

Smelling Homework—*Change "yum" to "mmm"*

A simple exercise in training not to be overwhelmed by desire, but still enjoy the pleasure of it.

- When to do? Best to do it when you are hungry (already in a state of craving and dissatisfaction, like in life anyway).
- What to do? Separate the beautiful smell of food from the grasping after it. The 2 do not necessarily follow. Your task is to enjoy the smell but halt the grasping that follows almost immediately - wanting to eat.
- Why do it? Later we can apply to bigger things - joy of a person's company without having to possess them. Joy of appreciating things without having to buy them.

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