

Begin directing your out-breath Kristin Neff's Self-Compassion Exercises How would you treat a friend Supportive touch Writing; Which imperfections bother you, write a letter from unconditionally loving Definition: Compassion is a mind free from hatred. She has been recognized as one of the world's most influential research psychologists. Compassion is the wish that others not Offer your full body your compassion, your tenderness, and your care - without it having to be or feel or look a certain way. Let yourself experience and be aware of the sensations of breathing. [In this mindfulness body scan, the intent is to send words of loving kindness to our body and deepen acceptance and awareness of • Please call to mind someone whom you love or someone who is struggling and needs compassion. Notice when you are breathing inand breathing out. I invite you to begin by coming to a comfortable seated position, K ristin Neff, Ph.D. You are worthy of your unconditional love and compassionsec. Visualize that person clearly in your mind. Cultivating compassion is a source of peace and harmony in the heart and mindLoving kindness & compassion for a loved one: Picture someone who is close to you, someone that you feel a great amount of love towards Hold your entire body in your awareness nowsec. [2 seconds] For a few moments, just focus on your breath and clear your mind of worries. Offer your full body your compassion, your tenderness, and your care - without it having to be or feel or look a certain way. Together with her colleague Dr. Chris Germer, she has created several empirically supported self Take a deep breath and release. When there are no negative emotions in our minds, then we are automatically at peace. is a pioneer in the study of self-compassion, being the first one to operationally define and measure the construct more than twenty years ago. You are worthy of your unconditional love and compassion Let's take a moment to pause - to tune into our experience with presence, curiosity, and self-compassion. Mindfulness Body Scan for Self Compassion. I invite you now to gently rest a hand upon your heartsec [seconds] Loving-Kindness & Compassion for a Loved One %PDF %âãiÓobj > endobj xrefinnnnnnnnnnnnnnnn Compassion is the wish that others not suffer, as well as having the urge to help end the suffering of others.