

SMILE DOWN: An easy meditation to gently bring you back into your body

Arriving right now into your body.

Guide through - the Smile down

Close your eyes

Sit up tall

Begin with a few big breaths – exaggerating the in breath and slow out breath and let go. 3 times. Allow breath to resume its natural rhythm. (pause 1 minute). If you notice yourself thinking thoughts say “thinking” and then come back to your breath.

Let your senses be awake. Sensing the space around you.

Imagine a great sky, extending in all directions. Sense that sky, the great open sky filled with a smile and imagine that smile descending and spreading into your mind. And let that smile spread into eyes and brows and feel that sensation in brow and around the eyes.

Sensing a slight smile at the mouth.

Allowing yourself to receive the sensation at the mouth area.

The eyes are smiling and the mouth.

You might let that smile move to the throat. Let the whole throat relax. Eyes, mouth throat smiling.

Perhaps now let smile move to heart. Let it spread, not to cover over, just to allow it to spread and now extending awareness up into your shoulders.

Let the smile spread into your arms and let awareness go to hands and feel the tingling the pulsing the life that is there.

So now you can feel the eyes, mouth, heart, shoulders, arms.

Now move to your belly and let this be received in a softening belly. You can feel your awareness deep in the torso. Down into back and radiating out.

Now feel the energy in the legs and now your feet. You can feel you feet from the inside out. A Vibrating, a tingling.

Widening the attention so you can feel the whole body at once – a field of sensation. (pause)

Playing in this open field of awareness. The smile and the receptivity allowing everything to just be what it is (pause)

Just be in this aliveness.

The simple in and out flow. The aliveness.

The pure awareness that is just noticing what is happening.

Let yourself be at home.

Be open, let it fill you up.

When or if you notice a thought, just notice and come back to your breath and come back to this smile.(pause)

Ring a cymbal 3 times.

Homework: during the week do this for each other. 2x15 minutes each

(adapted from Tara Brach www.tarabrach.com)

How changing our words can change our hearts



Whatever we think about and whatever we do regularly becomes our habit.

If we say “Trouble, trouble trouble” over and over it will affect us

If we say “Kindness, kindness, kindness” we have a different experience and feelings.

Sense the difference in your body.

The patterning we have gets us caught in ego.

We have strong stereotypical patterns. We need to practice to see the goodness.

“It never hurts to think too highly of a person and often they become ennobled and act better because of it”. Nelson Mandela.