

Introduction to Mindfulness Meditation for People with Aphasia

Highlights from Week 2:

The Body

- Mindfulness of the **Body**
 - Introduction
 - The experience of the **body** is **always** in the **present moment**.
 - The **body** is **continuously** aware.
 - The body is **continuously communicating** without **words**.
 - **Benefits** of Mindfulness of the Body include: **relaxation, familiarity**, mental and physical **nourishment**, increased **ability** to **choose** our **responses** to all aspects of experience.
 - Important: to **distinguish physical** experience from **commentary**.
 - **Background/Foreground: thoughts** may **continue** in the **background** while we attend to the body in the foreground.
- To **Practice** Mindfulness of the **Body**
 - **Begin** with Mindfulness of **Breathing**: Attend gently but **deliberately** to the **sensations** of **breathing through** the body.
 - **When** a **sensation** in the **body** becomes **compelling**, **turn** attention **toward** the sensation to be mindful of it.
 - **Notice** any **commentary**. Allow commentary to **stay in** the **background**.
 - If the sensation **disappears**, return to the breathing.

- Mindfulness of the Body: Pain
 - **All** physical **experiences** can **support mindfulness**, whether **pleasant** or **unpleasant**.
 - Remember to **be kind** with **yourself** while exploring **pain**.
 - **Begin to notice**: What is the **direct** experience of **pain**? And, what is my **relationship** to it **now**?

Suggested **Activities** for Week 2

- Daily: **practice** Mindfulness Meditation on Body for 10 minutes.
- Try mindfulness **eating**: in **silence** and put the **fork/spoon down** after **each bite**.
- **If it works** for you, **take** a walking meditation noticing the **sights**, **sounds**, and **body sensations**. If a walking meditation **doesn't work**, try to **sit outside** or just open a window for a few minutes.
- Try the **three breath journey**. The **first** breath to be **centered**. The **second** to **experience** the breath. The **third** breath to **relax** any **tension** in the body.