



# Loving Kindness Meditation

## Webinar Handout

### Overview

This webinar introduced a loving kindness meditation (also known as 'Metta meditation').

### Reasons to Practice a Loving Kindness Meditation

A loving kindness meditation is one of care, concern, kindness, and friendship. It generates a feeling of warmth for oneself and others. Loving kindness comes from a selfless place. It does not depend on relationships or how the other person feels about you. It starts by extending kindness and compassion to ourselves and then to those around us. Research shows that practicing this kind of meditation can help to:

- Increase positive emotions and decrease negative emotions
- Improve social connections
- Decrease migraines
- Decrease chronic pain
- Increase empathy and compassion
- Curb self-criticism
- Reduce anxiety and stress
- Increase feelings of hope

### Resources

Fredrickson B., Cohn M., Coffey K., Pek J., Finkel S. (2008). *Open hearts build lives: positive emotions, induced through loving-kindness meditation, build consequential personal resources*. Journal of Personality and Social Psychology.

Fredrickson, B. (2014). *Love 2.0: Creating happiness and health in moments of connection*. New York: Plume.

Smith, S. (2015). Loving-Kindness Meditation. *The Center for Contemplative Mind in Society*.  
<http://www.contemplativemind.org/practices/tree/loving-kindness>