

UC Center for Integrative Health and Wellness

www.med.uc.edu/integrative

Raisin Meditation

I'm going to go around the class and give each of you a few objects.

Now what I would like you to do is focus on one of the objects and just imagine that you have never seen anything like it before.

Imagine you have just dropped in from Mars this moment and you have never seen anything like it before in your life.

Taking one of these objects and holding it in the palm of your hand, or between your finger and thumb. *(Pause)*

Paying attention to seeing it. *(Pause)*

Looking at it carefully, as if you had never seen such a thing before. *(Pause)*

Turning it over between your fingers, *(Pause)*

Exploring its texture between your fingers. *(Pause)*

Examining the highlights where the light shines ... the darker hollows and folds. *(Pause)*

Letting your eyes explore every part of it, as if you had never seen such a thing before. *(Pause)*

And if, while you are doing this any thoughts come to mind about "what a strange thing we are doing" or "what is the point of this" or "I don't like these," then just noting them as thoughts and bringing your awareness back to the object. *(Pause)*

And now smelling the object, taking it and holding it beneath your nose, and with each in-breath, carefully noticing the smell of it. *(Pause)*

And now taking another look at it *(Pause)*

And now slowly taking the object to your mouth, maybe noticing how your hand and arm know exactly where to put it, perhaps noticing your mouth watering as it comes up. *(Pause)*

And then gently placing the object in the mouth, noticing how it is “received” without biting it, just exploring the sensations of having it in your mouth. *(Pause)*

And when you are ready, very consciously taking a bite into it and noticing the taste that it releases. *(Pause)*

Slowly chewing it ... noticing the saliva in the mouth ... the change in consistency of the object. *(Pause)*

Then, when you feel ready to swallow, seeing if you can first detect the intention to swallow as it comes up, so that even this is experienced consciously before you actually swallow it. *(Pause)*

Finally, seeing if you can follow the sensations of swallowing it, sensing it moving down to your stomach, and also realizing that your body is now exactly one raisin heavier.