

LOVING KINDNESS MEDITATION WORKSHOP



Recommended Apps to use to begin a meditation practice:

- 1) Headspace
- 2) Calm
- 3) HM- Healthy Minds (free)

Meta Loving Kindness Meditation Books I recommend:

- 1) Loving Kindness in Plain English- Author Bhante Henepola Ganaratana
- 2) Loving Kindness: The Revolutionary Art of Happiness- Author Sharon Salzberg
- 3) True Love: A Practice for Awakening the Heart- Author Thich Nhat Hanh

Recent Research Studies:

- 1) 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. *Journal of Personality and Social Psychology*, 95(5), 1045–1062. <https://doi.org/10.1037/a0013262>
- 2) Hutcherson CA, Seppala EM, Gross JJ. Loving-kindness meditation increases social connectedness. *Emotion*. 2008 Oct;8(5):720-4. doi: 10.1037/a0013237. PMID: 18837623.
- 3) Lutz A, Brefczynski-Lewis J, Johnstone T, Davidson RJ (2008) Regulation of the Neural Circuitry of Emotion by Compassion Meditation: Effects of Meditative Expertise. *PLoS ONE* 3(3): e1897. <https://doi.org/10.1371/journal.pone.0001897>
- 4) Kok BE, Coffey KA, Cohn MA, Catalino LI, Vacharkulksemsuk T, Algeo SB, Brantley M, Fredrickson BL. How positive emotions build physical health: perceived positive social connections account for the upward spiral between positive emotions and vagal tone. *Psychol Sci*. 2013 Jul 1;24(7):1123-32. doi: 10.1177/0956797612470827. Epub 2013 May 6. Erratum in: *Psychol Sci*. 2016 Jun;27(6):931. PMID: 23649562.
- 5) Kang Y, Gray JR, Dovidio JF. The nondiscriminating heart: lovingkindness meditation training decreases implicit intergroup bias. *J Exp Psychol Gen*. 2014 Jun;143(3):1306-1313. doi: 10.1037/a0034150. Epub 2013 Aug 19. PMID: 23957283.
- 6) Klimecki OM, Leiberg S, Lamm C, Singer T. Functional neural plasticity and associated changes in positive affect after compassion training. *Cereb Cortex*. 2013 Jul;23(7):1552-61. doi: 10.1093/cercor/bhs142. Epub 2012 Jun 1. PMID: 22661409.
- 7) Hoge EA, Chen MM, Orr E, Metcalf CA, Fischer LE, Pollack MH, De Vivo I, Simon NM. Loving-Kindness Meditation practice associated with longer telomeres in women. *Brain Behav Immun*. 2013 Aug;32:159-63. doi: 10.1016/j.bbi.2013.04.005. Epub 2013 Apr 19. PMID: 23602876.
- 8) Leung MK, Chan CC, Yin J, Lee CF, So KF, Lee TM. Increased gray matter volume in the right angular and posterior parahippocampal gyri in loving-kindness meditators. *Soc Cogn Affect Neurosci*. 2013 Jan;8(1):34-9. doi: 10.1093/scan/nss076. Epub 2012 Jul 18. PMID: 22814662; PMCID: PMC3541494.

- 9) Arch, J. J., Landy, L. N., & Brown, K. W. (2016). Predictors and moderators of biopsychological social stress responses following brief self-compassion meditation training. *Psychoneuroendocrinology*, *69*, 35–40. <https://doi.org/10.1016/j.psyneuen.2016.03.009>
- 10) eilly, E.B., Stuyvenberg, C.L. A Meta-analysis of Loving-Kindness Meditations on Self-Compassion. *Mindfulness* (2022). <https://doi.org/10.1007/s12671-022-01972-x>
- 11) Zheng, Y., Yan, L., Chen, Y. *et al.* Effects of Loving-Kindness and Compassion Meditation on Anxiety: A Systematic Review and Meta-Analysis. *Mindfulness* **14**, 1021–1037 (2023). <https://doi.org/10.1007/s12671-023-02121-8>