

Introduction to Mindfulness Meditation for People with Aphasia

Highlights from Week 6:

Gratitude

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 - **Mindfulness of beautiful qualities** strengthens them and **brings others along**.
 - **Gratitude** is a **re-conditioning** practice.
 - Gratitude is not denial, but the addition of the wholesome: appreciation for what is true.
 - “It’s **ordinary to love the beautiful**, but it’s **beautiful to love the ordinary**.”
 - In any circumstance, what contribution can I make that is beautiful?
 - “We can **practice** being **grateful** for **what** we take for **granted**.”
- Suggested Gratitude Meditation
 1. Begin with a few minutes of **settling to connect** with the felt **sense of the body**.
 2. Silently ask: “**Who** or **what** has **benefited** me today?”
 3. **Notice** and **register** any **response, physical or mental**.
 4. Ask again and register responses. (Repeat...)
 5. If a feeling of gratitude becomes **steady**, allow time for being **nourished** by it.

Suggested Activities for Week 6

- **Daily**: 15 minutes or more of meditation -- **two thirds** of the time for **mindfulness**, **1/3** for goodwill & compassion.
- **Once** per day for **3-5 minutes: Gratitude Practice**