

Orange 5 Senses Meditation

1. Take a peeled orange and hold it in your hands. Notice what you see. Sense the color of the orange, notice its deep orange and the white parts of the outside. Sense the shape of the orange—is it round with slightly narrowed ends? What about the texture—is it rough or smooth?
2. Close your eyes here and notice how the orange feels on your fingers. Sense the temperature—is it warm or cool? Do you feel stickiness of the juice on your fingers? What about the texture—is it smooth or can you feel the ridges?
3. Now break apart 1 piece of the orange and bring it to your nose, notice how it smells. What words come to mind as you inhale and smell the piece of fruit. Is it fresh smelling and citrusy? Fragrant and flowery? What food or beverage recipe comes to mind with the smell?
4. Now open your mouth to place a small piece of the orange in your mouth and on your tongue. Start to chew and notice how this orange tastes. Is it bitter, sweet, or sour? A combination? Does the orange taste different now than an orange has tasted in the past? As you continue to bite and chew, does the taste change?
5. As you continue to chew, notice what you hear—the sound of your chewing, the sound of your saliva and teeth biting into the orange. While you notice these sounds, take note of any outside sounds around you. Now as you start to swallow, notice the sound of your swallowing.