

Mindfulness with Chocolate

Meditation with chocolate is one of the best ways to experiment with mindfulness and meditation, it's simple enough for beginners, but effective enough to interest those who have already tried meditation and are looking for something different.

It's also a great way to introduce mindfulness and meditation to your child as it has an immediate reward beyond the general benefits of meditation: chocolate!

Things you will need:

- A small bite size piece of chocolate
- Somewhere comfortable and quiet to sit without any distractions



How to do it...

- Take a few deep breaths and relax your muscles. Close your eyes, if you feel comfortable with it.
- Smell and taste. Think about how the chocolate feels in your hand; is it cold or smooth to touch? After you smell the chocolate and enjoy the aroma you can finally take a small bite. Let it sit on your tongue and melt in your mouth. Try to notice the flavours from the chocolate, becoming completely absorbed in what you're experiencing. Continue your deep breathing, and concentrate on the sensations in your mouth.
- Focus on the sensations. As you swallow think about that particular sensation, what does it feel like? Does your mouth feel empty now? Is there an aftertaste? Take another bite and see if you notice anything different this time, is the texture the same or is there a flavour you didn't notice last time?
- Try to stay focused. If other thoughts come into your mind during your chocolate meditation, gently refocus your attention to the flavours and sensations associated with the chocolate. The idea is to stay in the present as much as you can. Maintain your deep breathing the whole time.
- Remember your feelings. When you've finished your piece of chocolate, revisit the feeling throughout your day, and remember how you felt relaxed. You can choose to continue your meditation after the chocolate is gone, or simply resume your day afterwards knowing you can revisit this at any point.