



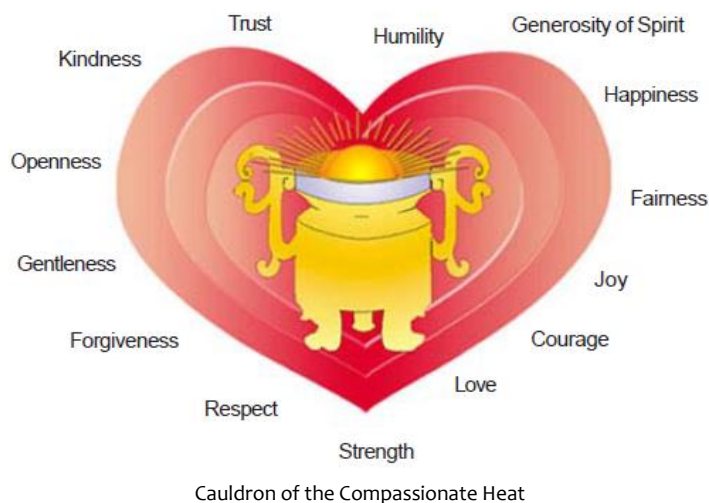
Cosmic Inner Smile



A Qi Gong Practice

COSMIC INNER SMILE

The Cosmic Inner Smile is a powerful relaxation and self healing technique that uses the energy of love, happiness, kindness and gentleness as a language to communicate with the internal organs of the body. Taoists believe that emotions originate from the organs. Once you can differentiate between and become aware of the different kinds of emotional energy that reside in the organs, you can deal with them more easily. Once you have this awareness, you can transfer these emotions into a positive life force for yourself. Compassion is the fusion of all other virtues together into their purest expression. It is the highest virtue and the most beneficial energy to share with others. To attain compassion, one must first recycle negative emotional energies to restore and increase the life force. This, in turn, will nourish the positive energies of each organ so that each organ can produce its respective virtue in abundance. Excess virtue energy can be channeled for the benefit of other people. If one tries to practice compassion without transforming the negative emotions and reestablishing the virtue energies, there will be little to offer anyone.

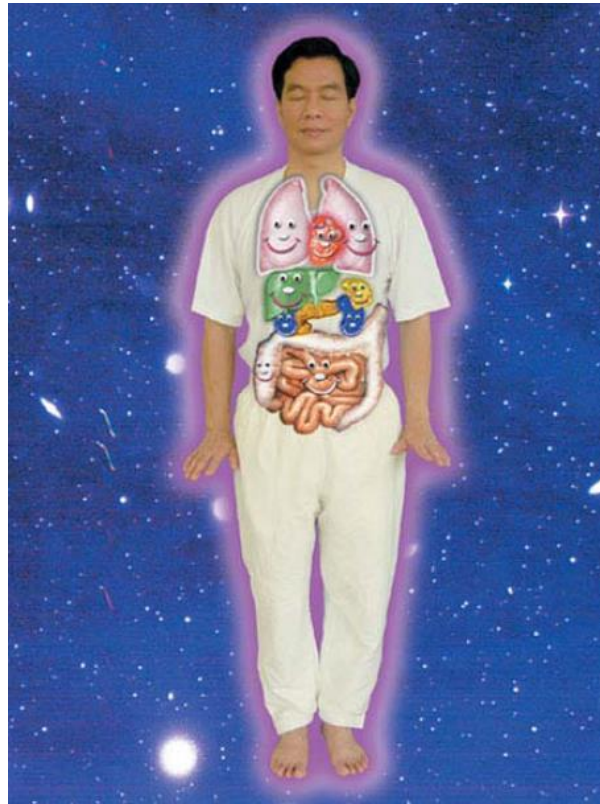


The heart is like a cauldron that can be used to combine all the virtues into the energy of compassion, the ultimate virtue and a necessary attribute for our spiritual being. It elevates the consciousness beyond human weakness. With compassion, one can love unconditionally and thereby accept the world on its own terms without suffering. When studying the virtues, we must examine love as a category in itself to better understand its energetic influences. The Taoists view love as an internal energy of the heart rather than as a product of the mind. We first have to cultivate love within our-selves to have the power to draw in unconditional love from Heaven, and gentleness and kindness from Mother Earth. In Taoism, it is believed that each organ has its own soul and spirit energy. By practicing love and respect to cultivate these aspects of the organs, the whole body improves, and one learns to love the body as a whole. With the practice of the Inner Smile, we learn to detoxify the organs and let the virtue energy grow again. Transforming our internal energy in this way will also promote a higher vibratory rate and enhance our spiritual growth.

