

# Understanding Loving Kindness Meditation; Western meditators' views of their practice

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## Introduction

**Loving Kindness (Metta):** A practice which focuses on sending feelings of kindness to the self and others

**Existing research:** increases empathy<sup>1</sup>, positivity towards strangers<sup>2</sup>, performance on cognitive tasks<sup>3</sup>, reduced levels of pain intensity, has an effect on implicit attitudes towards the self and others<sup>4</sup> and increases in frequency and intensity of positive emotions in participants who have schizophrenia<sup>5</sup>

**Rationale:** Lack of research conducted on Loving Kindness Meditation, inconsistencies in how the practice is explored within research, and potential implications of the specific focus of the practice on social connectedness and relationships.



*"...the cultivation of a steady, unconditional sense of connection that touches all beings without exception, including ourselves"<sup>6</sup>*

The overarching, broad aim of the project is to:  
**Understand the effects of LKM**

Explore how LKM is being defined currently by practitioners

Examine the cognitive and social effects of LKM with students

Stage 1 – Qualitative interviews

Stage 2 – Quantitative methodology

Stage 3 – Quantitative project – student population

## 1. Interviews

**Rationale:** Explore how LKM is being defined and understood by experienced meditators. Also identify 'key' components of the practice to feed into student sessions (stage 3)

**Participants:** Five 'experienced' meditators with between 10 and 25+ years experience practicing LKM. Varied backgrounds and ways of practicing e.g. being Buddhist, coming to meditation following crisis.

**Analysis:** IPA was used to explore meditators' understanding of their practice, what it meant to them, and how it related to other forms of meditation.

**Themes:**

**Importance of the practice;**

- For personal change and becoming a 'better person'
- Daily practice and intention in achieving personal change

**Components of the practice;**

- Importance of the Self within practice
- Personalisation of practice

**Relation to other practices;**

- Seen as separate practice
- 'Essence' of Metta and way of living

**Being a Western meditator;**

- 'View of LKM as being almost opposite of Western way of living
- Conflict between wanting to live in more 'UK' way, but environment sometimes causing conflict

## 2. Q-study

**Rationale:** Explore understanding of LKM with wider group of meditators – to include all 'experience levels'. Further identify key components of the practice and commonalities/differences across meditators.

**Method:** Q is used for finding out attitudes towards a topic so was seen as an appropriate method choice. It asks participants to sort a set of statements into a forced distribution which allows for existing groups of opinion or understanding to emerge.

**Participants:** 19 LKM meditators with between 10 months and 15 years experience.

**Statements:** should reflect all opinions about a topic; statements were drawn from interview transcripts in stage 1.

**Analysis:** Uses a mixture of correlations and factor analysis to explore patterns in how participants sort their statements as a whole set. Qualitative analysis of the emergent groups can be written up and described as themes.

**Findings:** Statistically QM1 main factor; commonalities in sorting statements at the negative end. But at the other end of the distribution, clear differences emerging in three factors.

**Factor 1: The practice and me**

Loving Kindness is the something with an energy that is always there in the heart (23, +4)

Loving Kindness can change different attitudes (23, +4)

Loving Kindness then order physiological and physical manifestations (23, +4)

**Factor 2: The practice and its components**

Loving Kindness is the something that is always there in the heart (23, +4)

Loving Kindness has a spiritual element (23, +4)

Loving Kindness is the practice (something that is always there) (23, +4)

**Factor 3: The practice is a life-changer**

Loving Kindness has made the world a better place (23, +4)

Loving Kindness has made the world a better place than I used to be (23, +4)

Loving Kindness practice is a fundamental part of me and my life (23, +4)

## 3. Student groups

Learnings from stage 1 and 2



## Conclusions

- 'Variation in ways of practicing as well as understanding and view of the practice, including differences in language used and potential challenges in re-understanding what 'Metta' is.
- Clear differences in views and understanding of the practice, but commonalities when it comes to what was sorted as 'negative'; enemies as core part of LKM, and the importance and value of the practice.
- Therefore, focus on Self and 'enemies' very important to practice and need to be emphasised when introducing practice to novices.
- Practice has self-reported effects on behaviour and provides support to explore this further.
- Reported effects include inter and intra personal benefits as well as increased compassion, empathy and a difference in perception of emotion.
- Seen as practice that has it's own benefits and effects, so supports further exploration in stage 3.

