

# 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 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>*

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 different 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 something that is always there in the heart (25, +4)

**Factor 3: The practice is a life-changer**

Loving Kindness has made the world a better place (25, +4)

Loving Kindness has made the world a better place (25, +4)

Loving Kindness has made the world a better place (25, +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 65

**Pasquale De Marco**



## **Making Practice Fun 65:**

Coaching Youth Volleyball Coach Education, 2007-06-08 Whether you re new to coaching or an experienced youth volleyball coach the fourth edition of Coaching Youth Volleyball is your handbook for a successful season Court tested age specific coaching information helps you teach volleyball fundamentals using a combination of drills and activities that simulate game situations communicate with players officials parents and other coaches provide basic first aid plan and conduct practices manage your team during games and most important keep it all fun Recommended by and written with the expertise of USA Volleyball s Coaching Education Department this new edition adds two new chapters on coaching individual volleyball skills and coaching transition and alignment You ll learn important age group modifications regarding ball size net height player positions and court dimensions for three age groups 6 to 9 year olds 10 to 11 year olds and 12 to 14 year olds and for team play in 2v2 3v3 4v4 and 6v6 competition Quickly and accurately construct your own age appropriate court with the help of court diagrams included in the book Plus gain a clear understanding of rules and procedures including the capabilities and limits of the new libero position Coaching Youth Volleyball helps you focus on the fundamentals while 18 drills and 32 coaching tips are sure to jump start your practices Experience the excitement as your players improve their skills fall in love with the game and come out for the team year after year Coaching Youth Baseball Babe Ruth League, Inc., 2019-01-22 Congratulations on your commitment to coach youth baseball If you re new to coaching you ll find Coaching Youth Baseball invaluable in making your first season a success If you have previous coaching experience you re sure to discover tips and strategies that will help you improve on last year Coaching Youth Baseball will help you manage your team with confidence This age specific and field tested coaching guide will prepare you to handle your responsibilities and establish proper priorities as a coach communicate with players officials other coaches and parents teach baseball skills and strategies using a combination of more than 30 drills and 40 coaching tips minimize the risk of injury establish a safe playing environment and administer basic first aid plan and conduct efficient practices manage your team on game day and keep it all fun Written for coaches of players ages 18 and under this book is a valuable component of the Coaching Youth Baseball the Babe Ruth League Way online course the official certification course of Babe Ruth League the premier amateur baseball program in the world With this book you will create and nurture an athlete centered environment that promotes player development enjoyment motivation safety and sportsmanship an environment that inspires players to perform at their best and come out for the team year after year Coaching Youth Softball Babe Ruth League, Inc., 2019-01-03 Congratulations on your commitment to coach youth softball If you re new to coaching you ll find Coaching Youth Softball invaluable in making your first season a success If you have previous coaching experience you re sure to discover tips and strategies that will help you improve on last year Coaching Youth Softball will help you manage your team with confidence This age specific and field tested coaching guide will prepare you to handle your responsibilities and establish proper priorities as a coach

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Acree,2007-06-22 Addresses comprehensive across the board issues that affect the teachers students and musicians This book shows specifics not only about how to teach music but also about how to motivate and inspire students of any age

**Soccer Goalies Have More Fun** Del Nett,2011-11-03 In addition to the novel A Rainy Day Soccer Romance Del Nett has written for the theater and the film He also had a ton of fun being a movie reviewer for a weekly In Soccer Goalies Have More Fun takes a comic look at today s world In spite of the demands of the soccer wars this goalie proves she can survive and still have fun There s lots of soccer here And of course laughs Don t miss them

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*Coaching Tennis Successfully* United States Tennis Association (USTA),2004-01-22 As a coach your success depends on the success of your players Now you can better ensure players development and team performance with Coaching Tennis Successfully The United States Tennis Association USTA presents this comprehensive manual with information on planning productive practices conducting drills developing physical and mental skills and teaching match tactics You ll find ideas to prepare singles players and doubles teams for competitive matches Plus the book offers the best methods and helpful tips for teaching key skills Footwork Serves Groundstrokes Overheads and volleys With more than 670 000 members and programs that encompass all 50 states and beyond the USTA is able to tap into the best minds and mentors in tennis coaching Coaching Tennis Successfully synthesizes and shares that

expertise to give you the winning edge **13. 1984** Centre de Documentation pour le Sport,1984 **Successful Parenting** Grant Aram Killian Ph.D.,2016-11-21 For parents seeking the best in life for their children this book is filled with practical application models to ensure optimal parenting a must have and unlike no other parenting book Parents psychotherapists educators students and those who work with children will find this book a phenomenal addition to their repertoire of knowledge concerning children All who seek to nurture children and insure their success will want to own this amazing reference and go to book for parents and professionals seeking optimal success Approximately twenty five percent of an individuals life is spent learning with ones parents Parenting is the most significant variable in a childs and an adults life as humans have the most extended parenting enduring longer than the lifetime of most animals Nothing ever affects the formation of an individuals personality and habits more than the teachings of being with ones family Successful parenting is the greatest gift one can give to ones child see [www.killianphd.com](http://www.killianphd.com) **El-Hi Textbooks & Serials in Print, 2005** ,2005

Coaching Tennis Successfully United States Tennis Association,2004 Coaching Tennis Successfully covers key areas for developing a winning tennis programme including all key on and off court organization and management duties **Popular Mechanics Magazine** ,1924 **Your 168** Harry M. Jansen Kraemer, Jr.,2020-04-17 Put your values first and focus on what matters most Despite our good intentions many of us experience a chronic imbalance between the desire to live our values and the distractions and never ending to do lists that can get in the way In Your 168 Finding Purpose and Satisfaction in a Values Based Life readers learn how to pursue a values based life by identifying and committing to their values and priorities The book is written by bestselling author Harry Kraemer former Chairman and CEO of Baxter International and currently a professor of management and strategy at Northwestern University s Kellogg School of Management where he was a Professor of the Year Kraemer uses personal stories and insights from others to help readers discover the dissonance between what they say is most important and where they actually devote their time This is an eye opener for most people uncovering the obstacles to leading a value based life In Your 168 you will learn how to make changes and build new habits that put your values first by Using self reflection to identify what matters most and become more aware of how you spend your time Re evaluating priorities such as career family health recreation spirituality and making a difference Avoiding unpleasant surprises and hitting the brick wall Experiencing better balance in real time amid shifting priorities personally and professionally Fans of Kraemer s previous books on values based leadership will embrace this new release Your 168 Finding Purpose and Satisfaction in a Values Based Life The book provides actionable advice filled with tips on how to live a life of meaning and experience a greater sense of purpose Everyone will feel inspired to make lasting change All of Harry s proceeds from the book sales are donated to the One Acre Fund in Africa Teacher ,1976 **Secrets to Success in Sport & Play** Marianne Torbert,2011 Secrets to Success in Sport Play presents biomechanical principles in easy to understand ways that help players of all ages learn skills and improve performance using fun activities and experiments to

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