



## Cultivating Compassion

- L** Letting go of expecting perfection  
*Letting go of the "ought to be" "should be", accepting with kindness what is*
- O** One moment at a time...  
*Being with our experience, our emotions no matter how difficult, moment by moment*
- V** Value yourself & others  
*We are worth it. Wishing yourself & others well.  
May we all be free from physical pain & mental anguish, may we be happy.*
- E** Ease  
*May we all live with ease and peacefully in this world*