**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**.