

# The Empathy Workout

Go to (<https://marthabeck.com/2013/03/the-empathy-workout/>) and explore the different aspects to “The Empathy Workout”. Of particular relevance is exercise #4 “Metta-Tation” that promotes self-acceptance which increases our capacity for empathy over time.

The Center for Koru Mindfulness provides the actual guided Loving Kindness Meditation that students can practice outside of class

<https://korumindfulness.org/guided-meditations/>.

This meditation incorporates the self acceptance piece highlighted on Beck’s website, but also includes the acceptance of others, even those with whom we have conflictual relationships. Have students reflect upon the meditation and discuss in the larger class.

