

Introduction to Mindfulness Meditation for People with Aphasia

Highlights from Week 5

Compassion

- Practicing **Compassion**

- The practice of mindfulness **emphasizes simplicity: doing less** in response to experience.
- The **practice of compassion** introduces a **change**: to **incline** the mind **toward an attitude**.
- **Begin with goodwill or friendliness. Begin** with a **being** to whom it is **easy** to **wish well**.
- **Goodwill, turned toward suffering** causes a **response: compassion**.
- To Practice Compassion
 1. Begin with goodwill.
 - **Visualize** someone who naturally calls forth goodwill.
 - **Observe** the **details of** them.
 - Silently wish “**May** you be **happy**.”
 - **Observe** and feel any **effects**.
 - Repeat.
 2. Once a sense of **goodwill develops**, direct it toward **yourself**. “May I be happy.” Repeat.
 3. After some time, **direct** this goodwill toward **any sense of suffering** in yourself. “May this suffering be at ease.”
- **If useful**, experiment with **compassion phases** such as those below:

May you be **happy**,
May you be **peaceful**,
May you be **safe**,
May you be **free**.

May I be **happy**,
May I be **peaceful**,
May I be **safe**,
May I be **free**.

Suggested Activities for Week 5

- **Get** a printed **photo** of **someone** for whom it is **easy to feel** goodwill.
- **Daily**: 15 minutes of meditation -- **2/3** of the time for **mindfulness**, **1/3 for goodwill & compassion**. Bring compassion to yourself.
- You **might experiment** with practicing goodwill toward **someone else** who is **not** aware you are doing it!