

Script for Lemon Imagery:

Take a deep breath and allow your eyes to close.... I would like you to imagine now that you are standing in your kitchen or the kitchen of someone you know... in front of is a cutting board..... Next to the cutting board is a good, sharp knife..... Take a few moments to imagine the kitchen...the color of the countertops..... the appliances..... the cupboards.....notice if there are windows..... and so on..... Also notice any kitchen smells or sounds - the running of a dishwasher or the hum of a refrigerator....or the sound of a clock on the wall...take some time to notice everything, using all of your senses, what you see....what you hear....what you smell...how you feel being there in your kitchen.....

Now imagine that on the cutting board sits a plump, fresh, juicy lemon..... in your mind, hold the lemon in one hand, feeling its weight and textures..... Then place it back on the board and carefully cut it in half with the knife..... Feel the resistance to the knife and how it gives way as the lemon splits..... Notice the pale yellow of the pulp, the whiteness of the inner peel, and see whether you have cut through a seed or two. Carefully cut one of the halves in two..... Notice where a drop or two of juice has pearled on the surface of one of the quarters.....

Now imagine lifting this lemon wedge to your mouth, smelling the sharp fresh scent..... Now bite into the sour, juicy pulp