

## 7 Tips for Mindful Cooking



Mindfulness can be practiced in a variety of ways such as meditation, living in the moment, listening to your breath, etc. This article focuses on mindful eating, which can help you understand the role food plays in affecting your mood and energy levels.

Conscious cooking, or preparing meals with full attention, is the act of being fully present while you prepare and cook your food. This encourages

you to build awareness of the unique details of your cooking experience and creates a deep, in-body sense of making a nourishing meal with attention, compassion, gratitude, and love. (Brady, 2020)

**Consider the following 7 tips to mindful cooking the next time you prepare your meal:**

### **Begin with intention**

To begin your conscious cooking practice, set a clear intention. Close your eyes if you'd like, take a few breaths, and think about the end product: a delicious nourishing meal.

### **Focus on service**

Preparing meals is an act of service: you are either nourishing your own mind and body, or the mind and body of others. You are delivering love. Surrender yourself to bringing the fullness of your being into the act of service.

### **Deliberately prepare your space**

Before starting, take the time to methodically prepare your environment. Lay out your recipe, tools, and ingredients. This is also an opportunity to take a moment to cultivate gratitude for everything set before you. Recognize the connections that have to exist (farmers, pollinators, pickers, and countless others)

### **Proceed with care and attention**

As the cooking process begins, bring respect towards each step of the process. Bring awareness to what you're chopping, adding, mixing, etc. Move as slowly and deliberately as possible given the cooking times involved.

### **Relish in a full sensory experience**



Cooking is a wonderful sensory experience:

- See the colors and watch steam rise
- Smell the food and spices
- Taste the individual ingredients
- Hear the roll of the boiling water, the rhythmic cutting, the sizzle of cooking foods
- Feel the textures of the ingredients, the thickness of mixtures, the graininess of the herbs.

### **Embrace total presence**

Allow your body and mind to embrace the experience of cooking. Put your phone down. Avoid multitasking while cooking, work on performing one task at a time. Release any non-cooking distractions.

### **Serving the meal**

Once your meal is ready, it's time to serve it to yourself and your loved ones. Present and serve your meal with intent. Be mindful of the process of serving food, and recognize how fortunate we are to be able to share in a meal together.

### **Works Cited**

**Brady, Adam. 2020.** Chopra. *Chopra*. [Online] July 17, 2020. [Cited: August 13, 2020.] [https://chopra.com/articles/conscious-cooking-preparing-meals-with-mindful-awareness?utm\\_source=Newsletter&utm\\_medium=Email&utm\\_content=200728-July-Newsletter&utm\\_campaign=Newsletter2020728](https://chopra.com/articles/conscious-cooking-preparing-meals-with-mindful-awareness?utm_source=Newsletter&utm_medium=Email&utm_content=200728-July-Newsletter&utm_campaign=Newsletter2020728).