



your awakened heart

Learning how to express compassion for ourselves is key to leading a balanced life. Think of these phrases as your oxygen mask in the airplane. They tell you to take care of yourself first. Why?

Because only then will you have the strength and resources to help those around you. Whenever you are encountering a challenging moment/emotion/person you can use this protocol. Practice the following phrases with intention. Really allow them to resonate with you.

This is really hard for me right now. *(acknowledging your experience, just as it is)*

It's okay to be feeling this way. *(allowing your experience to be... with no judgement)*

Suffering is a part of life. Other people suffer too. *(expanding your self view to all others. You are human. This is part of the human condition.)*

May I be kind to myself in this moment. *(Be good to yourself; nurture yourself.)*

