

Chocolate meditation is a practice that involves mindfully experiencing and savoring the flavors, textures, and sensations of chocolate. It can be a simple yet enjoyable way to cultivate mindfulness and engage the senses. During a chocolate meditation session, you focus your attention on the chocolate, allowing yourself to fully experience its taste, aroma, and the sensations it creates in your mouth.

***You will need small bars of chocolate, enough for each member of the class. Please read each instruction one at a time before moving on to the next stage. Approach the exercise with an open mind and a gentle curiosity. There are no rights or wrongs, just individual experiences.**

ENGAGING THE SENSES:

Take a few deep breaths to center yourself and bring your attention to the present moment. Enjoy the process and allow yourself to fully experience the chocolate in a mindful and present way.

TOUCH

Take the chocolate in your hand and feel its texture, its weight, and the sensation of it against your skin. Notice any thoughts or emotions that arise as you hold the chocolate.

SIGHT

Observe its appearance. Notice the shape, color, and patterns of the wrapper.

What does the label say?

Where was the chocolate made?

Take a moment to appreciate its beauty and uniqueness.

HEAR

Slowly and mindfully unwrap the chocolate.

Does the wrapper make a sound?

Close your eyes if it feels comfortable for you or keep them open with a soft gaze directed at the chocolate.

SMELL

Bring the chocolate close to your nose and take a moment to inhale its aroma.

Notice any scents or hints of flavors that come to your awareness.

Does the aroma trigger any other senses?

FEEL

Slowly bring the chocolate to your lips, but don't take a bite just yet.

Feel the anticipation building as you prepare to taste it.

Observe what physical sensations arise.

Witness any emotions that you feel.

Let go of any judgments or thoughts that arise and bring your attention back to the present. If your mind starts to wander or get distracted, gently bring your focus back to the chocolate and the sensations it stimulates.

TASTE

Take a small bite of the chocolate, allowing it to rest on your tongue.
Notice the initial taste and how it feels against your palate.
What flavors come forward? Sweetness, bitterness, richness? Other notes?

SAVOR

Pay attention to the sensations the chocolate creates in your mouth as it melts.
Notice the texture, the changing flavors, and any other sensations that arise.
What is its consistency? Smooth, creamy, nutty?
Where in your mouth can you taste it?

MINDFUL EATING

Stay present with each bite, fully immersing yourself in the experience of eating the chocolate.
Engage all your senses in the process – taste, touch, smell, visualize the chocolate melting in your mouth, even the sounds of chewing.
Is there a lingering taste?

Allow yourself to savor each moment and truly taste the chocolate until it has completely melted, and you have fully experienced its taste and texture.

GRATITUDE & CLOSING

Take a moment to reflect on your experience of mindful indulgence.
Appreciate the flavors, sensations, and the present moment.
How do you feel?
Sense any feelings of gratitude, joy, or contentment that may arise from the practice.

When you're ready, slowly open your eyes if they were closed.
Take a few deep breaths and bring your awareness back to the room.

Remember, the purpose of chocolate (like any) meditation is to cultivate mindfulness and fully experience the present. It can be a delightful and relaxing practice to integrate into your daily routine or whenever you want to take a break and reconnect with the present.

GROUP DISCUSSION

- ❖ How was this different from your general chocolate-eating experiences?
- ❖ More intense?
- ❖ Frustrating?
- ❖ More pleasurable?
- ❖ Were you more aware of your emotions during the exercise?
- ❖ Would this change your future experience of eating chocolate?
- ❖ Why?
- ❖ What other objects could you use for a mindfulness meditation instead of chocolate?