Chocolate Meditation

So many of us are robbing ourselves of our own happiness because we're too busy either thinking about the past or wondering about the future. This wandering of the mind means that we're missing out on what's happening right now! And that, in turn, means we can be missing out on experiences that would help us to be happier. The key to this is to become more mindful- to train your mind to be more in this present moment. The meditation below is not something to be feared, so don't let the word 'meditation' stop you from using this invaluable tool. Hey, how can it be scary when it involves chocolate?!



Take a small piece of chocolate – good quality if possible (meditation involves becoming more aware of your experiences, it's nice if the experience you’re becoming aware of is positive!). Hold it gently or have it near at hand so it doesn’t melt.

Make sure you’re sitting comfortably, on cushions if need be, and allow your body to relax and feel supported by the earth. Notice the sounds in the room or outside the room, and gradually bring your attention inwards, to your breath. Take a few moments just breathing and being aware of how it feels to be here, now.

Now bring your attention to the chocolate in your hand. Notice the weight of the chocolate, its texture. Is it warm, cool, soft, hard? Notice any urges to gobble it up, but try to gently bring your attention back to the sensation of the chocolate in your hand. If they are closed, open your eyes now and gaze at the piece of chocolate in your hand. Notice its shape and colour, and how you feel about it. Do you like it?

It’s time to smell the chocolate. Slowly bring it up to your nose, noticing when the chocolatey scent first reaches your senses. When it does, just sit for a moment appreciating the aroma. It might be mixing in with other smells that you hadn’t previously noticed. It might have a stronger scent than you’ve noticed chocolate to have before. The urge to gobble it may be even greater. Notice these things and enjoy the feeling of sitting comfortably, taking in the smell of chocolate.

Allowing your attention to soften now, so that you still have an awareness of the feel, and smell of the chocolate but widening your focus to take in other sensations, bring the chocolate to your mouth and take a small nibble. What is the first taste of the chocolate like? How does it feel on your tongue? Notice any flavours and sensations, however anticipated or unexpected they are.

Now, place the rest of the chocolate in your mouth, enjoying the tastes you are experiencing, the flavours subtle and strong. Hold the chocolate in your mouth for as long as possible, letting it melt, letting your tongue explore its textures and tastes.

Finally, when the chocolate is gone, bring your attention back to your senses. Notice whether there is still a residual chocolatey taste in your mouth, whether the smells in your awareness have changed. Bring your attention back to your breath and to the feelings going on inside you. Rest for a moment, just breathing, and being aware of how you feel – is it different in any way to how you felt at the start of the meditation?

Bring your attention back to the rest of the room, the sounds you can hear, the cushions or floor beneath you, and the weight of your body on the earth. When you’re ready, open your eyes.

