

MEDITATIVE MINDFUL EATING TECHNIQUES

10 Powerful
Meditations

A close-up, profile view of a woman's face. Her eyes are closed, and her expression is serene. She is holding a single, ripe red strawberry between her fingers, bringing it close to her open mouth. The background is a plain, light color.

RELEXA

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Welcome Message

Meditative Mindful Eating Techniques will change the way you think about food. It will help you create healthy eating habits, lose weight if you need to, and guide you to enjoy food in a more conscious way.

When you eat mindfully, you immerse yourself fully in the experience of eating and staying in the present moment.

Maintaining moment-to-moment awareness during your meal allows you to observe emotions or sensations triggered by the act of eating. These reactions may be mental or physical. A regular mindful eating practice may relieve feelings of anxiety and stress and may reduce the urge to overeat.

Starting your mindfulness eating journey with us is as simple as following these easy steps:

- 1. Find a comfortable space where you can relax and concentrate without any interruptions or distractions.*
- 2. Enjoy our daily meditations and experience a healthier you.*



01

Chapter



The Guide to Meditative Mindful Eating Techniques

The Guide to Meditative Mindful Eating Techniques

One of the best ways to develop a caring relationship with your body is to start eating and drinking more mindfully.

We eat several times a day. Our everyday eating and drinking habits have the potential to become delightful meditative experiences. Every day is an opportunity for you to learn how to enjoy eating, without eating too much.

Meditation can help you to experience the tastes and aromas of food during your meals more intensely so you can truly enjoy every sensory bite. And a daily meditative cup of tea will provide you with wonderful moments of joy and prepare you to experience mindfulness throughout the rest of your day.

What does it mean to eat mindfully?

- *It means you allow your body to tell you what to eat.*
- *It means you fully embrace the experience of eating, enjoying every sensation while being present in the moment.*
- *It means to feel satisfied after your meal, and to realize which kinds of food left you with sensations of well-being and health.*





Start eating and drinking mindfully every day, and experience how mindfulness helps you to make a conscious choice to enjoy the present moment. Experience how this new attitude flows into all areas of your life.

Do Mindful Eating meditations to tune in to mindfulness and experience a successful practice in the morning; meditate and complete mindful eating exercises during your daily breaks; and enjoy an evening meditation to thank yourself, become more aware of your feelings, and deeply relax.

- *Maintain high motivation and set yourself up for a healthy lifestyle.*
- *Train your ability to recognize and remember your bodily sensations after each meal.*
- *Learn to make healthy food choices, cook with greater pleasure, eat and drink very slowly and consciously, feel more satisfied, all without overeating.*
- *Turn every snack, mealtime and drink break into a small, pleasant meditation.*

Practicing meditation, find a quiet place where you can completely relax, fully focus on your inner sensations, without interruption for 5-10 minutes. Do these powerful meditations every day until mindful eating becomes your habit.

02

Chapter



Morning Meditation: Self-attunement to Healthy Eating Day

Morning Meditation

Do this meditation every morning to set yourself up for a healthy lifestyle and food choices, and mindful eating habits.

Get into a comfortable position where you can relax for a few minutes. Close your eyes, take a deep breath in and out, and focus on your current emotions.

Inhale, and as you exhale, let your lips curve into a grin. Inhale again, and smile to your body and soul.

Place your palm on your stomach and become aware of your sensations accompanying this morning.

Breathe slowly and calmly, relaxing your stomach as you exhale.

Take another deep breath in and let your abdominal muscles relax as you exhale.

Feel what form of energy you want to tap into today.



Do you need a powerful, physical recharge?

Or do you need a feeling of freshness and renewal?

Do you want to experience more harmony and tranquility?

Continue breathing while you listen to your body. Focus on your array of bodily needs.

Promise yourself to choose a fusion of healthy food that will nourish your body, elevate your energy levels, and propel your confidence.