The Five Major Organ Systems (and their associated emotions and properties)

1. The **HEART** is associated with the negative emotions of arrogance and hate and the positive virtues of kindness and love. Recent scientific research shows that feelings of love and appreciation strongly influence the heart's rhythm and its relationship to the body's physiological system. Its color is **RED** and its element is **FIRE**
2. The **LUNGS** are associated with the negative emotions of sadness and depression, and the positive virtues of courage and righteousness. Emotional depression is often recognized by a physical depression and collapse of the chest and lungs. Their color is **WHITE** and their element is **METAL**.
3. The **KIDNEYS** are associated with the negative emotion of fear and the positive emotions of gentleness and kindness. Fear is closely related to the activity of the adrenal glands that lie on top of the kidneys. The adrenal glands secrete adrenalin and noradrenalin when stimulated by the body's fight-or-flight response. Their color is **BLUE** and their element is **WATER**.
4. The **LIVER** is associated with the negative emotion of anger and the positive emotions of generosity and forgiveness. Physiologically, the liver is important for storing and rapidly releasing glucose into the blood. The energy of anger requires the rapid availability of metabolic energy stores in the body. Its color is **GREEN** and its element is **WOOD**.
5. The **STOMACH** is associated with the negative emotions of worry and anxiety and the positive emotions of fairness and openness. Most people will be familiar with the "butterflies" and "knots" in the stomach related to worry, apparently related to a network of network of neurons and neurotransmitters in the sheaths of tissue lining the digestive system, known as the enteric nervous system. Its color is **YELLOW** and its element is **EARTH**.

Yin organs	HEART	LUNGS	KIDNEYS	LIVER	STOMACH
Associated Organs	Small Intestine	Large Intestine	Bladder	Gall Bladder	Spleen/Pancreas
System	Circulatory	Respiratory	Excretory	Nervous	Digestive
Element	Fire	Metal	Water	Wood	Earth
Color	RED	WHITE	OCEAN BLUE	GREEN	YELLOW
Season	Summer	Autumn	Winter	Spring	Indian Summer
Energy	Hot	Dry	Cold	Windy	Wet
Virtues	Kindness, Love, Compassion, Joy, Honor, Sincerity	Courage, Righteousness	Gentleness, Kindness, Wisdom, Security	Acceptance, Kindness, Forgiveness, Generosity	Fairness, Openness, Balance, Centering
Negative Emotions	Arrogance, Hate, Impatience, Cruelty, Insincerity	Sadness, Depression, Sorrow, Grief	Fear, Stress	Anger, Resentment	Worry, Anxiety



Practice of the Inner Smile Meditation

The Inner Smile is a powerful internal healing and relaxation meditation. Deep relaxation dissolves physical and mental tensions that can cause energy blockages and unhealthy Chi. The Inner Smile enhances the energy of the organs and glands, our life force in general, and stills and focuses the heart/mind. It makes us more aware of our body and inner being, because we learn to communicate with our organs, glands, spine and other specific parts of our body, as well as our soul. Taoists discovered that consciousness is rooted not only in the brain alone, but also in the vital organs and in the subtler sense in each of the cells. By smiling to the organs and thanking them for the work they do, eventually we will reawaken the intelligence of the body. With the Inner Smile, we start to develop a healthy, loving relationship with ourselves and with others. We start to recognize our own positive qualities. With regular practice, we get to know ourselves as we really are; we will discover our virtues. This will help us form a more authentic and healthier self-image, one that can stay in close contact with reality. The Inner Smile trains our ability to love and relax our own body and soul. If we learn to love and accept ourselves the way we are, it becomes easier and more natural for us to extend this love outward and to love and accept other people as well.

Practice the Inner Smile when you wake up. It will improve your whole day. If you love your body, you will be more loving to others and more effective in your work. After you have learned the practice, it takes five to ten minutes to smile down your entire body. Try to maintain the sensation of the Inner Smile throughout the day. Keep reminding yourself of the feeling because it is one of the best stress reducers in the world.

To properly use this meditation, one MUST SMILE. A smile is the magic ingredient needed to send a message of health to the organ. A genuine smile starts in the eyes and then spreads to the lips. Let's see some teeth!

1. Smile to the organ.
2. While smiling to the organ, imagine the corresponding color in the form of a colorful mist in front of your face.
3. Smile and inhale this mist directly to the organ.
4. Fill the organ with the Healing Color AND the Positive Attribute (emotion). Keep smiling!
5. Exhale and imagine a gray, cloudy mist filled with the Negative Attribute (emotion) exiting your mouth.
6. Let the negative color/emotion fall into the earth where it may be transformed.

