

The Raisin Experience

This is a classic example of mindful eating, albeit to an extreme. Still, it dramatizes the moment-by-moment, sensual experience when eating involves sight, sound, smell, and touch as well as taste. It guides you to better appreciate every bite of every meal you henceforth consume.

- Get a single raisin and set it down before you.
- Take a few deep breaths and relax.
- Look at the raisin as if seeing it for the first time.
- Pick it up. Feel its weight. Examine its surface – the varied ridges, shiny features, dull parts.
- Smell the raisin and note your reactions.
- Roll it between your fingers and listen closely to sounds this makes.
- Assess how you now feel about this object.
- Place the raisin between your lips and hold it there for a moment. How does it affect you?
- Let it roll back into your mouth, but don't chew it yet. Is there taste? Do you salivate? What do you want to do with it?
- Bite down just once. What do you notice?
- Slowly begin to chew, paying attention to sensations each bite brings.
- Chew the raisin until it is completely liquefied before swallowing.
- After swallowing, close your eyes for a moment savor the entire experience.

(Nelson 2017)