



Loving-Kindness Meditation

Bhante Rewatha

Meditation Variations

01

CONCENTRATIVE
MEDITATION

02

INSIGHT OR
MINDFULNESS
MEDITATION

03

FOCUSED OR
DIRECTED
MEDITATION

(Kristeller & Johnson, 2005)

Brief History Of LKM

- ❑ LKM has recently received more attention as part of the mindfulness movement in holistic wellness approaches as well as having more empirical research on its effectiveness (Fredrickson,2009)
- ❑ LKM is a type of insight or mindfulness meditation
- ❑ According to Kristeller & Johnson (2006), the aim of LKM is to cultivate “compassion, joy, equanimity and the sense of love and connectedness with others.”
- ❑ LKM has Buddhist Origins “Metta Bhavana”
- ❑ Satara Brahma Viharana Metta Metta – Loving Kindness , Karuna – Compassion , Mudita – Joyful , Upekkha – tranquility

What is Loving-Kindness?

Loving-Kindness is a basic human response of friendliness and kindness

It exists as a seed or a potential that can be cultivated by anyone.



Kindness

doesn't cost a thing,
yet it's the richest gift
you can give.

Loving-kindness means great friendliness to self and others. It is a well of kindheartedness and wholesome deeds that are freely shared.

Loving-kindness is classically taught combined with meditations that create

- ❑ Compassion
- ❑ Sympathetic Joy
- ❑ Equanimity

❖ Compassion : The stirring of the heart in response to pain or suffering-our own or that of others

❖ Appreciative Joy : The ability to rejoice in the good fortune and happiness of others

❖ Equanimity: is the unshakable and steadiness that comes as we learn to keep our hearts open through the changing circumstances of our lives.

❖ With an open heart our response is likely to be wiser and more effective.

Ways of Developing Kindness Toward Yourself

- Spend time reflecting on the good you have done.
- Think of someone who has helped you, been kind to you.
- Spend some time each day in selfcare.
- In your loving-kindness meditation practice remember to begin with yourself.

Metta Meditation as a treatment for Mental Disorder

- Benevolence , Loving-Kindness, Friendliness is referred to a mental state of unselfish and unconditional kindness to all beings that one develops through meditation and cultivation in relations with others.
- The main Western psychological and philosophical concept that refers to metta is benevolence, a value or attitude which refers to the motivation to do good.
- Depression has been characterized as a state of high negative affect and low positive affect. Metta meditation explicitly aims to promote positive emotional states and a positive attitude towards oneself and others.
- People suffering from PDD (Persistent Depressive Disorder) have problems in their interpersonal relationship. LKM develop interpersonal relationship.
- Acceptant and Commitment Therapy (ACT: Hayes, 2004) help you stay focused on the present moment and accept thoughts and feelings without judgment. Metta meditation cultivates a non-judgmental awareness of the here and now.

Continuing

- Dialectical Behavioral Therapy (DBT: Linehan et al., 1999) teaches people to accept their thoughts, feelings and behaviours, and the techniques to change them. Not only are personal skills taught in DBT, but skills for interpersonal relationships are also emphasized. LKM cultivate patience for oneself and others.
- Avoidance and suppression are dysfunctional strategies to regulate negative emotions as they prevent recovery from depressive episodes. In turn, improving an accepting attitude towards negative emotions is a significant predictor of successful treatment not only in MBCT but also in CBT. With a compassionate background, LKM encourages people to take a more optimistic view of themselves and their activities.

Implication for Counselors

- LKM has been adapted as an approach to decrease stress and to increase awareness of mental process that contribute to emotional distress and maladaptive behavior.
- Practicing LKM allows individuals to contemplate the thoughts and sensations they experience as events that flow continuously and that should only be noticed and observed, while remaining conscious of their transitory and non-permanent nature.
- Cultivate empathy and sympathy towards clients through a comprehensive comprehension of their experiences of pain and suffering.

Thank you!

