



## Video Transcript: Mindful Eating

Mindful eating. Grab a few nuts or dried pieces of fruit, and then set yourself up in a comfortable seated position on a chair or cushion on the floor. Take a moment to feel the weight of your body on the cushion, and lift your chest so that you're sitting up straight but not straining. Take a few deep breaths, and as you're breathing, relax the muscles in your face, the shoulders, the arms and hands, your stomach muscles, the legs, and feet.

Now, take the pieces of food you've gathered, and before you begin to eat, look around at your surroundings and just take note of where you are. Notice the light and the objects around you. Take a moment to notice any thoughts running around in your head, any emotions, or sensations, and then bring awareness to your breathing as you inhale and exhale for a few breaths.

Then take one piece of food in your hand, and before putting it in your mouth, imagine you're eating this for the first time, and examine it with all of your senses. So, look closely at the food. Take a moment here to silently describe what you see. Try to use descriptive words that have nothing to do with your opinion about the food. Now feel the food. Move it around with your fingers and really get a sense of its texture, mass, and weight. Now, hold it closely to your nose, and breathe in deeply. Describe what you smell. Try to use descriptive words that have nothing to do with your opinion about the food. Bring the food up to your ear. If you move it between your fingers, can you hear anything? What do you hear?

Now put the food item in your mouth but don't chew it; let it roll around on your tongue, and notice how your body responds. Put it between your teeth, but don't bite it. Notice if there's any saliva in your mouth. What is the texture of the food after it's been in your mouth? Now, bite down. What do you taste?

Chew, but do so very slowly. How does your body feel? Take a minute and think about what you're eating and how it actually got to you. Where did it come from, and how was it made? If you haven't already, swallow the food. Notice any sensations as it makes its way down to your stomach.

If you like, you can repeat this process as you continue to eat, and when you're finished, take a few moments to feel gratitude for the food that you're eating and everything that made it possible.

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<https://www.youtube.com/watch?v=yeuDxIjgtj4>