



# Self-Compassion Meditations to Release Self-Criticism and Foster Self-Kindness

*Traci Stein, PhD, MPH*

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This four part collection of self-compassion meditation audio tracks offers Traci Stein's state-of-the-art guided meditation, evocative hypnotic imagery, powerful affirmations and Steve Kohn's exquisite, immersive music, to help cultivate a more respectful, patient, loving relationship, toward oneself and others. Also referred to as a loving kindness meditation audio or metta meditation, this gentle, calming guided narrative enables listeners to open their hearts and experience the full, power of their own natural feelings of love, care, kindness and generosity. This evolves organically into a beautiful self-forgiveness meditation as well. Every segment of this comprehensive self-compassion meditation program to nurture self-love is psychologically sophisticated and carefully researched to foster self-appreciation and self-respect. It has been written and narrated by noted psychologist, certified hypnotherapist and behavioral health expert Traci Stein, PhD, whose superb voice and expert content delivers some of the most powerful and effective tools for personal change in production today. The loving kindness meditation audio is scored to the exquisitely soothing music of Steven Mark Kohn and produced by the Cleveland Orchestra's sound engineer, Bruce Gigax. The sleep track substitutes wave sounds for the music, to boost the calming action of Traci's voice and narrative. The Self-Compassion audio program consists of four tracks: An introduction and Description of the Program Brief Guided Imagery for Compassionate Clearing A Longer, More Immersive Guided Meditation to Foster Self-Compassion Affirmations for Self-Compassion Repeated listening to any combination of these metta meditation exercises delivers steady, incremental changes in attitude, feelings and behavior, reminding us that we are far more than our challenges or self-judgments. The self-compassion affirmations track reinforces the perspective of the loving observer and wise guide, to help us release self-criticism and enhance feelings of kindness and gentleness toward the self and others. A separate Self-Compassion during Sleep audio program is also available and is especially helpful for those who tend to sabotage their own best intentions during the daylight hours. (55 minutes)

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