

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). You will need to grab some raisins or other food you prefer to use.

Pretend you have never seen a raisin before. Pay careful attention to:



**The way the
raisin looks**



How it feels



**How your skin
responds to its
manipulation**



**How the
raisin smells**



**How the
raisin tastes**

Focusing on the single object of the raisin is meant to bring your mind to the present, to what is right in front of you. We may be used to raisins, and not used to taking time to actually notice them.

When you follow these instructions and take notice, it is much easier to focus on what is in front of you. If your mind does wander, that is natural too. Gently guide it back to the exercise.