physical stage of Rains Meditation is simply not to move the body, and not to speak.

Samadhi Not Sexy



Samadhi is a glimpse or “proof” of the reality of *deliverance from suffering* and the characteristics of suffering (suffering, change, lack of self, emptiness, and perfection) that all inner and outer experiences abide by. This may sound “sexy” or something, but Samadhi is not sexy or exotic, nor is enlightenment. It is earthy, and *it is within you*.

Samadhi is simply a naturally occurring state of mental emptiness that *will* happen in wisps and waves if you *sit still and do not speak* for significant periods of time - *regularly*. In fact, Samadhi has already “happened to you” several times. These moments will lack suffering that contains suffering, lack self, lack the absence of change, and they will be perfect. Samadhi lacks and *expresses* all of these things at once! *It is best to ignore all these claims of mine and see for yourself*.

The “Path” to Samadhi

Witnessing Samadhi may take only an hour or it may take a few years. It doesn't matter whatsoever. I advise you to be persevering in your meditation practice. That's what matters, because within the silent stillness of Rains Meditation proves that the world is perfect, exactly as it is, in this and all moments awaits, *and you will find it* -if- you persevere and take the practice seriously. It is important not to approach Rains Meditation as a tourist for too long. Rather, approach it as you would a song you've always known, but have momentarily forgotten.

Samadhi is Not “Passive,” “Dopey,” or “Indifferent”

Samadhi is far from lacking in thoughts, emotions, and action. Samadhi is recognizing that thoughts, emotions, and actions do not exist as separate things. Thus Samadhi is a state of mental emptiness *which contains all available things*. Samadhi also means *readiness*. Samadhi is volcanic.

Six Stages of Rains Meditation

1. Environment
2. Posture



3. Breath
4. Breath-Posture Intimacy
5. Mind
6. Samadhi

We have currently in our Group covered Meditation Posture in a Chair (see the handout and ask about social media posts for a review of posture). We have touched somewhat on all of these Six Stages of Rains Meditation. We will more. We need to understand Rains Method Meditation is *not* only the balancing of the posture, it is the balancing of *all six* of these stages like a circle made of six keystones, and even more so the *balancing of them*.

Samadhi Alone is Useless

In order for Rains Meditation to successfully give rise to Enlightenment, it *must* have support from other parts of our lives. (Samadhi without support, by the way, I believe is called Vipassana). This is why the Rains Method is composed of the Five+ Practices of Rains Meditation.

Full Set of Practices of the Rains Method (current March 16):

1. Meditation
2. Awareness
3. Intimacy
4. Understanding
5. Action

Shouldn't we know why we are meditating in the first place so our meditation is strong and aimed directly at the annihilation of the cause of suffering rather than some kind of miserable plea bargain with reality that we're offered from all sides? We meditate to develop Samadhi. But the whole practice is about *living* Samadhi at all times, come heaven, hell, or high water. The irony of the Rains Method quest is that the perfect Samadhi of Enlightenment we are striving to live is nothing other than... *THIS!*