

# SUPPLEMENTAL CONTENT

## MINDFUL EATING MEDITATION

**NOTE:** This meditation is printed in Week 7 of the Leader Guide. Leaders may guide students through the exercise during the session. Students can then access the meditation online if they wish, or leaders can print copies for each member of the group.

### Mindful Eating Meditation

- **Holding:** First, take a piece of food from your plate. Hold it with a utensil or in the palm of your hand.
- **Seeing:** Take time to look closely at it; focus on the food with intention, and gaze at it with care and full attention. Imagine that you have never seen food like this. Let your eyes explore every part of it.
- **Touching:** Run your fingers over the piece of food, and explore its texture. You might close your eyes if that enhances your sense of touch.
- **Smelling:** Hold the food beneath your nose. With each inhalation, take in any smell, aroma, or fragrance that may arise. As you do this, notice anything interesting that may be happening in your mouth or stomach.
- **Placing:** Now, slowly bring the food up to your lips. Gently place it in your mouth; and without chewing, spend a few moments focusing on the sensations of having it in your mouth.
- **Tasting:** When you are ready, prepare to chew. Very consciously, take one or two bites into the food, and notice what happens. Then, continue chewing and experience any waves of taste. Without swallowing yet, notice the sensations of taste and texture in your mouth.
- **Swallowing:** When you feel ready to swallow the food, see if you can first detect the intention to swallow as it comes to you so that even this often-unnoticed sensation is experienced consciously before you swallow.
- **Following:** Finally, see if you can feel what is left of the food moving down into your stomach. Sense how your body is feeling after you have completed this exercise.