



**VIOLENCE FREE**  
**MINNESOTA**

THE COALITION TO END RELATIONSHIP ABUSE

## Orange Peeling Meditation Script

Take out an orange, or another fruit you can peel or take apart - a lemon, a kiwi, a peach, an apple.

Wash your hands. Admire the color, shape, and texture of the fruit.

Oranges grow on trees in warm climates. Close your eyes and imagine where your orange grew. Can you feel the warm sun? Can you smell the blossoms? Can you see the fruit on the trees?

Open your eyes and smell the orange. Place the orange on a napkin or piece of paper towel. Roll the orange firmly on the table to release the orange essence.

Pick up the orange again and smell the essence. Peel the fruit slowly, taking time to enjoy the aroma, texture, and color.

Separate a couple of segments. Examine their inner structure. Place a segment in your mouth, close your eyes, and bite down. Pay attention to how the juice bursts into your mouth and fills it with orange flavor.

Chew slowly and experience the texture of the membrane. How is this different than drinking a glass of orange juice? As you chew slowly, pretend this is the last orange on earth. It's all yours!