

Cosmic Inner Smile

Smiling Heals the Body



Mantak Chia

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Edited by:

Annette Dersken

Editor: Annette Dersken

Assistant Editors: Valerie Meszaros, Lee Holden, Bastiaan Anink

Illustrations: Juan Li, Udon Jandee

Computer Graphics: Saisunee Yongyod

Layout: Siriporn Chaimongkol

Production Manager: Saniem Chaisarn

Final Editing: Colin Campbell

Project Manager: W.U. Wei

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Tel: (66)(53) 495-596 Fax: 495-853

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Contents

| | |
|---------------------------------------------------------|----|
| Virtues and Transforming Stress | 1 |
| Heart of the Universal Tao Practices..... | 1 |
| Practice of the Inner Smile Meditation..... | 11 |
| Three Lines Inner Smile | 13 |
| A. Smiling Down to the Organs: the Front Line | 13 |
| B. Smiling Down the Digestive Tract: the Middle Line... | 16 |
| C. Smiling Down the Spine: the Back Line | 18 |
| D. Smiling Down the Length of the Entire Body | 20 |
| E. Collecting and Storing Energy at the Navel | 20 |
| Energizing Inner Smile | 21 |
| Inner Smile that Relaxes and Balances the Emotions..... | 24 |
| Inner Smile Applications | 26 |
| Tao Yin | 26 |
| Lotus Meditation | 27 |
| Lotus Energy Meditation | 29 |
| Chi Nei Tsang | 31 |
| Inner Alchemy | 32 |
| Iron Shirt Chi Kung | 33 |
| Tai Chi Chi Kung | 34 |
| Elixir Chi Kung | 35 |
| Healing Love | 36 |
| Daily Practice | 38 |
| Smiling Aura Field: Form of Protection | 38 |

The meditations, practices and techniques described herein are **not** intended to be used as an alternative or substitute for professional medical treatment and care. If any readers are suffering from illnesses based on mental or emotional disorders, an appropriate professional health care practitioner or therapist should be consulted. Such problems should be corrected before you start training. This booklet does not attempt to give any medical diagnosis, treatment, prescription, or remedial recommendation in relation to any human disease, ailment, suffering or physical condition whatsoever.

Virtues and Transforming Stress

“Heart of the Universal Tao Practices”

The quality of our internal energy is just as important to our health and spiritual development as the quantity. As we increase our internal energy flow and accumulate a surplus of Chi, we must emphasize spiritual development to maintain balance in our daily lives. In essence, our spiritual qualities are our positive attributes, or what the Taoist call “virtues”. Our virtues have the nature of wisdom and love. They are wise because they reflect our interdependence with the Tao, with nature, with all life, and with the different parts of our own body. We cannot exhibit the virtues except in relation to each other. The virtues are also wise since they express love: the attitude that strengthens the positive bonds connecting everything in the universe.

We need food to sustain our lives. Physically, we need material food, but we also must nourish other, subtler bodies within us. They are the soul and spirit bodies. The energy of our virtues, the universe, the stars, and planets provide a source of spiritual food. Although we are trained to depend on our religious beliefs to give us this nourishment, spiritual food is actually all around us. We need to learn how to absorb and digest this. The Universal Tao offers the means by which we can access these energies to cultivate the soul and spirit and to enhance our total being,

Taoism recognizes both the development of the virtues’ energies and the cultivation of life force to create the soul and spirit bodies as important aspects of spiritual growth. These approaches are related, because retaining and recycling internal energy into life force can help to open and still our minds/hearts, bringing forth inner joy, happiness, and love and other virtues.

When combined, these give birth to the subtler bodies of energy and spirit.

Taoists believe that we are born with the virtue qualities of love, gentleness, kindness, respect, honesty, fairness, justice, and righteousness.

When we are abundant with virtues, our life force flows smoothly and efficiently. If we neglect to cultivate the virtues, however, we run the risk of channeling our accumulated energies directly into our negative emotions, amplifying any negative or neurotic tendencies we may have.

Actually, there is nothing wrong with these negative emotions as long as we recognize them and know how to transform them, so they will not block the energy in the organs. It is necessary to find a balance and to learn to acknowledge the totality of ourselves, both the light and the dark sides.

Our society is known for its fast pace, its stressful conditions, and its inability to handle the tons of garbage it produces daily. This includes not only trash from our homes, but also the emotional garbage produced within our bodies. Under the influence of this stressful society, our virtues gradually diminish, and negative emotions such as anger, fear, worry, and impatience will arise. These weaken the virtues, gradually forcing people to survive on low-grade, negative energies. These symptoms manifest, at their extremes, as sickness, disease, social disorders, and violence.

To regain the virtues, we must first become aware of and transform our negative emotions into useful energy. Normally, these emotions are thrown out as garbage, polluting each other and society with useless energy. Like garbage, negative emotions can cause a great deal of damage to both our internal and external environment.

Just as we can transform garbage into compost and use it as fertilizer for our gardens, we can transform negative emotions, which will always come up, into the fertile ground to grow our positive virtues. If we don't compost, these emotions will have harmful effects on the internal organs and glands and may drain our life force, causing our bodies to function on less energy and at a lower vibration. Medical science acknowledges that the presence of negative emotions can wear down the body's resistance before any clinical evidence of disease exists.

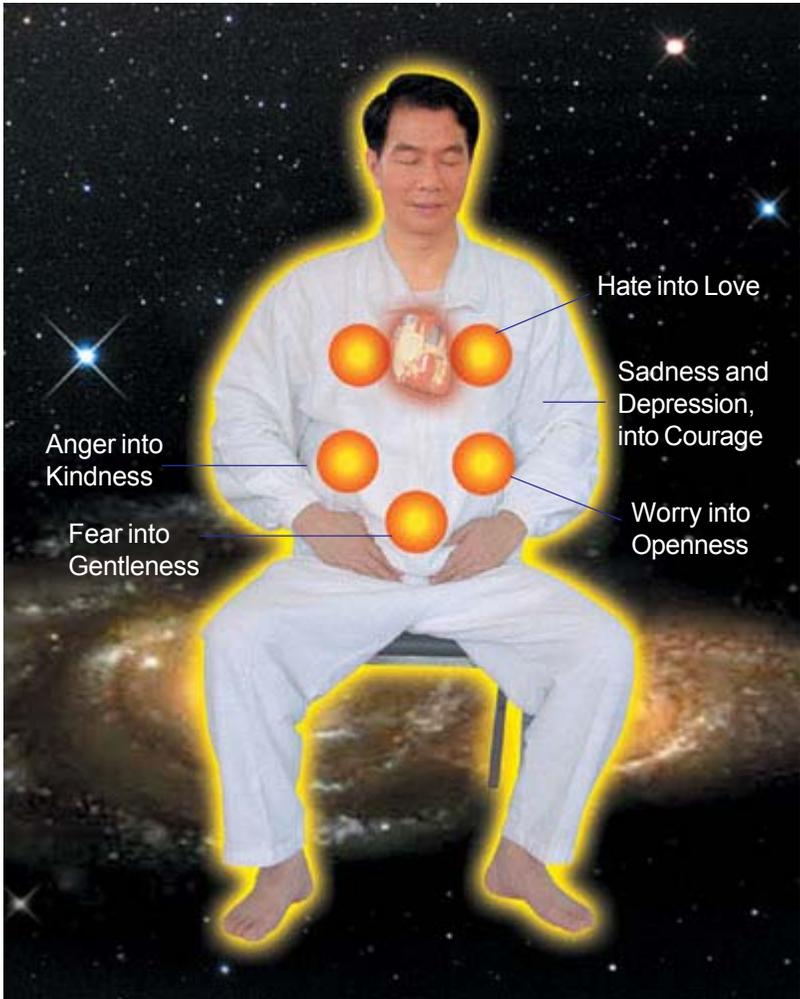


Fig. 1 Transform Negative Energy into Positive Energy.

