

## Eating a Mindful Meal

As you complete this homework assignment, take a moment to recall the in-class experience of eating a raisin. What, in retrospect, stood out about that experience?

Decide ahead of time what meal you will eat mindfully. Anticipate it.

What thoughts and feelings arise as you anticipate?

If you are the cook, preparation of the meal is all part of the process. Focus on what you are doing, as if you were making a meal for a valued friend.

As you begin the meal, sit for a moment reminding yourself of what you are doing. Mindful eating is meditation.

Before and during eating, bring your sensing self to each bite. How does it look, sound, smell taste and feel? Invite the thinking self as well: What thoughts, memories, or desires arise as you eat?

Notice impatience or judgement that may arise, and bring yourself back into focus by pausing with a few natural breaths.

You may consider the cleanup of your meal as part of this meditation, continuing to survey the sights, smells, sounds tastes and feeling of the cleanup. And thoughts or emotions that arise as well.