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Self-help therapies - NHS

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Compact disc - Wikipedia

This meditation is included at the end of the RAIN of Self-Compassion talk. This talk explores three key features of the trance of unworthiness and introduces this guided meditation based on the acronym RAIN that awakens self-compassion and de-conditions the suffering of being at war with ourselves.

Meditation: The RAIN of Self-Compassion - Tara Brach

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