Taoists believe that emotions originate from the organs. Once you can differentiate between and become aware of the different kinds of emotional energy that reside in the organs, you can deal with them more easily. You must observe what outside influences triggers their appearance. This means noticing, for example, how another person's negative emotion triggers anger or sadness in you. Once you have this awareness, you can transfer these emotions into positive life force for yourself. Don't permit them to accumulate in your organs as negative emotional energy to trouble you. By building up a lot of positive life force, you will be able to transform your own "garbage" energy better.



Fig. 2 Connect the organs and their elements.

Compassion is the fusion of all other virtues together into their purest expression. It is the highest virtue and the most beneficial energy to share with others. To attain compassion, one must first recycle negative emotional energies to restore and increase the life force. This, in turn, will nourish the positive energies of each organ so that each organ can produce its respective virtue in abundance. Excess virtue energy can be channeled for the benefit of other people. If one tries to practice compassion without transforming the negative emotions and reestablishing the virtue energies, there will be little to offer anyone.

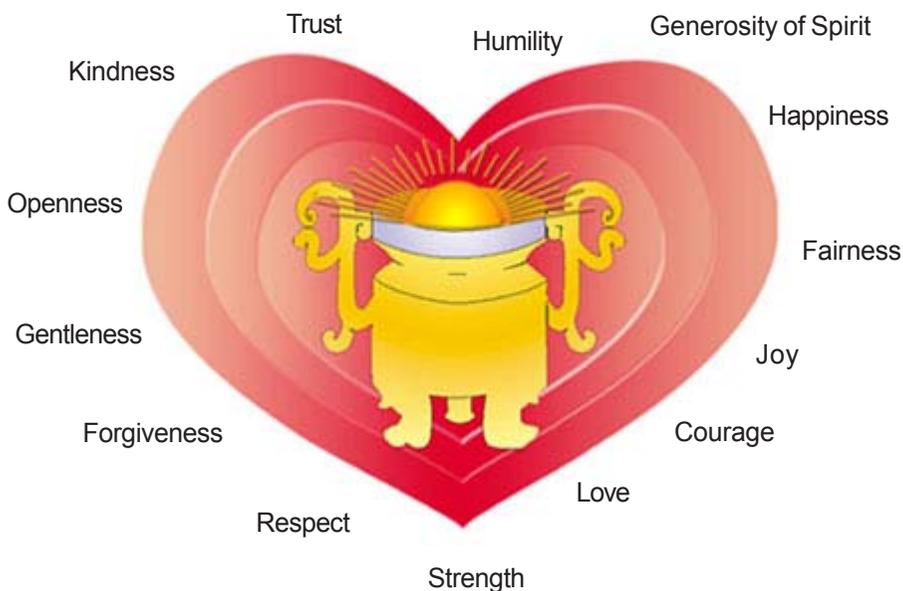


Fig. 3 Cauldron of the Compassionate Heart

Compassion is the highest expression of human emotion and virtuous energy. It is a level of development that takes hard work and serious meditation before it can blossom in one's life. It is not a single virtue, but the distillation and culmination of all virtues, expressed at any given moment as a blend of fairness, kindness, gentleness, honesty, respect, courage and love. It is the most beneficial energy to share with others. The power to express any or all of these virtues at the appropriate moment indicates that a person has internally unified him or herself into a state of compassion.

The heart is like a cauldron that can be used to combine all the virtues into the energy of compassion, the ultimate virtue and a necessary attribute for our spiritual being. The basis of compassion is empathy, not sympathy (a weakness people show when the emotions of others easily affect them). It elevates the consciousness beyond human weakness. With compassion, one can love unconditionally and thereby accept the world on its own terms without suffering.

When studying the virtues, we must examine love as a category in itself to better understand its energetic influences. The Taoists view love as an internal energy of the heart rather than as a product of the mind. Although we generally think of love as a positive force, what we commonly call love can actually evoke more negativity in our lives than all the other negative energies combined. For example, we know that extreme love can quickly turn to hate of the most bitter and violent kind.



Fig. 4 Compassionate Heart

The misunderstanding of love can also create a vehicle that allows our negative emotions to drain our life force away in the form of self-sacrifice. While our personal supply of energy is limited, the loving energy of the universe is inexhaustible. When we know how to connect to this wellspring, we will always have enough love for ourselves and for others. Yet, if we don't learn how to tap into the higher force to enhance and replenish our supply, we often end up giving away more than we can afford. Eventually this can cause us to drain out our sexual energy and burn out the love in our hearts. We expect love in a personal way from those who are close to us, and in a spiritual way from those who become our role models. Yet the words and actions of others almost never fulfill our needs. The question of what love is, has puzzled men and women for centuries. The answer can only be found within ourselves.

A major problem (in our modern world) is that we always look outside ourselves to fulfill our needs without realizing that others seek fulfillment in the same way. Out of habit, we all seek love externally without nurturing our own source of that energy within us. This leaves us with little to give. Logically, if others are also seeking love, they expect us to have enough loving energy to fulfill them. If we don't cultivate love within ourselves, however, we can drain their energies until the relationship comes to an end. Success in any relationship depends on the ability of all the parties to share in an abundance of love that originates from both sources. Once we are full of love and life force, we can connect to the unlimited loving energy in the universe and share it abundantly with others.

Taoists say we cannot really love others until we can love ourselves. The stress of giving away freely what we don't have enough of can create blockages in the Microcosmic Orbit and can also block the unconditional love from Heaven and Earth.

Because loving energy is accessible from within, we can resolve our primary need for love by using this energy first to replenish the internal organs and glands. Practices such as the Inner Smile help us achieve this.

While learning self-love, one should remember that even the loving energy within us derives from the Original Force of the Wu Chi. This means that the heart's energy (where the loving energy resides) provides a connection to our divine source: Universal Love. The connection between inner and outer sources requires constant attention and alignment. We first have to cultivate love within ourselves to have the power to draw in unconditional love from Heaven, and gentleness and kindness from Mother Earth.

In Taoism, it is believed that each organ has its own soul and spirit energy. By practicing love and respect to cultivate these aspects of the organs, the whole body improves and one learns to love the body as a whole. After learning self-love (which is not to be confused with egoism or narcissism) and connecting with the Universal love, one becomes filled with loving energy to share with others. Practice is the key.

The Universal Tao system emphasizes this recycling, transforming, and refining of internal and external Chi and of our emotional energy in particular.

With the practice of the Inner Smile, we learn to detoxify the organs and let the virtue energy grow again. Transforming our internal energy in this way will also promote a higher vibratory rate and enhance our spiritual growth.

