

## **Exercise: Awareness of Eating a Sweet**

You can do this exercise with any piece of food – a raisin is great, as is a segment of orange or tangerine. But a way that we love to do it is with a wrapped sweet or hard candy. See if you can find one, and then try out the exercise below.

*Pick up the sweet and place it in the palm of your hand. Slowly examine it... turn it around in your hand to see it from a different angle. Drop your hand into your lap so that you can see it from above. Examine it as if you were a newborn baby, seeing it for the very first time. Feel the texture of the wrapper... examine it with your hands. Allow your fingertips to travel into the folds and creases.*

*Now turn it upside down so it is resting on its other side and examine it from this angle... trace the outline with your eyes... notice the different colours and how they change slightly where they are in shadow or where the light is hitting them.*

*Now unwrap the sweet but slowly. As you do so, hold it up against your ear and listen to the noise that it makes.*

*Now hold the sweet in the palm of your hand again. Again, examine it from every angle. Pick it up in your fingers. How does it feel? Rough or smooth? Squeeze it a little – is it hard or soft?*

*Now raise it to your nose and smell the sweet – really notice the smell.*

*And now place it in your mouth but don't chew just yet. Just notice the feeling of it on your tongue. Move it around your mouth and notice every aspect of it. Notice the urge to chew and swallow and what it feels like to resist it. Notice it if it begins to melt and lose its shape.*

*Now bite down and chew the sweet and notice the sensation of it between your teeth and tongue, the clenching of your jaw whilst you slowly chew. Notice the taste of the sweet as if you were a curious scientist examining it for an experiment. Notice the taste that remains in your mouth when the sweet is gone and any feelings, sensations, thoughts, memories that you are left with.*