Supplementary data

Annex A - Loving Kindness Meditation

Loving-kindness meditation or Metta is a traditional Buddhist practice for developing compassion. Sitting in a comfortable, upright posture, follow these steps.

1. Spend a few minutes of mindfulness meditation, focussing on the breath.
2. Recall that all living beings want to be happy and free from suffering.
3. Focusing on yourself, awaken a feeling of goodwill and tenderness and wish yourself

May I be well
May I be happy
May I find peace

Repeat these phases silently to yourself for a few minutes.

4. Bring a loved-one to mind, this could a family member, a friend or even a pet. With the same feeling of goodwill and tenderness, wish them

May (name) be well
May (name) be happy
May (name) find peace

Repeat these phases silently to yourself for a few minutes.

5. Bring a neutral person to mind, this could a neighbour, someone you see in a shop or colleague with whom you have little interaction. With the same feeling of goodwill and tenderness, wish them

May (name) be well
May (name) be happy
May (name) find peace

Repeat these phases silently to yourself for a few minutes.

6. Bring a difficult or offensive person to mind, this could be a loved-one with whom you have a dispute, or a difficult colleague. With the same feeling of goodwill and tenderness, wish them

May (name) be well
May (name) be happy
May (name) find peace

Repeat these phases silently to yourself for a few minutes.
7. Let your loving-kindness grow by imagining these three people in front of you and wish them
   May (names) be well
   May (names) be happy
   May (names) find peace

   Repeat these phases silently to yourself for a few minutes.

8. Extend your loving-kindness even further by wishing all sentient being well. You can start
   with people you know and widen the circle more and more.

   May all beings be well
   May all beings be happy
   May all beings find peace

   Repeat these phases silently to yourself for a few minutes.

9. Rest in the feeling of loving-kindness and then bring your attention back to the breath.

References


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