

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

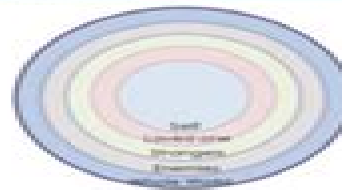
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Introduction

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 difficult 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 practice 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 practice is a fundamental part of me and my life (21, +3)

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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**Alfred S Posamentier, Gavrielle
Levine, Aaron Lieberman, Danielle
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Algebra One Mervin Laverne Keedy, 1982 **Math Space** Saraswati Experts, A series in maths practice books **DK Workbooks: Language Arts Math and Science Kindergarten** DK, 2020-08-25 PLEASE NOTE this is a replica of the print book and you will need paper and a pencil to complete the exercises Boost your child's skills with fun activities and exercises that introduce key concepts in spelling math and science Whether you want to teach your child at home give them extra support outside the classroom or find fun stimulation for your budding genius this workbook has something for everyone Home learning can be fun with these exercises featuring drawing puzzles kitchen science experiments and more This write in book provides an introduction to key skills in literacy numeracy and science To help the parent carer there are answer pages and notes providing further guidance and there's no need to buy any specialist equipment or craft supplies just pick up a pencil With 60 activity pages to keep your child entertained as well as educated and a reward certificate on completion there's something in a DK workbook for every child to learn and enjoy **Targeted Math Intervention: Level K Kit**, 2010-04-23 Directly target key mathematical standards with this compact easy to use and engaging kit complete with focused lessons flexible pacing plans vocabulary development activities diagnostic tests and differentiation strategies This program provides content that stresses both procedural proficiency and conceptual understanding aligning with Common Core State Standards Targeted Mathematics Intervention English Level K Complete Kit Includes 30 standards based lessons a Teacher Resource Guide a Student Guided Practice Book single copy included additional copies can be ordered 30 Problem Solving Activities in digital and transparency formats Game Boards and digital resources teacher resources test preparation problem solving activities and student reproducibles **2018/2019 ASVAB For Dummies with Online Practice** Angie Papple Johnston, 2018-07-18 Ace the ASVAB with this easy to use guide including online practice Looking to join the military and get the job of your dreams Before your boots hit the ground you'll have to perform on the ASVAB to qualify for military participation and for specialty placement 2018 2019 ASVAB For Dummies with Online Practice provides you with in depth reviews of the nine test subjects to get you going along with complete explanations for each question exercises strategy cheat sheets and tips to discover your weaknesses and work to maximize your test performance You'll also be able to go online to study whenever you like with convenient resources hundreds of flashcards 6 full length ASVAB practice tests and one AFQT practice test that will help you tailor your studying to suit your specific needs If you've always dreamed of joining the military and being challenged by a new and exciting career the ASVAB is your first step to achieving your dreams and this guide will help you along the way Aim high score high on the ASVAB and qualify for the military job you want Quickly boost your math science and English performance for the test Complete an in depth review of all 9 subject areas to prepare for that crucial test day Study hard and get the score that will help you get an enlistment bonus 2018 2019 ASVAB For Dummies with Online Practice is your go to guide for mastering the skills and knowledge you'll need to attain the ASVAB test score that will help

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I Have, Who Has? Math, Gr. 3-4, eBook Trisha Callella, 2006-05-01 The activities in this book consist of a series of question and answer cards Students are actively engaged as each player answers a question and then asks the next one When students reach the last card they will find that it refers back to the first card Activities require minimal preparation but result in maximum participation and effort

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