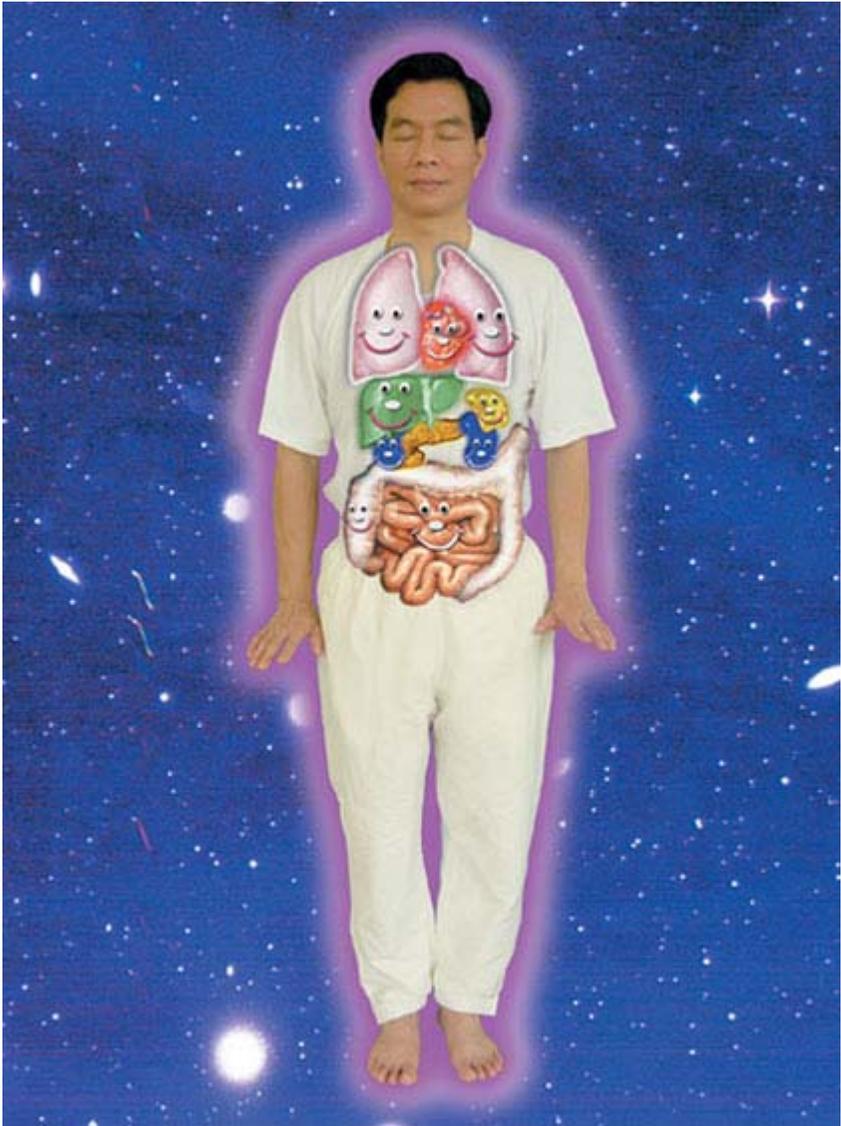


Fig. 5 Cosmic Inner Smile

Practice of the Inner Smile Meditation

The Inner Smile is a powerful internal healing and relaxation meditation. Deep relaxation dissolves physical and mental tensions that can cause energy blockages and unhealthy Chi. The Inner Smile enhances the energy of the organs and glands, our life force in general, and stills and focuses the heart/mind (hsien). It makes us more aware of our body and inner being, because we learn to communicate with our organs, glands, spine and other specific parts of our body, as well as our soul. Taoists discovered that consciousness is rooted not only in the brain alone, but also in the vital organs and in the more subtle sense in each of the cells.

By smiling to the organs and thanking them for the work they do, eventually we will reawaken the intelligence of the body. We are often so out of touch with our bodies and emotions that we do not notice inner disharmony developing until it finally manifests itself as a serious illness. Practicing the Inner Smile daily provides a regular scheduled time to look inside, to keep in touch with the state of our inner organs, our Chi, our breath and emotions. We can then spot problems at their inception, making it easier to 'nip them in the bud'.

Low self-esteem is becoming endemic. With the Inner Smile, we start to develop a healthy, loving relationship with ourselves and with others. We start to recognize our own positive qualities. With regular practice, we get to know ourselves as we really are; we will discover our virtues. This will help us form a more authentic and healthier self-image, one that can stay in close contact with reality. The Inner Smile trains our ability to love and relax our own body and soul. If we learn to love and accept ourselves the way we are, it becomes easier and more natural for us to extend this love outward and to love and accept other people as well.

The Inner Smile is indispensable for our rooting practice of Iron Shirt Chi Kung and Tai Chi Chi Kung. If we have a lot of negative emotions, the energy will rise to the upper part of the body and our center of gravity will move up as well and disconnect us from the earth. We will feel unstable, out of balance, and moody. The Inner Smile practice (and the Six Healing Sounds) transforms our negative emotions and relaxes the body and the mind. This deep relaxation will bring the center of gravity back to our Tan Tien, where we can develop our inner power which will keep us centered, rooted, and stable in our practice and in daily life.

Always start the Inner Smile with the rocking exercise. Rock your spine from your sitting bones and sacrum to the sides. Smile into the spine and rock each vertebra, from the base of the spine all the way up to the skull. Feel the spine relaxed and warm, glowing with a golden light.

Next rock your spine back and forth, slightly nodding your head. Picture yourself as a hollow piece of bamboo. (When you nod your head your head has a connection with the lumbar area).

After you finish the rocking, smile down from the top of the spine all the way down to the bottom and then from the bottom all the way up again.

Rocking the spine and smiling into the spine is a very important practice because it relaxes the spine and the nervous system. People who want to calm down, must first relax the spine. When the spine is tense and stiff, there is no way to calm down.

1. The well-known "Three Lines Inner Smile", which you will find in the books *Taoist Way to Transform Stress into Vitality* and *in Awaken Universal Light*.

2. The "Energizing Inner Smile".

3. The Inner Smile that emphasizes relaxation, balancing the emotions and transform them into compassion energy.

The second and third versions of the Inner Smile both use the creation cycle of the five energy phases, corresponding with the five vital organs.

Three Lines Inner Smile

A. *Smiling Down to the Organs: the Front Line*

1. **Mid eyebrow point and eyes:** Relax your forehead, and be aware of smiling energy gathering before your eyes as golden light. Imagine the feelings you would have upon entering a beautiful garden. As you hold that feeling, project an image of your own smiling face in front of you. Feel that smiling energy shining like the sun. Spiral this radiant energy at the point between your eyebrows, drawing it in through that point and through your closed eyes to stimulate the pituitary gland.

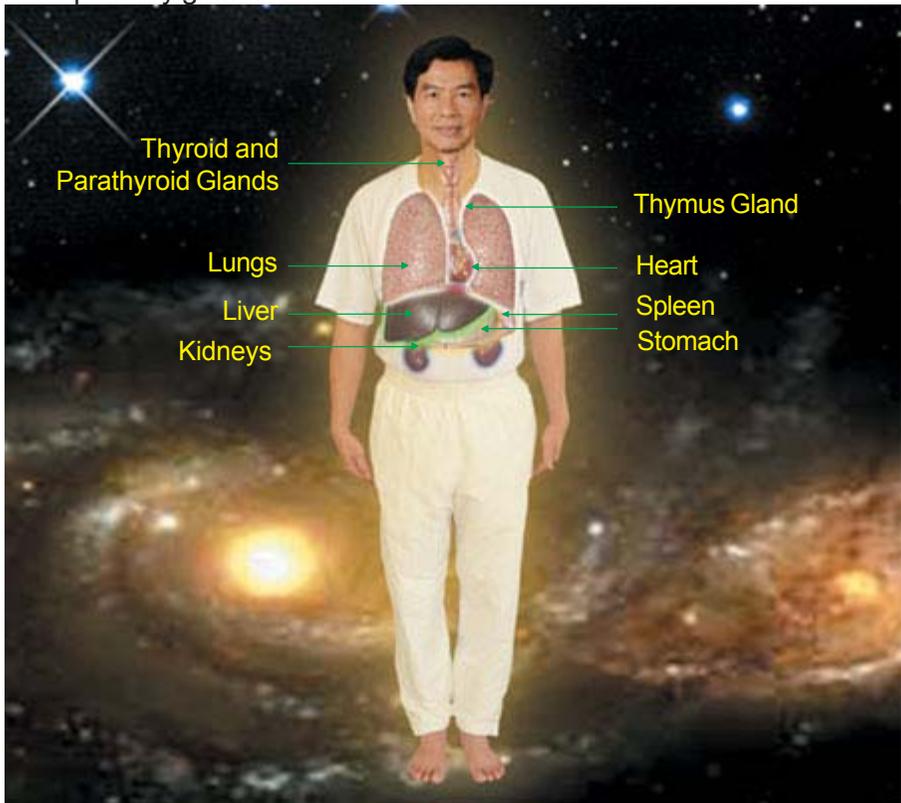


Fig. 6 Smiling Down the Front Line.

2. **Face:** Continue to draw smiling energy into the mideyebrow point; feel the mideye expanding. Let the Chi flow into your nose and cheeks. Feel it relaxes your skin and muscles and warms your entire face. Let the smile flow into your mouth, gently lifting its outer corners. Feel the smiling energy flow into the tongue, and move the tongue around to activate the flow of saliva. When you feel the saliva is abundant, swallow it. Touch the tongue to the roof of the mouth, and leave it there for the rest of the practice (this action connects the Governor and Functional channels, which are the two major energy pathways of the body). Swallow the saliva down toward the thymus and the heart, drawing the energy further downwards. Feel the smiling energy flow into the jaws, releasing any tension there. Slightly open your mouth to separate the teeth while pressing the tongue against the palate.

