

# Mindful Eating Writing Meditation

## Instructions

This short writing meditation will help you overcome unwholesome habits, such as overeating, smoking, and even substance abuse.

Simply copy the following verses by hand in a notebook or journal, every day for about 5-10 minutes. Any time of the day is fine. You don't have to do the whole meditation in one session. It doesn't matter how far you get each time. Simply write for a few minutes every day. Then the next day, pick up where you left off.

After a few days, notice how your thinking and behavior are changing. It's important to do the exercise consistently. The practice is most effective if it's done every day for several months, along with the mindfulness meditation practice.

## Mindful Eating Meditation

As I continue my mindfulness meditation practice, I am becoming a mindful consumer and an enlightened being. There is a beautiful person within me wanting to emerge. May I be loving, kind, and compassionate with myself and allow this wonderful person to shine through, and see him/her each time I look into the mirror. May I be aware of the thousands of other people just like me who are walking the same spiritual path.

May I live deeply in the present moment and be aware of the messages my body is sending me. May I be aware of the unconscious environmental triggers that influence my consumption. May I learn which foods and nutrients nourish my body and mind, and lead to optimal health, performance, and longevity—and not simply a number on a weight scale. May I realize that there is no right or wrong in dieting—only mindfulness. I will rejoice in my successes, and will not feel guilt, shame, or remorse over minor lapses.

Being a mindful consumer, may I eat the foods and nutrients that will promote good health, longevity, and mindfulness. May I incorporate sufficient physical activity into my daily routine wherever possible to promote physical, mental, and emotional well-being. May I be mindful of substances such as alcohol, tobacco, unnecessary medications, and other substances that are robbing me of my spiritual growth, and have the courage to let them go. May I continue to be diligent and committed to my spiritual practice, and to helping others along their path, so that we may all find inner peace. May my True Nature shine through and onto everyone I encounter.