



Exercise 2

Smiling From Your Heart 1/2

1. Close your eyes to reduce the activities of your brain.
2. Completely relax your body and mind.
3. Breathe in deeply through your nose, and exhale through your mouth several times to help you relax even more.
4. Touch your heart at the chest level with your five fingertips.
5. Smile freely to your heart without thinking how.
6. With your eyes still closed and staying relaxed... smile to your heart continuously.
7. Continuously staying relaxed... with your eyes still closed... and smile sweeter... freer... to your heart.
8. Continuously smiling sweetly freely to your heart... Feel... your heart is expanding... feel the peace, calmness, lightness, joy and all the nice feeling from your heart... while continuously staying relaxed with your eyes closed.
9. Smiling sweetly freely to your heart... just enjoy these nice feelings from your heart... the expansion of your heart... the peace, calmness, lightness and joy from your heart... to allow your heart to grow stronger and stronger...
10. Let go of everything... and smile sweeter freer to your heart... while enjoying all the nice feelings from your heart more and more completely... Allowing your heart to grow stronger and stronger...
11. Continuously enjoying the peace, calmness, lightness and joy from your heart... continuously allowing your heart to grow stronger and stronger... So that your whole mind, your whole body and whole self completely enjoy all the nice feelings from your heart.



Exercise 2

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12. While continuously enjoying all the nice feelings from your heart... let your heart smile
13. Let the smile from your heart unite with the peace, calmness, lightness and joy from your heart...
14. Let your whole feeling and whole self be brought into these nice feelings. Feel that your mind, your body and your whole self are completely within the peace, calmness, lightness and joy from your heart
15. Intend to smile to: your guide, 1 - 2 people in the room ... everyone in the room ... Smile sweetly freely from your heart to your loved ones wherever they are.. keep on following the feeling..
16. Repeat 11-15 (2-3 times)
17. Enjoy and follow every wonderful changes in your heart..
18. Slowly move the tips of your fingers and gradually open your eyes... while still smiling... sweetly and freely... to allow your heart to continuously grow stronger and stronger...