Trace One Bite: A Two-Minute Mindful Eating Script



Before your next meal, take two minutes to follow one bite back to the ground it came from. No special food or setting is needed.

1. **Pause.** Before you start eating, sit comfortably and look at your food.
2. **Choose one ingredient.** Pick one thing on your plate: a grain, a vegetable, a piece of fruit.
3. **Trace it back.** Picture where it came from: the hands that prepared it, the place it grew, the soil, the rain and the sun.
4. **Give thanks.** Take one easy breath and offer thanks in your own words, or silently.
5. **Take one slow bite.** Notice its texture, flavor and temperature. Chew slowly and stay with the taste.
6. **Continue as you like.** Eat the rest of your meal at whatever pace feels natural.

No-food option: If you'd rather not practice with a meal, hold a stone, a handful of soil or a houseplant's pot. Notice its weight, texture and temperature for two minutes.

> Care note: This is a short attention practice, not a diet or a treatment. Eat in the way that is right for your body. If you have a history of disordered eating, or any medical condition affected by food, follow the guidance of your healthcare professional.

© Aquarian Alchemy · The Earth Element page, /earth