

## Inner smile mediation

*Smiling, whether real or false encourages the brain to produce endorphins so go ahead and smile!!!*

Come to sit in a comfortable position. Close your eyes and relax your whole body from the crown of your head to the tips of your toes. Allow your tongue to lightly touch the roof of your mouth.

Allow a very slight smile to come onto your lips. Slowly allow the smile to spread over your face- lips, chin, cheeks, nose, eyes, eyebrows, forehead, ears hair, even the back of your head- all smiling.

Taka a moment to feel your whole head smiling.

As you inhale allow the smile to spread into your heart... Let your heart be filled with the colour red. Breathing in a ruby red mist of love and light into your heart. A you breathe out, release any negative emotions that may be stored in your heart. Allow your inner smile to spread to your heart. A beautiful ruby red filling your heart with love.

Then feel your smile spreading down to your lungs. A radiant white mist filling your lungs. Inhaling a white mist into your lungs, filling the lungs with love as you feel your inner smile.

Take your smile into your liver. Filling it with kindness and the colour green. Breathing in a lush green mist into your liver. As you exhale, let go of any anger or bad feelings tjay may be stored in the liver. Feel your inner smile spreading into your liver.

And then smile into your stomach. Filling it with love and the colour yellow. Breathing a golden yellow mist into your stomach and as you exhale, let go of any tension that may be stored in your stomach. Feel your inner smile, spreading into your stomach.

Smile into your kidney. Filling them with love and a glimmering blue light. Imagine a sapphire blue light filling your kidneys. As you exhale, let to of any negative emotions that may be stored in your kidneys.

As you inhale, allow your smile to spread over your whole body. Allow your whole body to be filled with this feeling of smiling.

Allowing your smile to spread to your heart, lungs, your liver, stomach and kidneys.

Allowing your smile to spread from your head to your shoulders, arms, hands, chest, back, legs and feet.

Your whole body smiling. Your whole body filled with this feeling of smiling.

Now imagine that feeling of smiling, spreading to everyone you love. As you feel your whole body smiling, your whole body filled with this feeling of smiling.

Slowly start to deepen your breath and start to feel your awareness returning to your body, whilst retaining this feeling of smiling. Gently place your left hand at your heart centre, in the middle of your chest, placing your right hand on top and take 3 deep breaths. Open your eyes and smile!

Namaste

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