

## Mindful Eating Exercise

To give an example of how profoundly a daily activity can be different if done mindfully, we are going to eat a small food item, paying attention to all aspects of the food itself and all our senses.

Chocolate and fruit are especially good for this practice.



1. Look and study all sides of the item –notice color, shading, patterns
2. Feel the item with your fingers – notice the texture, surface, weight, and temperature
3. Smell the item –notice the actual smell and images it brings up. Are there any associations with that smell?
4. Touch it to your lips – notice sensation in the touch and in mouth
5. Place it in your mouth, take a bite –explore the sensations in your mouth
6. Chewing – notice the texture, sound, sensations as you chew
7. Swallow – notice the impulse and need to swallow, the sensation of swallowing, how it feels going down your throat
8. After effect – notice how you feel after eating. Is there after-taste, after-smell? Are there any emotions attached to the experience of eating?

If you mindfully eat, not only will you get more nutrition out of your food, you will eat slower, which aids your digestion which is amazing for your gut and your brain.

Now – journal about the experience of eating that way, as though you were coming from outer space and just took on this human body and you're experiencing eating as a beginner.