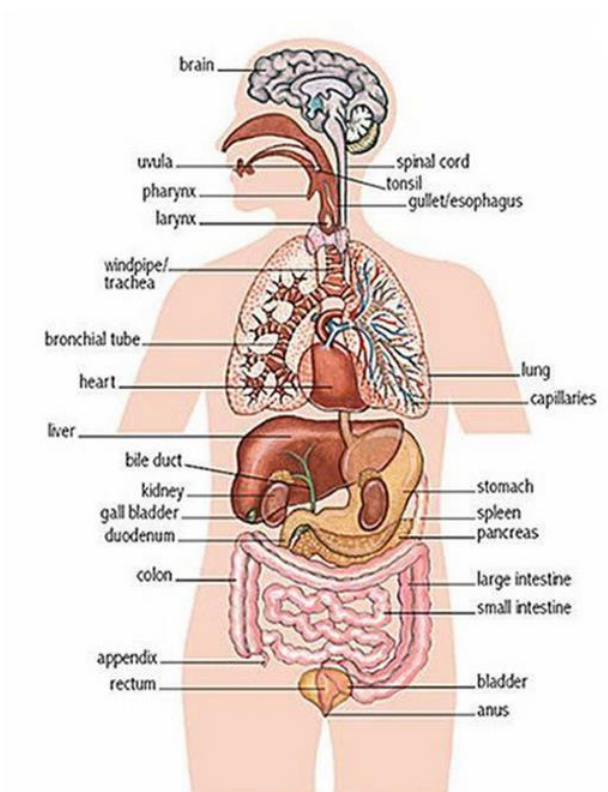




Written Description for: Section 6, Lesson 2

# Filling the Organs with Smiling Energy: Long Form



## 1. Settle into Position

- Begin in a seated position with the spine straight.
- The mouth is closed, so that you are breathing in and out through the nose.
- Close your eyes.

## 2. Cultivate Smiling Energy

- Bring your attention to your lips.
- Spend a few moments observing as much of the sensations within your lips as you can. Really delve your attention into your lips as thoroughly as possible, sensing your lips in as much detail as possible.



- Then begin a smile – create a smile – and then begin to focus your attention on your smiling lips.
- Notice the difference between the feeling you had before of just your lips, and now the feeling you have of your smiling lips.
- The difference is your smiling energy.
- Put your focus on your smiling energy for several breaths.

### 3. Direct the Inner Smile to the Heart

- Then take your smiling energy down to your heart.
- Smile to your heart like you are smiling to an old friend across the street.
- As you inhale, fill your heart with your smile; as you exhale, feel the heart smiling back at you.
- Remember this is not a visualisation exercise, this is actually smiling to the heart in your chest and actually feeling what is returning from your heart – feel it smiling back at you.
- Continue this for several more breaths, allowing the heart to absorb your smile, promoting effective circulation throughout the body.

### 4. Direct the Inner Smile to the Lungs

- Then take your attention to your lungs – that which moves as you breathe.
- Breathe in, smile to your lungs; as you breathe out, feel your lungs smiling back at you.
- Really drop your attention into your moving lungs and smile into them as you inhale, feeling the, smiling back at you as you exhale.
- Repeat for several breaths, allowing the lungs to absorb the energy of the smile, promoting deep, relaxed breathing and emotional clarity.

### 5. Direct the Inner Smile to the Liver

- Then take your attention to your liver – this is on the right-hand side of your body, just underneath your right rib cage.
- If you are unable to feel the liver, or need to guide your attention to the right place, place your hands at the bottom of your right rib-cage, touching all the way from the centre to the side of the body.
- Inhale, smile to the liver; exhale, feel the liver smiling back.
- Repeat several breaths, allowing the liver to absorb your smiling energy, promoting detoxification, smooth energy flow and vitality.

### 6. Direct the Inner Smile to the Spleen/Pancreas

- Then take your attention to the spleen and pancreas – they are on the left-hand side of the body, just underneath the left rib cage.
- Again, feel free to move your hands there to heighten your feeling there.



- Inhale, smile to the spleen and pancreas, exhaling, feel them smiling back at you.
- Repeat several breaths, allowing the spleen and pancreas to absorb the lightness of the smile, supporting digestion, immunity and emotional balance.

#### 7. Direct the Inner Smile to the Kidneys

- Then take your attention to your kidneys at the back of your body.
- Place your hands on your kidneys if you like.
- Breathe in, smiling to your kidneys, breathing out, feel the kidneys smiling back at you.
- Repeat for several breaths, allowing the kidneys to absorb the lightness of the smile, aiding in their function of filtering and purifying the blood.

#### 8. Direct the Inner Smile to the Small Intestine

- Then take your attention to your small intestine
- Again, feel free to move your hands there to heighten your feeling there.
- Inhale, smile to the small intestine, exhaling, feel them smiling back at you.
- Repeat several breaths, allowing the small intestine to absorb the lightness of the smile, supporting efficient digestion, clear thinking, and inner harmony.

#### 9. Direct the Inner Smile to the Large Intestine

- Then take your attention to your large intestine.
- Place your hands there if you like.
- Breathe in, smiling to your large intestine, breathing out, feel the large intestine smiling back at you.
- Repeat for several breaths, allowing the large intestine to absorb the lightness of the smile, supporting smooth elimination, detoxification, and emotional release.

#### 10. Direct the Inner Smile to the Gall Bladder

- Then take your attention to the gall bladder – located on the right side of your body, just beneath the liver and ribcage.
- If you have difficulty sensing this area, you may place your right hand below your ribcage to heighten your awareness.
- Inhale, smile to the gall bladder, exhaling, feel it smile back at you.
- Repeat several breaths, allowing the gallbladder to absorb your smiling energy, promoting detoxification and vitality.



#### 11. Direct the Inner Smile to the Stomach

- Now, bring your attention to your stomach, located in the upper abdomen, slightly to the left of centre, just beneath the ribcage.
- If helpful, place your hand gently over your stomach to enhance your awareness.
- Inhale, smile to the stomach, exhaling, feel it smile back at you.
- Repeat several breaths, allowing the stomach to fully absorb the smiling energy, supporting digestive ease, emotional harmony, and nourishment.

#### 12. Direct the Inner Smile to the Bladder

- Now, bring your attention to your bladder, located in the lower abdomen, just above the pubic bone.
- If needed, place your hands over your lower abdomen to heighten awareness of this area.
- Inhale, smile to the bladder, exhaling, feel it smile back at you.
- Repeat several breaths, allowing your bladder to absorb the lightness of the smile, supporting ease, relaxation, and the smooth flow of energy and fluids.

#### 13. Return to Heart

- Then bring your attention back to your heart.
- Smiling to your heart as you inhale, and feeling the heart smiling back at you as you exhale.

#### 14. Closing the Practice

- When you're ready, gently open your eyes, maintaining the feeling of warmth and relaxation.
- Carry this inner smile with you throughout your day, allowing it to naturally uplift and energise you.