

The Chocolate Meditation

You are going to listen to **The Chocolate Meditation**, a well-known exercise to introduce people to the idea of mindfulness.



Listen and complete the meditation steps with the phrases in the box.

as you unfold it

has completely melted

to your mouth

to receive it

taking or breaking off a piece

Before you unwrap the chocolate

let it melt

your mind wandering

the aroma of the chocolate

as you're eating it

1. Bring all your attention to some chocolate_____.
2. _____, look at the whole bar or packet.
3. Now, very slowly unwrapping the chocolate and noticing how the wrapping feels_____.
4. Inhaling _____.
5. Now, _____ and looking at it as it rests on your hand.
6. Bringing it_____.
7. Noticing what the tongue does_____.
8. Hold it on your tongue and_____.
9. If you notice _____ while you do this, simply notice where it went, then gently escort it back to the present moment.
10. When the chocolate _____, swallow it very slowly and deliberately.