3. **Neck and throat:** Smile down into your neck and throat, allowing your neck to sink down slightly to rest from holding your head. Smile into the thyroid and parathyroid glands, located in the front part of the neck. Feel the throat open like a flower blossoming as the energy releases any tension.

4. **Throat and sternum:** When a lot of saliva is produced, swallow it down toward the organs you are smiling at. Let the smiling energy flow into your thymus gland, located between the throat and sternum. Feel it expand as it radiates the warm, fragrant, smiling energy down into the heart

5. **Heart:** The heart is approximately the size of a fist and is located behind the sternum, slightly left of the center. Smile to your heart and thank it for circulating blood throughout your body. Feel it relax as its workload becomes lighter. Let the smiling energy fill your heart with love as impatience and hastiness are transformed into joy and respect. Love, joy, respect, and ultimately compassion all arise from the heart. Feel these virtues radiate to the organs, glands, and the entire body.

6. **Lungs:** Smile into every cell of your lungs as you thank them for supplying oxygen to the body and releasing carbon dioxide. Feel them soften and become more spongy and moist as they expand

with smiling energy. Feel the virtues of the heart (love and joy) enhance the smiling energy in the lungs as it transforms any sadness and depression into righteousness and courage.

7. **Liver:** Smile into your liver, which is located on the bottom right side of the rib cage. Thank the liver for its role in digesting, processing, storing, and releasing nutrients, and in removing any toxic substances. Feel it soften and increase its moisture. Let the smiling energy, enhanced by the virtues of the heart and lungs (love, joy, righteousness, courage) transform any anger held by the liver into kindness.

8. **Pancreas and spleen:** Smile into your pancreas at the bottom left side of the rib cage. Thank it for producing insulin to regulate your blood sugar level and enzymes for digestion. Smile into your spleen, located behind the pancreas at the same level on the left side. Thank it for producing antibodies to fight diseases. As you smile into your spleen and pancreas, feel any worries they hold become transformed into fairness by the smiling energy enhanced by the virtues of the heart, lungs, and liver.

9. **Kidneys:** Bring the smiling energy into your kidneys, located at the lower back on both sides of the spine, inside the lower part of your rib cage. Thank them for filtering the blood, eliminating waste products, and maintaining the water balance in the body. Feel them grow cooler, fresher, and cleaner. Smile into your adrenal glands, on top of your kidneys; these produce adrenaline and several other hormones. Feel any fears become transformed into the virtue of gentleness by the smiling energy and all of the other virtues collected thus far.

10. **Genitals:** Bring the smiling energy down to the genital area in the lower abdomen. Women: The female genitals are known as the "Ovarian Palace," and it is located about three inches below the navel, midway between the ovaries. Smile and spiral the accumulated energies into the ovaries, the uterus, and the vagina. Thank the ovaries for making hormones and giving you sexual energy. Bring the combined sexual, smiling, and virtue energies up to the navel, and spiral at that point.

Men: The male genital area is known as the “Sperm Palace.” and it is located one and a half inches above the base of the penis in the area of the prostate gland and seminal vesicles. Smile and spiral the accumulated energies down to the prostate gland and the testicles.

Thank them for making hormones and giving you sexual energy. Bring the combined sexual, smiling, and virtue energies up to the navel, and spiral at that point.

Note: When returning energies to the navel for storage, mentally create a spiraling motion to centralize and keep them there. The vortex created draws in energy like a vacuum.

11. **Eyes:** Return your attention to your eyes. Quickly smile down into the organs in the front line, checking each for any remaining tension. Smile into any tension until it is released.

B. Smiling Down the Digestive Tract: the Middle Line

1. **Stomach:** Once again become aware of the smiling energy in your eyes and the mideyebrow, and allow this energy to flow down into your mouth. Become aware of your tongue, and swish it around to produce saliva. Place your tongue against the roof of your mouth, tighten the neck muscles, and swallow the saliva hard and fast, making a gulping sound. With your Inner Smile, follow the saliva down the esophagus to the stomach, located below the left side of the rib cage. Thank the stomach for digesting your food, and feel it relax as the energy flows into it.

2. **Small intestine:** Smile into the small intestine in the middle of the upper abdomen. Thank it for absorbing nutrients.

3. **Large intestine:** Smile into the large intestine, which encircles the small intestine from above and on both sides, and the rectum. Thank the large intestine for eliminating wastes.

4. **Bladder and urethra:** Bring the smiling energy back up into the bladder, just behind the pubic bone, and into the urethra. Thank these organs for holding and releasing urine.

5. **Eyes:** Return your attention to your eyes. Quickly smile down the middle, checking each area for any remaining tension. Smile into the tension until it melts away.

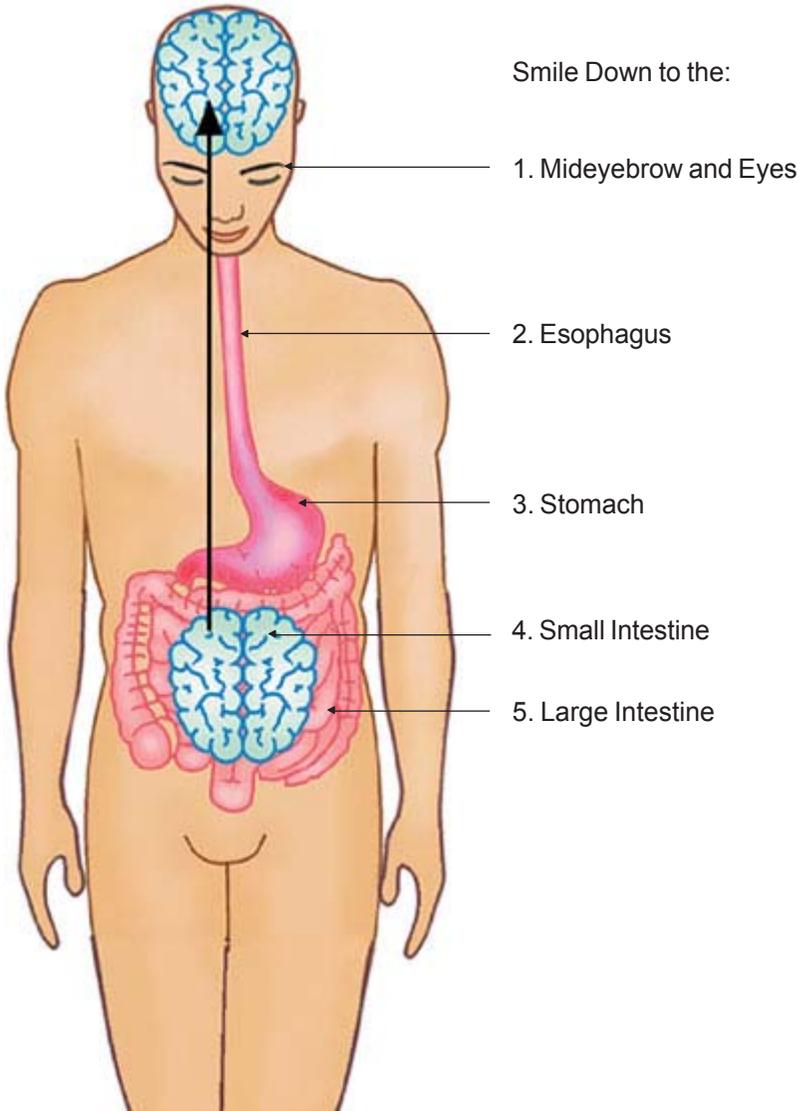


Fig. 7 Smile Down Middle Line, the Digestive Tract.

C. Smiling Down the Spine: the Back Line

1. **Eyes:** Bring your attention back to your eyes again and draw more energy into them and the mideyebrow.

2. **Glands in the brain:** Activate the saliva, and swallow as you push the tongue upwards, directing the energy flow into the brain. Draw smiling energy in through the eyes and mideyebrow.

