

## **Mindful Eating - Chocolate Meditation**

Mindful eating allows us to experience our food through our senses in a new way.

Take a small piece of chocolate and place it on your tongue. Don't begin chewing right away, just let the chocolate rest on your tongue. Try to experience all the things about it that you may have missed before because your mind was somewhere else. Feel the many tastes, the texture, the temperature, the softness and the hardness. Smell it and feel it. Don't chew, just breathe...let it melt...as it melts, let your mind melt into it. After a few minutes; you can start to chew and let the flavors and the sensations penetrate. Finally, swirl it around your mouth, using your tongue and taste it in places you've never tasted it before. Feel how different the experience is with new awareness.