

Mindful Raisin Practice (Audio file transcript)

(3 seconds of silence) You have been given a piece of chocolate and what I would like you to do is grab hold of it and place it in the middle of your palm and observe it for a few seconds.

(5 seconds of silence)

Think about how many times you do not observe the food that you eat, simply indulging without giving it a second thought or look.

Now that you have observed the piece of chocolate. Maybe now consider how it smells. Bring it close to you nose and smell it. Does it smell like chocolate? Does it smell of anything?

(5 seconds of silence)

Now either break the piece in two pieces, or bite half of the chocolate, leaving half on your palm, and let the other piece rest on your tongue. As the piece is resting on your tongue, notice the flavours that are slowly releasing.

(5 seconds of silence)

Now feel free to start moving the chocolate around your mouth. You can push it towards your cheeks, your pallet, whatever feels more comfortable and natural, and experience the full sensation and flavour.

(5 seconds of silence)

Think about how many times you eat chocolate, but do not fully experience the full sensation and rich taste of chocolate. You are not giving it enough time to enjoy and be in the moment when you are having the chocolate. If the first half of chocolate melted away in your mouth, feel free to swallow it. How does it feel? Are you thinking of anything that is not relevant to the experience of tasting and sensing chocolate? If your mind takes you away from the experience, simply tell yourself that “I just had a thought”, and return your attention and sensations back to your experience of tasting the chocolate.

(5 seconds of silence)

Now, let's have the second piece, and place it in your mouth. This time we will change the experience, and I will ask you to chew on this piece. You will find that the sensation is different, even the flavours may come across in a different way.

(5 seconds of silence)

It is another way to experience the sensation of having chocolate, where you give it enough time to rest in your mouth.

And when it melts away, feel free to swallow the last piece of chocolate.