II. Preparation For The Inner Smile

A. Wait at least an hour after eating to begin the practice.

B. Choose a quiet spot. It might help in the beginning to disconnect the phone. Later on, you will be able to practice almost anywhere with any noise, but for now you need to eliminate distractions in order to develop your inner focus.

C. Dress warmly enough so as not to be chilled. Wear loose fitting clothes and loosen your belt. Remove your glasses and watch.

D. Sit comfortably on your "sitting bones" at the edge of a chair. The genitals should be unsupported because they are an important energy center. This means if you are a man, the scrotal sac hangs free of the edge of the chair. If you are a woman practicing nude, you should cover your genitals with cloth to ensure no energy loss through them.

E. The legs should be a hips' width apart and the feet should be solidly on the floor.

F. Sit comfortably erect with your shoulders relaxed and your chin slightly in.

G. Place your hands comfortably on your lap, the right palm on top of the left. You may find it easier for the back and shoulders to raise the level of your hands by placing a pillow under them. (Figure 159)

Figure 159
Close the circuits in the hands, with the left hand on the bottom and the right hand on the top.
H. Breathe normally. Close your eyes. While concentrating, the breath should be soft, long and smooth. After a while you can forget about your breath. Attention to breath will only distract the mind, which must focus on drawing energy to the desired points. There are thousands of esoteric breathing methods; you might spend your whole life mastering them and acquire no lasting energy.

I. Position of the tongue: The tongue is the bridge between the two channels. Its function is to govern and connect the energies of the thymus gland and pituitary gland, and it can balance the left and right brain energies. There are three positions for the tongue. For the beginning, place the tongue where it is most comfortable. If it is uncomfortable to place the tongue on the palate, place it near the teeth. (Figure IS10)

III. Practice

A. Smiling Down to the Organs
— the Front Line

1. Relax your forehead. You can imagine meeting someone you love or seeing a beautiful sight. Feel that smiling energy in your eyes.

2. Then allow that smiling energy to flow to the midpoint between your eyebrows. Let it flow into the nose, then the cheeks. Feel it relaxing the facial skin, then going deep inside the face muscles; feel it warming your whole face. Let it flow into the mouth, and slightly lift up the corners of the mouth. Let it flow into the tongue. Float the tip of the tongue. Put your tongue up to the roof of the mouth and leave it there for the rest of the practice; this connects the two major channels of energy, the Governor and the Functional. Bring the smiling energy to the jaw. Feel the jaw releasing the tension that is commonly held there.
3. Smile into your neck and throat, also common areas of tension. Although the neck is narrow, it is a major thoroughfare for most of the systems of the body. Air, food, blood, hormones, and signals from the nervous system all travel up and down the neck. (Figure IS12) When we are stressed, the systems are overworked; the neck is jammed with activity, and we get a stiff neck. Be like the Taoist Masters and think of your neck as a turtle’s neck—let it sink down into its shell and let it rest from the burden of holding up your heavy head. (Figure IS13) Smile into your neck and feel the energy opening your throat and melting away the tension.

4. Smile into the front part of your neck where the thyroid and parathyroid glands are. This is the seat of your power to speak and, when it is stuck, Chi cannot flow. When it is tense and held back, you cannot express yourself. You will be frightened in front of a crowd, cowardly, and communications will break down. Smile down to the thyroid gland and feel the throat open, like a flower blossom. (Figure IS14)

5. Let the energy of the smile flow down to the thymus gland, the seat of love, the seat of fire, the seat of Chi, and the seat of healing energy. Smile down into it, feel it start to soften and moisten. Feel it grow bigger, like a bulb, and gradually blossom. Feel the fragrance of warm energy and healing Chi flow out and down to the heart. (Figure IS15)
6. Let the smiling energy flow into your heart, which is the size of a fist and is located a little to the left of the center of the chest. The heart is the seat of love, the seat of compassion, the seat of honest respect and the seat of joy. Feel the heart, like a bulb, gradually blossom and send the fragrant warmth of Chi love, joy and compassion radiating throughout all the organs from the pumping of the heart. Let the smile energy fill your heart with joy. Thank your heart for its constant and essential work in pumping blood at the right pressure to circulate throughout your body. Feel it open and relax as it works more easily. (Figure IS16)

7. Bring the smile and joyful energy from the heart to the lungs. Smile into every cell of your lungs. Thank your lungs for their wonderful work in supplying oxygen to the body and releasing carbon dioxide. Feel them soften and become spongier, moister. Feel them tingling with energy.

