

## **Eating Meditation**

(To do this meditation in the group, first pass out something small and simple to eat, like raisins. Ask each person to take some, but to await further instructions. When every one has received the edible, begin.)

Look closely at what you are about to eat.

*Pause*

Touch it. Smell it.

*Pause*

What is it made of?

*Pause*

Where did it come from?

*Pause*

Reflect on how many people may have been involved in the growth, transportation, and preparation of this food?

*Pause*

How does your body feel in anticipation of eating?

*Pause*

What's happening in your mouth? In your belly? Other sensations?

*Pause*

When you are ready, bring the food to your mouth. But don't chew it yet. Let your tongue explore it first.

*Pause*

Feel the sensations as it is experienced by the taste buds.

*Pause*

As you begin chewing what is in your mouth, pay close attention to what your tongue is doing.

*Pause*

Thoroughly chew and swallow what is in your mouth before you take another bite.

*Pause*

In this way we learn to chew, taste, savor, and swallow mind- fully. We can watch craving or aversion as it arises in relationship to our food.

*Pause*

Everything we put in our mouths now becomes an opportunity for meditation.

(Ring Bell)