

CHOCOLATE MEDITATION

A Mindfulness Practice

MEDITATION

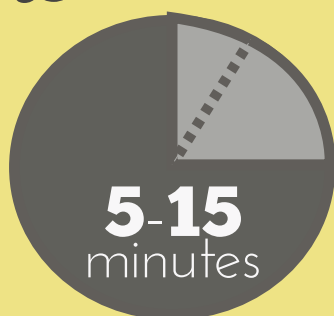
is a means to train the mind & induce a mode of consciousness to realize a benefit or as an end in itself.



MINDFULNESS

is about observation without criticism; being compassionate with yourself.

Duration:



What You Need:

a piece of chocolate



the will to eat mindfully

Steps:

1 Notice the weight of a piece of chocolate in your hand. Look at it closely. Observe the shape & color.	2 As you unwrap it, listen closely to the crinkle of the foil or paper.	3 Smell the chocolate & observe your thoughts. The smell can bring up some powerful feelings & memories. Inhale deeply.
4 Do critical thoughts come up like, "I shouldn't eat this"? Let your thoughts come & go as if you're letting go of a balloon.	5 Place the chocolate in your mouth. Notice the flavor, richness & texture. Pay attention to how sensations change as it melts.	6 Follow the sensations as the chocolate trickles down your throat into your stomach. Repeat the steps.*

*You may choose to continue your meditation after the chocolate is gone, or simply resume your day immediately afterward.

Tips:

Don't consume large quantities of chocolate for this exercise.

If you're sensitive to chocolate or sugar, try other food items which you can safely eat.

Meditate everyday & gain benefits such as better focus and less stress.