



Inner Smile Meditation

Hello and thank you for your purchase of my “Inner Smile” Meditation CD. I am very happy to bring you these simple but powerful meditations.

Track 2 features some excellent breath meditations. Take your time with these, use your imagination and be ready for some powerful openings. You may feel the energy flowing right away or it may take some time. Understand that as you practice you will become more sensitive. After awhile, you can practice these breath techniques anywhere for a quick energy boost or to just collect your energy when feeling stressed out.

These breath techniques open up your energetic meridians, clear your whole being of stress and toxins, radiate your body with cosmic light and connect you to the healing energies of the Universe while grounding you with the stability of the Earth. They harmonize your subtle energy body with your physical body and align your energy centers with your nervous system.

The Inner Smile meditation on track 3 comes from the Universal Tao System as taught by Master Mantak Chia. A great book to accompany this meditation is “Taoist Ways to Transform Stress into Vitality” by Mantak Chia. This is available at Amazon.com as well as bookstores.

A couple hints for those who have not received formal instruction. First, at the end of the meditation you spiral the energy in your lower tan tien. A tan tiens are major energy centers that the Taoists have identified. The lower tan tien is located in the navel region above the pelvic bones and below the rib cage. Women will spiral this energy 36 times counter-clockwise outwardly (expanding). Then spiral the energy 24 times clockwise inwardly (contracting). Men do the opposite: 36 times clockwise followed by 24 times counter clockwise. This seals the energy in the lower tan tien where it will be safe and available for the organs if they get depleted. Leaving the energy out in the system may stress the organs or cause them to overheat so it is important to collect this energy in the lower tan tien! For the rotation, imagine there is a clock facing out from your belly, with 12 o'clock at the sternum and 6 o'clock below the belly button.

For a complete description of the major organs, their functions and how the Taoists perceive them, please download the “Organs and Their Functions” PDF on the website.

Below are the five main organs; their color, element, season, emotional range, function and protective animal for your reference.



Inner Smile

Heart

Color: Red

Element: Fire

Season: Summer

Emotions: Love, Joy, Happiness...Hatred, Arrogance, Impatience

Function: Circulates blood throughout body

Protective Animal: Red Pheasant

Spleen

Color: Yellow

Element: Earth

Season: Indian Summer

Emotions: Fairness, Openness...Worry, Anxiety

Function: Stores, filters, cleans blood that is not in circulation

Protective Animal: Yellow Phoenix

Lungs

Color: White

Element: Metal

Season: Fall

Emotions: Courage, Righteousness...Sadness, Depression

Function: Mix blood with oxygen; expel used air, carbon dioxide and other toxins

Protective Animal: White Tiger

Kidneys

Color: Blue

Element: Water

Season: Winter

Emotions: Calmness, Gentleness...Fear

Function: Filter all fluids in body, removing excess water...regulate mineral level in blood and acid balance in the body

Protective Animal: Blue Turtle

Liver

Color: Green

Element: Wood

Season: Spring

Emotions: Kindness, Generosity...Anger, Envy

Function: Stores and breaks down all toxins, poisons, chemicals and drugs in body

Protective Animal: Green Dragon



THE INNER SMILE

The Inner Smile practice balances your negative emotions with positive and transforms stress into vitality. By smiling to your body, you will be more loving to others. With practice, you will be able to do the whole Inner Smile in 5-10 minutes. It may be simple, but the practice is extremely powerful! It has been passed down orally for thousands of years through many generations of Taoist masters.

Master Chia says

It is recommended that you do the meditation both in the morning and at night before bed. This will help decelerate the body, promote good health, and cool down the overheated organs. Before you go to sleep, clear the negative emotions so that the positive can grow. Clearing out the negative emotions will chase away bad dreams. You will sleep well and connect to the Universal mind to recharge your energy.

In the morning, smile inwardly and see if you can find answers to your disturbances. Often the answer will be there for you when you awake. By practicing the Inner Smile when you wake up you will improve your whole day. Try to maintain the sensation of the Inner Smile throughout the day.

Bryan says

This is a wonderful practice that will bring you closer to optimum health and a real sense of harmony. By taking care of your own energy, you will radiate your light and help others as well. This is a beautiful way to connect to your true essence and find your truth.

As you practice, be aware of how the meditation becomes a part of your daily life. Learn to smile at everyday stresses and transform negative energy that is directed at you on the spot. Breathe in healing energies throughout the day and begin to pay more attention to your thoughts and emotions. Be creative, stay open and enjoy the fruits of what the meditation brings into your life!



On Master Chia and the Universal Tao System...

The Universal Tao System was created by Master Mantak Chia of Thailand. Master Chia has developed his system from over 45 years of practice.

Master Chia began his learning at the age of 6 when he was taught how to “still the mind” by Buddhist monks while living in China. He met his first Taoist master in his teens. This lineage of Taoist instruction goes back at least 8,000 years and until this time has been held in secret, only being taught from Master to student. Master Chia is the first to offer this lineage to any who are interested. Out of this and other teachings the Universal Tao System was created. Master Chia has taken these ancient Taoist teachings and blended it with his background in Western Anatomy (he studied medicine in California for two years) as well as other traditions to create the UT System. By blending his Western education with the Eastern tradition he has created a system that can be better understood by people in the West.

The UT System includes meditation, postures, Tai Chi, Yoga, exercises, and Chi Nei Tsang among others. The UT System is a complete system with the final objective of creating the Immortal Body. For more information on this, you may visit www.universal-tao.com.

The Universal Tao System is a self-help system for curing and preventing illness and stress, as well as enhancing all aspects of life. Its key concept is increasing vital energy, or Chi, through easy techniques and physical exercises. This life force energy is then circulated through the acupuncture meridians of the body and channeled into health, vitality, balanced emotions, and creative and spiritual expression.

Though spiritual in nature, the Universal Tao is not a religion. It is compatible with all religions, as well as agnosticism and atheism. There are no rituals to perform and no gurus to surrender to. The Master and Teacher are highly respected, but are not deified.

To contact a local Universal Tao instructor please visit http://www.universal-tao.com/instructors_practitioners/geo_c/c_usa_c.html.