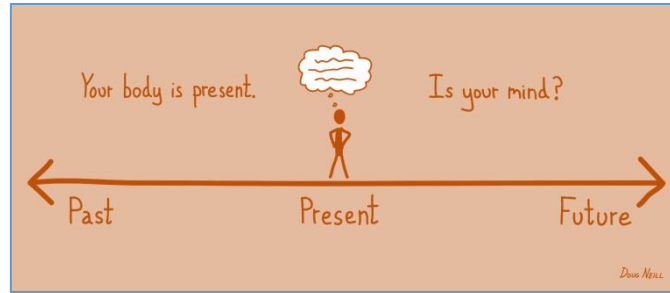# CHOCOLATE MINDFULNESS

Mindfulness - a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Choose some chocolate (Buttons work well), but it can be a type you've never tried before or one you have not eaten recently. It might be dark and full of flavour, white and sweet or it can be milk chocolate. Maybe you could try organic chocolate and see what that is like.

1. Open the packet

2. Inhale the aroma in the packet, let it sweep over you

3. Break of a piece – what does it feel like, what is the texture?

4. Look at it, really let your eyes look at every nook, cranny, bump and curve

5. Pop it in your mouth, hold it on your tongue and let it melt, noticing if you start to chew or suck at it.

6. Chocolate has over 350 different flavours. See if you can sense some of them.

- If you notice your mind wandering while you do this, simply notice where it went, then gently escort it back to the present moment . . . and the chocolate!

- After the chocolate has completely melted, swallow it very slowly and deliberately. Let it trickle down your throat.

        Repeat with further pieces.

How do you feel?
Is it different from the normal?
Did the chocolate feel better than if you had eaten it at a normal pace?