

Introduction to Mindfulness Meditation for People with Aphasia

Highlights from Week 3:

Emotions

- Mindfulness of **Emotions**
 - Introduction
 - For mindfulness practice, **no emotion** is inappropriate.
 - The practice is to maintain a **simple relationship** to **experience**, including emotions.
 - Emotions **communicate** through the **body**. **Allow** emotions to flow **through** the body.
- To Practice Mindfulness of **Emotions**
 - Meditate with **attention** on the **breathing** (or body).
 - If **emotions** are in the **background**, **leave** them there. If an emotion becomes **compelling**, turn **toward** it with mindfulness.
 - **Distinguish physical** experience from commentary.
 - **Feeling**, sensing, allow the emotion to flow through the body.
 - When the **emotion fades**, **return** attention to the **breathing**.

Suggested Activities for Week 3

- Daily: 10-15 minutes of Mindfulness Meditation.
- Notice the **body sensations** when the emotions arise.
- Notice what **feelings** tend to **pull you** into **preoccupation**.