

Mandarin Meditation

Take a mandarin orange and close your eyes. Feel the texture and shape of the fruit. Notice its irregularities, the bumps and curves.



Open your eyes and observe the subtle colors across the skin. Bring to mind the effort which has gone into cultivating, harvesting and transporting the orange in order for it to arrive in your hands. Now begin to slowly peel the orange. Smell it. Observe the interesting shapes made as the peel is removed. For a moment hold the orange close to your ear. Listen for the sound of the peel lifting away from the fruit.

Once the peel is completely removed examine the fruit, the textures, colors and many-crescent shaped sections. Break the orange in half. Watch as the sections cling to one another. Hear the sound of separation.

Gently remove one section. Examine the patterns in the skin. Remove a section of skin to reveal the orange, juicy flesh. Notice how even more smaller sections are tightly packed within, bursting with juice.

Place the section in your mouth. Don't eat it yet. Close your eyes and allow your tongue to explore the fruit. Softly bite into it. Allow the fruit to release its juice while you notice the sensations in your mouth. Chew slowly and thoughtfully. Swallow the fruit and take a few seconds to concentrate on the lingering feelings and tastes in your mouth.

Repeat the process with another section. Savor the experience without judgement or evaluation.