

# Mindful eating exercise

Now, bring your attention to the item in your hand and imagine that you are seeing it for the first time. Observe with curiosity as you pay attention and notice the colour, shape, texture, and size. Is there anything else that you notice, sense or feel?

Imagine what it took for this item to get to your hands: sunshine, water, time, processing, and shipping. You may choose to be aware of gratitude for everyone involved in the cultivation and preparation of this item of food. You may choose to bring in your own gratitude or spiritual blessing.

Now place the item between your fingers and feel the texture, temperature and ridges. You may notice smoothness or stickiness. Again, notice if you have any thoughts, sensations or emotions at this time. Continue to breathe and be fully present in this moment.

Take the piece of food and bring it toward your nose and smell with your full awareness. Notice if you have any memories, sensations or reactions in your body. Even before you eat it, you may notice that you begin to have a digestive response in your body just by noticing and smelling.

With full awareness of your hand moving toward your mouth, place the object (fruit or chocolate) into your mouth without chewing or swallowing it. Just allow it to be in your mouth, roll it around to different parts of your mouth and tongue. Notice the flavour and texture. Notice the physical sensations within your body, especially your mouth and your gut. Continue to breathe as you explore the sensation of having this item in your mouth.

Next take just one bite and notice the flavour, notice the change of texture. Then very slowly begin to chew this piece of food, and notice the parts of your mouth that are involved in chewing. Notice the sound and movement of chewing, as you continue to notice the sensations and flavour.

When you are ready, swallow this item and notice the path that it follows from your mouth and throat into your stomach. Notice the sensation and taste that may linger in your mouth. Connect again to your body and your breath and notice your experience in this moment.