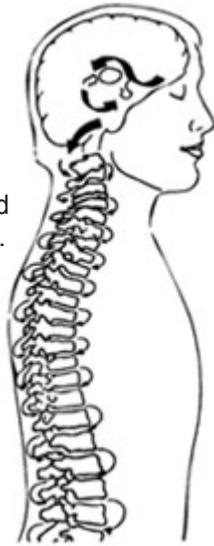
Smile into the pituitary gland, three or four inches behind the mideyebrow. Feel it blossom. Smile into the thalamus gland, which is located directly above the spinal cord, slightly behind and above the pituitary gland and the hypothalamus, which is located in the bottom of the third ventricle room. Smile into the pineal gland under the crown point. Feel these glands swell and grow. Smile into the left and the right hemispheres of the brain to balance and nourish them.

3. **Spinal Column:** Smile into the midbrain and cerebellum and the first cervical vertebra at the base of the skull. Bring the loving energy down through all of the vertebrae to the base of the spine. (Vertebrae: seven cervical, twelve thoracic, five lumbar; base of the spine: sacrum, and coccyx). The disks beneath each vertebra soften as the spine expands and elongates. Your back should feel loose and comfortable.

4. **Back Line:** Return your attention to your eyes, and quickly smile down the entire back line. This exercise greatly increases the flow of spinal fluid and calms the nervous system. Your whole body should feel relaxed.

2. Smile to the Pineal,
Thalamus, and Pituitary.

4. Smile Down the Spinal Cord
to the Vertebrae and Discs.



3. Smile to Both Hemispheres
of the Brain.

1. Smile at Mideyebrow
and Eyes.

Fig. 8 Smile Down the Back Line.

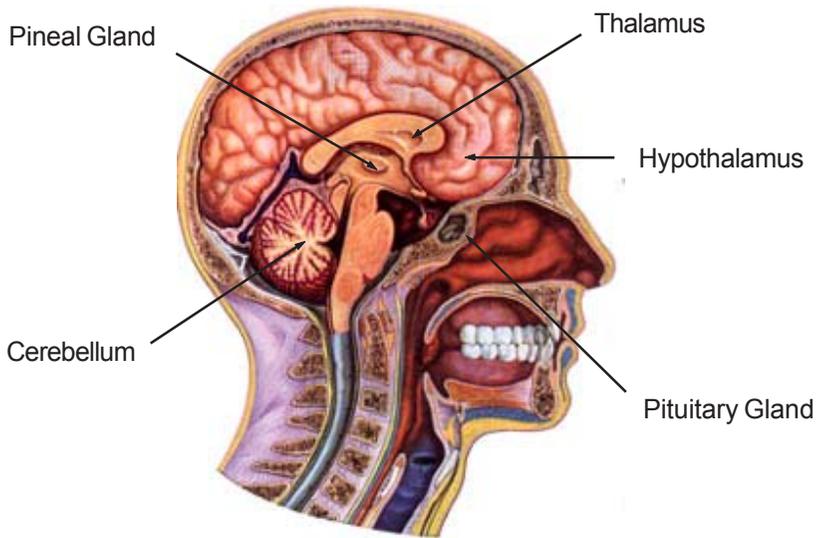


Fig. 9 Smile into Brain.

D. Smiling Down the Length of the Entire Body

Entire body: Start at the eyes again, and direct the Inner Smile quickly down the front, middle, and back lines. If you are experienced with this practice, smile down all three lines simultaneously while remaining aware of the organs and spine. Feel the energy descend the entire length of your body like a waterfall of love and peace. Feel the muscles, skin and bones relax as your whole body unwinds.

E. Collecting and Storing Energy at the Navel

To end the practice, it is very important to store the accumulated energies at the navel. Too much Chi remaining in the head or heart causes most of the ill effects of meditation. Drawing this energy into the navel for safe storage can prevent such problems. To collect the energy concentrate on your navel area about one and a half inches inside your body. Then mentally spiral the energy, moving further outwards with each spiral until you complete 36 cycles. Do not go above the diaphragm or below the pubic bone as you expand outward (At first, you may guide the spirals with your forefinger). Finally, spiral back into the navel for 24 cycles.

Men: Cover the navel with both palms left over right. Start spiraling down toward the right side (clockwise) 36 times.

Women: Cover the navel with both palms, right over left. Start spiraling down toward the left side (counterclockwise) 36 times.

Men and Women: Next, reverse directions, and spiral back into the navel 24 times (Men spiral counterclockwise; women spiral clockwise). Move closer to the navel with each cycle. You have now completed the Inner Smile and should feel an increase in your Chi flow.

Energizing Inner Smile

We start to smile into the bladder, the uterus, the ovaries, the testicles and the prostate gland, because it creates a lot of energy.

Slightly rock yourself.

Smile into the bladder, the uterus and the ovaries, the prostate gland and the testicles. Picture these organs and connect with them. Feel they are connected with the brain and that their energy rises up through the spine to nourish the brain. Picture a big blue ocean and a fire under this ocean. See a beautiful blue light evaporate from the ocean.

Smile to the kidneys. Smile this blue light in the bladder, uterus/ ovaries, or prostate and testicles, and the kidneys, bringing stillness into the kidneys. Feel these organs expanding with blue light. Let this blue light, with its gentleness and calmness, extend into the whole body, especially into the liver. Feel it energize the liver.

Smile into the liver. Picture your liver and connect with it. See the sun shine in the forest. See the green light. Smile this green Universal light and kindness into the liver. Feel the liver expanding with the green light. Let it radiate out to all the organs, especially to the heart. Feel the green light energizing the heart.

Smile into the heart. Picture the heart and connect with it. Be aware of the red light, a sunset on the ocean producing a red light. Smile this red light into the heart with love, patience, and inner joy. Feel the heart expanding with red light and love. Let it radiate out from the heart into the whole body, especially into the stomach, spleen, and pancreas. Feel the red light energizing these organs.

Smile into the stomach, spleen, and pancreas. Picture and connect with them. See the beautiful filtered rays of sunshine of Indian Summer full of balance and harmony, a golden light. Smile this golden light into the stomach, spleen, and pancreas. Feel calm, serene, and centered. Let this golden light radiate out into the whole body, especially into the lungs. Feel the golden yellow light energizing the lungs.



Fig. 10 Collect the Energy by Spiraling.

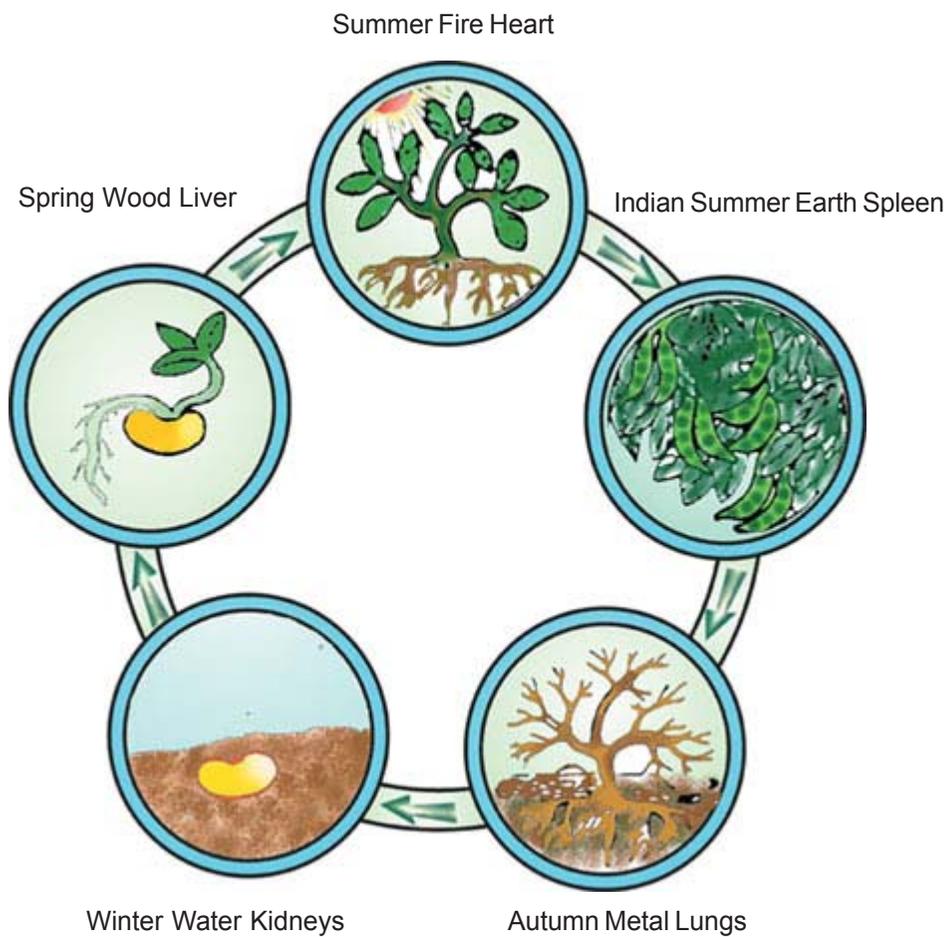


Fig. 11 Creation Cycle

Smile into the lungs. Picture and connect with them. See and smell the fresh, pure white light of the high mountains. Smile this light into the lungs, the nose, the skin, and the large intestines. Let it radiate out into the whole body, especially into the kidneys.

