



What Is Mindful Eating?

Updated 04/04/24

Mindful Eating strengthens our awareness of our spiritual oneness with our Mother Earth and promotes active care of creation. It is a spiritual practice; it can be a meditative experience. The consequences of our food choices affect how our Mother Earth, our bodies and animals are cared for and treated. Be mindful of the things you put into your body spiritually, emotionally, and physically. By raising your consciousness with this spiritual practice through our food choices, we promote care for the all living beings because we honor our connection, our oneness.

When you combine mindfulness with eating, you realize it is not only what you eat, but also includes what you watch, listen to, read, and the discussions you have when we eat.

Our Unity co-founders, Charles and Myrtle Fillmore wrote about this topic in 1890: "The Beginning of Unity and Vegetarianism"

<https://www.unity.org/archives/articles/beginning-unity-and-vegetarianism>.

Action Ideas for churches and congregants interested in Mindful Eating

1. Pray and give thanks for the meal and all who provided this nourishment.
2. Host educational lectures/films about gardening, farming, food or health.
3. Learn about different cultures by hosting an International Heritage potluck and talent show. Bring a home-made dish from your heritage.
4. Form a Spirit/Study group on Mindful Eating or vegetarianism, hunger, veganism... Discuss how you can apply the Unity's 5 Principles
5. Host a plant-based potluck where you ask for meatless meals and label as Vegan, Vegetarian or Omnivore.
6. Organize a picking party during the harvest season to experience what it would be like to be a full-time picker, to get outdoors and to experience the seasonality of fruits and vegetables.
7. Host a "100 mile" potluck requesting that all dishes be grown/raised within that radius.
8. Develop a community garden and/or native planting area at your church.
9. Volunteer at a local food bank or to prepare and serve a meal. Experience the hard work and joy of serving those who may be in need of a good meal.
10. Look for books, movies, ideas and other resources on the Unity EarthCare website: <https://www.unityuwm.org/earthcare> under Ministry Resources – OPEN FOR ACCESS to Links + Books & Films.



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Ideas for individuals interested in mindful eating:

1. Be mindful that what we put into our bodies is a spiritual, emotional, and physical exchange of energy
2. Pray and give thanks to all who provided this meal, including those that planted, tended, transported, prepared and possibly gave of themselves for our nourishment. Give thanks for our amazing body that absorbs the nutrients for health and well-being.
3. Choose food that is fresh and organically and sustainably grown.
4. As you eat, notice the flavors and textures with all your senses. Avoid distractions
5. Purchase items with minimal packaging. When possible, buy in bulk or bring reusable containers.
6. Look for labels that denote honorable, sustainable, and healthy practices which include Fair Trade especially when buying fish, coffee and chocolate.
7. Support local farmers at:
 - Farmers markets
 - CSAs (community-supported agriculture)
 - Regenerative farms
8. Support local independent restaurants. Bring your own containers for any take home leftovers.
9. Explore expanding a plant-based diet for its many benefits, including the treatment of animals, health, and the dramatic reduction of greenhouse gases. According to the United Nations report in 2006, animal agriculture is the #1 cause of greenhouse gases.
10. Reduce food waste by sharing, preparing less or composting. According to a study called Drawdown (<https://drawdown.org/>), this is the #3 way to reduce climate change.
11. Immerse yourself and attend a workshop or retreat. One option is the Fall Vegan retreat at Unity Village.

Other resources: Savor: Mindful Eating, Mindful Life by Thich Nhat Hanh