

# SELF-COMPASSION MEDITATIONS

TO RELEASE SELF-CRITICISM AND FOSTER SELF-KINDNESS

BY TRACI STEIN

The practice of self-compassion can help you cultivate a more respectful, patient, and loving relationship with yourself. Soothing but powerful hypnotic imagery and affirmations help you take the perspective of the patient and loving observer and wise guide, release self-criticism, and foster feelings of self-kindness. Regular use can help you remember that you are far more than any challenge, self-judgment, or life event – all of which are universal, and thankfully, temporary. (55 minutes)

“All of us develop habits that we want to change. I use time-tested hypnotic and clinical techniques that promote an understanding of how the habit developed, and help you to comfortably release it as a tool that no longer serves you. The process inspires confidence to create change in line with the healthiest self.”

Traci Stein, PhD, MPH



Traci Stein, PhD, MPH, is a practicing psychotherapist and Columbia-trained clinical psychologist, ASCH-certified in clinical hypnosis. She is the former Director of Integrative Medicine in the Department of Surgery at Columbia University, and has combined integrative therapies, including hypnosis, with conventional medical and psychotherapy practice. Her passionate commitment to mind-body healing has spanned two decades.

This is not a substitute for medical treatment.  
Do not use while driving a car or operating machinery.

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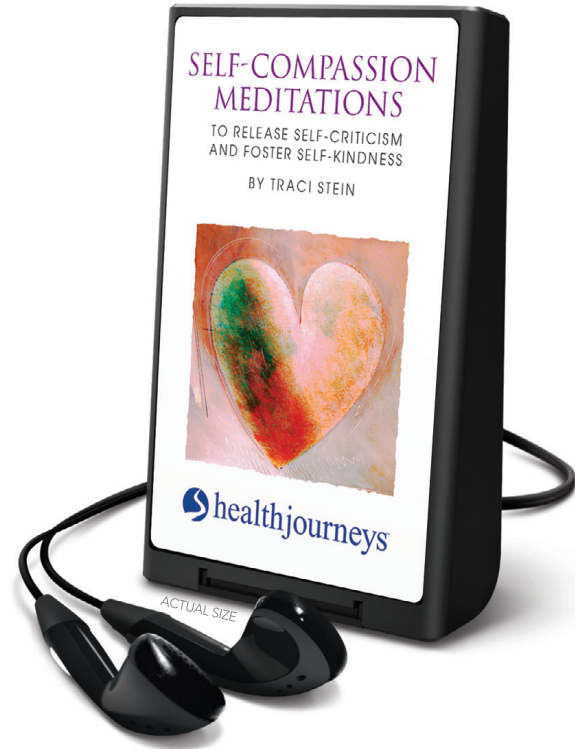


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