

EATING MEDITATION

Refuge Recovery, Page 251

(To do this meditation in the group, first pass out something small and simple to eat, like raisins. Ask each person to take some, but to await further instructions. When every one has received the edible, begin.)

Look closely at what you are about to eat.

Pause

Touch it. Smell it.

Pause

What is it made of?

Pause

Where did it come from?

Pause

Reflect on how many people may have been involved in the growth, transportation, and preparation of this food?

Pause

How does your body feel in anticipation of eating?

Pause

What's happening in your mouth? In your belly? Other sensations?

Pause

When you are ready, bring the food to your mouth. But don't chew it yet. Let your tongue explore it first.

Pause

Feel the sensations as it is experienced by the taste buds.

Pause

As you begin chewing what is in your mouth, pay close attention to what your tongue is doing.

Pause

Thoroughly chew and swallow what is in your mouth before you take another bite.

Pause

In this way we learn to chew, taste, savor, and swallow mind-fully. We can watch craving or aversion as it arises in relationship to our food.

Pause

Everything we put in our mouths now becomes an opportunity for meditation.

(Ring Bell)