

A MINDFUL EATING SCRIPT

Adapted from

<http://projects.hsl.wisc.edu/SERVICE/courses/whole-health-for-pain-and-suffering/Script-Mindful-Eating.pdf>

Begin by connecting to your breath and body. Feel your feet on the ground and notice your experience in this moment. With your awareness intentionally in the present, notice any thoughts, sensations or emotions you are experiencing. (Pause)

I invite you to bring your attention to the piece of food that you have for this activity, and witness it as Honourable Harvest. To begin, thank God for this food. Then, as suggested in the video, silently introduce yourself to your food; thank the food for being in your presence and ask permission to use this food for this mindful eating. As in the video, you are invited to listen either pragmatically or intuitively. (Pause)

With this engagement of awareness and presence, place the food in your hand if it is not already there, and imagine that you are seeing this kind of food for the first time. Observe with curiosity as you pay attention to its color, shape, texture, and size. Is there anything else that you notice, sense or feel? (Pause)

Imagine what it took for this food to be in your hands today including sunshine, water, time, processing, and shipping. Consider everyone who may have been involved in the cultivation and preparation of this food - from those who work on the field to harvest, to the front-line grocery workers. You are invited to send gratitude or a blessing, to those you imagine being part of this process. (Pause)

Continue to breathe with the intention of being fully present in this moment. (Pause)

Take the piece of food and bring it toward your nose, smelling it with your full awareness. Notice if this triggers any memories, sensations or reactions in your body. Before you put it in your mouth, you may notice that you begin to have a digestive response in your body just by smelling and anticipating eating the food. (Pause)

With full awareness of your hand moving toward your mouth and without chewing or swallowing the food place it in your mouth. Just allow it to be in your mouth, noticing the flavor and texture. Pay attention to the physical sensations within your body, especially your mouth and your gut. Continue to breathe as you explore the sensation of having this food in your mouth. (Pause)

Next take just one bite and attune to the flavor; notice the change of texture. Then very slowly begin to chew the food, and notice the parts of your mouth that are involved in chewing. Become aware of the sound and movement of chewing, as you continue to notice the sensations and flavor. (Pause)

When you are ready, swallow the food and notice the path that it follows from your mouth and throat into your stomach. Notice the sensation and taste that may linger in your mouth. Connect again to your body and your breath and notice your experience in this moment. (Pause)

As you finish the meditation, be mindful of the blessing of eating. It is difficult for some to put food on the table.

Who around us sometimes goes hungry, or worries about whether there is enough money to buy sufficient food?

Who is tired, anxious or sick because of lack of nutrition?

Let us keep everyone in our prayers, mindful of how much we eat and how much we waste. Let us be grateful.

(Pause for 30-60 seconds, and then follow the prompts for a class discussion about the experience).