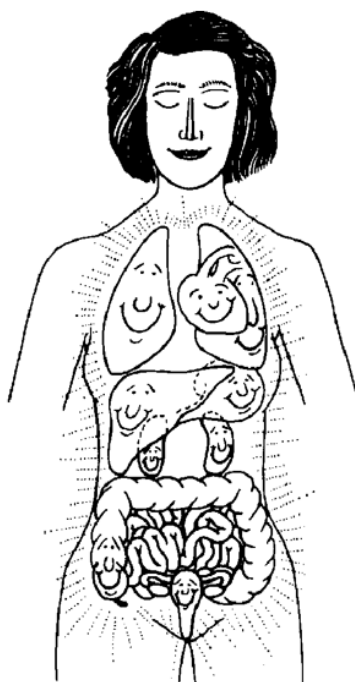




Written Description for: Section 6, Lesson 2

Filling the Organs with Smiling Energy: Short 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.

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.

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.

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.

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.

8. 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.

9. 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.