

Intentional Eating

Intentional eating is an invitation to rewire our patterns in order to better connect with our bodies and the foods we cook and eat. It's going to ask you to pause for literally just a few breaths. However, the pause isn't always easy. It requires consciousness and presence. But the more you do it, the easier it becomes. Think of it as a ritual, like tying on an apron or turning on music before cooking or eating. Eventually it will become habit. I've created a simple way to remember the process: BESTT. It stands for: Breathe; Engage your senses; Set an intention; Thank your food; and Thank your body.

BREATHE

Take two to three deep breaths, down deep into your belly. Let each breath relax you, starting at the top of your head all the way down to your feet. Arrive here.

ENGAGE YOUR SENSES

Feel into your fingers, rubbing them together, and ground your feet onto the floor. Smell the kitchen or the food before you. Listen to the sounds in the room.

SET AN INTENTION

Set an intention for how you want to be or feel as you cook or eat. This can be something as simple as "I will be fully here now," or something more specific, such as "I will look for beauty in the small moments." When your mind wanders, gently bring it back to the intention.

THANK YOUR FOOD

Give thanks to the food in front of you and to the earth for nurturing it. No matter what's on your cutting board or plate, feel gratitude for the fact that it's here to nourish you. What a gift.

THANK YOUR BODY

When it's time to eat, thank your body. It knows how to digest food and process nutrients without your mind doing a thing. No matter what you're eating, imagine the food entering your system without resistance. Take pleasure in the experience, and welcome it with open arms. Say to yourself, "I trust my body."

