

What Is Loving-Kindness Meditation?

Loving-kindness meditation was developed by Jon Kabat-Zinn and was incorporated into his Buddhist tradition based mindfulness-based stress reduction (MBSR) program. It is a form of meditation with many different techniques and approaches. One method works by shifting focus from oneself and onto other people, which may lead to decreased anxiety and depression. Other techniques move focus inwards and emphasize loving-kindness towards oneself. Whether the focus is on others or oneself, this meditation practice improves mindfulness and compassion.

Loving Kindness

Sebastian Brünink



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