# A List of Lovingkindness Phrases

When practicing lovingkindness meditation it can be powerful to choose a phrase or phrases to repeat to yourself that have personal meaning or resonance for you. Lovingkindness phrases typically take the form of offering yourself a wish. The list below offers some ideas for phrases, or you may want to come up with your own.

May you be well.

May you be at ease.

May you be free from suffering.

May you be at peace.

May you be loved.

May you feel valid.

May you know your worth.

May you be connected.

May you feel like you belong.

May you be at rest.

May you be enough just as you are.

May you be know you are whole.

May you be held in community.

May you be a part of something larger than yourself.

May you recognize your own light.

May you listen to yourself.

May you have the space you need.

May you love freely.

May you be free.

May you be forgiven.

May you have everything you need.

May you be lacking nothing.

May you know your own beauty.

May you feel safe.

May you be joyful.

May you be playful.

May you love this life.

May you be filled with warmth.

May you feel heard.

May you feel seen.

May you remember your goodness.

May you stay strong.

May you be kind to yourself.

May you accept yourself as you are.