



# Loving Kindness - I:

*Using Mindfulness to Navigate Turbulent Times*



PeaceHealth



# Welcome



YOUR MODERATOR

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*Certified Health Coach*

# *Your speaker*

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### *Mindfulness Coach*

- Project Manager at PeaceHealth
- Longtime practitioner and coach of mindfulness
- Began in 1991 at a retreat outside Mumbai
- Coaching since 2013, esp. in workplace



# Overview

## What is Mindfulness?

- Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us or inside us.

## Types of Mindfulness Practices

There are many amazing objects to use for mindfulness practice.

- Breath
- Body
- Thoughts
- Emotions
- Mind States

Practices to complement and extend mindfulness:

- **Loving Kindness**
- Tonglen



# Overview

## What is Loving Kindness?

- Loving Kindness is a quality of the heart that simply wishes well to all beings without seeking anything back in return.
- Loving Kindness practice is the cultivation of a steady, unconditional sense of connection that touches all beings without exception, including ourselves.

## 4 Recipients of Loving Kindness Practice

- **Loving Kindness for Loved Ones and Benefactors**



- Loving Kindness for Oneself

- Loving Kindness for Neutral Persons

- Loving Kindness for a Hostile Person or a Person who has hurt or harmed us.



## Dynamics of Loving Kindness practice

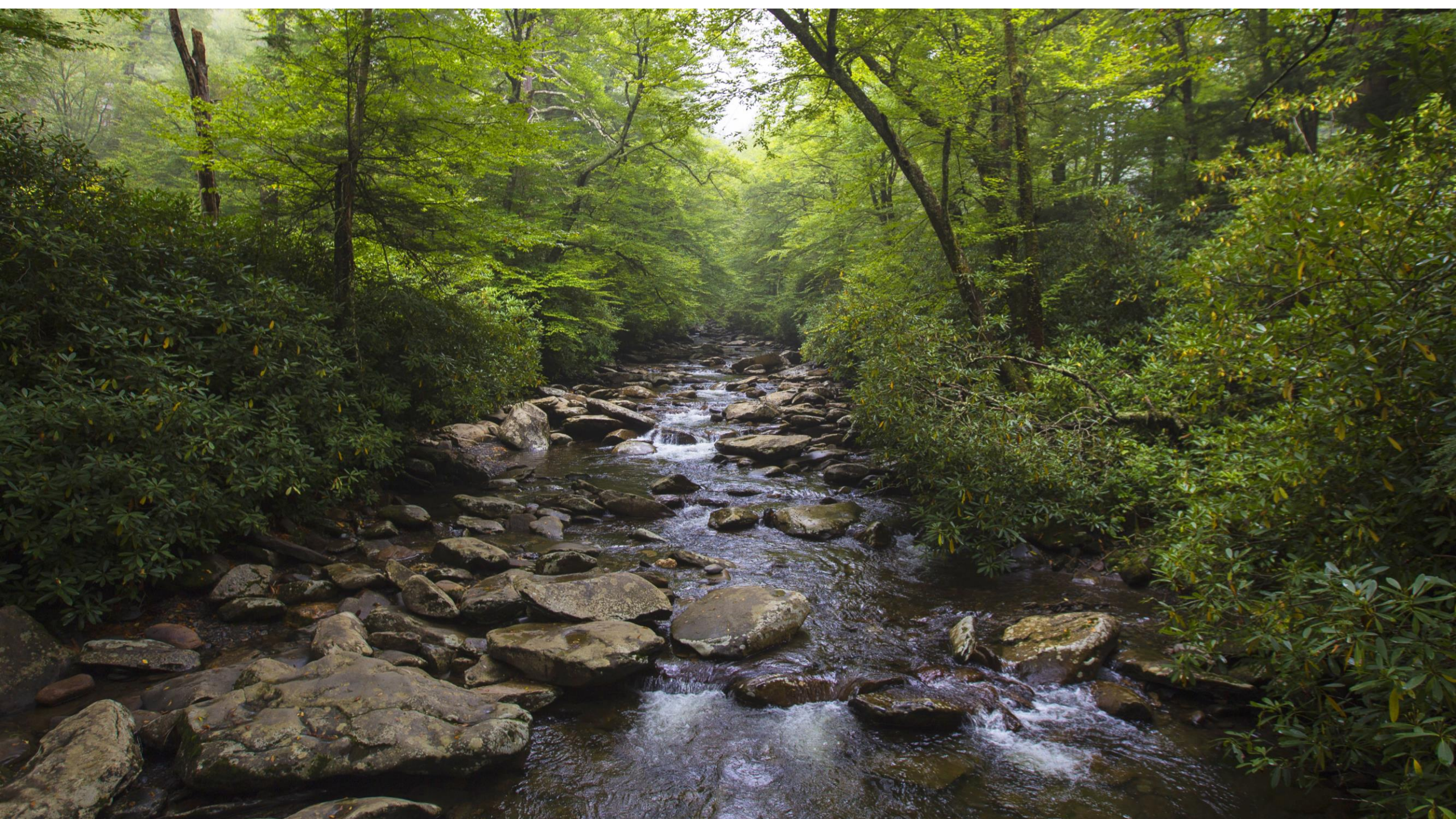
- Three phrases will be used for this practice:
  - May you <name> be happy
  - May you <name> be peaceful
  - May you <name> live with ease
- Synchronize the practice with your breath:
  - While inhaling say "May you <name> be"
  - While exhaling say "happy"
- Call to mind a loved one or a benefactor. It could be your partner, your parents, your children, your grandchildren or even your pet.
- Consciously expand the tender feeling in your heart that arises as you use these phrases for your loved one or benefactor, wishing for your loved one or benefactor what you wish for yourself
- Then, bring to mind ALL the people whom you have ever loved and cared for in any role or capacity
- Use loving kindness phrases for all of them, wishing for all of them what you wish for yourself



