Loving-kindness meditation (LKM) is a type of mindfulness-based meditation that emphasizes caring and connection with others. LKM incorporates nonjudgmental awareness of the present moment, which enhances attention, presence, acceptance, and self-regulation; it also entails directing caring feelings toward oneself and then others and emphasizes both self-care and interconnectedness. Thus, LKM is suitable for helping clients forge healthy connections with themselves and others. This article examines the use and implications of LKM in counseling.

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The Role of Psychedelics and Counseling in Mental Health Treatment
Russ Curtis, Lisen Roberts, Elizabeth Graves, Heather Thompson Rainey, David Wynn, David Krantz, Verena
Loving-kindness meditation or ‘Metta’ meditation is an ultimate form of generous and selfless love towards ourselves and others. ‘Metta’ is a Pali word for benevolence, friendship, affection, and kindness. Background studies and literature reviews on mental health and meditation suggest that these practices, alone or in combination with other forms of therapy and treatment, enhance brain activities related to emotional regulation, stress management, and immune functions (Grossman and Van Dam, 2001). Some neuroimaging studies indicated that compassion meditation (CM) and loving-kindness meditation (LKM) regulate the functioning of the limbic system, a brain site that is in charge of processing emotions and empathy. Loving-kindness meditation focuses on developing feelings of goodwill, kindness and warmth towards others (Salzberg, 1997). As I’ve described in my TEDx talk, compassion, kindness and empathy are very basic emotions to us. Research shows that loving-kindness meditation has a tremendous amount of benefits ranging from benefitting well-being to giving relief from illness and improving emotional intelligence: Well-being.

1. Increases Positive Emotions & Decreases Negative Emotions. In a landmark study, Barbara Frederickson and her colleagues found that practicing seven weeks of loving-kindness... Loving-kindness meditation is thought to have originated in ancient India, before the time of the Buddha. Since then, it’s become known as a traditionally Buddhist philosophy and practice, but the ideas of loving-kindness, compassion, or maitri, can also be found in Hindu and Jain texts. In these meditations, the object is to cultivate and send out compassion to the world and all living beings in it, including ourselves. According to Marci Quinn, spiritual author of A Teen’s Spirit: Changing the World Through Love and Kindness, “A loving-kindness meditation is a powerful tool to