

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

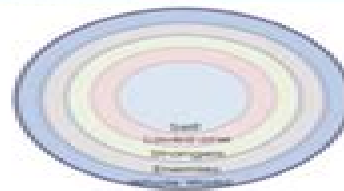
Kimberley Sheffield: kimberley.sheffield@northampton.ac.uk

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

Factor 3: The practice is a life-changer

Loving Kindness has made the most comprehensive (23, +4)

Loving Kindness has made the most comprehensive (23, +4)

Loving Kindness has made the most comprehensive (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.

Making Practice Fun 5answers

Padhraic Smyth



Making Practice Fun 5 answers:

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 board displays *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 [90 Instructional Strategies for the Classroom](#) Janet Aaker Smith, 2006 **The Big Book of Parenting Solutions** Michele Borba, 2009-09-08 Today show s Michele Borba s cures for difficult childhood behaviors In this down to earth guide parenting expert Michele Borba offers advice for dealing with children s difficult behavior and hot button issues including biting temper tantrums cheating bad friends inappropriate clothing sex drugs peer pressure and much more Written for parents of kids age 3 13 this book offers easy to implement advice for the most important challenges parents face with kids from toddlers to tweens Includes immediate solutions to the most common childhood problems and challenges Written by Today Show s resident parenting expert Michele Borba Offers clear step by step guidance for solving difficult childhood behaviors and family conflicts Contains a wealth of advice that is easy to follow and gets quick results Author has written outstanding parenting books

including Building Moral Intelligence No More Misbehavin Don t Give Me that Attitude and more Each of the 101 issues includes clear questions specific step by step solutions and advice that is age appropriate **Maths** Paul Broadbent,2008 Learn and Practise provides a focused set of learning books for attainment levels 3 4 and 5 Level 5 Maths contains accessible revision content and clear practice material on a double page spread appropriate to that ability level **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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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

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Table of Contents Making Practice Fun 5answers

1. Understanding the eBook Making Practice Fun 5answers
 - The Rise of Digital Reading Making Practice Fun 5answers
 - Advantages of eBooks Over Traditional Books
2. Identifying Making Practice Fun 5answers
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Making Practice Fun 5answers
 - User-Friendly Interface
4. Exploring eBook Recommendations from Making Practice Fun 5answers
 - Personalized Recommendations
 - Making Practice Fun 5answers User Reviews and Ratings
 - Making Practice Fun 5answers and Bestseller Lists
5. Accessing Making Practice Fun 5answers Free and Paid eBooks
 - Making Practice Fun 5answers Public Domain eBooks
 - Making Practice Fun 5answers eBook Subscription Services

- Making Practice Fun 5answers Budget-Friendly Options
- 6. Navigating Making Practice Fun 5answers eBook Formats
 - ePub, PDF, MOBI, and More
 - Making Practice Fun 5answers Compatibility with Devices
 - Making Practice Fun 5answers Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Making Practice Fun 5answers
 - Highlighting and Note-Taking Making Practice Fun 5answers
 - Interactive Elements Making Practice Fun 5answers
- 8. Staying Engaged with Making Practice Fun 5answers
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Making Practice Fun 5answers
- 9. Balancing eBooks and Physical Books Making Practice Fun 5answers
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Making Practice Fun 5answers
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Making Practice Fun 5answers
 - Setting Reading Goals Making Practice Fun 5answers
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Making Practice Fun 5answers
 - Fact-Checking eBook Content of Making Practice Fun 5answers
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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