

Healing Smile

14-minute Mini playsheet

Smiling is just as effective for our emotional state as our physical state. Simply smack a smile on the dial when you're feeling down, and notice how quickly you start to feel happier and more at peace. Smiling opens and relaxes our face, which promotes openness and relaxation throughout the entire body, as you will experience in this yummy Mini. When the body is relaxed like this, the body functions as it was designed and can naturally self-heal.

HOW DOES THIS MINI REPLENISH THE BODY?

Just as we can transform garbage into compost and use it to fertilise our garden, so too can we transform negative emotions into fertile ground for growing more love within us. This is what the **Healing Smile Mini** is for. We women have a tendency to shove our emotional trash down into our sexual organs. If we don't know how to compost such emotions as worry, overwhelm, anxiety, depression, grief, hurt, sadness, fear, shame and of course stress, they poison our internal organs and glands, and drain us of life.

When we indulge in negative emotions our body creates a toxic cocktail of chemicals that harm the body. On the other hand, when we smile love, joy and happiness into the body, it triggers the release of life-affirming chemicals - such as endorphins - into the bloodstream, that *heal*. Smiling works, because when we smile, it signals to the body that we are happy. The body then responds by producing the internal chemistry needed for us to actually feel that way.

Tao Master Mantak Chia shares: 'Taoist sages say that when you smile, your organs release a honey-like secretion which nourishes the whole body. When you are angry, fearful, or under stress, they produce a poisonous secretion which blocks up the energy channels. Smiling into your organs also causes them to expand, become softer and moister and, therefore, more efficient. You may have noticed in the full sequences in the series, that I often invite you to smile. This is why!

Smile away your emotions.

Even when you're not feeling great, if you simply hold a smile on your face for two minutes, you will naturally begin to feel good, and your troubles will begin to self-correct; to *heal*. If you have trouble generating a smile to begin with - if life seems too difficult to simply smile for no perceived reason - you can always *imagine* someone or something that makes you smile. A gorgeous sunset or a happy memory, for example.

This **Healing Smile Mini** is for anyone who **a)** wants to heal a sexual health complaint, **b)** wants to maintain their overall health, or **c)** wants to derive the potent healing benefits of smiling in such a deeply profound manner. What makes this Mini so powerful is, the more you smile into your organs, the more you open up the lines of communication so you can begin to tune into the health of specific organs in the body and therefore, give them the healing they require at any given time in your life.

HOW DO I DO THIS MINI?

Easy! Lie back in **Base Position** - as this is the key position that will allow the body to naturally release tension. Alternatively, you can lie down on a bed or sit comfortably, however **Base Position** is certainly the preferred option to derive the full healing benefits. Turn on your Guided Audio and let the words instruct you on how to smile love down into your most gorgeous body. Once you've done this Mini at least 6 times, feel free to fly solo *without* the Guided Audio, if you so choose.

If you're wanting to heal a serious health issue, it's my suggestion you do this Mini at least daily. Treat it like a daily dose of medicine. Otherwise use this Mini as required. If you feel stressed, angry, fearful, impatient, depressed, or anxious this is a really beautiful one to pull out of your purse, so you can release the emotion, as opposed to suppress it. When you are doing this Mini you are transforming draining, negative emotions into positive energy and vitality, which is a key teaching by Taoist masters.