

Focus Practice 5: Eating Mindfully

What is the purpose of a Focus Practice?

The intention of a Focus Practice is to develop the “mini-muscles” needed to live in the New Way (NW) of the Attuned Desert Navigator.

Which muscles will this practice develop?

Sometimes, in fact often, we can be eating but really we are paying attention to something else. Meanwhile, we keep eating. This practice about being fully attentive to eating when you are eating. In essence, giving it your full attention, and seeing what happens. This practice has been designed in support of developmental objective #3: *to know more keenly what I need for myself to cross the desert.*

What will you do each day?

1. Before you serve yourself, notice the aroma of the food; try to distinguish between one spice and the next. Look at the food. Notice its colour.
2. Take one bite and eat it slowly. Very slowly... like 5 minutes slowly! How does the taste change as you chew? How does the food feel against the roof of your mouth? Your tongue?
3. Eat the next bite exactly as you ate the first one, noticing the exquisite combinations of taste, colour and texture.
4. After each bite, pause and check-in with your belly... do you feel full?
5. Eat the meal, enjoying it to the fullest in whatever way feels most pleasurable to you.
6. When are finished with the meal, answer these questions:
 - a. When I sat down to this meal, I:
 wanted it to be over with
 looked forward to eating every bite
other _____
 - b. When I ate slowly, the food tasted:
 terrible
 okay
 delicious
 - c. After the meal, I:
 wanted more food
 felt satisfied
 was thrilled
other _____
 - d. By eating this way, I learned that:

Weekly Questions

At the end of each week, please sit down and scan over your previous week’s writing and answer the following questions:

- What are you discovering to be the primary guides to what you eat and how much you eat?
- How has this practice challenged those ‘guides’?
- How does eating slowly open up connecting to others? To you?