**Introduction to Mindfulness Meditation   
for People with Aphasia**Session 2 - The Body

* + Introduction
    - The experience of the **body** is **always** in the **present moment.**
    - The **body** is **continuousl**y **aware**.
    - The body is **continuously communicating** with the **mind without** **words.**
    - **Benefits** of Mindfulness of the Body include: **relaxation**, familiarity, mental and physical **nourishment,** increased **ability** to **choose** our **responses** to all aspects of experience.
    - **Important**: to **distinguish** **physical** experience from **commentary**.
    - **Background/Foreground**: **thoughts** may **continue** in the **background** while we attend to the **body in the foreground.**
* To **Practice** Mindfulness of the **Body**
  + **Begin** with Mindfulness of **Breathing**: Attend gently but **deliberately** to the **sensations** of **breathing through** the body.
  + **When** a **sensation** in the **body** becomes **compelling**, **turn** attention **toward** the sensation to be mindful of it.
  + **Notice** any **commentary**. Allow commentary to **stay in** the **background**.
  + If the sensation **disappears**, **return** to the **breathing**.
* Mindfulness of the Body: **Pain**
  + **All** physical **experiences** can **support mindfulness**, whether **pleasant** or **unpleasant.**
  + Remember to **be kind** with **yourself** while exploring **pain.**
  + **Begin** to **notice**: What is the **direct** **experience** of **pain**? And, what is my **relationship** to it **now**?

Suggested **Activities** for Session 2

* Daily: **15 minutes** of Mindfulness Meditation on Body.
* Take a **mindfulness walk** or just **sit outside (**weather permitting**)**.
* **Choose a** **meal** and **silently** **eat mindfully** - put the **utensils down** after **each bite** and i**nvestigate the sensations**.