

Visualize a lemon script

Try this. (You could **close** your eyes for this
*Think of a fresh lemon.**

*Imagine one in front of you now, and feel what it feels
like as you pick it up.**

*Take a knife and cut a slice off the lemon, and hear the
slight sound as the lemon juice squirts out.**

*Smell the lemon as you lift the slice to your mouth and
take a bite of the slice.**

Taste the sharp, sour, fresh taste of the fruit.

If you actually imagined doing that, your mouth is now
wet with saliva. Da- eki 침 “chim”.

Why? your brain followed the instructions.

It thought about what you saw, heard, felt, smelled and
tasted. Your brain treated it as if it was real.

In your mind, it was.

What did you see? hear touch taste smell