

Wheel of Well-being

Chocolate meditation



Instructions

This should take around 3-4 minutes.

Approach the exercise with an open mind and a gentle curiosity.

There are no rights or wrongs, just individual experiences.

Do you feel a sense of anticipation, or an urge to immediately put the chocolate in your mouth?



What physical sensations do you have? What emotions are you feeling? Just note them.

Look at the chocolate-

Consider its texture, colour, weight...

Smell the chocolate - does the smell trigger any other senses?

Where do you feel your sense of smell?

Do you feel a sense of anticipation, or an urge to immediately put the chocolate in your mouth?

What physical sensations do you have? What emotions are you feeling? Just note them.

Place the chocolate in your mouth but **DO NOT EAT!!**

How does it feel as it melts?

Where in your mouth can you taste it?

What is the consistency?

What is happening with your mouth, teeth, tongue, lips as it melts?

Move the chocolate around your mouth

Does the area of taste change?

Does the taste itself change?

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What is happening to the chocolate?

How do you feel?

Swallow the chocolate, focusing on the sensation.

Is there a lingering taste?

How do you feel physically and emotionally?

Take a little while to consider the experience.

Now continue to the conclusion....

Group Discussion

How was this different from your general chocolate-eating experiences?

More intense? Frustrating? More pleasurable?

Were you more aware of your emotions during the exercise?

Would this change your future experience of eating chocolate?

Why?

References

<http://www.petcheyacademy.org.uk/Mindfulness-and-the-Art-of-Chocolate-Eating?returnUrl=/Sixth-form-news>

