



The Raisin Exercise

Transcript

Mindful Eating - The Raisin Exercise... I invite you to begin this practice by getting comfortable in your chair... When you are ready, take your chosen object in the palm of your hand... Imagine that you are new to Earth and you have no idea what this object is, but you've been told you can eat it... Holding it, begin to examine it with curiosity...

(Silence 5 sec)

What colour is it?... Is it dull... or glossy? Is it smooth in texture... or does it have ridges?... What elements is it comprised of?... How light or heavy is it?... What shape is it?... Is it warm... or cold?... Is it dry... or moist?... Roll it around your palm or pinch it between your thumb and an index finger... is it firm... or squishy? Bringing your wholehearted attention to it, really get to know this object... If thoughts come to mind such as “this is strange” or “what is the purpose of this?” just acknowledge them as thoughts and gently bring your attention back to exploring the object with your eyes...

(Silence 5 sec)

Now, slowly take it to your nose noticing the sensations in your arm as it moves towards your nose... Notice how your arm knows exactly where to move... When you are ready inhale and smell the object... Does it have a smell? Is it sweet smelling... or sour? Does it have a strong or mild smell? Take in the odour, whatever it is, if there is one... You may close your eyes if that is helpful to you...

Now, move the object over your lips... first the lower lip and then the upper lip... Feel the texture of the object as it moves over your lips... When you are ready, gently place the object in your mouth and explore the sensations of the object resting on your tongue... gently move it against the gums... slowly rolling it over the lower gums and then the upper gums as you feel its shape... texture... temperature... softness or hardness.



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Hold it in your mouth, but don't bite it just yet... Can you taste the flavour? What sensations are you experiencing in your mouth? Is your mouth salivating or has it become dry? Are you experiencing an urge to bite?... Observe these sensations as if experiencing them for the very first time...

(Silence 5 sec)

And now move the object between your teeth and slowly bite into it... Feel the bursting of flavour... and then begin to slowly chew, noticing whether or not saliva fills your mouth... Is the object soft or crunchy?... Is it salty... or sweet? Is it juicy... or dry? Are you experiencing an urge to chew faster or to swallow it?... When you are ready, work the object toward the back of the throat, getting ready to swallow it... and now, swallow it, observing its path as it travels down the throat and finally enters the stomach... Watch how the sensations in your mouth change as you swallow it... Notice whether you have an urge to lick your teeth or your lips... or an urge to have a sip of water... Notice if there is an urge to take the next bite.... Simply notice these sensations of having had the object in your mouth and observe them with curiosity... If any thoughts arise during this time, acknowledge them and bring your full attention back to your present experience...

(Silence 5 sec)

And now slowly open your eyes if they have been closed and take in the room.