

INNER SMILE MEDITATION



Taoist ancient meditation will help you to bring sunshine positive energy of your smile to your body and release negative emotions

Inner Smile Meditation

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The Power of a Smile



“Sickness starts from negative emotions settling in the organs. The inner smile breaks this cycle. It removes the cause and symptoms of disharmony by transforming destructive emotions into positive energy.

Grandmaster Mantak Chia

There is tremendous healing power in our smiles and energy and when we combine it with the breathing techniques and focused visualization, we flush the poisonous negative energy that may blocking Chi (energy) flow and begin to heal ourselves, from the inside out.

When you establish a smiling, inner relationship with your body, you become alchemist, transforming the stress on your organs into positive nourishment.

Photo: with Grandmaster Master Chia who was the one who brought this ancient Inner Smile meditation back to the modern world.



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“ In ancient times, Taoists knew about the power of healing love generated from a smile. They also knew how the energy of the smile, when turned inward, can help us heal ourselves.

An ancient Taoist technique that helps us stay grounded in the present moment and provides a burst of positive healing energy is often referred to as the inner smile meditation.

Many modern scientific researches proofed that smiling benefits our health and wellbeing. It activates chemical signals in the brain that help to cope with stress. A smile also triggers the release of the so-called “feel good” hormones dopamine, endorphins, and serotonin, which not only makes us feel good, but also can positively affect heart rate and blood pressure. Endorphins are also powerful natural pain relievers, and serotonin is a natural antidepressant. It boosts immunity. When we smile the brain assumes all is well and that we’re happy, and happy people live longer.

Just as a genuine outer smile transmits positive energy, an inner smile produces calm, deep relaxation, balance and happiness. Believe it or not, we have all the happiness, kindness, and courage you could ever wish for and dream of inside us. Often these qualities are lost in the grey clouds of negative emotions. These clouds form over years and become so thick and heavy that our happiness cannot shine through. Our inner sun hides behind the storm of our emotions.

Is it even possible to get rid of these clouds of anger, this haze of sadness and worry that often pins us down? Like a fallen wrestler, we bow our heads to the mat and thump our hands in surrender. Yet, that beautiful sun inside of us yearns to rise above the dark sea of our past, shining forth in dazzling beams of happiness to light our world from horizon to horizon.

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To experience love and joy, to be fearless no matter what the cost; this is the journey of our heart, the hero's journey deep inside of us we all desire to make!

To be fearless and happy no matter what? Is it possible? The answer is "yes!"

But how to get there?

My Inner Smile Story

My first introduction to the Inner Smile meditation of the Tao, based on the teachings of the philosopher, Lao Tzu, who lived in China during the sixth century B.C, was transformational. I never imagined it could be so effective.

When I was living at the Tao Garden, the Center of Taoism, of Universal Healing in Northern Thailand, I heard of the Inner Smile, and it sparked my curiosity; it was intriguing. How it is even possible to smile inside? What is the purpose? I could not wait to try it.



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I always love smiling, even though many Russians think that one should smile only on special occasions, otherwise it is a fake smile. Well, that's no fun! Instead, my motto is "Smile and the world will smile back at you!" For me, it is the best universal language. When we smile, happy energy radiates from our eyes and speaks directly to the hearts of others. And yes, people usually smile back at us, especially in Bermuda where I live now.

When I tried the Inner Smile meditation, my teacher's voice was quiet and soothing.

Afterwards, I felt calmer, more relaxed, and happy. How could I not feel happier if I smiled for the last 15 minutes? I remember walking home under the crowns of old and magnificent trees lit by the dim light of whimsical lanterns, and the sheer magic of the moment kept me smiling as I strolled through that enchanted forest.

That night I slept so deeply. Something in me shifted at a deep level. I awoke refreshed.

The next day, I went back and did the Inner Smile meditation again. It made me feel so happy I did it every evening for 4 months.



“ It was the start of my work to banish negative emotions, fears and worries. I began learning to love my body again, which I felt had betrayed me with ill health. I focused my intent to heal myself with the warm sunshine of a genuine inner smile; not a smile of approval from someone else; a smile of compassion from me to me.

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I then took a class led by Master Chia, the founder of Universal Healing Tao. He was the one who brought this ancient meditation back to the modern world. I learned how to use the Inner Smile to heal myself after cancer treatments and deal with my fears, sadness and worries. I am forever grateful.

Smile and Visualize

In Taoism internal organs have a relationship to positive and negative emotions. The negative emotions like anger, sadness, depression, fear, worry are low-grade energy that could causes chronic diseases. The Taoists have mapped out the negative emotions that are associated with each organ.

