

## The Mindfulness Raisin Exercise

*Practice being aware of your body, mind, and feelings in the present moment!*



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# WORKSHEET

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### **How to do the raisin exercise - mindfulness practise**

Ideally, find a quiet space where you will not be disturbed, can sit down and relax. You may at times feel you cannot find a quiet space anywhere if you have an extremely busy life, so don't worry - this is a great tool for you to use during these chaotic times to get some relief.

You might find taking a few deep breaths will help you loosen the body and bring your mind to your practise. I like to take 3 deep abdominal breaths which slows the brain waves down to the alpha state.

Once you're comfy, pick up the raisin and hold it in the palm of your hand.

**LOOK** at the raisin as if exploring something new for the very first time. Get curious & really concentrate. Let your eyes softly & gently roam over the fruit and pick out all the details- the colour, size, shape, texture, areas of light and shade, any ridges or shine. Before moving on, close your eyes, as this can heighten your other senses and help you focus.

**TOUCH** the raisin gently with one finger. Move it around the palm of your hand, feel its smallness in your palm. Explore the raisin's texture with your other fingers. Is the skin rough? Rigid? Fluid? Waxy? Are there any edges? It is soft or hard? Simply observe.

**SMELL** the raisin. Bring it close to your nose and with your deep inhalations and exhalations, concentrate on any scents and fragrances you can detect. Does it smell strong? sweet? Or perhaps fruity? earthy?

**TASTE** the raisin. Place it in your mouth resting on top of your tongue. Close your mouth but be careful not to chew yet, just spend some time concentrating on how the raisin feels on & against your tongue. Turn it over in your mouth and feel it's texture on the roof of your mouth, inside your

mouth etc. Take a bite into the fruit. Pay close attention to the burst of sensations just released into your mouth. How does it taste? Was it enough? Do you need another raisin? Are you satisfied?

HEAR the sounds you make as you start to chew and swallow your raisin. Stay as the observer, the silent witness paying close attention to this experience right now. Now allow yourself to swallow the raisin.

When you are ready, move your awareness to the sounds far away, in the distance. Gently wriggle the hands and feet, blink open your eyes and take a few deep breaths in through the nose & out through the mouth.

Practise for 3mins a day for the first week & see if you can build up to a full 15 min daily meditation practise or more!

Enjoy,