The Principles of Mindful Eating

Principles of Mindfulness:

- Mindfulness is deliberately paying attention, non-judgmentally.

- Mindfulness encompasses both internal processes and external environments.

- Mindfulness is being aware of what is present for you mentally, emotionally and physically in each moment.

- With practice, mindfulness cultivates the possibility of freeing yourself of reactive, habitual patterns of thinking, feeling and acting.

- Mindfulness promotes balance, choice, wisdom and acceptance of what is.

Mindful Eating is:

- Bringing awareness to all aspects of nourishing your body from selecting and preparing to tasting and ingesting food.

- Seeing clearly the presence or absence of likes and dislikes, hunger and satiety and cultivating the ability to embrace what each tells you without judgment.

- Allowing yourself to become aware of the positive and nurturing opportunities that are available through food preparation and consumption by respecting your own inner wisdom.

- Becoming aware of the interconnection of earth, living being and cultural practices and the impact of your choices on those systems.

A Mindful Eater:

- Acknowledges that there is no right or wrong way to eat but varying degrees of awareness surrounding the experience of food.

- Accepts that his eating experiences are unique.

- Is an individual who by choice, directs his awareness to all aspects of food and eating on a moment-by-moment basis.

- Is an individual who is learns to look at the immediate choices and direct experiences associated with food and eating: not to the distant health outcome of that choice.

- Is aware of and reflects on the effects caused by unmindful eating.

- Experiences insight about how he can act to achieve specific health goals as he becomes more attuned to the direct experience of eating and feelings of health.

- Becomes aware of the interconnections between earth, living beings, and society, and the impact that his food choices have on those systems, through his own food experiences.