

# My Cravings Are Out of Control - Learn How to Ride the Crave Wave



Try this meditation when you are having a craving.

Find a comfortable place to sit and close your eyes. Focus your attention on your breath, inhaling and exhaling through your nose.

Take some deep breaths and locate the craving in your body. Now let's take a close look at the craving. We are going to allow it to be there and learn to tolerate it instead of pushing it away. Ask yourself: What is the craving for? Where do you feel it in your body? Can you locate the spot where it lives? Your belly? Your heart? Does it have a shape or a color? Is it sharp or dull? Achy? Breathe into that area and allow it to expand. Don't fight it. Allow it to be there.

Now ask yourself: Is this true hunger? What am I truly hungry for in this moment? Is it really food or something else? Is this an old feeling from my childhood?

Am I yearning for comfort or love in this moment? Will eating the food that I crave solve my problem? How will I feel after I eat it?

Now check in with your body and ask yourself: Instead of caving into my craving, would I eat an apple or other nutritious food right now? If the answer is no, you are not hungry, only craving food. Let the craving peak. Allow it to be uncomfortable for a minute or two without reacting. Go into this uncomfortable space a bit further, then watch as it slowly dissolves. Give thanks for food as nourishment. If you still are craving the desired food after this exercise, please refer to the next meditation, below, and eat a small quantity of the desired food with intention, savoring every bite.

Now repeat this mantra to yourself a few times: "When I have a craving, I will pause before I reach for it and increase my tolerance each time."

# MINDFUL MANTRA: WHEN I HAVE A CRAVING, I WILL PAUSE BEFORE I REACH FOR IT AND INCREASE MY TOLERANCE EACH TIME.

Now, continue breathing until the sound of the bell. When you're ready, slowly stretch and open your eyes.

\*If your craving doesn't dissipate after doing the meditation, try drinking some tea or seltzer to take the edge off the craving. If it's a sugar craving, see if eating a sweet potato, piece of dark chocolate or something with a natural sweetener will suffice. Sugar is highly addictive, so coming off of it slowly maybe warranted.