

Chocolate Meditation

Choose some chocolate – either a type that you have not tried before, or one that you have not eaten in a while. It might be dark and flavoursome, organic or Fairtrade, the important thing is that you choose something that you do not consume regularly.



1. Open the packet, inhale the aroma – let it sweep over you. Notice what happens when you sense the scent of the chocolate.
2. Break off a piece and look at it - really let your eyes absorb what it looks like. Investigate every nook and cranny. Notice what thoughts are arising, how do you feel?
3. Take the piece of chocolate and place it in your mouth. Notice the action of your arm and hand as you do so, how the lips part to receive the chocolate.
4. See if it is possible to simply hold the chocolate in your mouth, to let it melt, and to sense the shape, texture, and flavour as it does. Notice any tendency to want to chew or suck.
5. Where is your mind? Has it wandered? Simply notice where it has wandered to, and then gently escort it back to the present moment, back to the chocolate in your mouth.
6. After the chocolate has completely melted, swallow it very slowly and deliberately. Let it trickle down your throat.
7. Repeat this with the next piece.

Reflect on how you feel. What did you experience? How did this compare to how you normally experience eating chocolate?

Adapted from 'Mindfulness, A Practical Guide to Finding Peace in a Frantic World'