

The Bread meditation

Matthew 13: 33

He told them still another parable: “The kingdom of heaven is like yeast that a woman took and mixed into about sixty pounds of flour until it worked all through the dough.”

Isaiah 55: 1-3

Ho, everyone who thirsts, come to the waters;
and you that have no money, come, buy and eat!
Come, buy wine and milk without money and without price.
Why do you spend your money for that which is not bread,
and your labour for that which does not satisfy?
Listen carefully to me, and eat what is good, and delight yourselves in rich food.
Incline your ear, and come to me; listen, so that you may live.

Place a small piece of bread in your hand. Imagine that you have never seen any bread exactly like this before. We are going to explore it with all of our senses.

Focus on looking at the bread. Move it around, exploring every part of it. Notice the colours. Notice the folds and surfaces, and how the light falls differently on different angles.

Next, explore the texture, feeling any softness, hardness, coarseness, or smoothness. Notice any textures that you like more or less than others.

Now hold the bread close to your nose, and carefully notice the smell or smells of it.

Bring the bread to your ear, squeeze it, roll it around, and hear if there is any sound coming from it.

Begin to slowly bring to your mouth. Noticing how the arm knows exactly where to go. Perhaps becoming aware of your mouth watering.

Gently place the bread in your mouth. Place it on your tongue, without biting it. Simply explore the sensations of this bread in your mouth.

When you're ready, intentionally bite down on the bread. Maybe notice how it automatically goes to one place in your mouth. Notice the tastes it releases.

Slowly chew the bread. Be aware of how it changes in consistency as you chew.

When you feel ready, swallow. See if you can notice the sensations of swallowing the bread. Sense it moving down to your throat and travelling onwards to your stomach.

“Give us this day our daily bread”. How do you feel about this attentive experiencing of a simple daily action?

Take this in to prayer now, talking with God ‘as one friend with another’ about your experience with the bread.