Smile into the lungs deep inside and smile your sadness and depression away. Fill the lungs with the fragrance righteousness that is induced by the love, compassion and joy from the heart. Let the smile energy of joy, love and righteousness flow down to the liver.

8. Smile into your liver, the large organ located main on the right side at the bottom of the rib cage. Thank it for marvelously complex part in digestion—processing, storing and releasing nutrients—and its work in detoxifying harmful substances. Feel it soften and grow moister.

Smile again and get deep into the liver. See any anger or hot temper lying in the liver. Smile them away and let the joyful, loveliness, righteousness and warm Chi induce the nature of the liver—kindness—to flow until it is full and overflows out to the kidneys and adrenal glands.

9. Bring the smiling energy into your kidneys, just inside the lower part of your rib cage in the back on either side of the spine. Thank them for their work in filtering the blood, excreting waste products and maintaining water balance. Feel them grow cooler, fresher, and cleaner. Smile into your adrenals, on top of your kidneys; these produce adrenalin “fight or flight” situations and several other hormones. Your adrenals may thank you by giving you a little extra shot of energy.

Smile again and get deep into the kidneys. See and feel there is any fear lying inside the kidneys. Smile with the warmth of joy, love, and kindness, and melt your fears away. Let the nature of the kidneys—gentleness—come out and fill them until they overflow to the pancreas and spleen.

10. Smile into your pancreas and spleen. First smile into your pancreas, which is located at the center and to the left.
and above waist level. Thank it for producing insulin to regulate your blood sugar level and enzymes for digestion. Then smile to the spleen, which is at the bottom and left side of the rib cage. Thank it for producing antibodies against certain diseases. Feel it grow softer and fuller.

Smile again into the spleen and pancreas; feel and see deep inside if there is any worry hidden; let the warmth of joy, love, righteousness, kindness, and gentleness melt your worries away. Smile into the virtue of the spleen—fairness—bring it out and let it grow downward to the bladder and sexual region.

11. Bring the smiling energy down to the genital area in the lower abdomen. For women this is called the “ovarian palace” and is located about three inches below the navel midway between the ovaries. Smile into the ovaries, the uterus and the vagina.

For men this is called the “sperm palace” and is located one and a half inches above the base of the penis in the area of the prostate gland and seminal vesicles. Smile down to the prostate gland and the testicles. Thank them for making hormones and giving you sexual energy.

Let love, joy, kindness and gentleness flow into the genital organs so you can have power to overcome and eliminate uncontrollable sexual desires. You are the one who controls your sex drive; it does not control you. Thank your genitals for their work in making you the sex that you are. Sexual energy is the basic energy of life.

12. Return to your eyes again. Quickly smile down into all the organs in the Front Line, checking each one for any remaining tension. Smile into the tension until it is released.

B. Smiling Down the Digestive System—the Middle Line

1. Become aware once more of the smiling energy in your eyes. Let it flow down to your mouth. Become aware of your tongue, and make some saliva by working your mouth and swishing your tongue around. Put the tip of your tongue to the roof of the mouth, tighten the neck muscles, and swallow the saliva hard and quickly, making a gulping sound.
as you do. With your Inner Smile, follow the saliva down the esophagus to the stomach, located at the bottom and below the left side of the rib cage. Thank it for its important work in liquefying and digesting your food. Feel it grow calm and comfortable. Sometimes we abuse our stomachs with improper food. Make a promise to your stomach that you will give it good food to digest.

2. Smile into the small intestine: the duodenum, the jejunum, and the ileum, in the middle of the abdomen. It is about seven meters long in an adult. Thank it for absorbing food nutrients to keep you vital and healthy.

3. Smile into the large intestine: the ascending colon, starting at the right side of the hipbone and passing upward to the undersurface of the right lobe of the liver; the transverse colon, which passes downward from the right liver region across the abdomen to the left beneath the lower end of the spleen; the descending colon, which passes downward through the left side of the lumbar region; and the sigmoid colon, which normally lies within the pelvis, the rectum and the anus. The large intestine is about 1.5 meters long. Thank it for eliminating wastes and for making you feel clean, fresh and open. Smile to it and feel it be warm, nice, clean, comfortable and calm.

