

# Mindful Compassion



breath  
works



Breathworks  
meditations

Mindfulness

- Body Scan
- Breathing Anchor
- Mindful Movement
- Three minute Breathing Space

# Breathworks meditations

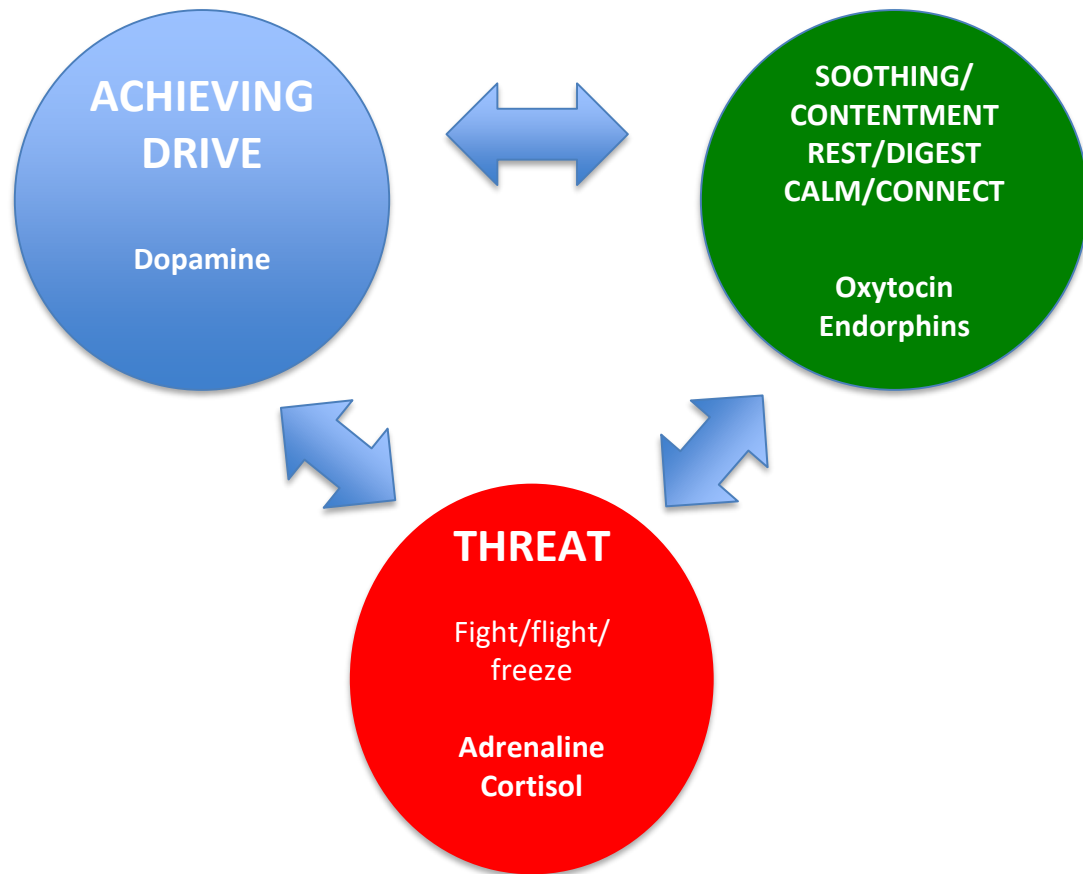
## Compassion

- Compassionate  
Acceptance
- Treasure of Pleasure
- Open Heart
- Connection

# Aim of MBPM

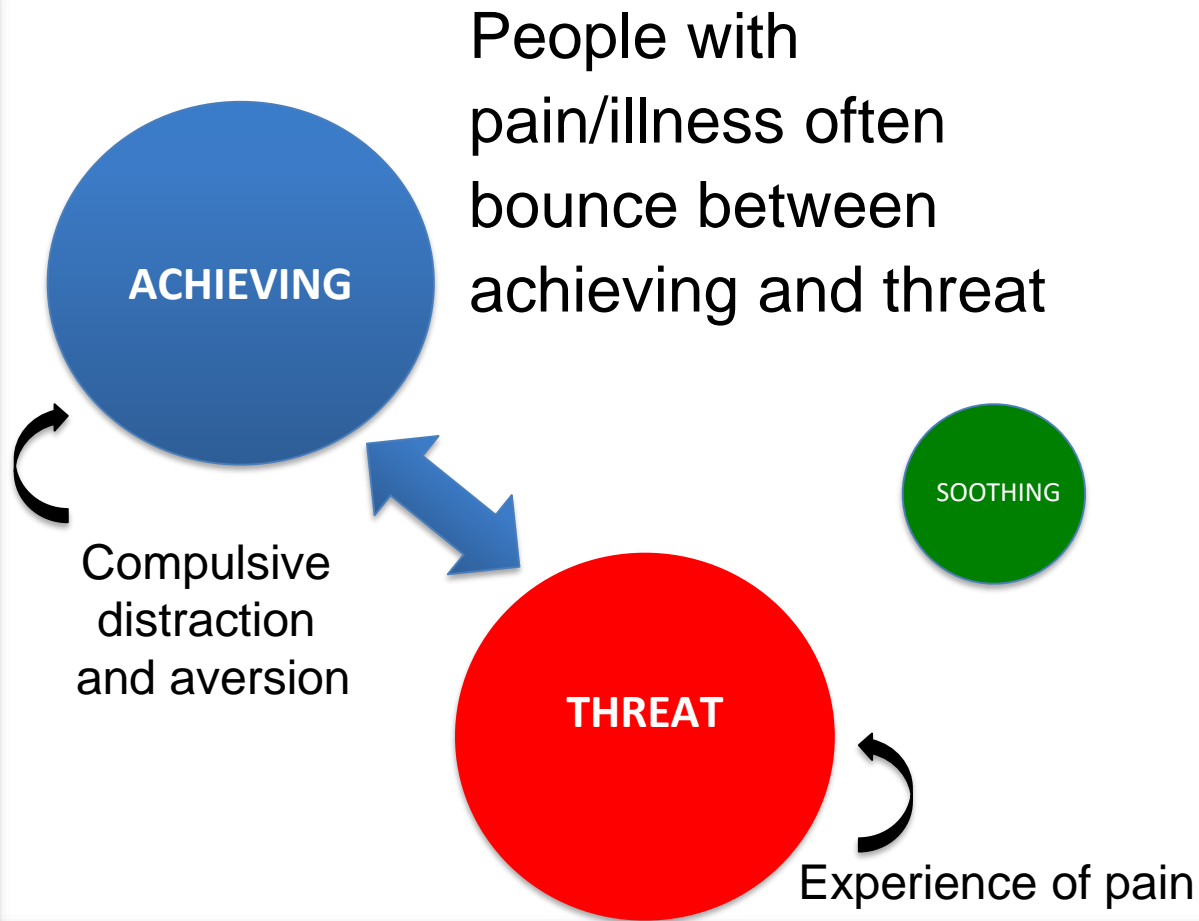
Regulate  
Three major  
emotional  
systems

FROM PAUL GILBERT



# Three major emotion regulation systems

FROM PAUL GILBERT



# Three major emotion regulation systems

Need to  
cultivate  
soothing  
system



Hang out in the green  
zone

FROM PAUL GILBERT

# Stimulate Para-sympathetic Nervous System

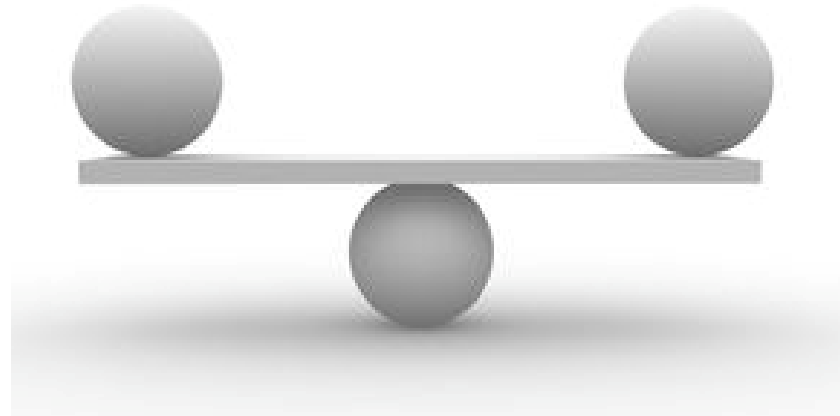
Move from:  
**Fight/flight/freeze**  
to  
**Calm/connect/rest**

- **Endorphins** and **oxytocin** stimulated
- Healing and natural pain relievers



# Finding Balance

All of Breathworks programme is designed to **re-regulate nervous system** to more **balanced settings**



# Importance of compassion

**Tenderness and kindness crucial**



# The Science of Loving Kindness Meditation (LKM)

(Barbara  
Frederickson)

**Three key ways** body and mind  
biologically affected by love:

1. Vagal tone.
2. Oxytocin
3. Neural and cellular plasticity

# Vagal Tone

- **LKM raises vagal tone**
- Heart Rate Variability (HRV)
- Connected to PNS
- High vagal tone builds a **strong immune system**

# Oxytocin

- Cultivating LK through meditation **stimulates PNS and green zone.**
- **Releases oxytocin** which can **reduce inflammation** and boost immune system.
- Can also **reduce pain** as endorphins also part of green zone

# Experience- dependent neuro- plasticity



(Donald Hebb)

Experience-  
dependent  
neuro-  
plasticity

What we dwell on  
we become

# CHANGE IS POSSIBLE!

There  
is  
hope

**Awareness and  
kindness** are key

We can learn to choose what we  
attend to with our awareness to  
cultivate well-being