**Introduction to Mindfulness Meditation
for People with Aphasia**

**Session 1 - The Breath**

* **Mindfulness Meditation**
	+ **Mindfulness Meditation** is a **practice of attention**: to know **clearl**y, simply what is happening **as it is happening**.
	+ Mindfulness is characterized by a **non-judgmental** **awareness**.
	+ In Mindfulness Meditation, **all experiences** are worthy of **attention**. **All** experience is **included**.
	+ Like an attentive gatekeeper who recognizes who comes and goes, the practice is to recognize as **experiences come and go**, **pleasant** or **unpleasant**, **wanted or not**.
* **Posture**
	+ A posture that is both **alert and relaxed** can support attentiveness.
	+ If possible, an **alert spine** is ideal, whether **sitting or lying** down.
	+ If possible, sit in such a way that the **knees can be slightly lower** than the hips.
* **To Practice Mindfulness** of **Breathing**
	+ Attend **gently but deliberately** to the sensations of **breathing through the body**.
	+ The breathing is allowed to **come and go** naturally, **without control.**
	+ When you notice that attention **has wandered**, gently and kindly **return attention** to the **sensations** of **breathing**.

Suggested Activities for Session 1

* Select **one place** to do your meditations.
* **Daily:** **5-10 minutes** of Mindfulness Meditation on **Breathing**.
* **Experiment** with meditating at **different times of day** to find what works **best for you.**