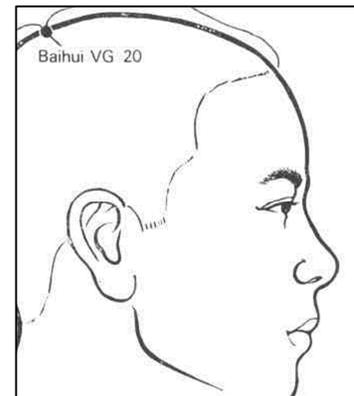


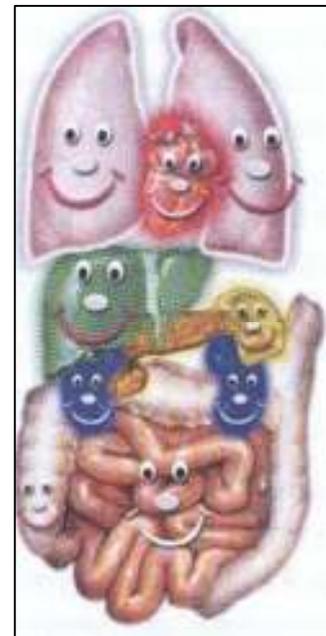
Meditation - Inner Smile

"In ancient China, the Taoists taught that a constant inner smile, a smile to oneself, insured health, happiness and longevity. Why? Smiling to yourself is like basking in love: you become your own best friend. Living with an inner smile is to live in harmony with yourself." -Mantak Chia

1. Sit comfortably, either on a straight-backed chair, or on the floor. If sitting on the chair, sit on the edge of the chair. The important thing is for your spine to be in an upright position, and your head arranged to allow the muscles of your neck and throat to feel relaxed.
2. Close your eyes and rock your spine
3. Take a couple of deep, slow breaths (abdominal breathing), noticing how your abdomen rises with each inhalation, then relaxes back toward your spine with each exhalation. Let go of thoughts of past or future.
4. Rest the tip of your tongue gently on the roof of your mouth, somewhere behind, and close to, your upper front teeth. You'll find the spot that feels perfect.
5. Do Crane Neck 2 or 3 times. Bend over and stretch out your neck in a circular fashion. This stretches your spine. You are as young as your spine.
6. Rock your spine again.
7. Do a couple more abdominal breathing.
8. Smile gently, allowing your lips to feel full and smooth as they spread to the side and lift just slightly. This smile should be kind of like the Mona Lisa smile, or how we might smile - mostly to ourselves - if we had just gotten a joke that someone told us several days ago: nothing too extreme, just the kind of thing that relaxes our entire face and head, and makes us start to feel good inside.



The Baihui Point



9. Now bring your attention to the space between your eyebrows (the "Third Eye" center). As you rest your attention there, energy will begin to gather. Imagine that place to be like a pool of warm water, and as energy pools there, let your attention drift deeper into that pool - back and toward the center of your head.
10. Let your attention rest now right in the center of your brain - the space equidistant between the tips of your ears. This is a place referred to in Taoism as the Crystal Palace - home to the pineal, pituitary, thalamus and hypothalamus glands. Feel the energy gathering in this powerful place. Take time to focus your mind's eye on Baihui at the highest point on your head. This connects you to your higher self and the radiance of the universal energy
11. Allow this energy gathering in the Crystal Palace to flow forward into your eyes. Feel your eyes becoming "smiling eyes." To enhance this, you can imagine that you're gazing into the eyes of the person who you love the most, and they're gazing back at you ... infusing your eyes with this quality of loving-kindness and delight.
12. Now, direct the energy of your smiling eyes back and down into your spine. The energy goes from your mind to your spine. Then from the spine to the rest of the body. Keep your body young and lose.
13. Hold your hands up to your **heart** and spiral your hands. Smile into your heart. Visualize the color red. Feel love, joy and Happiness. Feel unconditional love come down into your heart.
14. Hold your hands up to your **lung** and spiral your hands. Smile into your lungs. Visualize the color white. Breathe in pure Chi of the universe that brings feelings of strength, courage, nobility.
15. Hold your hands up to your **spleen** and spiral your hands. Smile into your spleen, pancreas, and stomach. Visualize the color yellow. Feel empathy and let go of thoughts.
16. Hold your hands up to your **kidneys** and spiral your hands. Smile into your Kidneys. Visualize a dark blue color. Feel Calmness. Release all tension and fear. Stay with the resulting gentleness, calmness and peacefulness!
17. Hold your hands up to your **Liver** and spiral your hands. Smile into your Liver. Visualize a green color. Feel Patience. Transform all intolerance, anger or jealousy into kindness, generosity and forgiveness with the emerald green, joyous light of the inner smile.
18. Continue to smile into each place within your body, for as long as you'd like ... letting it soak up smile-energy like a sponge soaks up water.
19. When this feels complete, direct your inner gaze, with its smile-energy, into your navel center, feeling warmth and brightness gathering now in your lower belly.
20. Release the tip of your tongue from the roof of your mouth, and release the smile (or keep it if it now feels natural).

Chinese 5 Element Theory Summary

	Wood	Fire	Earth	Metal	Water
Season	Spring	Summer	Change of seasons (Every third month)	Autumn	Winter
Direction	East	South	Center- up and down	West	North
Planet	Jupiter (Expansion/Success)	Mars (Gets Stuff Done, Action, war, aggression)	Saturn (Structure)	Venus (Ethereal Love)	Mercury (Mind)
Color	Green and Blue	Red	Yellow	White / Clear/ Metallic	Black, Dark Blue
Sound-Healing	Shout (sh-h-h-h-h- Tongue near palate)	Laugh (Haw-w-w-w- Mouth wide open – Small intestines) (Hee-e-e-e-Triple Heater)	Sing (who-ooo-oo From Throat Guttural)	Weep (sssss-ss-ss-s Tongue behind teeth)	Groan (choo-oo-oo-oo as when blowing out a candle with lips)
Zang or Yin Organs	Liver	Heart Pericardium	Spleen/Pancreas	Lung	Kidney
Associated Organ	Gall Bladder	Small Intestine Triple Warmer	Stomach	Large Intestine	Bladder
Mental Quality	emotion, sensitivity	willpower, creativity	clarity	intuition	spontaneity
Virtue	Kindness, Patience	Joy, Honor, Sincerity	Fairness, Openness	Courage, Righteousness	Gentleness, Calmness and stillness, Alertness
Emotion	Anger	Hastiness, Arrogance, Cruelty	Worry, Anxiety	Grief, Longing, Sadness	Fear
Related Senses	Eye	Tongue	Mouth	Nose (smell) Tough (skin)	Ears, Genitals, Anus
Sense Commanded	Sight (Eyes), Tears	Tongue, Speech	Taste	Smell	Hearing (ears), Bones
Flavors / Taste / healing foods	sour	bitter	Sweet, neutral	Pungent/ sharp / Spicy	salty
Related Parts of the Body	Inner Legs, Groin, Diaphragm, Ribs	Armpits, Inner Arms	Lips, Mouth	Chest, Inner Arms, Thumbs	Sides of the Feet, Inner Legs, Chest