

AFFECTIONATE BREATHING

(NEFF, 2014):

OBJECTIVES:

- The work of self-compassion can begin with breath work. The word “breath” can be traced to the Latin root of “Spiro,” which means soul. Learning to breathe in kindness and affection can be an initial method to cultivate compassion and nourish the soul.

INSTRUCTIONS:

- A guided imagery by Kristin Neff can be found at the following site.
- [Listen to this guided imagery at least once a day.](#)

