

## Weather Check-In

I'm looking at the blue sky out my window, not a cloud in sight. The tree tops are reaching up for the sky...if I'm looking upward, I don't see any snow--only green and bright blue. The window is open and a bit of a breeze is coming in, I can feel it on my face and my arms. I can hear water dropping steady from the eaves.

This is the weather, in this moment. Right here, right now. Not what it was this morning when I got up and not what it will be after supper tonight. The weather outside is constantly fluctuating and changing. We know and understand this as Canadians—in fact, we spend a lot of time talking about the changing weather. We inherently know that the weather outside is going to change—we don't expect anything else. Sure we enjoy a nice warm sunny day and we dislike freezing rain and dampness. What we know is that it will not stay, whether we want it to or not.

Just like we pay attention to the changes outside...changes in temperature, clouds, winds, sun, rain, snow....we can pay attention to the “weather” of our own experience. We can notice, with loving kindness, the quality and tone of our minds, our bodies and our hearts. We call this a “Weather Check in”.

We like the “Weather Check In” practice. If you've attended one of our group programs at the Family Health Team, this will be a familiar practice. Try pausing throughout your day to check in with your own weather. It might go something like this:

I stop whatever it is that I'm doing. Pause. Take a breath in and out. Aware of my inhale and exhale. With an attitude of openness, curiosity and friendliness I scan my body, mind and heart for what I'm experiencing right now. Hmmmm...My body right now feels “cool”. My mind right now is whirling and shifting quickly. My heart right now is calm and settled.

Naming our own experience helps each of us to get to know ourselves. Not unlike how we pay attention to those we care deeply about. We are usually interested in those we care about, we want to understand who they are and what life is like for them. The Weather Check In is one way to be a friend to ourselves. Like asking your closest friend...”How are you my friend?”

Lastly, add one more heartfelt question for yourself: “What do I need in this moment? What do I truly, *truly* need in this moment?”

Although we like to call this a “Weather Check In”, this kind of friendly inquiry can be found in the work of many others. One that immediately comes to mind is the “RAIN” practice from Tara Brach, which can be found at: <https://www.tarabrach.com/rain-practice-radical-compassion>.

Try to experiment with the Weather Check in and see what happens.

With kindness,

Becky and Shelley

*“What if each time you experienced an emotion, you acknowledged it, accepted it, and became curious about its message for you (instead of trying to make it go away or make it last longer)? Imagine how this could change your life. Imagine how heard, loved, and honored you would feel if you really listened to yourself.” — Vironika Tugaleva*