Always start the Inner Smile with the rocking exercise. Rock your spine from your sitting bones and sacrum to the sides. Smile into the spine and rock each vertebra, from the base of the spine all the way up to the skull. Feel the spine relaxed and warm, glowing with a golden light. Next rock your spine back and forth, slightly nodding your head. After you finish the rocking, smile down from the top of the spine all the way down to the bottom and then from the bottom all the way up again. Rocking the spine and smiling into the spine is a very important practice because it relaxes the spine and the nervous system. People who want to calm down, must first relax the spine. When the spine is tense and stiff, there is no way to calm down.

1. Sit comfortably near the edge of your chair with your feet flat on the floor. Keep your back straight, but not stiff. Stay relaxed and clasp your palms together in your lap. Press your tongue against the upper palate of your mouth.
2. Close your eyes and become aware of the soles of your feet. Feel their connection to the Earth.
3. Create a source of smiling energy up to three feet in front of you. This can be an image of your own smiling face, or of someone or something you love and respect, or any memory of a time in which you felt deeply at peace, perhaps feeling sunshine, being by the ocean, or walking in a forest.
4. Become aware of the midpoint between your eyebrows through which you will draw this abundant smiling energy in front of and around you. Let your forehead relax; as the smiling energy accumulates at the mid-eyebrow, it will eventually overflow into your body.
5. Allow the smiling energy to flow down from the mid-eyebrow through your face, relaxing the cheeks, nose, mouth, and all the facial muscles. Let it flow down through your neck. You can roll your head slowly and gently from side to side as you do this.
6. Let the smiling energy continue to flow down to your thymus gland, which is located behind the upper part of your sternum, and picture it glowing with vibrant health. Feel the thymus gland become warm as it begins to vibrate and expand like a blossoming flower.
7. Let the warm, smiling energy spread from the thymus gland into the heart. Draw more smiling energy through the mid-eyebrow, and let it flow like a waterfall down into the heart. When you smile inwardly to the heart, it will generate the virtues of joy and happiness. **Picture your heart like a red rose, gradually opening.** Allow the red light to turn into a mist and whirl around you to form a red aura. Feel your skin glowing with red energy. Spend as much time here as you need to feel the heart

relax and expand with loving energy. Try to remember your best experience of love and fill your heart with that same feeling again. Love your heart. The heart is associated with the negative emotional energies of hastiness, arrogance, and cruelty. When you smile into the heart, these energies will dissipate, creating the space for the virtuous energies of love and joy to expand.

8. Let the joy and happiness generated in the heart expand outward to your lungs. Feel the lungs open as the happy, smiling energy flows into them. **Picture your lungs like a white rose, gradually opening.** Allow the white light to turn into a mist and whirl around you to form a white aura. Feel your skin glowing with white energy. If there is anything you see or feel in the lungs that is unpleasant to you, get rid of it. You can clear the lungs of energetic, emotional, and physical pollution by smiling into them. Feel the air flow from the tip of the nose down into the lungs, following it all the way out to the tiny air sacs where oxygen is exchanged for carbon dioxide. Thank your lungs for breathing and helping sustain your life. You should feel your entire chest cavity filling with smiling, loving energy. The lungs are associated with the negative emotional energies of sadness and depression and the virtuous energies of courage and righteousness. When you smile into the lungs, you will dissolve any sadness or negative feelings, creating space for courage and righteousness to expand.

9. Next you will direct the smiling energy to the liver, the largest internal organ, located just below the right lung. Feel the liver become immersed in smiling, loving, joyous energy. **Picture your liver like a green rose, slowly opening and radiating green healing light of kindness.** Allow the green light to turn into a mist and whirl around you to form a green aura. Feel your skin glowing with green energy. The liver is associated with the sense of sight, as it controls the energy of the eyes. Use your inner vision to see the liver and determine its condition. Its surface should be smooth and glossy, and it should feel relaxed and uncongested. You can use your eyes to smooth out any part of its surface or to relax any area that seems tense. Feel gratitude for the liver's work in detoxifying the body, helping to store blood, and producing bile. The liver is associated with the emotion of anger and the virtue of kindness. When you smile to the liver, you will dissolve any anger and allow the kindness energy more space to expand. The Chinese suggest this also helps strengthen your decision-making power.