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**AW Chickering**



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*Complete Joe Pass* Joe Pass, 2011-02-24 Music critics and performers alike have hailed Joe Pass as one of the finest jazz musicians to have ever lived This book effectively combines five previously published books by Joe Pass in a single comprehensive volume including his insights on harmony melody and phrasing as well as transcriptions of recorded solos and Joe Pass Herb Ellis duets the transcribed solos are Bay City Blues Foxy Chick and a Cool Cat Time In Blues in G Dante s Inferno and Grete the duet selections are Bonnie Jazz Waltz Some of These Days G Blues Hot Stuff and Ballad All selections appear in standard notation only with chord symbols written over the staves the solo and duet selections are intermediate to advanced in difficulty

**ACT For Dummies, with Online Practice Tests** Lisa Zimmer Hatch, Scott A. Hatch, 2015-05-04 The fast and easy way to score higher on the ACT Does the thought of preparing for the ACT give you anxiety Fear not This 6th edition of ACT For Dummies with online practice tests gives you a competitive edge by fully preparing you for the ACT exam with subject reviews practice opportunities online full length practice tests and coverage of the optional writing test Written in the accessible and friendly For Dummies tone this hands on guide helps you assess where you need more help gets you up to speed on the questions you can expect to encounter on the actual ACT exam and will have you studying your way to test taking perfection before exam day The ACT is a standardized test used by college admissions boards to measure high school achievement Designed to assess a high school student s preparedness for college in the fields of English mathematics reading and science reasoning the ACT is a nationally recognized college entrance exam that is accepted by more than 90% of four year colleges and universities in the United States If you re a high school student preparing for this all important exam ACT For Dummies 6th edition with online practice tests gives you everything you need to raise your chances of scoring higher So what are you waiting for Get started Go online for one year of access to 6 ACT practice tests to sharpen your skills Tips to maximize your score on the ACT Strategies to stay focused on test day and manage your time wisely Practice problems and exercises to take your skills to the next level Tools to gauge how you measure up Whether you re preparing for the ACT for the time or are retaking the exam to improve your score ACT For Dummies 6th edition with online practice tests gives you everything you

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**One** Mervin Laverne Keedy, 1982     *Teaching Social Skills to Youth, 4th Ed.* Tom Dowd, Erin Green, 2022-09-13 This definitive guide to social skills instruction features thirteen new skills and their behavioral steps fresh insights into providing culturally responsive treatment that respects individual identity more inclusive language and updated research on social emotional learning and executive function The 196 social and life skills showcased in this fourth edition will empower young people to have greater success in school at home on the job and in their relationships Several of the new skills promote the values and principles of diversity equity and inclusion Those skills include Sticking Up for Yourself Sticking Up for Others Agreeing to Disagree Recognizing Your Own Personal Biases or Opinions Other new skills focus on personal autonomy Gaining Consent Giving Consent and Responding to Persons of Authority Plus there are new skills that teach young people how to interact with law enforcement Being Prepared for an Interaction with Law Enforcement and Responding to Law Enforcement Police Interactions The manual reflects and focuses on the importance of teaching social skills to youth of all

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**Pre-Algebra** Bob Olenych, 2003-06 With more than 40 reproducible pages this workbook provides a fun way for students in grades 4-6 to learn about pre algebra

**Cambridge Global English Stage 6 Teacher's Resource** Jane Boylan, Claire Medwell, 2014-05-22 Cambridge Global English is a nine stage language rich course for learners of English as a Second Language following the Cambridge International Examinations curriculum framework Teacher's Resource 6 provides step by step guidance notes for teachers for each lesson in every unit to support teaching the content of Learner's Book 6 Notes on Activity Book 6 are also included A unit overview provides a snapshot of lesson objectives and the language and skills covered The notes include answer keys to activities in the Learner's Book and Activity Book complete audio scripts suggestions for differentiation and assessment cross curricular links portfolio opportunities and additional unit linked photocopiable activities and unit based wordlists

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**Semantics and Pragmatics of English: Teaching English as a Foreign Language** Melinda Dooly, 2006 Semantics and Pragmatics of English Teaching English as a Foreign Language est dissenyat per a alumnat de magisteri especialitat de llengües estrangeres El material del llibre se centra en aspectes de semàntica i pragmàtica d'anglès amb un èmfasi especial en l'aplicació dels temes a l'aula d'anglès El llibre inclou sis unitats que es divideixen en lectura teòrica

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