

Mindful Eating Meditation

In this exercise, we are going to practice being here in this moment fully, for the experience of eating.

Sit comfortably in your chair and begin to relax your bodies.

Take a few deep breaths in and let it out.

Look at the food in front of you.

Observe the color, shape, and texture.

Notice any thoughts that come up for you: before, during and after eating.

This looks delicious.

I can't wait to eat it.

I don't like this.

I'm full, but I like the taste and want to eat more.

Bring the food to your nose and notice how it smells.

Put the food in your mouth and explore how it feels. Close your eyes if you wish.

Start to slowly chew the food and explore the flavor.

Is it sweet, tart, crunchy, cold or hot.

Does the intensity of the flavor change, from moment to moment.

When ready, bring attention to how it feels to swallow the food.

If using utensil, put it down between bites.

At different intervals while eating, notice how you're feeling.

Are you still hungry, satisfied, or full?

When you're done, sit quietly and notice how you're feeling.