

Meditations Script

MINDFUL EATING MEDITATION

By Marge Morris M.Ed., RD

Welcome. We will be meditating for [x] minutes. Find your seat and settle into a comfortable position. Take 3 deep breaths, then return to normal breathing, allowing your feet to rest comfortably on the floor with your spine erect but not tense. Be here now, observing your breath, allowing the in and out breath to flow naturally.

At the end of the next exhale, notice the space after the exhale and just before the next inhale. As breathing continues, feel into the quiet energy of this space.

If your mind wanders, gently return your focus to the breath and that quiet space between the exhale and inhale. As the breathing continues, relax and become more in-tune to this quiet energy. Breathing in ... breathing out.

[Gently offer centering words through the meditation every 5 minutes or so]

As we near the end of our session, expand your awareness to include sound. In a few moments, you will hear 3 chimes, and this will conclude our session. Then gently open your eyes and move into the rest of your day.