

The Raisin Meditation

Step	Description
1	Holding Pick up a raisin and rest it in the palm of your hand.
2	Sight Pay attention to the raisin. Look at it. <ul style="list-style-type: none">▪ What does it look like?▪ What color is it?▪ Does it have ridges?▪ What textures are there?
3	Smell Bring the raisin up to your nose. Gently smell and focus. <ul style="list-style-type: none">▪ Does it have a strong smell?▪ Does it smell sweet?▪ Does it smell like anything else you know of?▪ Is there anything interesting happening in your mouth or stomach?
4	Touch Close your eyes <ul style="list-style-type: none">▪ Does it feel smooth?▪ Is it bumpy?▪ Does it feel soft?
5	Taste Place the raisin on your tongue <ul style="list-style-type: none">▪ Can you taste it? Bite, then chew slowly <ul style="list-style-type: none">▪ What does the raisin taste of?▪ Does it taste like anything else you know of?
6	Follow Feel the raisin passing down your throat <ul style="list-style-type: none">▪ What flavors are you left with once you have eaten it?▪ How does your body feel at the end of the exercise?