



## Mindfulness Meditation Before Eating

This pre-meal mindfulness meditation can help you relax, become more present, and create a better digestive experience. Practice it regularly before meals to establish a sense of calm.

1. Find a quiet and comfortable place to sit. Close your eyes or gently lower your gaze.
2. Take a few deep breaths, inhaling slowly through your nose and exhaling gently through your mouth. Allow your breath to anchor you to the present moment.
3. Begin to bring your attention to your body. Notice the sensations of contact with the chair or the ground beneath you. Feel the support and stability it provides.
4. Shift your focus to your breath. Observe the natural rhythm of your breath, without trying to change it. Notice the sensation of the breath entering and leaving your body.
5. Now, bring your awareness to your thoughts and emotions. Observe any thoughts or concerns that may be present and acknowledge them without judgment. Allow them to come and go, returning your attention to the present moment.
6. Direct your attention to the physical sensations in your body. Tune in to any areas of tension or tightness. With each breath, imagine that you're releasing any tension and inviting relaxation into your body.
7. Shift your attention to your surroundings. Become aware of any sounds, smells, or sensations in the environment around you. Notice the present moment, without trying to change or analyze anything.
8. Bring your attention back to your breath. Take a moment to express gratitude for the food you are about to eat, the nourishment it provides, and the effort that went into its preparation.
9. When you feel ready, gently open your eyes, or lift your gaze. Take a moment to appreciate the sense of calm and relaxation you've cultivated.

