

## A5. Mindful Eating Exercise

We spend a lot of our lives not really being present in the here and now. Life can be busy and our minds can be easily distracted by our passengers. So now we are going to spend a few minutes focusing on the present by spending time noticing an object.

I'd like you to take the object you've been given and examine it. [Pause.]

Observe it with curiosity, as if you've never seen an object like this before. [Pause.]

Study its shape, its contours. [Pause five seconds.]

Notice its colors. Are there many different shades to it? [Pause five seconds.]

Notice the weight of it in your hand [pause], and the feel of it against your skin. [Pause.]

Run your fingers over the object and notice the way that the skin feels. [Pause.]

Raise it to your nose and smell it; really notice the aroma. [Pause.]

Break open the skin and notice what is inside. [Pause five seconds.]

Raise it to your nose again and see if there is a change in the aroma. [Pause.]

Notice the texture on the inside of the object. [Pause.]

Take out one segment of the object; hold it in your hand. [Pause.]

Feel the object between your fingers. [Pause.]

Take a moment to really study it. [Pause.]

Gently squeeze it and notice its texture. [Pause.]

Then, if you are willing, gently place the segment in your mouth. Don't chew it—just roll it around in your mouth. [Pause five seconds.]

Notice what's happening in your mouth; notice the salivation. [Pause.]

Notice the urge to bite. [Pause.]

When you are ready, bite into the object. Notice how it tastes. Notice the texture. [Pause five seconds.]

Slowly chew the object, and notice the sensations as you swallow it. [Pause.]

[End by linking to values and purpose.] Even with a small object like this clementine, we can notice more by focusing on the present moment. Notice your experience of this object by being with it in this particular way. And now notice being here in the room, your purpose for coming here today, and the passengers that you carry with you while doing this.