









Loving-Kindness Meditation

	Objective: To develop the ability to practice and use loving-kindness meditation.
	Time Requirements: a. Preparation: 0-5 minutes b. Activity: 10-15 minutes
	Items: a. Relaxing Musical Piece (Optional – can be played from any device) b. Loving Kindness Meditation - Karaniya Metta Sutta: The Buddha's Words on Loving-Kindness Handout (Optional)
	Learning Outcomes: a. An enhanced ability to use Loving-Kindness Meditation to regulate emotions (EI Subskill 2: Managing Own Emotions)
	Key Learning Point: The frequent practice of Loving-Kindness Meditation helps build personal resources.
Self-Disclosure: *	
Difficulty: Basic	

Instructions

1. Ask participants to be comfortably seated, and to adjust their sitting posture so that they do not strain any part of their body. Ask participants to unfold their arms or uncross their legs and remain seated in an upright position with both feet on the floor. Tell participants that you will now be conducting a simple meditation exercise with them.
2. Ask participants to close their eyes and ask them to take deep breaths in, to hold for at least three seconds, before exhaling. Repeat this until participants are automatically taking in deep, rather than shallow breaths. Then, tell participants to think of someone they care strongly for. This person may be a partner, parent, child or close friend. Ask participants to keep this person on their mind as they continue taking deep breaths in and out.
3. Tell participants that you will now begin a meditation exercise called Loving-Kindness. While they continue their deep breathing, ask them to visualize the person they care for, and recite the following statements on their own:
 - a. May this person be happy-minded and secure
 - b. May this person live with love, without hatred and enmity
 - c. May this person be free from sadness, suffering and ill-will
 - d. May this person think of lovingkindness thoughts and share them with others
4. Tell participants they can also use related phrases, or vary the above statements as long as they confer a sense of love towards the person they have in mind. Allow approximately 10-15 minutes for this exercise. When you would like to bring participants back to the present, gently draw them back by saying, "I would like you to continue savouring these feelings as you bring yourself slowly back to the present. Continue to take deep breaths in and out. When you are ready, you may open your eyes." Use the reflection questions to ask participants how they felt towards the exercise, and if they could use this as a way to manage their emotions.

	<p>Reflection Questions:</p> <ul style="list-style-type: none"> a. How did this meditation exercise make you feel? What emotions, in particular, were felt when you were engaging in this Loving-Kindness Meditation exercise?
	<p>Further Reading and References:</p> <ul style="list-style-type: none"> a. Fredrickson, B. L., Cohn, M. A., Coffey, K. A., Pek, J., & Finkel, S. M. (2008). Open hearts build lives: Positive emotions, induced through loving-kindness meditation, build consequential personal resources. <i>Journal of Personality and Social Psychology</i>, 95(5), 1045-1062. doi: dx.doi.org/10.1037/a0013262. b. Karaniya Metta Sutta: The Buddha's Words on Loving-Kindness can be downloaded from http://www.accesstoinight.org/tipitaka/kn/snp/snp.1.08.amar.html.
	<p>Note:</p> <ul style="list-style-type: none"> a. Remind participants that the positive effects of Loving-Kindness Meditation are accrued over time. Encourage participants to practice Loving-Kindness Meditation as part of a committed schedule towards enhancing their well-being. b. Reassure participants that this form of meditation, while derived by Buddhist meditative practices (mettā meditation), the practice in this session is in no way “religious” or calling for participants to appeal to a Higher Being.