

Loving-kindness Phrases

May (I) be free from danger.
May (I) have mental happiness.
May (I) have physical happiness.
May (I) have ease of well-being.

Sharon Salzberg (1995). *Lovingkindness: The Revolutionary Art of Happiness*. Boston: Shambhala Press.

May (I) feel protected and safe.
May (I) feel content and pleased.
May (my) physical body provide (me) with strength.
May (my) life unfold smoothly with ease.

Sylvia Boorstein. (2002). *Pay Attention, For Goodness' Sake: The Buddhist Path of Kindness*. New York: Ballentine Books.

May (I and all beings) be filled with lovingkindness.
May (I and all beings) be safe from inner and outer dangers,
May (I and all beings) be well in body and mind.
May (I and all beings) be happy and free.

Jack Kornfield (2002). *The Art of Forgiveness, Lovingkindness, and Peace*. New York: Bantam Books.

May (I) be well and happy.
May (I) be strong, confident, and peaceful.
May (I) have ease and well-being.

Andrew Weiss (2004). *Beginning Mindfulness*. Novato, CA: New World Library.

Choose four or five phrases that are meaningful to you. They might include:

May (I) be filled with lovingkindness; may (I) be held in lovingkindness.
May (I) accept myself just as (I) am.
May (I) be happy.
May (I) touch great and natural peace.
May (I) know the natural joy of being alive.
May (my) heart and mind awaken; may (I) be free.

Tara Brach (2003). *Radical Acceptance: Embracing Your Life with the Heart of a Buddha*. New York: Bantam Dell.

May (I) be safe.
May (I) be happy.
May (I) be healthy.
May (I) live with ease.

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