

1. Holding: First, hold the sample cup of Sunrise Breakfast Grain in your hand.

2. Seeing: Take time to really focus on it; gaze at the grains with care and full attention—imagine that you’ve just dropped in from Mars and have never seen an object like this before in your life. Let your eyes explore every part of it, examining the highlights where the light shines, the textures, the darker hollows, the folds and ridges, and any asymmetries or unique features.

3. Smelling: Hold the sample of Sunrise Breakfast Grain beneath your nose. With each inhalation, take in any smell, aroma, or fragrance that may arise. As you do this, notice anything interesting that may be happening in your mouth or stomach.

4. Placing: Now slowly take a spoonful of the Sunrise Breakfast Grain and bring it up to your lips, noticing how your hand and arm know exactly how and where to position it. Gently place the Sunrise Breakfast Grain in your mouth; without chewing, noticing how it gets into your mouth in the first place. Spend a few moments focusing on the sensations of having it in your mouth, exploring it with your tongue.

5. Tasting: When you are ready, prepare to chew the Sunrise Breakfast Grain, noticing how and where it needs to be for chewing. Then, very consciously, take one or two bites into it and notice what happens in the aftermath, experiencing any waves of taste that emanate from it as you continue chewing. Without swallowing yet, notice the bare sensations of taste and texture in your mouth and how these may change over time, moment by moment. Also pay attention to any changes in the object itself.

6. Swallowing: When you feel ready to swallow the Sunrise Breakfast Grain, see if you can first detect the intention to swallow as it comes up, so that even this is experienced consciously before you actually swallow the raisin.

7. Following: Finally, see if you can feel what is left of the Sunrise Breakfast Grain moving down into your stomach, and sense how your body as a whole is feeling after you have completed this exercise.

Adapted from the [Whole Being Institute](#)