# The Raisin Meditation

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
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| 1    | **Holding**  
Pick up a raisin and rest it in the palm of your hand. |
| 2    | **Sight**  
Pay attention to the raisin.  
Look at it.  
- What does it look like?  
- What color is it?  
- Does it have ridges?  
- What textures are there? |
| 3    | **Smell**  
Bring the raisin up to your nose.  
Gently smell and focus.  
- Does it have a strong smell?  
- Does it smell sweet?  
- Does it smell like anything else you know of?  
- Is there anything interesting happening in your mouth or stomach? |
| 4    | **Touch**  
Close your eyes  
- Does it feel smooth?  
- Is it bumpy?  
- Does it feel soft? |
| 5    | **Taste**  
Place the raisin on your tongue  
- Can you taste it?  
Bite, then chew slowly  
- What does the raisin taste of?  
- Does it taste like anything else you know of? |
| 6    | **Follow**  
Feel the raisin passing down your throat  
- What flavors are you left with once you have eaten it?  
- How does your body feel at the end of the exercise? |