

# Raisin Meditation Mindful Eating Exercise

To perform the Raisin Meditation Mindful Eating Exercise, please follow these instructions:

## 1. Holding the raisin

Grab one raisin. You can hold it in the palm of your hand or even between your finger and thumb.

## 2. Look at the raisin

Keep your eyes locked on the raisin. Imagine yourself as a person who has never seen a raisin before. Observe every part of the raisin with your gaze. Notice how it looks under a certain lighting or angle; look at its folds, ridges, wrinkles, symmetry or asymmetry, etc.

## 3. Touch the raisin

Technically, you're already touching it since you're holding it, but this time, use your fingers to feel it. Feel the texture of the raisin. You can even close your eyes while doing this and see if this enhances the experience.

## 4. Smell the raisin

After feeling the texture of the raisin, hold the raisin beneath your nose and sniff it. Inhale and smell the aroma of the raisin. See if this brings about a reaction from your mouth or stomach.

## 5. Place the raisin in your mouth

After sniffing the raisin, make your lips touch it. Gently place the raisin in your mouth but don't chew it. Not yet. Just go through the motions of placing it in your mouth and notice how it goes into your mouth. Once it's inside your mouth, refrain from chewing first. Let your tongue play around with it. Keep your attention on the sensation you feel of having a raisin in your mouth and having your tongue touch it.

## 6. Chew the raisin

Slowly chew the raisin. Raisins are small, so slowly chewing it will allow it to remain in your mouth longer. Whenever you take a bite, try to direct your attention to what happens after each bite. Notice the taste and what happens to the texture, its shape, and how it feels right on your teeth. Pay attention to any changes in the raisin as you chew.

## 7. Swallow the raisin

Once you feel the intent to swallow the raisin, indulge the intent. Swallow it. Focus your attention on the raisin falling down your throat and into your stomach. Notice the sensations you feel as you swallow.

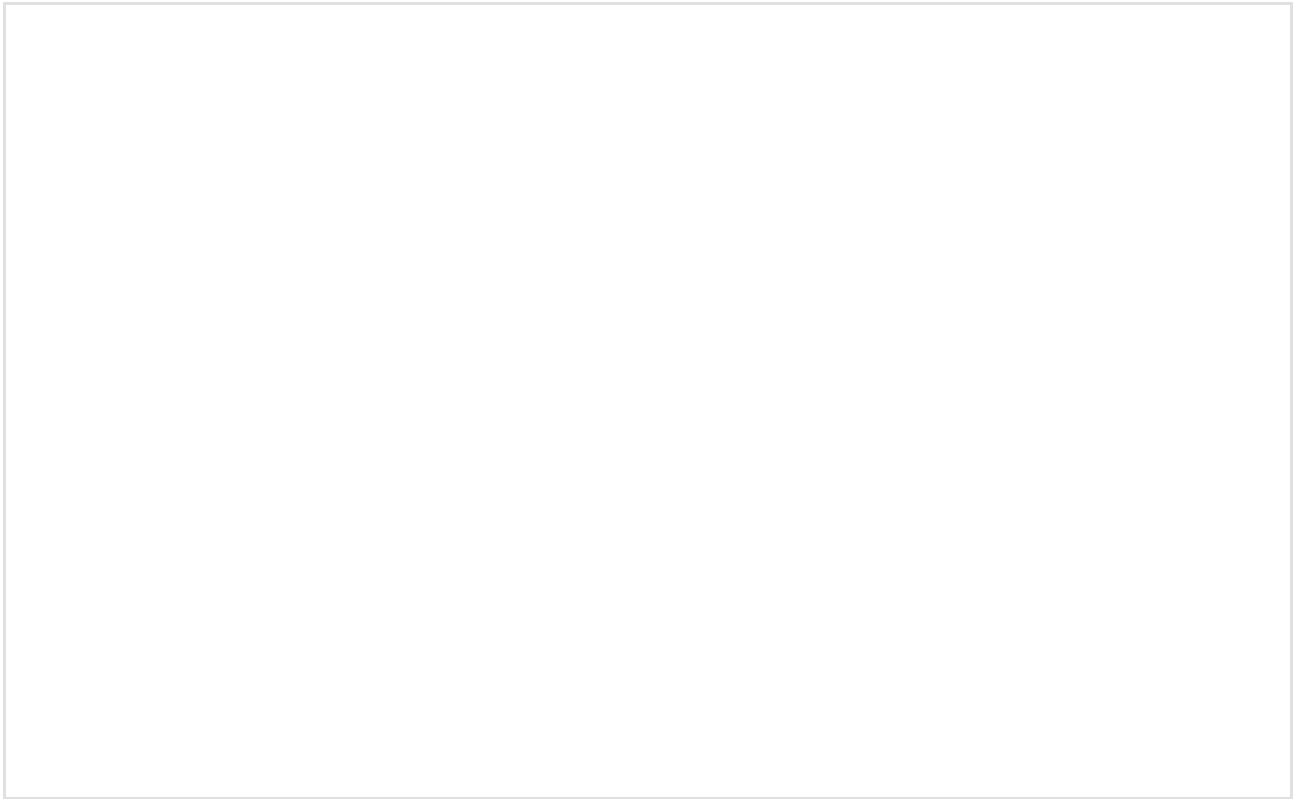
## 8. Reflect on the experience

Direct your attention to how your mouth feels after swallowing the raisin. How and what does your body feel? Do you want to take another bite of a raisin? Is there an aftertaste? Are you satisfied with what you ate? Reflect on the overall experience of eating a single piece of raisin.

**IMPORTANT NOTE:** You don't need to restrict yourself to raisins. If you're not fond of raisins, you can pick whatever food you want. The steps can be applied to whatever food you have.

## **Comments**

**Instructions:** Talk about your experience with this exercise and if it was helpful in any way.

A large, empty rectangular box with a thin grey border, intended for the user to write their comments and experiences.

Adapted from the exercise by Jon Kabat-Zinn.