

Mindful Eating

The instructions were to let go of your thoughts about eating and just come back to your senses and see, hear, touch, smell and taste the object. Were you able to do this? How was this for you, or what did you experience?

Coming back to our senses, and letting go of our thoughts about eating, is mindful eating. How was eating mindfully the same or different from your usual way of eating?

What thoughts and judgements were you aware of? How did these thoughts and judgements affect your experiences of seeing, touching, smelling, tasting and eating in any way?

What happened when you let go of any of these thoughts and judgements and redirected your attention back to the experience of just eating (or seeing, touching, smelling, tasting)?

Did you experience desire and the longing for the experience to continue? How did that affect your experience of just eating (or seeing, touching, smelling, tasting)?

Or did you experience aversion (revulsion, dislike) and wish for the experience to end? How did that affect your experience of just eating (or seeing, touching, smelling, tasting)?

Were you able to notice your intention to swallow, and how was that?

What does eating mindfully have to do with being free from depression and anxiety? Can you imagine bringing this type of awareness to your emotions and thoughts?