

Introduction to Mindfulness Meditation for People with Aphasia

Highlights from Week 4:

Thinking

- Mindfulness of **Thinking**
 - Meditation is **all-inclusive**. We **don't exclude anything** or try to get rid of our thoughts.
 - **Thoughts** can be in the **foreground** or the **background**.
 - Pay **attention** to the **difference** between **process** and **content** of thinking; aware of **images/sounds/colors** vs. being lost in content. How is **thinking** connected with **sensation**?
- We can understand thoughts as **like boats** passing by while we are on a **riverbank**. Or **clouds passing**.
- **Things** that can **fuel** thinking: **emotions**, physical **sensations**, interest, **identification**.
- If **thinking** is persistent, **check** if an **emotion** is present **underneath**.

Suggested Activities for Week 4

- **Daily: 15** or more minutes of Mindfulness Meditation.
- **Explore** how you **think**: words, pictures, sounds, colors? **What** are the **sensations**?
- **Notice** what **types** of **thinking** tend to **pull you** into **preoccupation**. What **types** of **thinking** tend to **bring ease**?