

Mindful Moment: Kindness Meditation

Sometimes we are more kind to others than to ourselves. Next time you are having a hard time or going through something difficult, be kind to yourself!

What might you say to a friend that was having a hard day? Try saying the same words to yourself. Being kind to yourself will also help you to be more kind toward others.

In the Buddhist Tradition, there is a meditation you can recite to help you start your journey to being kinder to yourself. Read the words out loud to yourself.

May I be Safe
May I be Healthy
May I be Happy
May I be Compassionate
May I be Free from Suffering

Now say it for others

May You be Safe
May You be Healthy
May You be Happy
May You be Compassionate
May You be Free from Suffering

