

Take 5: Body to Mind Practice

Cultivating awareness and gratitude is a major part of weight loss. Choosing to do something different this time around instead of that same old choice over and over again that has gotten us to this place. Awareness enables choice, breaking us free from the ruts that we have developed in our thinking when it comes to food and behavior. Gratitude solidifies the fact that we have made new conscious and healthy choices.

EATING MEDITATION - *Here is a practice to knit together awareness and gratitude for the good choices of food we are now eating.*

1) Be Present

Sit down, at the table with your meal and turn your complete attention to the food before you. Clear away any distractions, like the newspaper, television, stereo or whatever multi-tasking rut you've developed.

2) Prepare Yourself

Inhale the aroma of the food before you. Take 3 slow deep breaths while inhaling the smells.

3) Find Gratitude

Close your eyes and find gratitude for what you are about to receive. Gratitude for the farmer who planted the food or raised the free range fowl. Gratitude for the people that bring the food to the local market. Gratitude for your job, as a means of being able to purchase the food. Gratitude for the hands that prepared your meal - even if it was made by you!

4) Be Aware

Now, take your first bite and put your fork down! Enjoy the distinct flavors, temperature, sensations happening in your mouth, mind and body. Take a breath before your next bite. Repeat and enjoy!

