

Intro to Mindfulness - Week 6 & 7 Lovingkindness

Categories:

Self
Benefactor/Mentor
Dear One
Neutral Person
Difficult Person
All Begings Everywhere

Lovingkindness Phrase Samples

Traditional Four

May I (you) be safe
May I (you) be healhty
May I (you) be happy
May I (you) live with ease

Others

May I (you) be safe and protected
May I (you) be healhty in body and mind
May I (you) be held in compassion
May I (you) be free from pain and sorrow
May I (you) be truly happy and deeply peaceful
May I (you) accept myself (yourself) just I am (you are)
May I (you) be loved and know that I am (you are) loved
May I (you) be free

Crafting Lovingkindness Phrases That Are Right For You

Take a few moments to allow your heart to open
As yourself, "What do I need? What do I *truly* need?"
When you're ready write down the answer that comes to you,

"May I _____"

"May I _____"

"May I _____"

"May I _____"

Consider what you long to hear. Ask yourself, "What do I long to hear from others? What do I long to hear because, as a human being, I need to hear words like this?"

Write down what comes to you,

"May I _____"

