

Positive+Parent™ Newsletter

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HOW MEDITATION CAN HELP YOU AND YOUR CHILD

I first heard about Loving Kindness Meditation in a podcast with Marci Shimoff, the author of [Happy For No Reason](#). It is a really beautiful meditation that can be done all day long, not just in the lotus position in a quiet corner of your home.

There are different versions of the Loving Kindness Meditation, but all of them have a similar intention. The version that I like to do goes like this:

Start thinking about yourself and say (or think), "May I be happy, may I be healthy, may I have love, may my life be filled with ease. Then think of someone close to you. For example, I usually go to my wife next and I say, "Tova, may you be happy. Tova, may you be healthy, etc"

I can do it in the lotus position in my living room in the morning before my family wakes up or I can also do it while I am driving my car.

After going through your loved ones, you move on to people who are neutral in your life. For example, you may be stopped at a red light, look over to the driver next to you and send him or her loving kindness.

The challenge is to then think of the negative people in your life. The person who cut you off in traffic, Your boss who gives you a hard time every day, or perhaps your mother-in-law (if you're not as lucky as me to have a mother-in-law that I loved) and send them loving kindness.

When I first heard this and started practicing it, it

always made me feel good and I knew that it helped me to stay positive. Now I find out that a group of psychologists tested the Loving Kindness Meditation and found that it truly helps people to build positive emotions.

Dr Barbara Fredrickson and her colleagues taught this to 100 employees at a hi-tech company. They had another 100 employees who did not learn the

technique (until after the experiment) and they compared the two groups. The group that learned the technique, let's call them the meditators, were more mindful and savored the past, present and future. They had more gratitude, more hope, more love and more pride.

The meditators were able to both give more social support and to receive more social support. The meditators were able to create more positive

relationships with others.

Finally and not too surprisingly, the meditators reported fewer illnesses and better sleep.

So how can you use this with your kids? Would it work for you to do a loving kindness meditation every night when you tuck them in? What if every night, with your child, you started off with, "May I be happy, may I be healthy, may I be loved, may my life be filled with ease." And then go through this for members in your family, for classmates, for teachers, etc.

If you do this, you will be raising a loving child and you will be building a great relationship!



You can reach me by email at DrShaya@PositiveParentPlus.com I love to hear reader comments.

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