

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

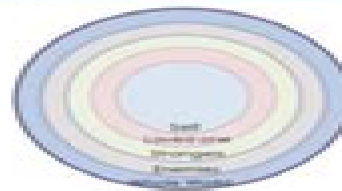
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Introduction

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

Existing research: increases empathy¹, positivity towards strangers², performance on cognitive tasks³, reduced levels of pain intensity, has an effect on implicit attitudes towards the self and others⁴ and increases in frequency and intensity of positive emotions in participants who have schizophrenia⁵

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"⁶

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 (25, +4)

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

Loving Kindness then order physiological and physical manifestations (21, +3)

Factor 2: The practice and its components

Loving Kindness is the something that is always there in the heart (25, +4)

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

Loving Kindness is the something that is always there in the heart (25, +4)

Factor 3: The practice is a life-changer

Loving Kindness has made me a better person (25, +4)

Loving Kindness has made me a better person than I used to be (23, +4)

Loving Kindness has made me a better person than I used to be (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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Stefan Hutu



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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

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need to score higher Joe Pass Improvising Ideas Joe Pass, Jude Hibler, 2021-03-24 This workbook style method to Joe Pass jazz guitar style offers the beginning jazz guitarist a chance to learn about chords scales intervals and the other enriching elements of jazz Students will receive master class level of instruction on Joe s guitar style approaches to practicing and creating melodies as well as two complete transcriptions of Joe s jazz solos This well written book gets the beginner into the swing of jazz guitar **180 Days[]: Language for Second Grade** Christine Dugan, 2014-10-01 180 Days of Language is a fun and effective daily practice workbook designed to help students improve their grammar skills This easy to use second grade workbook is great for at home learning or in the classroom The engaging standards based activities cover grade level skills with easy to follow instructions and an answer key to quickly assess student understanding Students will practice punctuation capitalization and spelling with daily activity pages Watch as students improve their grammar and writing skills with these quick independent learning activities Parents appreciate the teacher approved activity books that keep their child engaged and learning Great for homeschooling to reinforce learning at school or prevent learning loss over summer Teachers rely on the daily practice workbooks to save them valuable time The ready to implement activities are perfect for daily morning review or homework The activities can also be used for intervention skill building to address learning gaps

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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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