

Build Inner Strength Phrases

- May I accept and find ease with things just as they are*
- May I find peace and healing*
- May I be peaceful, happy and light in body and spirit*
- May I be safe and free from injury*
- May I be kind to myself*
- May I be free from anger, afflictions, fear, and anxiety*
- May I be free from danger*
- May I have ease of well-being.*
- May I have strength, energy and vitality in my body*
- May I be healthy, happy, and peaceful*
- May I be at peace*
- May I live with ease*
- May I be happy*
- May my life be filled with happiness, health, and well-being*
- May I know the natural joy of being alive*
- May I awaken and be free*
- May I have joy in my life*
- May I have ease in my heart*
- May I be filled with loving kindness*
- May I learn the error of my ways*
- May I learn the way to true happiness*
- May I hold my fears with compassion and care*
- May I become braver overtime*
- May I give myself the compassion I need*
- May I feel connected and calm*
- May I be well in body and mind*
- May I be at ease and happy*
- May I meet life's inevitable challenges with an open heart*
- May I sense my worthiness*
- May I accept myself just as I am*
- May I love myself just as I am*
- May I hold myself with compassion*
- May I trust this world*
- May I be free from pain*
- May I be safe and free from harm*
- May I be safe from inner and outer dangers*
- May I let go of sadness and bad feelings*
- May I let go of anger*
- May I be free from pain*
- May I let go of difficulties*
- May I be free from suffering*
- Just as others wish to, may I live with happiness and ease*
- May I know that I am worthy*
- May I know that I am enough*
- May I know that my needs matter*
- May I be comfortable with being perfectly imperfect*
- May I be free from anger, afflictions, fear, and anxiety*
- May I look after myself with ease*
- May I remember that I am worthy of compassion*