



## **Breath-Based Meditation Phrases / Mantras**



### **General Mindfulness**

- Inhale: "I am aware that I am breathing in"  
Exhale: "I am aware that I am breathing out"
- Inhale: "I feel my breath going in"  
Exhale: "I feel my breath going out"



### **Calming and Relaxation**

- Inhale: "I inhale calm"  
Exhale: "I exhale relaxation"
- Inhale: "I breathe peace in"  
Exhale: "I breathe tension out"
- Inhale: "I am safe"  
Exhale: "I am calm"



### **Loving-Kindness (Metta)**

- Inhale: "May I be well"  
Exhale: "May I be at peace"
- Inhale: "May I feel loved"  
Exhale: "May others feel loved"



### **Focus and Centering**

- Inhale: "I am focused"  
Exhale: "I am clear"
- Inhale: "I am peaceful"  
Exhale: "I am centered"
- Inhale: "I am awake"  
Exhale: "I am aware"



### **Self-Compassion**



- Inhale: "I accept my strengths"  
Exhale: "I accept my weaknesses"
- Inhale: "Gentleness"  
Exhale: "Kindness"
- Inhale: "I am enough"  
Exhale: "I accept myself"