

A mindfulness meditation
for Smartphones

inspired by

Lemon
essential oil



Unlike traditional meditation that requires deep concentration, this visualization *can* be done almost anywhere, even while riding on a train or waiting in line at the bank.

Read the text, and then gaze at the accompanying picture, allowing yourself to become fully immersed in the scene. When you are ready, scroll down to the next page and repeat.



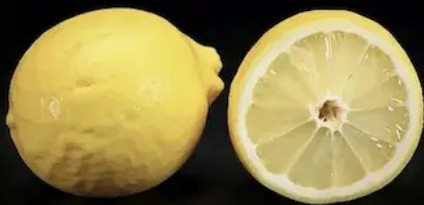


“Lemon brings clarity of thought, aids in logical thinking, and helps us connect cause and effect in our lives. It’s good for study sessions, improving attention span, and problem solving. Lemon can help us analyze our resentments, and then help us let go of them.”

LaRee Westover,
Butterfly Miracles with
Essential Oils

“**LemOn** oil has a **high** vibration, comparable to a **high-toned** **whistle**. Sandalwood, in comparison, “hums like a bumblebee.” Essential oils with **high** vibrations **lift** spirits, especially for **fatigue** ... it’s beneficial for both **physical** and **psychological** heaviness, but mostly stimulates the **mind** - increasing concentration and the **ability** to **memorize**.”

Susanne Fischer-Rizzi,
Complete Aromatherapy Handbook



Imagine you are
standing at the
foot of a **m**ountain.



You are about to embark
on a journey to the top.



But first, notice the
beauty around you: the
vibrant green of the grass,
the colorful wildflowers.





Feel the richness of the earth
beneath your feet. Then take
your first step.

Walk up the path,
but be careful. The
stairs are slippery.



Listen to the chirping
of birds flying by.



Watch them as
they fly away into
the distance.



Explore any **mental**
weariness you might have:
bitterness, repetitive thoughts,
or unresolved issues.



The path becomes steeper.
Each step requires effort.
Your muscles work hard to
carry you upward, and your
breath deepens with exertion.



The air is tangy and crisp,
with a faint citrus Scent.



The cold air gives
you goosebumps.





Inhale deeply. The **Zesty**
fragrance clears away **your**
mental fog and **brings**
sharpness to **your** thoughts.

You have reached
the summit.
Take a few moments
to enjoy the view.



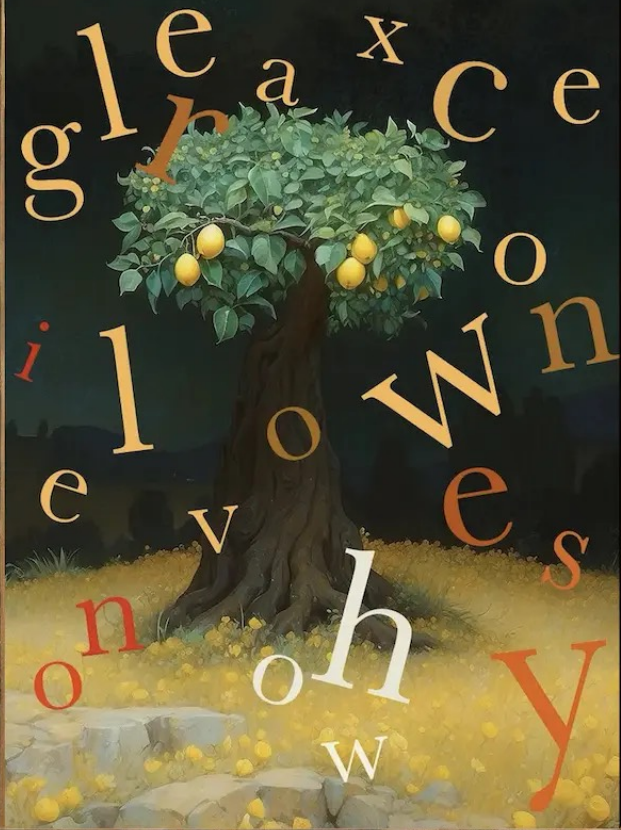
At the summit stands
an ancient lemon tree,
its branches adorned
with golden lemons.



The air around you is filled with
the scent of citrus, sharp yet
sweet, energizing yet grounding.



The lemon tree **speaks** to you,
not in words but *in* letters. Find
a word that resonates with you.





Three ripe lemons
hang from a low
hanging branch.

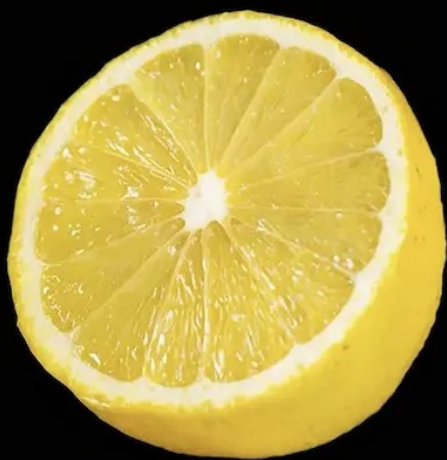
Pluck
a lemon
from the tree.



Feel the lemon's
rough texture in
your hands.



As you peel the lemon,
a burst of citrusy aroma
invigorates your senses.





Look up toward the sky
and watch lemon-colored
clouds float by.

It begins to rain. Lemon scented
rain drops fall on your skin. Feel
the cooling *rain* wash over you.



Feel the rain
against
your skin.



The drizzle turns into a
heavy **downpour**, and soon
you are up to your knees
in the essence of **lemon**.



The sourness cleanses you,
washing away any lingering
tiredness, leaving you
refreshed and renewed.



Feel the refreshing
coldness of the water.



The water is now up to your neck. Take a deep breath, the fresh citrus air fills your lungs.



Fully immersed in the lemony
Water, you feel weightless. You
float effortlessly in the bubbly
liquid all around you.



As you continue to float
your thoughts settle
into stillness.





Float in space
for as long as you
want to.

An illustration of a woman with long brown hair, wearing a flowing yellow dress, floating in a dark, deep blue space. She is surrounded by numerous small, yellow and orange petals or leaves that appear to be falling or floating around her. The entire scene is framed by a decorative border featuring a repeating pattern of small flowers and leaves in various colors.

When you are ready,
gently return.

Let this feeling of
lightness and peace stay
with you all day.

Remember, you can always
return to this space
whenever you need to.

Reflections

Take a few minutes to contemplate your journey. **You** can reflect on the questions in your mind **here** and **now**, or **you** could **write** them **down** in a **journal**.



What was the message
from the lemon tree? How
does it resonate with your
current life situation?



What challenges in
your life, like the
mountain you just
climbed, require
focus and persistence ?





When underwater, what
sensations came to you? How
can you carry that refreshing
energy into your daily life?

Brought to you by
Head Heart Hara

