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



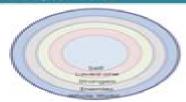
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Introduction

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

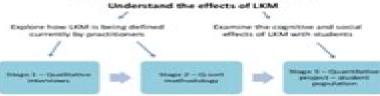
Existing research: increases empethy", positivity towards strangers', performance on cognitive tasks', reduced levels of pain interview has an effect on implicit attitudes towards the self and others' and increases in frequency and interesting of positive emotions in participants who have schloophremia.

Rationale: Lack of research conducted on Loving Kindmers Meditarion, 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."

The overarching, broad aim of the project is to:



Interviews

Rationale: Explore how LKM is being defined and understood by experienced meditators. Also identify "lary" components of the practice to feed into student sections (stage 10).

Participants: Five 'experienced' meditators with between 30 and 25years experience practicing UOA, Varied Backgrounds and ways of practicing e.g. being Buddhist, coming to meditation following crisis.

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

Theorem ex.

Importance of the practice;

- For personal change and becoming a 'better person'
- Duily gractice and intention in achieving personal change

Components of the practice;

- . Importance of the Self within practice
- Personalisation of practice

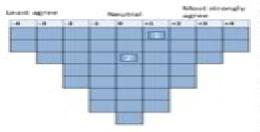
Relation to other practices:

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

Being a Western meditator;

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

2. Q-study



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

Matthodt Q is used for finding out attitudes towards a topic sowas seen as an appropriate method choice. It asks particulato 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 35 years experience

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

Analysis: Uses a minture 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 ONE 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

Practice and me

Factor 2: The practice and its components

Factor 3: The

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Student groups

Learnings from stage 1 and 2



Conclusions

- Variation in ways of practising as well as understanding and view of the practice, including differences in language used and potential challenges in misundenstanding 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 UKM, and the importance and value of
- 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.

Making Practice Fun 5answers

Janet Aaker Smith

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Patterns, Grades PK - 5 Carson-Dellosa Publishing, 2010-01-04 A compilation of over 230 reproducible patterns organized into 18 themes Patterns have simple shapes and outlines and can be used for coloring assignments flash cards or bulletin **Practice Perfect** Doug Lemov, Erica Woolway, Katie Yezzi, 2012-09-05 Rules for developing talent with disciplined deliberate intelligent practice We live in a competition loving culture We love the performance the big win the ticking seconds of the clock as the game comes down to the wire We watch games and cheer sometimes to the point of obsession but if we really wanted to see greatness wanted to cheer for it see it happen understand what made it happen we d spend our time watching obsessing on and maybe even cheering the practices instead This book puts practice on the front burner of all who seek to instill talent and achievement in others as well as in themselves This is a journey to understand that practice not games makes champions In this book the authors engage the dream of better both in fields and endeavors where participants know they should practice and also in those where many do not yet recognize the transformative power of practice And it s not just whether you practice How you practice may be a true competitive advantage Deliberately engineered and designed practice can revolutionize our most important endeavors. The clear set of rules presented in Practice Perfect will make us better in virtually every performance of life The how to rules of practice cover such topics as rethinking practice modeling excellent practice using feedback creating a culture of practice making new skills stick and hiring for practice Discover new ways to think about practice Learn how to design successful practice Apply practice across a wide range of realms both personal and professional The authors include specific activities to jump start practice Doug Lemov is the best selling author of Teach Like a Champion A hands on resource to practice the rules within will help to create positive outliers and world changing reservoirs of talent Dealing with Disappointment Elizabeth Crary, 2003 This practical easy to read guide introduces parents to the concept of emotional competency beginning with teaching children to identify and acknowledge their feelings It provides exercises and examples that demonstrate how even toddlers can cope with their emotions An excellent companion to the Feeling Elf cards Reading Comprehension Teachers Guide Level G Teacher Created Materials Staff, 2006-03-31 Reading Comprehension is a full color consumable workbook series for Grades 1 8 which develops the following key reading comprehension skills Identify Main Idea and Supporting DetailsSummarize and ParaphraseUse Prior Knowledge and Make ConnectionsIdentify Author's Point of ViewUse Text OrganizersAsk QuestionsVisualizeMake InferencesCompare and ContrastPredictIdentify SequenceIdentify Cause and EffectClassify and CategorizeIdentify Story ElementsAnalyze PlotTeacher EditionThis item is a replacement for item 10157 Algebra One Mervin Laverne Keedy,1982 3D: Daily Dose of Discernment: 2019 Kevin Everett FitzMaurice, M.S., 2023-12-09 3D Daily Dose of Discernment 2019 contains 365 daily quotations for insight and inspiration How To Develop Awareness How To Increase Your Mental Capability How To Exercise and Improve Your Mind How To Exercise and Improve Your Thinking How

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