

Practical Steps to Intentional Thought and Emotion

Focus: The Raisin Exercise

This is a great introductory exercise for beginners to start practicing mindfulness, since it can be attempted by anyone with any kind of food (although one with an interesting or unusual texture, smell, or taste is best).

Take a raisin and pretend you've never seen one before. Pay careful attention to:

- The way the raisin looks
- How it feels
- How its skin responds to your manipulation
- Its smell
- Its taste

Focusing on the single raisin is meant to bring your mind to the present, to what is right in front of you. Closely observing it in your hand and intentionally noticing everything about it, gives you respite from expending energy, time and attention on worrying or ruminating about other parts of your life.