**Introduction to Mindfulness Meditation   
for People with Aphasia**Session 5 - Compassion

* **Compassion**
  + The practice of mindfulness **emphasizes simplicity**: **doing less** in response to experience.
  + The **practice of compassion** introduces a **change**: to **incline** the mind **toward an attitude**.
  + **Begin with goodwill**. **Begin** with a **being** to whom it is **easy** to **wish wel**l.
  + **Goodwill, turned toward suffering**causes a **response**: **compassion.**
  + To Practice Compassion
    - 1. Begin with goodwill.
      * **Visualize** or look at a **photo** of someone who naturally calls forth goodwill.
      * **Observe** the **details of** them.
      * Silently wish “**May** you be **happy.**”
      * **Observe** and feel any **effects.**
      * Repeat.
    - 2. Once a sense of G**oodwill develop**s, direct it toward **yourself**. “May you be happy.” Repeat.
    - 3. After some time, **direct** this goodwill toward **any sense of suffering** in yourself. “**May** this **suffering** be **at ease**.”

**Suggested Activities** for Session 5

* **Get** a printed **photo** of **someone** for whom it is **easy to feel** goodwill. **Observe** the details of them. **Silently wish** “May you be happy.” **Observe** and feel any effects. (The **words** are n**ot important**, the **bodily sensations** and **feelings of Goodwill and compassion** are what we are looking for.)
* **Daily**: 15 minutes of meditation or more -- **2/3** of the time for **mindfulness**, **1/3 for Goodwill** and **Compassion**.
* You **might experiment** with practicing Goodwill toward **someone else** who is **not** aware you are doing it!

Suggested phrases for Compassion Meditation (often referred to as **mettā**):

Directed to a specific being:

* May you be **happy,**
* May you be **safe,**
* May **you** be **peaceful**,
* May **you** be **free**.

Directed to yourself:

* May **I** be **happy**,
* May **I** be **safe**,
* May **I** be **peaceful**,
* May **I** be **free**.

Directing to living things everywhere:

* May **all living** things be **happy**,
* May **all living** things be **safe,**
* May **all living** things be **peaceful**,
* May **all living** things be **free.**