

BRAHMA VIHARA PHRASES (Adapted from Kamala Masters and Adrienne Ross)

Traditional Sequence for Offering Metta, Karuna, Mudita and Upekkha

To: Self, Benefactor, Dear One (family member, friend, pet), Neutral Person, Difficult Person, All Beings

You can substitute a person's name, or have a visual image or a felt sense of another. Always start with what is easiest for you to initiate and support the felt sense of metta. Explore which phrases resonate with you and create new ones as the need arises.

Metta - Loving Kindness Phrases

May I be safe and well
May I be happy and peaceful
May I live with ease and kindness

May I be happy just as I am.
May this body be held in kindness
May I be healthy
May I be peaceful

May I be free from inner and outer harm
May I have ease and well-being

Karuna - Compassion Phrases

May I be free of suffering

May I be safe and well in the midst of all this

May I live with ease and with kindness in the midst of this

May I be at ease with the changing conditions of my life

May I open to this pain with gentleness and compassion

May all who experience this particular suffering be held in kindness

May the suffering of this world be met with compassion

I care about you. Your suffering matters to me

I see your suffering; it is hard

This is the way it is right now. This is not the way it will always be.

Mudita - Appreciative and Sympathetic Joy Phrases

How wonderful you are in your being; I delight that you are here

I take joy in your good fortune
May your happiness continue

May you grow in happiness, peace and freedom

I am happy that you are happy

I appreciate the blessings in my life
I am grateful for my happiness and good fortune

May joy come to me; may it grow and continue

May I appreciate my good qualities

Upekkha - Equanimity Phrases

May I open to how it is right now with more balance and ease

May my heart be at ease with the changing conditions of life (of my heart)

May I be open, balanced and peaceful

May I learn to see the arising and passing away of all things with equanimity (with balance)

Joy and sorrow arise and pass away. This is a natural part of life's journey

I care for you, but I cannot control your happiness or unhappiness

May I be at peace with your journey

May I accept (open to) how it is for you right now with equanimity

Forgiveness Phrases (From Eric Kolvig)

Self-forgiveness:

I allow myself to be imperfect.

I allow myself to make mistakes

I allow myself to be a learner still learning life's lessons.

I forgive myself for the harm I have done to myself.

Forgiveness to Others:

Just as I allow myself to be imperfect, so I allow you to be imperfect.

I allow you to be a learner, still learning life's lessons; I forgive you.

And if I cannot forgive you now, may I forgive you sometime in the future.

Asking Forgiveness from Others:

Please allow me to be imperfect and to make mistakes.

Please allow me to be a learner, still learning life's lessons.

Please forgive me for the harm I have done to you.

And if you cannot forgive me now, may you forgive me sometime in the future.

