



DR. KRISTEN RACE
BALANCE YOUR BRAIN TO BALANCE YOUR LIFE

Savoring Meditation

- 1. Start by getting into a mindful position that feels comfortable for you.** Take a few slow deep breaths to anchor your awareness in the present moment.
- 2. Next, bring to mind a sight that brings you joy if this is a sense that is available to you.** It could be a color, a shape, a piece of artwork or a beautiful view. Bring an image to mind and imagine breathing every aspect of that image into your body. Take a moment to savor it, the colors, texture, shadows, soak in every detail.
- 3. Now, shift to a scent you appreciate.** Continuing to work with your senses, take a moment to bring to mind a scent that brings you joy. What do you notice? What about that glorious or interesting or subtle smell is making you smile? Perhaps it reminds you of something that brings comfort, upliftment; or maybe it is something that reminds you of a pleasant time in your life, or it is a scent you find soothing and relaxing? Take a moment to soak in every detail of the scent, and how it makes you feel.
- 4. Letting the scent go, shift to a sound that brings joy.** See if you can focus so intensely that you can actually hear the sound by just focusing on it. Notice what focusing on this sound does to physical sensations in your body, notice if it brings up emotions or memories. Take a moment to really savor this sound.
- 5. Letting go of the sound, shift your awareness to the world of touch and texture.** Imagine something you would touch and say to yourself, “I love the way that feels” It could be certain fabric, a favorite sweatshirt or blanket, a beautiful pet that you can stroke and cuddle. Imagine touching this object now and note the emotions and feelings as you experience how it feels.

Now bring your awareness back to the present moment with a few slow deep breaths. When you are ready, open your eyes and look for things to savor throughout your day.