

Mindful Nutrition

Nourishing our physical, mental and emotional well-being through mindfulness

October 14, 2020



Week 4: A Beginner's Mind: Bringing Curiosity to the Table



R A I N

R A I N is a powerful exercise that will help you work through cravings, the moment they arise. R A I N builds on the body awareness that you have been cultivating through the body scan and previous mindful eating exercises. You will be able to use it as soon as you notice something triggering your urge to eat. Judson Brewer uses the analogy of surfing with R A I N. The waves you encounter are the cravings/intense urges to eat.

R Recognize: the urge/craving is coming at you like a wave, you cannot stop it. If you relax *bend your knees slightly” you improve your chances of riding the wave. Notice where you are holding tension in your body - and let go. You have no control over this wave coming. Is it possible to smile as you let it go?

RAIN (con't)

A Accept and Allow the craving to come - there is no stopping it anyway. Just observe the craving - do not ignore it or distract yourself- or try to do something about it. Welcome it as part of your experience in this moment.

I Investigate/ Inquire/study your craving carefully. Be curious. What are the Body Sensations? Thoughts? Emotions - all that come with the craving.

Ask, “What is going on in my body right now? See what arises. Where does this craving originate in your body? What Does it really *feel* like? How strong is this craving? Is it a tightness in your chest? Do you feel burning in your belly?

Energetic mouth watering?

R A I N (con't)

Note your experience. What is going on in your body in this moment? Is there tightness or burning in your belly? What is that all about? Note any other experience, keeping it simple with short words or phrases. You may notice; clenching, rising, burning, heat, restlessness, anxiety, as you experience the onset of the craving. Then as the craving subsides, you may note vibration, tightness, tingling, relaxing, quieting, relief, even expanding. You may ride this wave of craving more satisfactorily if you can note your experience moment to moment. Try to follow it until it completely subsides. When your mind wanders, simply bring it back to “What is going on in my body right now?”



Curiosity Unlimited

Bringing curiosity and R A I N to conversations and into relationships.

Has anyone had a conversation about politics lately?

Or- have you read an article - or been on FB and noticed any reaction to what you are reading. Where are you feeling this in your body? Does it feel like a wave about to overwhelm you?

You may want to review R A I N - noting the experience of what you are feeling as a reaction to an article you have read or to someone who has voiced an opinion that is not quite in alignment with your thoughts.

Where are you feeling *this* in your body?

Savoring a baby smiling, responding to a toddler's laugh, a beautiful sunrise or sunset, the changing color of leaves. Where are you feeling this in your body?

Which is true for you?

Being on the correct side of the isle *or* salvaging relationships

With regard to some conversations - we may want to step back - even before we engage in that challenging conversation and ask ourselves - what is our intention with this conversation?

*After all, with regard to the presidential election, in a month's time - we are all going to have to settle with a decision.

Do we want these friends/relatives/loved ones with whom we have disagreed to still be in our lives?

**Instead of making an assumption that you *know* what the person means when her or she makes a judgmental comment, you may ask, "Oh, I'm not sure what you mean by that [statement], could you tell me more?" See if you can draw them out - at the very least they will feel like they are being heard. You just may gain some insight about them- which may or may not bring about a feeling of empathy.

This is really difficult stuff!! A Beginner's mind and a hefty dose of humility may be helpful.

Forgiveness

So, what is the next step?

The ancient buddhists tell us that we all want to be:

Held.....Known.....and Felt (that felt sense of being held- in a mutual, caring and loving relationship).

Is it possible to forgive ourselves and someone close to us? It may be the only way to move forward.

Forgiveness {Curiosity, Lovingkindness, Gratitude...all help us to forgive}

Exasperation to Hope: Lovingkindness practice and prayer

May you be well, and free from inner and outer harm

May you experience moments of freedom and joy



Lovingkindness

Meditation Teacher Sharon Salzberg Talks About the Power of Loving-Kindness

<https://www.mindful.org/meditation-teacher-sharon-salzberg-talks-about-the-power-of-loving-kindness/>

Lovingkindness: The Revolutionary Art of Happiness

<https://www.barnesandnoble.com/w/lovingkindness-sharon-salzberg/1103429404>

Resources for week 4 presentation

Brewer, Judson, MD, *Eat. Right. Now.* 2014 <https://goeatrightnow.com/>

Brach, Tara, <https://www.tarabrach.com/rain/>

Kabat Zinn, Jon, *MIndfulness For Beginners*, Sounds True, Inc., 2016

Kabat Zinn, Jon *Full Catastrophe Living*, Bantam Books, 2013

Mindfulness Resources

Mindfulness Based Stress Reduction (MBSR)

Joan Borysenko
Joanborysenko.com

Penn Program For Mindfulness is also offering the Foundation Course online

<https://www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/mindfulness/course-offerings/foundation-courses/foundation-class-schedule>

Podcasts

Dr. Judson Brewer with Rich Roll
<https://www.richroll.com/podcast/jud-brewer-471/>

Shalem Institute
<https://shalem.org/all-online-courses/>

Dr. Judson Brewer
<https://drjud.com/>

Jon Kabat Zinn
<https://www.mindfulnesscds.com/>

Resources (con't)

Jack Kornfield

<https://jackkornfield.com/event/mindfulness-daily/>

Tara Brach

<https://www.tarabrach.com/>

Sharon Salzberg

<https://www.sharonsalzberg.com/>

Penn Program For Mindfulness is also offering the Foundation Course online

<https://www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/mindfulness/course-offerings/foundation-courses/foundation-class-schedule>

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Dr. Judson Brewer with Rich Roll

<https://www.richroll.com/podcast/jud-brewer-471/>

Shalem Institute

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