

Introduction to Mindfulness Meditation for People with Aphasia

Highlights from Week 1:

Introduction and The Breath

- **Mindfulness Meditation**

- **Mindfulness Meditation** is a **practice of awareness**: to know **clearly**, simply what is happening **as it is happening**.
- Mindfulness is characterized by a **non-judgmental** awareness.
- In Mindfulness Meditation, **all experiences** are worthy of **attention**. **All** experience is **included**.
- We **observe** what comes and goes **like clouds** passing; the practice is to recognize as **experiences come and go**, **pleasant** or **unpleasant**, wanted or not.

- **Posture**

- A posture that is both **alert and relaxed** can support attentiveness.
- If possible, an **alert spine** is ideal, whether **sitting or lying** down.
- If possible, sit in such a way that the **knees can be slightly lower** than the hips.

- **Mindfulness of Breathing**

- Attend **gently but deliberately** to the **sensations** of **breathing** through the **body**.
- The breathing is allowed to **come and go** naturally, **without control**.
- When you notice that attention **has wandered**, gently & kindly **return attention** to the sensations of **breathing**.

Suggested **Activities** for Week 1

- Select **one place** to do your meditations.
- Daily: **5-10 minutes** of Mindfulness Meditation on **Breathing**.

- **Experiment** with meditating at **different times of day** to find what works **best for you**.