**Introduction to Mindfulness Meditation   
for People with Aphasia**Session 4 - Thinking

* Mindfulness of **Thinking**
  + Meditation is **all-inclusive**.  We **don’t exclude** **anything** or try to get rid of our thoughts.
  + We **don’t judge** our **thoughts or emotions**.
* To **Practice** Mindfulness of Thinking
  + **Thoughts** can be in the **foreground** or the **background.**
  + Pay **attentio**n to the **difference** between **process** and **content** of thinking; aware of **images/sounds/colors** vs. being lost in content. How is **thinking** connected with **sensation**?
  + We can understand thoughts as **like boats** passing by while we are on a **riverbank**. Or **clouds passing**.
  + **Things** that can **fuel** thinking: **emotions**, physical **sensations**, interest, **identification**.
  + If **thinking** is persistent, **check** if an **emotion** is present **underneath**.

**Suggested** Activities for Session **4**

* **Daily meditate**. Try it **increase** the **amount of time** of meditating.
* **Explore** how you **think**: **words, pictures, sounds, colors**? **What** are the **sensations**?
* **Notice** what **types** of **thinking** tend to **pull you** into **preoccupation**. What **types** of **thinkin**g tend to **bring ease**?