

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

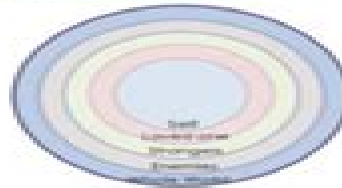
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## Introduction

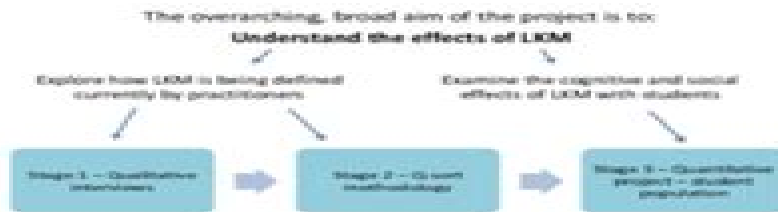
**Loving Kindness (Metta):** A practice which focuses on sending feelings of kindness to the self and others

**Existing research:** increases empathy<sup>1</sup>, positivity towards strangers<sup>2</sup>, performance on cognitive tasks<sup>3</sup>, reduced levels of pain intensity, has an effect on implicit attitudes towards the self and others<sup>4</sup> and increases in frequency and intensity of positive emotions in participants who have schizophrenia<sup>5</sup>

**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”<sup>6</sup>



## 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:**

<p><b>Importance of the practice;</b></p> <ul style="list-style-type: none"> <li>For personal change and becoming a “better person”</li> <li>Daily practice and intention in achieving personal change</li> </ul>	<p><b>Being a Western meditator;</b></p> <ul style="list-style-type: none"> <li>View of LKM as being almost opposite of Western way of living</li> <li>Conflict between wanting to live in more “UK” way, but environment sometimes causing conflict</li> </ul>
<p><b>Components of the practice;</b></p> <ul style="list-style-type: none"> <li>Importance of the Self within practice</li> <li>Personalisation of practice</li> </ul>	
<p><b>Relation to other practices;</b></p> <ul style="list-style-type: none"> <li>Seen as separate practice</li> <li>“Essence” of Metta and way of living</li> </ul>	

## 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 QMI 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**

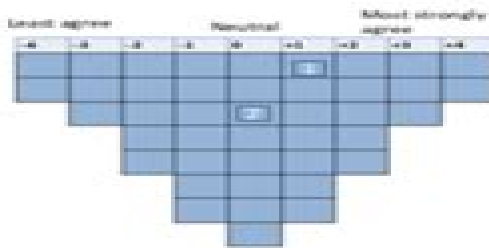
Loving Kindness is the connecting with someone that is always there in my heart (25, +6)	Loving Kindness can change difficult attitudes (25, +6)	Loving Kindness can order psychological and physical health (25, +6)
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**Factor 2: The practice and its components**

Loving Kindness is the foundation for all other practices (25, +6)	Loving Kindness has a spiritual element (25, +6)	Loving Kindness is the gateway to the path (25, +6)
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**Factor 3: The practice is a life-changer**

Loving Kindness has made me a better person (25, +6)	Loving Kindness has made me a better person than I used to be (25, +6)	Loving Kindness is a fundamental part of me and my life (25, +6)
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## 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 misunderstanding 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

**RD Boyd**



## **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

**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 Details Summarize and Paraphrase Use Prior Knowledge and Make Connections Identify Author s Point of View Use Text Organizers Ask Questions Visualize Make Inferences Compare and Contrast Predict Identify Sequence Identify Cause and Effect Classify and Categorize Identify Story Elements Analyze Plot Teacher Edition This 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

To Increase Insight through Discernment Themes Topics Mental health counseling self help General Semantics Eastern psychology and philosophy More Topics Coping ego identity performance psychology science skill society spirituality creativity and talent Explorations on the nature of human sensing feeling thinking and behaving are included A specific focus might be on the nature of wisdom or how roles and professions get caught in ego games Other frequent topics included ego talk one human nature problems with science nondoining self as inner space and the limitations of thought This book contains many insights regarding General Semantics Stop Wasting Time Now you can use this book for contemplation and introspection whenever you have a moment Start living today Accept no excuses

**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

**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

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

**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

**Mastering Your Math Mind** Prince Penman, Do you struggle with math anxiety Are you ready to discover how mastering math can boost your confidence sharpen your critical thinking and empower your decision making In Mastering Your Math Mind Unlocking the Power of Numbers Prince Penman offers a groundbreaking approach to understanding math not just as a subject but as a powerful tool for life This book is designed to help readers of all ages whether you re a student professional or someone looking to improve your life skills Learn how math can enhance your problem solving abilities improve financial literacy and even fuel creativity in ways you ve never imagined With practical tips real world examples and simple techniques Mastering Your Math Mind breaks down complex concepts making them easy to understand and apply to everyday life You ll explore How math strengthens your logical and analytical thinking Practical applications of math in personal and professional scenarios Techniques for overcoming math anxiety and building lasting confidence How mastering math can set you apart in your career and increase your earning potential Ways to use math to improve your time management budgeting and decision making skills By the end of this book you ll view math not as a challenge but as a powerful tool to enhance your life Whether you re improving your math skills for work school or personal growth Mastering Your Math Mind is your ultimate guide to unlocking your potential

**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

**90 Instructional Strategies for the Classroom** Janet Aaker Smith,2006

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

**Styles and Strategies for Teaching Middle School Mathematics** Edward J. Thomas,John R. Brunsting,2010-03-30

Addressing NCTM process standards this book presents four mathematical learning styles and offers middle school teachers effective research based instructional strategies for teaching mathematics to each type of learner Learn From the Experts Sign up for a Math Professional Development Institute in your area visit [www.ThoughtfulClassroom.com](http://www.ThoughtfulClassroom.com) events

*Why Decisions Fail* Paul Nutt,2002-07-10 Based on the his analysis of 400 strategic decisions made by top managers in areas such as products and services pricing and markets personnel policy technology acquisition and strategic reorganization Nutt estimates that two thirds of all decisions are based on failure prone or questionable tactics He uses the fifteen monumental decision making disasters to illustrate the potential consequences of these common tactical errors and traps and then details successful alternative decision making approaches Why Decisions Fail translates decades of award winning research into practical terms that managers can use to improve their own decision making practices **Maths** Paul Broadbent,2008

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