

Kindness Phrases

- May you accept and find ease with things just as they are*
- May you find peace and healing*
- May you be peaceful, happy and light in body and spirit*
- May you be safe and free from injury*
- May you be kind to yourself*
- May you be free from anger, afflictions, fear and anxiety*
- May you be free from danger*
- May you have mental happiness*
- May you have physical happiness*
- May you have ease of well-being.*
- May you have strength, energy and vitality in your body*
- May you be healthy, happy, and peaceful*
- May you be at peace*
- May you abide in peace*
- May you live with ease*
- May you be happy*
- May your life be filled with happiness, health and well-being*
- May you be happy*
- May you know the natural joy of being alive*
- May you awaken and be free*
- May you have joy in your life*
- May you have ease in your heart*
- May you be filled with lovingkindness*
- May you be filled with loving kindness*
- May you feel connected and calm*
- May you be well in body and mind*
- May you be happy, healthy and peaceful*
- May you be at ease and happy*
- May you meet life's inevitable challenges with an open heart*
- May you sense your worthiness*
- May you accept yourself just as you are*
- May you love yourself just as you are*
- May you hold yourself with compassion*
- May you trust this world*
- May you be free from pain*
- May you be safe and free from harm*
- May you be safe from inner and outer dangers*
- May you be safe and free from infections and falls*
- May you let go of sadness and bad feelings*
- May you be free from anger*
- May you be free from pain*
- May you be free from difficulties*
- May you be free from suffering*
- Just as I wish to, may you live with happiness and ease*
- Just as I wish to, may you live with ease, happiness, and good health*
- May you be light in body and spirit*
- May you be free from anger, afflictions, fear, and anxiety*