Mindfulness and Self-compassion

Self-compassion; The proven power of being kind to yourself, Kristin Neff p. 10.

“Compassion, then, involves the recognition and clear seeing of suffering. It also involves feelings of kindness for people who are suffering, so that the desire to help--to ameliorate suffering--emerges. Finally, compassion involves recognizing our shared human condition, flawed and fragile as it is.

“Self-compassion, by definition, involves the same qualities. First it requires that we stop to recognize our own suffering. We can’t be moved by our own pain if we don’t even acknowledge that it exists in the first place.”

(following diagram from Kristin Neff, MMTCP presentation on self-compassion)
Self-compassion has three components:
1. **Mindfulness**: Noticing that suffering is present
2. Recognizing the **common humanity**—other human beings experience difficulties, too. I’m not alone.
3. **Kindness**

Kristin Neff’s website offers guided meditations, self-compassion exercises (including “How would I treat a friend?,” “Self-compassion break” and “Self-compassion-loving-kindness meditation” similar to what we practiced today):

https://self-compassion.org/category/exercises/#exercises

**Recorded meditations** (various lengths and various types/focus)
http://www.sharingmindfulness.com/audio/

**Videos about mindfulness** (C. Wolf and G. Serpha)
http://www.sharingmindfulness.com/videos/

**Books:**
*Self-compassion: The proven power of being kind to yourself.*
Kristen Neff
www.self-compassion.org

Rick Hanson
Lots of tools, meditations and information about positive neuroplasticity at Rick Hanson’s site:
www.rickhanson.net

Poem: Birthright

*Despite illness of body or mind,*
*in spite of blinding despair or habitual belief, who you are*
is whole. Let nothing keep you separate from the truth. The soul, illumined from within, longs to be known for what it is. Undying, untouched by fire or the storms of life, there is a place inside where stillness and abiding peace reside. You can ride the breath to go there. Despite doubt or hopeless turns of mind, you are not broken. Spirit surrounds, embraces, fills you from the inside out. Release everything that isn’t your true nature. What’s left, the fullness, light and shadow, claim all that as your birthright.

~ Danna Faulds

Thank you again, Gilda’s friends!
Please reach out to Debbie if there are any additional resources or information you’d like from the class.

Best wishes,
Stephanie