4. Return to your eyes. Quickly smile down the Middle Line, checking for tension. Smile into the tension until it melts away.

C. Smiling Down the Spine—the Back Line (Figure 15.21)

1. Bring your attention back to your eyes again.

2. Smile inward with both eyes; collect the power of the smile in the third eye (mid-eyebrow). With your inner eyesight direct your smile about three to four inches inside into the pituitary gland, and feel the gland blossom. Direct the smile with the eyes into the third ventricle (third room, the power room of the nervous system, highly magnified). Feel the room expand and grow with bright, golden light, shining throughout the brain. Smile into the thalamus, from where the truth and power of the smile will generate. Smile into the pineal gland and feel this tiny gland gradually swell and grow like a bulb. Move your smile’s eyesight, like a bright, shining light, up to the left side of the brain. Move the inner smiling eyesight back and forth in the left brain and across to the right brain and cerebellum. This will balance the left and right brain and strengthen the nerves. (Figures 15.18, 15.19, and 15.20)

3. Move the inner smiling eyesight down to the midbrain. Feel it expand and soften and go down to the pons and oblongata (see illustrations)and to the spinal cord, starting from the cervical vertebra at the base of the skull. Move the inner smiling eyesight, bringing this loving energy down inside each vertebra and the disc below it. Count out each vertebra and disc as you smile down them: seven cervical (neck) vertebrae, twelve thoracic (chest), five lumbar (lower back), the triangular bone called the sacrum, and the coccyx (tail bone). Feel your spinal cord and the back becoming loose and comfortable. Feel the discs softening. Feel your spine expanding and elongating, making you taller.
Figure IS18
Parts of the brain

Figure IS19
Side view of mid-brain cross section

Figure IS20
Frontal view of mid-brain, cross section.
Bring the loving energy down inside each vertebrae and the disc below it.

4. Return to your eyes and quickly smile down the entire Back Line. Your whole body should feel relaxed. The Back Line exercise increases the flow of the spinal fluid and sedates the nervous system. Smiling into a disc keeps it from hardening and becoming deformed so it cannot properly absorb the force and weight of the body. Back pain can be prevented or relieved by smiling into the spine.

D. Smiling Down the Entire Length of Your Body

Start at the eyes again. Direct your Inner Smile's eyesight. Quickly smile down the Front Line. Follow the smiling down the Middle Line and then the Back Line. When you are more experienced, smile down all three lines simultaneously, being aware of the organs and the spine.

Now, feel the energy descend down the entire length of your body, like a waterfall—a waterfall of smiles, joy and love. Feel your whole body being loved and appreciated. How marvelous it is!

E. Collecting the Smiling Energy at the Navel

1. It’s very important to end by storing the smiling energy in the navel. Most ill effects of meditation are caused by excess energy in the head or heart. The navel area can safely handle the increased energy generated by the Inner Smile. (Figures IS22 and IS23)

2. To collect the smile’s energy, concentrate in your navel area, which is about one and a half inches inside your body. Then, mentally move that energy in an outward spiral around your navel 36 times; don’t go above the diaphragm or below the pubic bone. Women, start the spiral counterclockwise. Men, start the spiral clockwise. Next, reverse the direc-
tion of the spiral and bring it back into the navel, circling it 24 times. Use your finger as a guide the first few times. The energy is now safely stored in your navel, available to you whenever you need it and for whatever part of your body needs it. You have now completed the Inner Smile.

F. Daily Use

Try to practice the Inner Smile every day as soon as you wake up. It will improve your whole day. If you love your own

body, you will be more loving to others and more effective in your work. Once you have learned it and practiced it regularly you can, if you are short of time, do it more rapidly, in a few minutes.

G. Smile the Negative Emotions Away

Practice it also at times of stress, anger, fear, or depression. Smile down into the part that feels tension and strain, and gradually see the negative energy transform into positive vital
life force energy. These draining, negative emotions will be turned into positive energy and vitality. Smile the emotions away. The smile’s energy can change emotional energy into vital energy—provided you smile enough into the emotions—such as anger, stress, fear, and impatience.

H. Smile Pain and Sickness Away

If you feel pain and uneasiness in any part of your body, or feel sick in any part of the organs, keep on smiling to these parts; spend more time smiling to these parts, talk to them, get feedback from them, until you feel them get softer or more open or their color changes from dark to bright.