

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

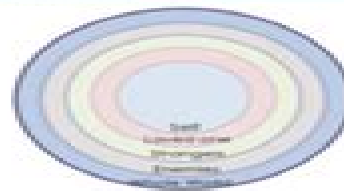
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Introduction

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 (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.

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Teaching in a Networked Environment Allan Edward Bellman, 2006 **21st Century Secrets to Effective PR** Linda Pophal, 2017-11-17 The internet has made the possibility of sharing information about others and their products and services more readily available at significantly less cost than any other form of media exposure Today's PR though is different from the PR of years gone by Today it's not only about getting reporters and other gatekeepers to cover your story Today there are new channels for gaining public exposure through social media through blogging through content creation and curation all of which serves to boost thought leadership status for yourself or your organization Traditional advertising while diminishing in value is still important and still has the power to influence if done effectively Public relations is gaining in impact because of the ability to leverage online communities and social media outlets to spread the word in ways that capitalize on personal and word of mouth recommendations that can be positively affected through online PR efforts This book offers advice and expertise based on experience on both sides of the PR equation from the standpoint of business journalists who often receive pitches or responses to queries from those seeking media exposure and from the standpoint of a consulting firm that works to gain positive media exposure for our clients **Cursive Writing Activities** Susan Collins, 2006-09-26 Help students master important handwriting skills Activities allow students to practice letter formations as they develop skills in writing sentences and paragraphs creative writing and everyday writing **Helping Your Child with Math** Sol Weiss, 1987 *Math Games Grade 2* Mary Rosenberg, 2003-01-15 Both teachers and parents appreciate how effectively this series helps students master skills in mathematics penmanship reading writing and grammar Each book provides activities that are great for independent work in class homework assignments or extra practice to get ahead Text practice pages are included *Boys' Life*, 2002-10 Boys Life is the official youth magazine for the Boy Scouts of America Published since 1911 it contains a proven mix of news nature sports history fiction science comics and Scouting *Got Grammar? Ready-to-Use Lessons and Activities That Make Grammar Fun!* Jack Umstatter, 2007-09-17 Got Grammar is the comprehensive classroom guide Each of the over 60 lessons are ready to use and reproducible and each begins with helpful teaching pages that define explain and illustrate grammar usage or mechanics concepts These lessons and the many ready to use student activities include 15 diagnostic tests 15 section review activities 18 final tests and over 100 other creative reinforcement activities including diagramming As practical as it is fun filled the book is divided into six sections Parts of Speech Parts of a Sentence Sentences Usage Mechanics Meeting the Tests Head On *Building Vocabulary: Level 2 Kit* Timothy Rasinski, Nancy Padak, Rick M. Newton, and Evangeline Newton, 2009-08-31 Building Vocabulary provides a systematic approach to teaching vocabulary using Greek and Latin prefixes bases and suffixes Over 90% of English words of two or more syllables are of Greek or Latin origin Instead of learning words and definitions in isolation students learn key roots and strategies for deciphering words and their meanings across all content areas Building Vocabulary Foundations for grades 1-2 empowers beginning readers to learn

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frontier Between 1886 and 1888 Sergeant James Brooks of Texas Ranger Company F was engaged in three fatal gunfights endured disfiguring bullet wounds engaged in countless manhunts was convicted of second degree murder and rattled Washington D C with a request for a pardon from the US president His story anchors the tale of Joe Pappalardo s Red Sky Morning an epic saga of lawmen and criminals set in Texas during the waning years of the Old West Alongside Brooks were the Rangers of Company F who ranged from a pious teetotaler to a cowboy fleeing retribution for killing a man They were all led by Captain William Scott who cut his teeth as a freelance undercover informant but was facing the end of his Ranger career Company F hunted criminals across Texas and beyond killing them as needed and were confident they could bring anyone to Ranger justice But Brooks men met their match in the Conner family East Texas master hunters and jailbreakers who were wanted for their part in a bloody family feud The full story of Company F s showdown with the Conner family is finally being told with long dead voices heard for the first time This truly hidden history paints the grim picture of neighbors and relatives becoming snitches and bounty hunters and a company of Texas Rangers who waded into the conflict only to find themselves in over their heads and in the fight of their lives **Every Other Sunday** ,1901 2025-26 BPSC TRE 4.0 & 5.0 Class IX to X English & General Studies Solved Papers & Practice Book YCT Expert Team , 2025 26 BPSC TRE 4 0 5 0 Class IX to X English General Studies Solved Papers Practice Book 192 395 This book contains the Previous Year Solved Papers and Practice Book *ICICKM2010-Proceedings of the 7th International Conference on Intellectual Capital, knowledge Management and Organisational Learning* Eric Tsui,

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