
Phrases for: Loving Kindness, Compassion, and Difficult Mind States

- Loving Kindness
 - May I/you be safe
 - May I/you be happy
 - May I/you be healthy
 - May I/you live with ease
- Compassion
 - I care about my/your suffering
 - May I/you have the strength to face my/your suffering
 - May I/you be free from suffering
 - May I/you be calm and peaceful
- For difficult mind states:
 - “It’s OK”
 - “May I hold this with warmth and tenderness.”
 - “May I accompany this difficulty with gentleness and kindness.”
 - “May there be ease and kindness in the face of this.”
 - “May I soften.”