Do two more rounds of this cycle of the Inner Smile. Then gather the smiling energy in the bladder, the uterus or the prostate gland and let this energy rise through the spine to the brain. Hold the energy there. Feel how this smiling energy energizes the brain, the spine, the nerves, and all the organs and glands and that the muscles are connected with these nerves. Rest. Concentrate on the energy in the brain and the spine. Feel the energy in the brain and the awareness expanding.

Inner Smile that Relaxes and Balances the Emotions

We generally start with the heart, because the heart creates a lot of strong emotions, especially love and hate. When you start to smile to the heart, sometimes hate or impatience will come up. If you can continue to smile to the heart you will feel that the inner joy, love and happiness will start to grow in your heart very easily. If people cannot feel love, inner joy, and happiness, nothing will be able to make them feel happy.

There is nothing wrong with negative emotions, as long as you recognize them and know how to transform them. This will prevent the energy sticking in the organs. You have to find a balance.

Emotions like hate, anger, impatience, fear will always come up. You have to watch, be aware of them and work with them constantly so that they will not grow too much and start to block the energy in the organs and other parts of the body.

When you continue with the Inner Smile, the Six Healing Sounds and the growth of the virtue energy/pure light in the organs, eventually no more space will be left for these negative energies (emotions) to grow in the organs.

Rock yourself gently, especially your spine.

Practice

Smile into your heart. Feel the love, inner joy, and happiness in your heart and expand this love and happiness into the universe and let it multiply. Continue expanding unconditional love, inner joy, and happiness from the heart into the universe and feel that it is coming back multiplied, into the heart with the red light. Let the light from the heart shine into every single organ of the body like sunshine. If any hate comes up keep on smiling and sending love and happiness to this feeling of hate and eventually it will change into loving, happy energy as well.

Smile down to the stomach, the spleen, and pancreas. See any worry inside them. Inhale the yellow golden light, the feeling of openness, fairness of the earth power, harmony, and centeredness. Accept your worries, balancing them with the virtues of openness, fairness, and centeredness.

Smile to the lungs. See any sadness inside them. Inhale the pure, white light, the courage of the metal power. Accept the sadness, and balance it with courage.

Smile down to the kidneys and the bladder. See any fear inside them. Let the sun shine on the ocean, a blue light. Inhale this blue light and the gentleness and stillness of the water power. Accept the fear, and balance it with this gentleness and stillness.

Smile into the liver. See any anger, resentment, and frustration in the liver. Let the sun shine on the forest producing a green light. Inhale this green light and the kindness and generosity of the wood power. Accept the anger, and balance it with kindness and generosity.

Do two more rounds of this Inner Smile, relaxing and balancing the emotions and eventually transforming the “negative emotions” into virtue energy.

Inner Smile Applications

Here are some examples of how the Inner Smile supports other practices in the Universal Tao System's series of self-healing techniques.

Tao Yin

The Lotus Meditation is wonderfully calming but is complete only with the interior 'posture' or interior attitude cultivated by daily use of the Cosmic Inner Smile.

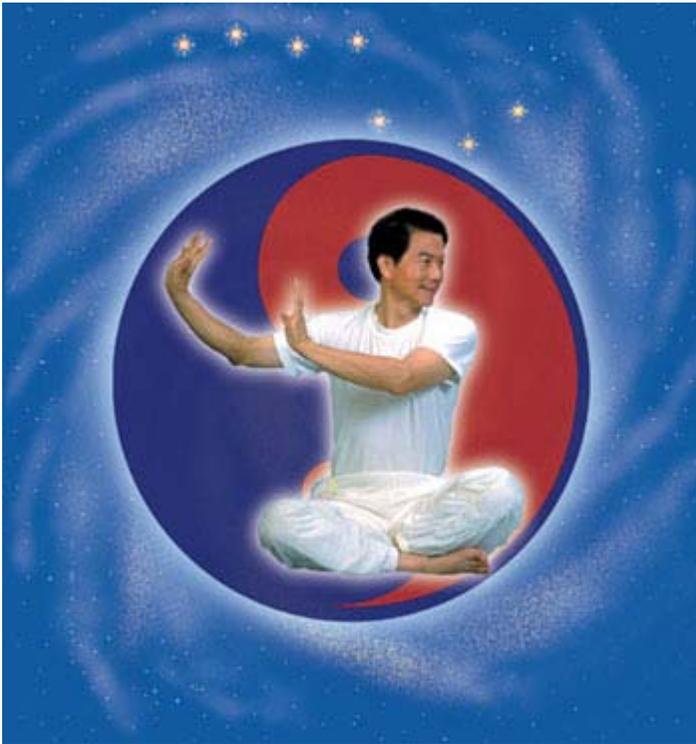


Fig. 12 The Inner Smile helps the Dragon Stretch his Tail and Claws in Tao Yin.

The Lotus Meditation is especially applicable to the Tao Yin movements. Because of the emphasis on working with the whole spine and the powerful psoas muscles the practitioner sends grateful attention from the heart down the spine to the kidneys.

The Lotus meditation can be used during Tao Yin practice, and is especially useful during the rest periods between the movements. You can use the Lotus Meditation in any rest period. Choose the places that best suit you.

This meditation helps to achieve the balance of kidney and heart energy which is a vital part of self-healing. The balanced flow of water and fire energy will greatly help to transform the accumulated stress in the mind and body into a sense of well-being.

Here's the Lotus Meditation for your deep enjoyment.

Lotus Meditation

Imagine the heart as a red lotus flower and the pericardium (the heat-regulating membrane which encloses the heart) as the lotus pads. Visualize the kidneys as being bulbs, similar to the clusters or plexuses where the stems of the pads and the lotus flower join together. In a pond or pool there are usually several lotus plants that join together in a cluster, anchoring in the mud. From the kidneys (kidney bulbs/clusters), visualize roots extending down through the legs into the watery mud of the earth basin.

Through this merging of the body and the lotus in nature, sense these qualities of energy in your body. Feel the supporting connection with the same qualities of red and golden energy coming to us from the sun and the universe above, as well as that of the blue water energy coming from the earth and nature. Feel the warm red energy of the heart and the red and yellow/gold from above. Likewise, sense the cool, blue water energy of the kidneys and the refreshing blue water energy from the earth. Smile even more and relax the mideyebrow.

