

The Raisin Method: A Mindfulness Exercise

What is the Raisin Method?

The Raisin Method is a mindfulness practice that helps you focus on your senses in the present moment. This includes touch, smell, taste, sound, and sight. This method can be done with any kind of food.

Let's Try It!

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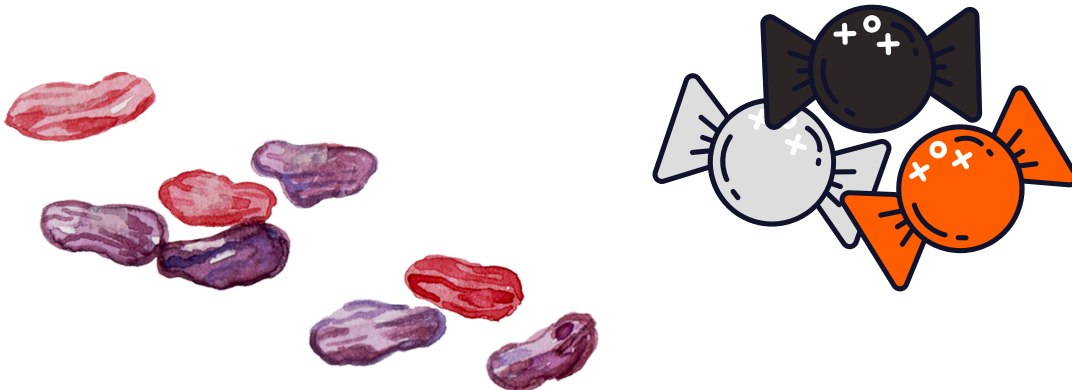
Answer questions like:

- What do you see?
- What do you smell?
- How does it feel when you hold it?
- How does it taste?
- Does it make a sound?

WHY Should I Use the Raisin Method?

The Raisin Method is a great introduction to the practice of meditation, and it can help you learn how to "live in the present." Through a practice like this, you are training your mind to notice the present moment, an ability that becomes easier the more you practice it. This practice may also help you become more in tune with your body.

The purpose of this method is to help you slow down, touch base with your body, and take in the world around you. Once you start practicing mindfulness, try to apply it in other experiences, like eating lunch.



LASSO Center
Academic Resources
021 Classroom Building
lasso.okstate.edu



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What can you see?

What can you feel?

What can you smell?

What can you taste?

Overall Thoughts

What can you hear?

