

Visualize a lemon script

(Pause on the *. You might want to visualize and do the action at the same time).

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*)

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?

(This page says lemons can trigger endorphins and have other health benefits:).

<https://www.thehealthyjournal.com/faq/does-lemon-water-help-with-anxiety>