

# 4. Eating

How to eat?

What to eat?

Why to eat?

How can I learn more about the topic of Eating?

What else do I want to remember about this topic?

# Homework: RAISIN MEDITATION

**INSTRUCTIONS:** Five minutes daily for at least a week. Evidence suggests that mindfulness increases the more you practice it.

- 1. Holding:** First, take a raisin and hold it in the palm of your hand or between your finger and thumb.
- 2. Seeing:** Take time to really focus on it; gaze at the raisin with care and full attention.
- 3. Touching:** Turn the raisin over between your fingers, exploring its texture.
- 4. Smelling:** Hold the raisin beneath your nose.
- 5. Placing:** Now slowly bring the raisin up to your lips, gently place the raisin in your mouth. Without chewing spend a few moments focusing on the sensations of having it in your mouth, exploring it with your tongue.
- 6. Tasting:** Take one or two bites into it and notice what happens in the aftermath, experiencing any waves of taste that emanate from it as you continue chewing.
- 7. Swallowing:** When you feel ready to swallow the raisin, see if you can first detect the intention to swallow as it comes up before you actually swallow the raisin.
- 8. Following:** Finally, see if you can feel what is left of the raisin moving down into your stomach, and sense how your body as a whole is feeling after you have completed this exercise.

... and write down your comments, thoughts, feelings from this exercise.

**What was it like? What did you learn?**

**How did your buddy help you with learning this week?**