10. Next aim your attention to the spleen, pancreas and stomach and smile to them. Smile until you feel them smile back at you. **Picture the spleen center as a yellow rose, slowly opening and radiating a yellow light.** Fill the spleen center with that yellow light. Allow the yellow light to turn into a mist and whirl around you to form a yellow aura. Feel your skin glowing with yellow energy. Exhaling, expel feelings of worry and the cloudy, sticky energy. Let the smiling energy flow across the abdomen into the pancreas. Thank the pancreas for making digestive enzymes, producing insulin, and regulating blood sugar. As you smile into the pancreas, see that it is healthy and functioning smoothly.

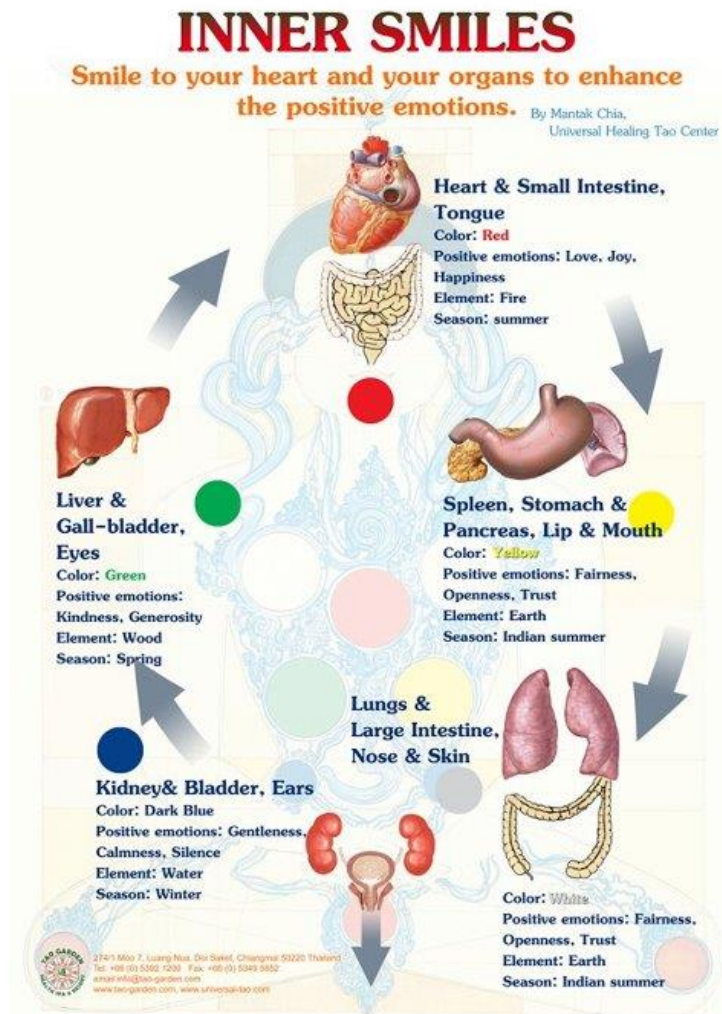
11. As smiling, loving energy builds up in the spleen, let it flow into the kidneys. Smile down to the kidneys and feel them expand with radiant energy. **Picture the kidneys as a blue rose, slowly opening.** Allow the blue light to turn into a mist and whirl around you to form a blue aura. Feel your skin glowing with blue energy. You can use your inner vision to inspect the kidneys to be sure their surface is smooth and glossy and that they are filtering properly without any congestion. The kidneys are associated with the emotion of fear. As you smile into them, fear melts away, and the virtue of gentleness can grow. Keep smiling into the kidneys, and let the smiling energy build up until they are full.

12. Next, send the smiling energy down into the urinary bladder, urethra, genitals, and perineum.

Women: The female genitals are known as the “Ovarian Palace”. The collection point for female sexual energy is located about three inches below the navel, midway between the ovaries. Smile the accumulated energies into the ovaries, uterus, and vagina. Thank the ovaries for making hormones and giving you sexual energy. Bring the combined sexual, smiling, and virtue energies up to the navel, and visualize the energies spiraling into that point.

Men: The male genital area is known as the “Sperm Palace”. The collection point for male sexual energy is located one-and-a-half inches above the base of the penis in the area of the prostate gland and seminal vesicles. Smile, and visualize the accumulated energies spiraling down into the prostate gland and testicles. Thank them for making hormones and giving you sexual energy. Bring the combined sexual, smiling, and virtue energies up to the navel, and spiral them into that point.

13. Return the attention to the source of smiling energy in front of you. Be aware of the mid-eyebrow point and allow more smiling energy to flow in through it like a waterfall pouring down into the organs. Once again immerse the thymus, heart, lungs, liver, pancreas, spleen, kidneys, urinary bladder, and sex organs in smiling energy. At this point you should be feeling calm and peaceful.



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