



## **Mindfulness and the Orange**

**In the Moment: This exercise allows the students to experience the effect of focusing in the moment.**

- a. After the initial opening mediation, give each student an orange.**
- b. Tell them that four pieces of music will be played. During the first piece, they go into a meditative state. During the second and third piece of music, they put all of their focus on the orange and slowly peel and eat the orange. During the final piece of music, they go back to their regular practice. Eyes may be kept closed or open.**
- c. After the experience, people discuss what it was like. The usual reaction is that the orange tasted much better than other oranges. A discussion of why, the mechanics of pleasures, and witnessing the moment follows.**