

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