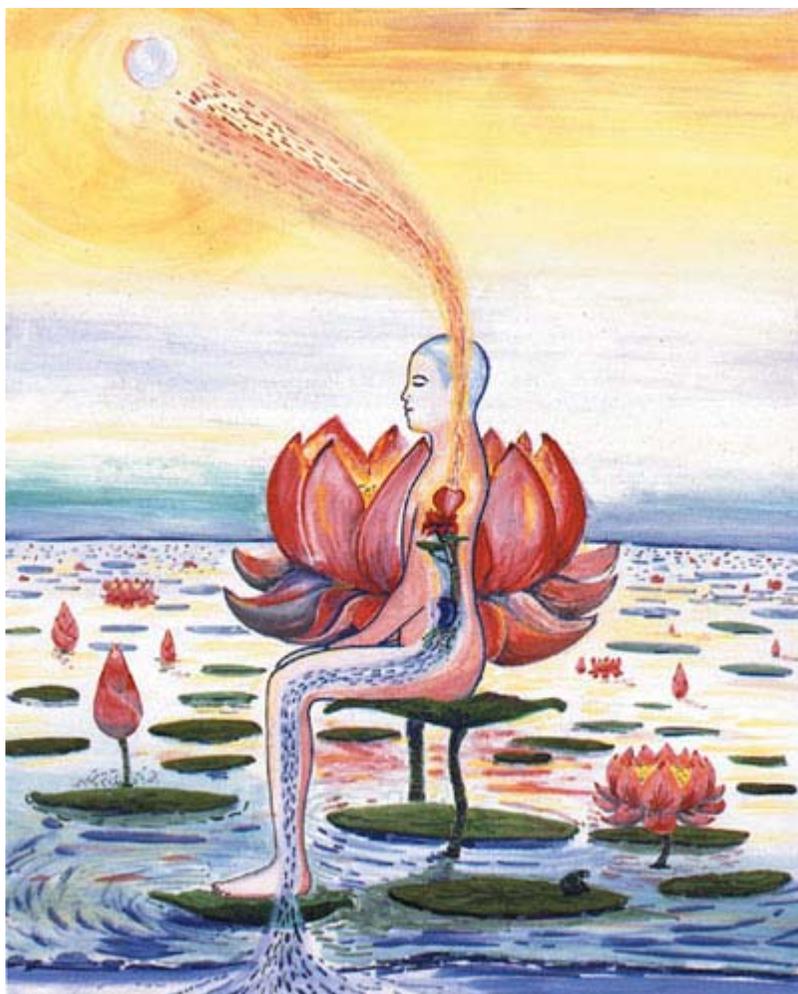


Fig. 13 *The Inner Smile is like the Sun, Rain and Earth for the Lotus Flower.*

Lotus Energy Meditation

- 1. Breathe to the Tan Tien, and consider the lovely blooming lotus:** You can see the open flower, seeing it as red with yellow/gold petals in the center. Smile with appreciation.
- 2. Look at the pads, stem and roots:** The leaves float on the water's surface. See the stem as it descends from the bloom to the roots mired in the mud. Feel the roots sinking into the bed of the pond. The roots receive just the correct amount of nutrition from the wet earth.
- 3. Sense the harmony of fire and water:** The pads and flower open to the sun and universe to soak up the life-sustaining rays. The sun is the source of fire energy. The earth holds the necessary water. Smile and appreciate this life-giving harmony of the forces of fire and water, yang and yin, male and female.
- 4. Connect images with your heart and kidneys:** As you continue with the Tan Tien breath, expanding and contracting, look inside to your heart and kidneys. The kidneys are the roots accessing water. The heart is the open lotus taking in the sun's fiery gift. The spine is the healthy and supple stem connecting the two energies.
- 5. Inhale to the heart and exhale to the kidneys:** Coordinate the Tan Tien breathing: Inhale into the heart, drawing the warmth from the sun, feeling it come down through the crown of the head and blend it with the love, joy and happiness in the red heart/lotus. Draw this loving, hot heart energy back to the point opposite the heart center on the spine (the wing point between the scapulas, between T5 & T6) as you slowly inhale. Then exhale the hot energy down the lotus stem/spine to the cool kidneys, warming them with the loving heat from the heart. You may enhance the

emotional balancing effect by subvocally exhaling with the heart sound, Haaaaaw, as you mentally direct the heart energy down the spine.

- 6. Alternating, inhale into the kidneys and exhale up to the heart:** See the kidneys as the nourishing bulbs of the lotus with roots that extend down through the legs and soles of the feet into the mud, accessing the soothing blue water energy held by the earth. As you inhale to the kidneys, feel that the roots are drawing the cool, soothing, nourishing blue water energy up through the soles of the feet, up through the legs to the kidneys. In the kidneys, feel the gentle calm, peaceful feeling blending with the cool, soothing blue water energy that has percolated up through the legs. As you exhale, you may subvocally express the kidney sound, Choooooo, and send this soothing boost of gentle, cooling wet blue kidney energy up through the supple stem/spine via the wing point to the grateful, happy heart.
- 7. Continue alternating the breath this way for a few times:** Red light from the crown into the heart and down to the kidneys; blue light from the bubbling springs into the kidneys and up to the heart.
- 8. Then, just relax and don't bother about the breath:** Simply move the smiling mind back and forth between the heart and kidneys along the connecting spinal stem. The balancing will automatically occur. Smile to the lotus perfection and beauty. Smile with gratitude to your kidneys, spine and heart. The lotus meditation is very calming, and naturally, the more it is used, the easier it is to realize this inner calm.

Chi Nei Tsang

The “secret technique” of Chi Nei Tsang = healing from the heart. The heart guides the Chi Nei Tsang practitioner and student in the CNT healing session. The heart’s respectful and loving power is activated by the Inner Smile and this environment allows healing to flourish.

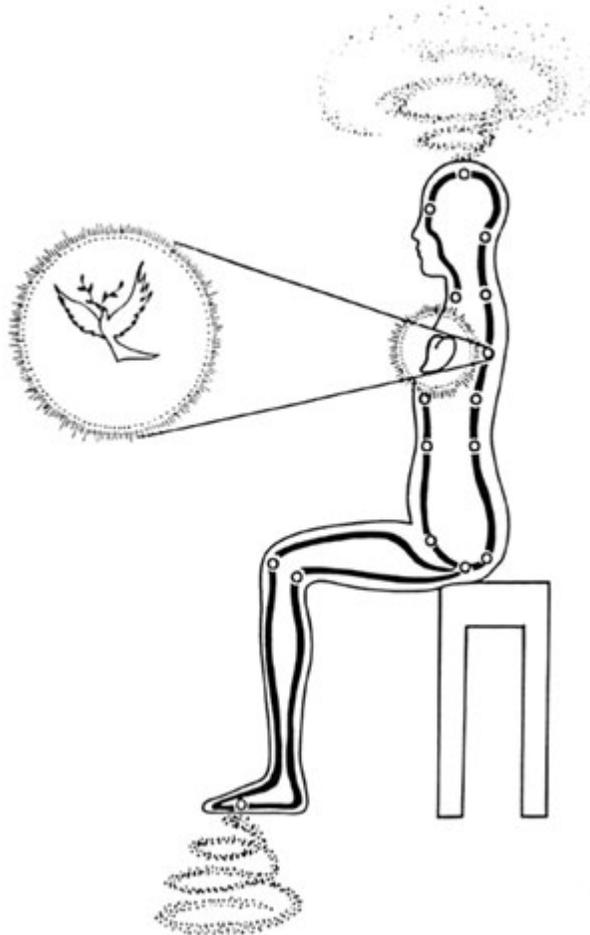


Fig. 14 Healing with Love from the Heart.

Inner Alchemy

The Fusions lead to Kan and Li.



Fig. 15 Inner Alchemy begins and ends with the Inner Smile.

Iron Shirt Chi Kung



Fig. 16 The vital Iron Shirt Chi Kung postures and Tan Tien Breath would be empty without the Cosmic Inner Smile.

Tai Chi Chi Kung

Everyone admires the grace and power of a round of Tai Chi. Integrating the Inner Smile into Tai Chi complements the the inner grace of breath and movement. By smiling into the Tan Tien Chi, the Ying and Yang wholeness of Tai Chi is even more “round”.

