

Teaching Mindfulness – Eating an Orange

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Eating One Orange: A First Taste of Mindfulness

Holding: First, take an orange and hold it in the palm of your hand or between your finger and thumb. Focusing on it, imagine that you've just dropped in from Mars and have never seen an object like this before in your life.

Seeing: Take time to really see it; gaze at the orange with care and full attention. Let your eyes explore every part of it, examining the highlights where the light shines, the darker hollows, the folds and ridges, and any asymmetries or unique features.

Touching: Turn the orange over between your fingers, exploring its texture, maybe with your eyes closed if that enhances your sense of touch.

Smelling: Holding the orange beneath your nose, with each inhalation drink in any smell, aroma, or fragrance that may arise, noticing as you do this anything interesting that may be happening in your mouth or stomach.

Placing: Now slowly bring the orange up to your lips, noticing how your hand and arm know exactly how and where to position it. Gently place the object in the mouth, without chewing, noticing how it gets into the mouth in the first place. Spend a few moments exploring the sensations of having it in your mouth, exploring it with your tongue.

Tasting: When you are ready, prepare to chew the orange, noticing how and where it needs to be for chewing. Then, very consciously, take one or two bites and notice what happens in the aftermath, experiencing any waves of taste that emanate from it as you continue chewing. Without swallowing yet, notice the bare sensations of taste and texture in the mouth and how these may change over time, moment by moment, as well as any changes in the object itself.

Swallowing: When you feel ready to swallow the orange, see if you can first detect the intention to swallow as it comes up, so that even this is experienced consciously before you actually swallow the orange. Following Finally, see if you can feel what is left of the orange moving down into your stomach, and sense how the body as a whole is feeling

Links to Danielle's favorite relaxation sites/resources

https://urldefense.proofpoint.com/v2/url?u=http-3A__hprc-2Donline.org_family-2Drelationships_families_managing-2Demotions_focus-2Dcalming-2Dgrounding-2Dactivities-2Dpdf&d=DwlFaQ&c=imBPVzF25OnBgGmVOlcsiEgHoG1i6YHLR0Sj_gZ4adc&r=-HxF_OgaiTJE3SYBeLjrKVTMhFck3pc9p79lZLHXrUQ&m=VI1-Qt5RMN37LLdghaqffELxTKxOqusLUxh8IRIMPIM&s=6miNudCPLGP66wB14icCIOEbToebOg0hizHNQs_5hUc&e=

Hobart Ball: \$9 on Amazon – use as a visual to guide through deep breathing, open bigger as diaphragm expands, and shrink ball as you release air from diaphragm.

http://www.hhyp.org/downloads/HHYP_SupervisionGuide_p87-127.pdf Module #12 Mindfulness and SOS (My favorite)

<http://hfhc.ext.wvu.edu/r/download/114469Eating> One Raisin: A First Taste of Mindfulness

http://sf-act.com/docs/resources_harris.pdf Mindfulness A simple way of relating to our experience, which can have profound impact on painful, negative experiences we encounter.

<https://www.k-state.edu/paccats/Contents/Stress/Mindfulness.pdf>
Mindfulness

<http://www.dialexisadvies.nl/media/bestanden/Mindfulness%20exercises%20nw%20logo.pdf> MINDFULNESS PRACTICE EXERCISE Mind States
Music