



The Benefits of the Raisin Practice

The raisin practice helps us to identify how our experiences can help us to “wake up” in each moment

During this exercise, we can start to investigate what happens in the mind when asked to focus on specific tasks

Even the most ordinary of tasks have the capacity to teach us new perspectives and deepen our understanding of ourselves

We learn that mindfulness can be done anywhere and anytime with the most mundane objects

We learn that the things right under your noses can be appreciated and that when we slow down our senses are heightened

During practice there is a tendency for the mind to wander

Our mind is often in autopilot, and we are unaware of the ebb and flow of thoughts and mood.

Sometimes, during this practice we might notice that we are reflecting our minds back to the origin of the raisin, where it came from and exploring its history.

We might become aware of judgement arising in the form of likes and dislikes



How to complete the Raisin Practice

Take the raisin, keep it in your palm and investigate the colour, texture, light, weight, indentation etc.

With a sense of curiosity and interest turn it over and observe the differences of each part

Imagine this is the first time you had ever seen a raisin and explore with beginner's mind

Smell the raisin and notice any physiological or emotional responses

Take it to your ear and listen for sounds, noticing any thoughts arising even if those thoughts might be "this is silly"

Place it on your lips and notice any urges, or saliva.

Put it in your mouth and feel the tongue working

Chew and swallow slowly, noticing anything that arises in the mouth or taste