

MINDFUL EATING FRUIT

Take a moment to sit in a comfortable position. Relax your body.

First take the food and hold it between your index finger and thumb. Bring your attention to your fruit as if it were a novel item, imagining that you have never seen one before in your life.

Take the time to observe your fruit carefully - really see it - gaze at it with care and full attention. Let your eyes explore every part of it, noticing its shape, colors, and surfaces. Examine its grooves, where the light shines and shadows.

Rotate and move the fruit between your fingers, continuing to explore its texture. Apply a small bit of pressure to notice whether it is soft or hard. You might close your eyes if that helps you to focus and enhance your sense of touch.

Recognizing this is a piece of fruit, note any thoughts you might have about your fruit - any memories about it or feelings of liking or disliking it.

Lift the fruit so it is under your nose, and inhale naturally. With each in-breath, notice any aroma or smell that arises. Bring awareness also to any effect in your mouth or stomach.

Now bring the fruit slowly up to your mouth, noticing how your hand and arm know exactly how and where to position it. Being aware if you are salivating as the mind and body anticipate eating.

Place the fruit gently into your mouth, without yet chewing. Hold the fruit in your mouth for at least 10 seconds, exploring it with your tongue, feeling the sensations of having it there. Notice this pause and how it feels to take some time before eating the fruit.

When you are ready, prepare to chew the fruit. Take one or two bites into it and notice what happens, bringing your full attention to its taste and texture as you continue chewing.

Take time to chew without swallowing, noticing the taste and texture of the fruit in your mouth and how it may change over time.

When you feel ready to swallow the fruit, bring awareness to the sensation so that even this is experienced consciously.

Lastly, notice what is left of the fruit as you swallow and it travels down to your stomach. Notice how your body as a whole is feeling after completing this exercise.

Now take a few moments to reflection the following questions:

1. How was this experience the same or different from how you normally eat?
2. What, if anything, surprised you about the experience?
3. What thoughts or memories popped up while doing this exercise?
4. How did this experience help bring your attention to the present?