**Introduction to Mindfulness Meditation
for People with Aphasia
Session 3 - Emotions**

* + Introduction
		- For mindfulness practice, **no emotion** is inappropriate.
		- The practice is to maintain a **simple relationship** to **experience,** including emotions.
		- Emotions **communicate** through the **body**. **Allow** emotions to **flow through** the body.
* To Practice Mindfulness of Emotions
	+ Meditate with **attention** on the **breathing** (or body).
	+ If **emotions** are in the **background**, **leave** them there. If an emotion becomes **compelling**, turn **toward** it with mindfulness.
	+ **Distinguish physical** experience from commentary.
	+ **Feeling,** sensing, allow the emotion to flow through the body.
	+ When the **emotion fades**, **return** attention to the **breathing**.

Suggested Activities for Session 3

* Daily: meditate **daily**. Try to **make it** a **habit**.
* Gradually **increase** the amount of time that you meditate.
* During these days, **notice** any **feelings** of **happiness** or **contentment**. **Enjoy** them to them!
* Notice what **feelings** tend to **pull you** into **preoccupation**.