Organ	Color	Positive Emotion	Negative Emotion	Element	Animal
Heart	Red	Love	Hatred Cruelty	Fire	Red pheasant
Lung	White	Courage	Sadness Depression	Metal	White Tiger
Liver	Green	Kindness	Anger	Wood	Green Dragon
Kidney	Blue	Gentleness	Fear	Water	Blue turtle
Spleen Pancreas	Yellow	Fairness Openness	Worry Anxiety	Earth	Golden Phoenix

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When we practice the Inner Smile meditation it is important to establish a deep relationship with your body and the major organs with a sunshine energy of smile, deep breath and visualization. For example, we can visualize our hearts as a red of bright fire or the kidneys as a blue ocean with a swimming blue turtle. When we smile internally we send a golden energy of love, happiness and joy to our hearts. We collect the hatred, cruelty and hastiness and exhale the dark grey cloud of these negative emotions. The process of visualizing the organs will really help us to connect on a deep level with our bodies and emotions.



“ It is a very unique spiritual experience. We look inside ourselves with acceptance and love , and extend our loving energy to the world. We thank our bodies for the hard work it does for me. it is a wonderful feeling because I have never experienced before. I took it for granted.

When we send inner smiles to ourselves we become our own best friend and we find harmony and balance. A smiling energy on our faces send a message to raise the vibration in our bodies to uplift and elevate our internal state of being. Imagine that sunshine energy we send to our body as a warm, positive, and healing energy. We create an inner alchemy which helps us transform our negative emotions into emotions of love, patience, compassion, kindness, courage, fairness. Just as a genuine outer smile transmits positive energy, an inner smile produces the power of a high-grade energy that promotes powerful internal healing, deep relaxation, happiness, and balance.

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We empower ourselves when we know that we can transform and let go of negative emotions or balance them with positive ones. We begin to love our body again, which we often feel has betrayed us. We focus our intent to heal ourselves with the warm sunshine of a genuine inner smile; not a smile of approval from someone else; a smile of compassion from me to me. We feel like a beautiful sun inside of us rises above the dark sea of our past and shines forth in dazzling beams of happiness to light our world from horizon to horizon.

Let's begin the practice! You can do it any time during the day.



Inner Smile Meditation

Start the Practice



1. Sit at the edge of a chair with your feet about shoulder width on the floor
2. Close your eyes and relax your whole body and face
3. Breathe slowly and deeply
4. Visualize a peaceful scene, a smiling baby or the sun shying at you to evoke a joyful and happy feeling
5. Start smiling with your eyes
6. Let the smiling energy flow like a gentle stream down your nose to wash over your lips
7. Raise the corners of your mouth slightly in a sublime inner smile
8. Place the tongue behind the teeth to connect the energy circuit for the entire practice

Smile to Your Heart



Positive emotions: Love and Joy



1. Lift your arm up above your head and look up
2. Smile and breathe in shining and radiating red light of love
3. Put your palms to your heart
4. Move your arms with an exhalation down to the earth
5. Exhale and release cruelty, harshness, impatience and hurt
6. Put your palms back to your heart
7. Smile and say to yourself: "I am loving and joyful."

Repeat 3 times.

Smile to Your Lungs

Positive emotions: Courage and Bravery



1. Put your palms to your lungs and smile
2. Lift your arms up above your head
3. Deep breathe in white energy of courage and feel your lungs with it
4. Move your arms with an exhalation down to the earth
5. Exhale and release a grey cloud of sadness and grief
6. Put your palms back to the lungs
7. Smile and say to yourself: "I am courageous and brave."

Repeat 3 times.

Smile to Your Liver



Positive emotions: Kindness and Generous



1. Put your palms to your liver (on the right side under the rib cage)
2. Smile
3. Lift your arms up above your head, look up
4. Deep breathe in green color of kindness
5. Exhale a grey murky cloud of anger and resentment down to the earth
6. Your arms go down with an exhalation, palms towards to the earth
7. Put your palms back to the liver
8. Smile and say to yourself: "I am kind and generous."

Repeat 3 times.

Smile to Your Kidneys



Positive emotions: Gentleness and Peace



1. Put your palms on your kidneys on the back, just below the rib cage
2. Smile
3. Lift your arms up above your head, look up
4. Breathe in blue color of gentleness
5. Exhale a grey cloud of fear down to the earth
6. Your arms go down with an exhalation
7. Put your palms back to the kidneys
8. Smile and say to yourself: "I feel peaceful."

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Smile to Your Spleen

Emotions: Openness and Fairness



1. Place your palms to your spleen on the left side
2. Lift your arms up above your head, look up and smile
3. Breathe in bright yellow color of fairness
4. Exhale a grey cloud of worries and anxieties down to the earth
5. Your arms go down with an exhalation, palms towards to the earth
6. Put your palms back to the spleen
7. Smile and repeat: "I am open, I am fair and I have trust."

To complete the practice spiral energy around your navel. Place your left palm on the top of the right on the dantian area and spiral clockwise 36 times.

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After the practice

1. Keep your palms on the dantian area
2. Close your eyes
3. Deep breathe
4. Smile and feel a radiant ball of Chi filled with kindness, bravery, trust, joy, love, peace, generosity and courage.
5. Enjoy it!



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*Thank you for practicing with me.
Have a happy and vibrant Chi!*