

Mindfully Eating

Meditation is the act of being quiet and looking deeply.

Mindfulness is practicing meditation while walking, working, eating, etc.

To look deeply is to see the underlying reality of things, not just the names we call them or their appearance or their usefulness to us.

Looking at a tangerine deeply for a time, we notice the sunshine which has helped to create the fruit and is present as a kind of energy in the fruit. We also see the rain, the earth, the air, the seed which formed the tree, the person who planted the seed, the parents of the person, the people who harvested the fruit, the truck driver who brought it to market, etc.

Going back further, we can see the exploding star which produced the oxygen, hydrogen, carbon and nitrogen atoms which comprise the tangerine. If we look deeply for long enough we can see that that all aspects of the cosmos, working together over time, were responsible for making the fruit appear (all aspects of the cosmos are always creating and manifesting the cosmos all the time).

So let's hold a lovely tangerine in our hands and begin eating mindfully, focusing on each step. We will take our time and give our full attention to the tangerine. We see the beautiful orange peel, feel the smooth, dimpled texture. It's good to take a moment and see all that has gone into bringing this tangerine into our hands.

As we begin to peel it, we smell and feel the spray of the fragrant juice. We see the pale orange of the fruit. Eat the fruit slowly and deliberately savoring each taste. Take a breath every now and then to come back fully to your body, the tangerine.

Within the next several hours those tangerine atoms will be part of your flesh and blood, they will BE YOU! Looking deeply like this we see that eating, that life itself, is a miracle! Practicing like this, we can be renewed and energized by that miracle.

