

## ***Meditation: Simple, Careful attention***



***Set aside about 10 minutes and carefully take a small portion of food like a single raisin, grape, or slice of apple or orange, or a single cookie or cracker***

- a) Imagine this is the first time you are experiencing a raisin (or any small piece of food of your choosing and attempt to experience it the way a curious child might experience it the first time.
- b) Examine the raisin intently. See if you can notice something about the raisin that you have never noticed before. Notice color and texture
- c) Engage your sense of smell. Experience the raisin with your eyes closed as well as your eyes open
- d) Bring the raisin to your lips. Notice the anticipatory sensations in your mouth.
- e) Take the raisin and hold it in your mouth. Move it around. What sensations do you notice? As you begin to eat it, to chew, become aware of the all the activity of your mouth. Notice how the raisin is changing.
- f) Try to chew the raisin as long as possible. When you are ready, swallow the raisin. Notice any lingering sensations. Notice whether or not you desire a second raisin.
- g) Allow gratitude to arise and give thanks for the experience.

***Take a second raisin (or any small piece of food of your choosing) and follow the same instructions as above—this time, at the conclusion, contemplate and give thanks for the enormous community of beings that brought this bit of food to your lips. Contemplate and give thanks for the enormous community of being that brought his fruit to your lips. Try to make this list as inclusive as your imagination allows. For example allow gratitude to arise for:***

- h) All the persons who organized their lives to bring you the experience of the raisin...
  - a. The farmer who grew the grapes
  - b. The migrant workers who harvested them
  - c. The truck drivers that provided transport
  - d. The architect that designed the store where they were bought
  - e. The checkout clerk who was paid for the raisins...
- i) All of the creatures whose lives made this moment possible...
  - a. Bees... Worms... Butterflies... Grapevines.... Your own body...Your parents and ancestors
- j) All the elements...
  - a. Soil... Fertilizer... Rain... Sun... The life force present inside the raisin
- k) All the amazing processes and mechanics of your own body
  - a. The ability to smell... The ability to taste... The ability to chew and swallow...  
The ability to digest

From ***Mother Earth, Sister Peace***

*Wheaton Franciscans JPIC*

Volume 10, Number 1: Winter 2010