



Imagine that your nostrils sit straight on your heart...

Take a deep breath in... and out.....

Read the following sentences!

"May I be able to care for and nurture myself so I can attend to the needs of others and myself with generosity, balance, and presence. "

"May I develop equanimity and let go of expectations of controlling or fixing others and/or myself."

"May I see the person next to me as well as myself with a freshness of mind and an openness of heart."

"While I care about your/my pain and suffering, I cannot make choices for everything, control life, or make it go away."

"May I accept the limitations of others with warmth and compassion. May I accept my own limits with the same kindness."

"May I see you/me, hear you/me, and know you/me in your/my wholeness and beauty, not just in your/my imperfections."

"May I see the goodness, intelligence, and vulnerability in this person and myself"

"May I let this moment be as it is, not as I want it to be."