**Introduction to Mindfulness Meditation   
for People with Aphasia**Session6 - Gratitude

* Gratitude
  + **Mindfulness** of **beautiful qualities** **strengthens** them and **brings others along**.
  + **Gratitude i**s a **re-conditioning** practice.
  + Gratitude is not denial, but the **addition** of the wholesome: appreciation for what is true.
  + **“**It’s **ordinary to love the** beautiful**,** but it’s **beautiful** to **love** the **ordinary.”**
  + In any circumstance, what contribution can I make that is beautiful?
  + “We can **practice** being **grateful** for **what** we take for **granted**.”
* Practicing Gratitude Meditation
  + 1. Begin with a few minutes of **settling to connec**t with the felt **sense of the body.**
  + 2. Silently ask: “**Who** has **benefited** me today?”
  + 3. **Notice** and **register** any **response**, **physical** or **mental**.
  + 4. Ask again and register responses. (Repeat…)
  + 5. If a feeling of gratitude becomes **steady,** allow time for being **nourished** by it.

Suggested Activities for Session 6

* **Daily**: At least 15 minutes of meditation -- **2/3** of the time for **mindfulness**, **1/3** for Goodwill & Compassion.
* **Once** per day for **3-5 minutes:** **Gratitude** Practice