



# Loving Kindness People Skills

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**Luna**



# Empathy, Compassion Loving Kindness

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- Loving Kindness – Wishing others well.
- Compassion – Wishing others do not suffer.
- Aspirational Practices – felt sense of connection
- Empathy – Ability to feel the suffering of others.
- Empathy fatigue
  - Empathy can be painful.
  - Compassion can be inspiring
  - When someone you know is suffering practice compassion



# Quotes

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- Be kind, for everyone you meet is fighting a battle. ...John Watson

# Reactivity

- How many times have I told you!
- Can't you do anything right!
- This lousy world
- It stinks
- It is not fair

Your knee jerk reactions  
Are working perfectly





# Why meditate?

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**Our thinking mind shuts down  
when we are triggered!!  
WE ARE NOT RATIONAL**

**Meditation helps us:**

- **Recognize**
- **Regulate**



# People skills Mindfulness

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- We can learn these skills.
- Psychological Insights
- Effective communication techniques
  - Understanding
  - De-escalating techniques.

If you can't control your impulses it doesn't matter how much you know



# Integrate and Embody

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- **DAILY PRACTICE!!!**
  - Meditation.
  - Reminders in the morning
  - Micro practices during the day.
  - Review at night



# Check In

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**Tense**

**Calm**

**Distracted**

**Present**

**Fearful**

**Confident**

**Hopeless**

**Optimistic**

**Angry**

**Compassionate**

**Most of the times we are somewhere in the middle**

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# Guided Meditation



## Loving kindness



# Lovingkindness part 1

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**Check in – how are you feeling**

**Breathe long slow and deep.**

- Count as you are breathing
- Breathe naturally

**Think about someone you love deeply**

- visualize them and wish them well.
- You might say “May you have peace Happiness Contentment and Joy. May you be valued, appreciated, honored and respected”
- Or you might prefer to use your own words.

**Now visualize yourself.**

- Everyone has had problems, disappointments and losses. You have also. Wish yourself well. You can say “May I have peace Happiness Contentment and Joy”



# Lovingkindness part 2

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- May I be valued, appreciated, honored and respected”
- or you can say it to yourself in your own words.
- You may find it helpful to put your hand on your heart as you nurture yourself.

## **Think about all of the people in the world and wish them well.**

- You might say “May you have peace Happiness Contentment and Joy  
May you be valued, appreciated, honored and respected”
- or you might prefer to use your own words.
- Notice how differently you will feel when you see them again.



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# Questions

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- If you don't have anything to say, it is OK.
- Share your meditation experiences
- Was there a difference in your "check in status" before and after today's meditation.
- Did you look at "Integrate and Embody" and have any comments.
- Be kind, for everyone you meet is fighting a battle.  
...John Watson Thoughts or comments?
- Any questions?



# Compassion

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- Felt Sense – Not intellectual
- Alters your disposition
- Your disposition impacts your behavior
- Resilience tools to cultivate compassion
  - Formal meditation
  - Micro Practices
    - Short duration
    - All encounters



# Compassion benefits everyone

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## **You benefit!**

- **Sense of well being.**
- **People treat others the way that they are treated.**
- **Your personal relationships and career**

**Your good wishes and kind thoughts MAY help others.**



# Quotes

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- If you want others to be happy, practice compassion.
- If you want to be happy, practice compassion.





# Loving kindness micro practice

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# Questions?

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# After class. What's next

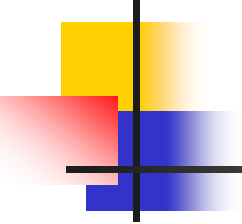


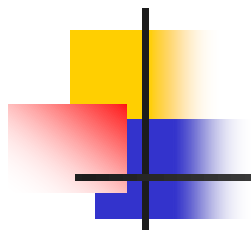


# Integrate and Embody

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- 28 days.
- 15 minutes a day.
  - 5 minutes morning
  - 5 minutes throughout the day
  - 5 minutes at night
- Daily Question
  - Does this apply to you?
  - Examples
    - Do you catastrophize?
    - Do you have unrealistic expectations

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- Self-acceptance is my refusal to be in an adversarial relationship to myself.  
Nathaniel Brand.



**Thank  
You!**