

Giving and Receiving Compassion with the Equanimity phrases

*“Everyone is on his or her own life journey.
I am not the cause of this person's suffering,
nor is it entirely within my power to make it go away,
even though I wish I could.
Moments like this are difficult to bear,
yet I may still try to help if I can...
when I can....
and send them some appropriate loving-kindness.”*

May you and I be well

May you and I be happy

May you and I have peace

May your struggles and my struggles ease

May you and I have courage

May you and I live with ease

This handout was written by Marie Bloomfield, Clinical Psychologist, M. Psychol., MAPS. July 2019.
Modified version of equanimity phrases from the Mindful Self-Compassion program- K. Neff and C. Germer

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