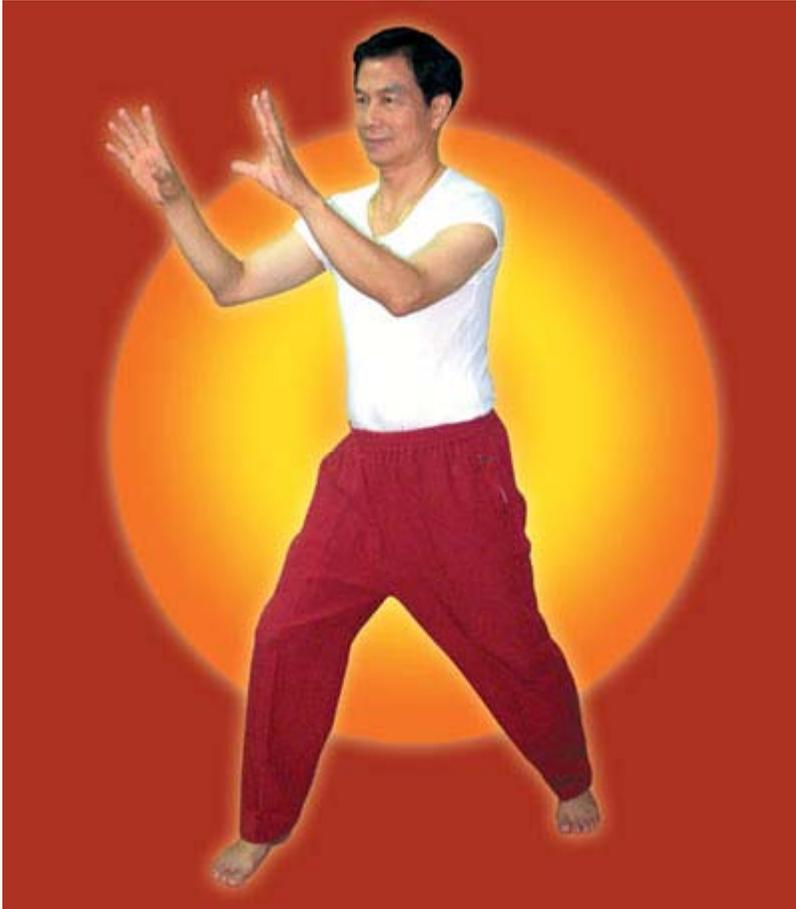


Fig. 17 The Inner Smile moves the Chi Harmoniously.

Elixir Chi Kung Creating the Golden Earth Pill



Fig. 18 The Alchemy of Creating the Elixir is Enriched with the Cosmic Inner Smile.

Healing Love

Many practitioners are attracted to the Universal Tao's Healing Love single and dual cultivation. We are sexual beings and must manage sperm and egg energy in a healthy and respectful manner for the growth of our body, mind and spirit.

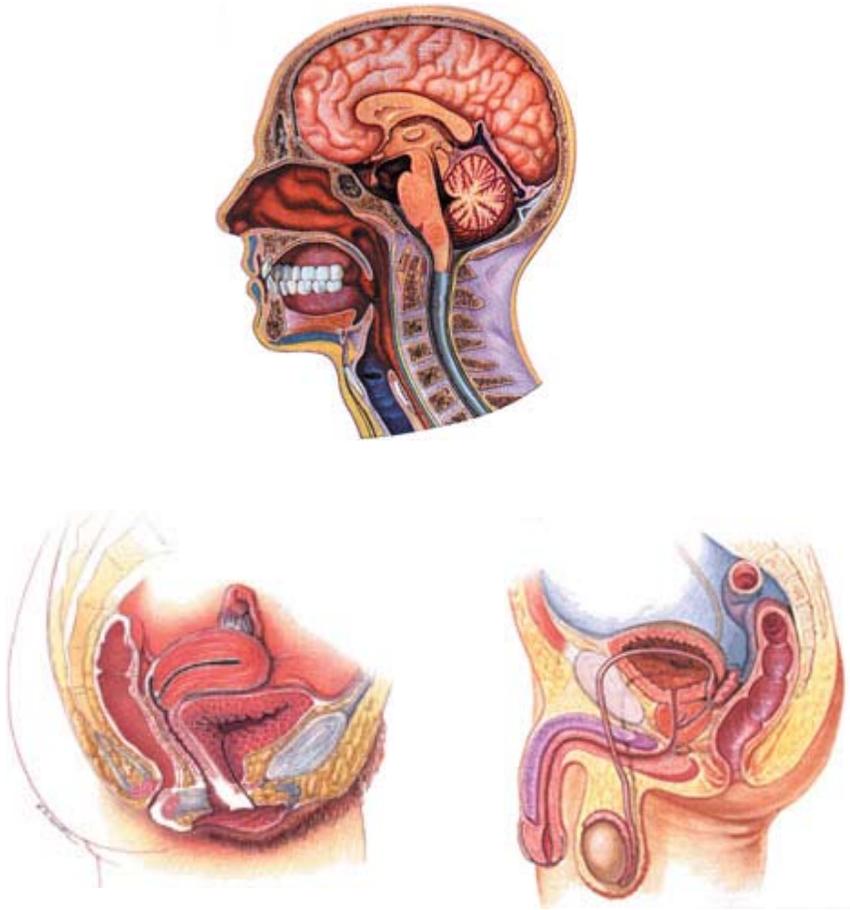


Fig. 19 The Center of the Brain connects to the Sexual Organs.

Daily Practice

Practice the Inner Smile when you wake up. It will improve your whole day. If you love your body, you will be more loving to others and more effective in your work. After you have learned the practice, it takes five to ten minutes to smile down your entire body. Try to maintain the sensation of the Inner Smile throughout the day. Keep reminding yourself of the feeling because it is one of the best stress reducers in the world.

Smiling Aura Field: Form of Protection

There are subtle energies or “psychic forces” around us that affect our lives. Although unseen by the majority of people, these forces extend a primary influence on our health and well-being.

Negative psychic energies from others can create stress and cause illness. When a person has strong emotions toward you, the psychological energy associated with those thoughts and feelings can disturb your energies, jeopardizing your health. The “Smiling Aura” is a beautiful emanation of our highest energetic frequencies that protects us from the negative vibrations of others. The Inner Smile Practice enhances this Smiling Aura. By remaining conscious of the smiling energy, especially in the mideyebrow, face, and navel areas, you can intensify the Smiling Aura Field around your body. This will help you to keep out negative vibrations which other people create unknowingly. The Smiling Aura Field can also help you transform your own negative energies into positive life force. For instance, if you feel anger, the smiling energy you maintain gives you the ability to smile into that emotion until it dissipates and transforms into kindness. With practice, you can use this force to transform hatred into love; sadness into courage; and fear into gentleness. After a while, the process becomes automatic.



Fig. 21 Smiling to the Aura Field.

***For further information about Universal Tao Centers,
courses, or other resources, contact:***

Universal Tao Instructor Associations

North America Instructors Association (NAIA)

c/o Loretta Robb, Treasurer
13 Plymouth Drive, Newark, Delaware 19713 USA
Tel: (1)(888) 444-7426 (Toll Free) or (1)(212) 330-7876
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274 Moo 7, Luang Nua, Doi Saket, Chiang Mai, 50220 Thailand
Tel: (66)(53) 495-596 & 865-034 Fax: (66)(53) 495-852
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Email: universaltao@universal-tao.com or info@tao-garden.com

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\$6.95



Cosmic Inner Smile **Smiling Heals the Body**

Mantak Chia

Illustrations by Udon Jandee

Cosmic Inner Smile:

The Inner Smile is a powerful internal healing and relaxation meditation. Deep relaxation dissolves physical and mental tensions that can cause energy blockages and unhealthy Chi. The Inner Smile enhances the energy of the organs and glands, our life force in general, and stills and focuses the heart and mind (hsien). It makes us more aware of our body and inner being, because we learn to communicate with our organs, glands, spine and other specific parts of our body, as well as our soul. Taoists discovered that consciousness is rooted not only in the brain, but also in the vital organs and in a more subtle sense, in each of the cells.

Smiling to the organs and thanking them for the work they do will reawaken the intelligence of the body. We are often so out of touch with the body and emotions that we do not notice inner disharmony developing until it finally manifests itself as a serious illness.

Practicing the Inner Smile daily lets us look inside to keep in touch with the state of our inner organs, our Chi, our breath and emotions. We can spot problems at their inception, making it easier to balance the emotions and virtues.



Universal Tao Publications

274 Moo 7, Luang Nua, Doi Saket,
Chiang Mai 50220, Thailand

Tel: (66)(53) 495-596 Fax: 495-852

Email: universaltao@universal-tao.com

Web Site: www.universal-tao.com