**Introduction to Mindfulness Meditation**

**for People with Aphasia**

**Summary for Mindfulness In Daily Life and Resources**

**Meditation**

* Meditation is the **clear**, **balanced**, **non-judgmenta**l, **present awareness.**
* Awareness is **experienced** **through** the five bodily **sense doors:** **sight**, **feeling**, **hearing**, **taste** and **smell**.
* In addition, in meditation the **mind** is considered a **sixth sense door** experienced through the **bodily sensations related** to **thinking** and **emoting**.

**Meditation Process Involves:**

* **Experiencing all** bodily **sensations,** thoughts, and emotions and **none** are **excluded.**
* **Observing** and **investigating** the **experiences** of **awareness**.
* **Receivin**g and **being with** the **present moment**, **pleasant** or **unpleasant**, just as it is **without** either **clinging to** or **rejecting it**.
* **Experiencing** the process **again** and **again** and **again**.
* **Invites** us to **bring kindness** and **compassion** for **ourselves, caregivers, family** and others and **gratitude** for what life offers.
* For **some**, meditation is a **refuge f**rom the **challenges** of **aphasia** and other life stresses.

**Meditation in Daily Life**

* **Regularly meditate**. If comfortable, **daily.**
* Find a **regular time** and **place t**o meditate. Make it a **habit.**
* Start meditate for **a small amount of time** such as 5, 10 or 15 minutes. **Over time**, try to **increase the amount.**
* Periodically take the **“three breath journey.”** In the **first breath,** become **centered**. In the **second breath**, experience the breath **throughout the body**. In the third breath, **on the exhal**e, try to r**elease any tension** experienced the breath.
* **Bring kindness and compassion** to the meditation practice.  **If useful,** use the phrases -

May you (or I or all living things) be **happy**,

May you (or I or all living things) be **peaceful**,

May you (or I or all living things) be **safe**,

May you (or I or all living things) be **free**.

* **Bring gratitude** to the meditation practice.  **Identify** small **parts** of life **for which** you are **grateful**.

**General Resources:**

The **University of California at Los Angeles Mindful Awareness Research** offers free recorded guided meditations and live Podcasts.

<https://www.uclahealth.org/programs/marc>

**Diana Winston**, the **director** of the University of California at Los Angeles Mindful Awareness Research Center maintains a website with free guided meditations. <https://dianawinston.com/meditations#/>

**Tara Brach i**s a **psychologist** and **Buddhist teacher** and her website describes her teachings as a **blend of** Western **psychology** and Eastern spiritual practices. She offers free guided meditations and some fee-based programs. <https://www.tarabrach.com/>

**Silvia Boorstein** is also a well known **psychologist** and **Buddhist teacher**. She offers free guided meditations.

<http://www.sylviaboorstein.com/about>.

**Jon Kabat-Zinn i**s the **founder** of the **Mindfulness-Based Stress Reduction** Clinic at the University of Massachusetts Medical School. He offers some free guided mediations and has fee-based programs. <https://jonkabat-zinn.com/>

**A More Advanced More Buddhist Resource**

The **Insight Meditation Center (IMC)** is a **Buddhist center** which offers many programs, all of which are free. <https://www.insightmeditationcenter.org/> Many of the programs might not be useful for our group because they are so **focused on Buddhist** principles and terms.

However, IMC has a **on-going weekday program.** It starts at 7 a.m. PST, 10 am EST and includes a 30 minute guided meditation which is followed by 15 minute Dharmettes. (“Dharmettes” are discussions.)

There is a **different topic** every week and the topic **stays the same** for the **week.** **Everything** is r**ecorded** so people can check the program out **whatever time** it **works** for them.

The founder, **Gil Frondsdal**, often leads the 7 am program and his programs tend to be focused on more general meditation principles. He just recorded a 25 session series of Introduction to Mindfulness. The series can be found at <https://www.audiodharma.org/series/12876>. I recommend listening to the **first 20 sessions**. Start with “**Guided Meditation: Knowing Distraction**” recorded on January 8, 2024 and go down the list under Introduction to Mindfulness.