

MINDFULNESS PRACTICE #4

Title: Pickle Mindfulness

Skills: Observe, one-mindfully.
It can also be the “How” Skill of effectively if someone doesn’t want to eat a pickle.

Note: You don’t have to use pickles. You can use something else that is not like chocolate (something people love). I use pickles because they are crunchy (makes the practice easier) and because there are not a lot of pickle allergies that I know of.



1. Everyone takes a bite sized piece of pickle. I sometimes get sweet and dill pickles but they are not labelled.
2. Observe the urge to say no and pick up the pickle.
3. Put the pickle in your mouth, but do not eat it.
4. When the bell rings, chew the pickle slowly. Do not attend to the taste of the pickle. Be mindful ONLY to the sound of the pickle crunching in your ear.
5. At the final bell, you can swallow the pickle or spit it out.

Tell people, before you start, that you can eat anything if you mindfully attend to a sense other than taste. People are shocked to find out that they could eat a piece of pickle and never taste it. Often, people express reluctance, but end up loving the practice.

Have something for people to drink afterwards.