
Chewing Meditation

As you enjoy your meal, take the time to chew each bite fully, at least 20 chews per bite or until your food is liquefied.

Focus on the taste and texture and how they might change and sweeten the longer you chew. Go slowly and really savor the experience.

The added benefit of this meditation is improved digestion. Don't forget to “chew” your soups and smoothies!

Savoring Simplicity

This is a bit more general, but focuses on tuning into a single food or a simple dish.

Enjoy the sweet crunch of a carrot or the juicy delight of a strawberry. Tune into the complexity of these seemingly simple foods.

Spend at least a full five minutes with each simple food.

Breathing Meditation

This one will calm and center you in any situation. It can also be used when you feel overwhelmed by a craving. Very often the craving will pass by the end of 10-20 breaths.

Close your eyes, place one hand on your heart and the other hand on your belly. Inhale and exhale and tune into the sensations you experience around each breath. Gradually begin to deepen the breath, taking 10-20 slow deep conscious breaths deeply into and out of the belly. Do this meditation often.

Visualization

Now is a wonderful time to put attention on what you would like to bring into your life and one of the most powerful tools you can use is visualization. By creating images in your mind and connecting emotionally with these images, you begin to send the message to the universe that this is what you want.

If creating images in your mind is difficult, cut pictures out of magazines or other media that represent your goals and dreams. This is a powerful tool, so really take the time to work on what you DO want (not on what you don't want). When visualizing, stay with your image and the feelings it evokes for a good 3-5 minutes.

Gratitude Meditation

I HIGHLY recommend this simple, yet immensely powerful meditation. It is especially important if you often find yourself spiraling down the hole of negative thinking and negative manifestations in your life.

This can be done anytime, but can be particularly effective first thing in the morning and/or before going to bed. It only takes a couple of minutes. Sit quietly with your eyes closed and meditate on all that is good in your life.

If you are having trouble finding something good, simply feel gratitude for the gift of being alive and having a roof over your head. Your objects of gratitude can be as big or as small as you want.

You may choose to write down these items after or before meditating on them. Do this for as long as you want. You can also do this while walking in nature.

Walking Meditation

The intention of this meditation is to fully take in the smells, the sights, the sounds and the sensations of your walking experience. Try to put your attention on only one thing or one sensory organ at a time. Take the time to drop in and just allow any thoughts outside your present experience to fall by the wayside. This is a great meditation if you have trouble sitting still.

Instead of walking while talking on the phone, texting, and listening to music, simply walk in silence to fully capture your surroundings and appreciate the beauty of nature and life.