

Mindful Eating with Oranges

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



1. As you begin this exercise, eliminate any distractions and focus all of your awareness on the experience.
2. Hold the orange in your hand and examine it. Look at the orange as if you have never seen an orange before. Look at the color of the orange, feel the texture of the orange. Notice how the skin of the orange is filled with tiny little “pinpricks” and how the orange skin feels against your fingertips.
3. Put the orange up to your nose and smell the aroma of the orange. Put the orange up to your ear and shake it to hear if it makes a sound. Keeping the orange to your ear, gently squeeze the orange with your hand and notice if you hear any sound from the inside of the orange.
4. As you begin to peel the orange notice the sound it makes as you peel it, notice the aroma of the orange growing stronger as it is peeled. If the juice of the orange drips, feel it with your fingertips -- does it feel warm or cold, is the texture sticky or watery?
5. Once you have the orange peeled, look closely at the orange. See the difference in the color of the inside of the orange in contrast to the skin of the orange. Examine the white fibrous veins of the orange. Notice the divot in the orange where the stem was once attached.

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6. As you break open the orange notice the sound it makes as you break it apart into sections. Take one section of the orange and look at it closely. Examine the contrast of the fibrous outer portion of the orange to the smoothness of the inner wedge portion.

7. Watch the spray of juice as you break the section of the orange open. Notice the individual little pulps within the orange section brimming with juice.

8. Slowly bring the orange to your mouth, notice how your mouth begins to water in anticipation and how your hand leads your arm to your mouth. Gently place the orange in your mouth, letting it lie on your tongue first without taking a bite, exploring the feel of the orange in your mouth.

9. Now bite down on the orange and notice the taste of the orange. Slowly begin to chew the orange and notice which side of the mouth it goes to while you chew. Feel how the texture and consistency of the orange changes as you chew it.

10. When you are ready to swallow the orange be conscious of the act of swallowing, try to feel the sensations of swallowing the orange as it moves down your throat and into your stomach.

11. What did you notice about the orange with your senses during this exercise? Were you surprised? Did any memories come to mind during this exercise? Write down any thoughts you had during this exercise.

12. Eating is a wonderful exercise for mindfulness. Take your time and enjoy eating as an experience, giving all of your attention to the process of eating and really tasting it without the distraction of eating while doing other things such as watching television, driving, reading, etc.

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13. Try this exercise a few times during the next week and see if you notice more enjoyment in eating.

How will you take what you learned from this forward into your life?

