

# The Inner Smile

## **BENEFITS**

*Physical* Reduces stress. Relaxes tissue. Integrates heart and breath. Calms stomach and gut. Reduces pain.

*Psychological* Improves self-management. Stabilises mood. Develops compassion to self and others.

## **DROP**

Let your body drop down into being at ease. Let your abdomen and stomach sink. Like relaxing on a sun-lounger, contented after a good meal or sitting in your favourite place watching the world go by.

## **SOFTEN**

Switch on the caring attitude that you would give to a hurt and vulnerable infant or animal. Your eyes soften. Your breath calms. Your heart opens. Your vibe is kind and reassuring.

## **FOCUS**

Gently give attention to your own body. Move your toes. Feel your clothes against your skin. Experiment with focusing on the subtle sensations in different areas of your body.

**Soft eyes • Calm breath • Abdomen at ease • Open heart  
Kind, caring and accepting attitude**

## **ACCEPT**

Focus on whatever is giving you distress. It might be physical. It might be emotional or psychological. Just be with it. Calm breath.

## **ONGOING SCAN**

For ongoing health spend time every day scanning your body and greeting all parts of yourself.

## **METAPHORS FOR YOUR BODY**

Tree or landscape – give it good weather.

Pot, chalice or cauldron – fill it with good things.

Planet or cosmos – be a kind deity.

Inner child – care for it.



Chinese image of Inner Smile