**Raisin-eating exercise:**

Use this exercise to introduce **mindfulness** meditation using the ordinary act of eating, followed by a dialogue about the experience. Focus on direct sensory observation –

what can be:

* seen
* felt
* heard
* smelled
* tasted

Observing and then slowly eating one raisin, with guidance from instructor, stopping for observations from participants. Bringing friendly curiosity to this investigation, then eating a second raisin in silence. Instructor is attentive to observations that are;

* deductions
* opinions
* theories removed from the participant’s immediate experience.

Group dialogue can be an inquiry into what is directly experienced through this practice. The instructor stays awake and alive to the recognition of past experience influencing the present; the interconnection of the raisin to

* sun
* soil
* rain
* energy of planting
* harvesting
* delivering the food

and then becoming:

* the energy of the body
* relationship between hunger
* satisfaction
* emptiness
* fullness and what shows up when present for the full act of eating

Not needing to necessarily bring these topics forward but allowing them to arise in the group.