# Guided Loving Kindness Practice

15 minutes





## Loving Kindness and Mindfulness



- Loving Kindness extends and supports the practice of mindfulness externally.
- When we are fully loving, we are fully mindful. When we are fully mindful, we are fully loving.
- These troubled and turbulent times can evoke fear, frustration, confusion and grief in us. Loving Kindness can allow us to come home to feelings of safety, security, connection and hope.
- Loving Kindness can remove fear and negative reactivity from our minds whenever it becomes necessary to reduce conflict and hatred that engulfs us.



## Benefits of Loving Kindness Practice

- Loving kindness can dissolve past aversive experiences because it focuses on the inherent goodness in people.
- Loving Kindness increases positive emotions & decreases negative emotions <sup>(1)</sup>
- Loving Kindness decreases chronic pain <sup>(2)</sup>
- Loving Kindness decreases PTSD <sup>(3)</sup>
- Loving Kindness decreases Telomere length – a biological marker of aging <sup>(4)</sup>

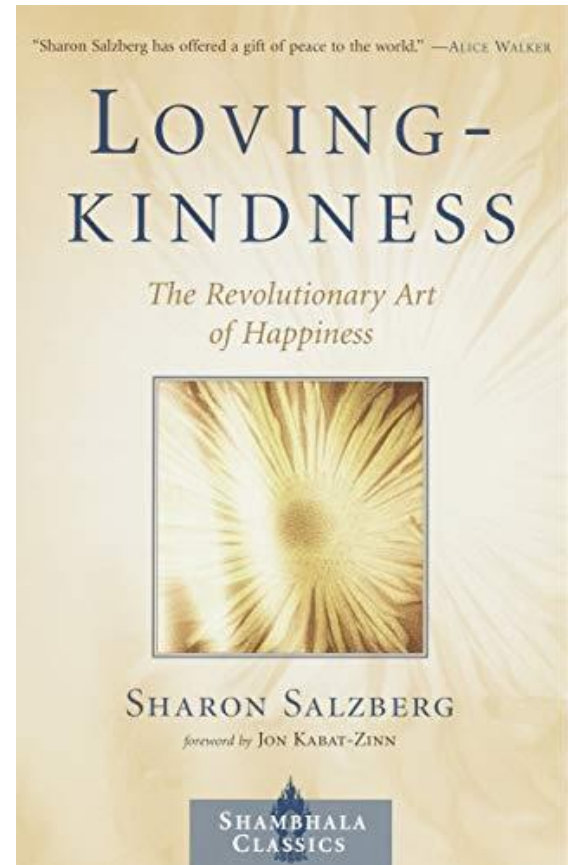
**(1) Open Hearts Build Lives: Positive Emotions, Induced Through Loving-Kindness Meditation, Build Consequential Personal Resources.** Fredrickson, Cohn, et al., published online Nov 2008, US National Library of Medicine, NIH, PMCID: [PMC3156028](https://pubmed.ncbi.nlm.nih.gov/PMC3156028/)

**(2) Loving-kindness Meditation for Chronic Low Back Pain: Results From a Pilot Trial.** Carson, Keefe, et al., published online Sep 2005, US National Library of Medicine, NIH, PMID: [16049118](https://pubmed.ncbi.nlm.nih.gov/16049118/)

**(3) Loving-kindness Meditation for Posttraumatic Stress Disorder: A Pilot Study.** Kearney, Malte, et al., published online Aug 2013, US National Library of Medicine, NIH, PMID: [23893519](https://pubmed.ncbi.nlm.nih.gov/23893519/)

**(4) Loving-Kindness Meditation Practice Associated With Longer Telomeres in Women.** Hoge, Chen, et al., published online Aug 2013, US National Library of Medicine, NIH, PMID: [23602876](https://pubmed.ncbi.nlm.nih.gov/23602876/)

# Book Reference





# Post-practice session

- Do you have questions?
- How would you describe your experience with the practice?

# *Resources & Handouts*

- Recording
- Presentation slides
- Other resources at [www.SummitMindfulness.com](http://www.SummitMindfulness.com)

[www.peacehealth.org/healthy-you/webinar-mindfulness-loving-kindness-1](http://www.peacehealth.org/healthy-you/webinar-mindfulness-loving-kindness-1)



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