

## Waking Up meditation course Step 4 Smile



I hope that you are experiencing spacious inner peace more often. Awakening is not an on/off switch but a process, so continue to deepen awareness through ongoing mindfulness. **Remember this requires no effort!** Happiness is a simple kind preference we make again and again without striving or grasping. In fact, trying trips you up: simply notice that right now, your quiet radiant awareness is watching life unfold, and that to become aware of awareness brings joy towards the surface again.

Please continue the meditations you have begun. Now add this lovely Taoist practice, **Your Inner Smile** to your repertoire. Please do this at least a few times. It only takes 10 minutes.

We are choosing how to grow the garden of our life. Let's fully appreciate the miracle of being and cultivate gratitude and joy more often than not. **Today is today and I am glad it's today.**

Let's see how constructive we can be with our minds. Harness all your radiant awareness and choose to create what you wish to experience with conscious intention.

Visualisations are extremely powerful: we respond biologically to our mental images, and imagining affects our attitude and outlook.

Since life is all an illusion, let's make it a good one!

As a basic practice, **imagine a smile in your heart** and hold this image. **Imagine a smile in everyone else's heart too.** Watch how this changes your day. Your frequency shifts.

It only takes a second to change your mind. Or a moment to change your heart.

**Close your eyes and imagine your breath coming into and out of your heart for a couple of minutes, then cultivate a feeling of gratitude. Hold this for a while.** As you do so, your heart and brain become coherent.

**Enjoy the opportunity to raise your level of joy whenever you like. In the next and final step we remember that this is more fun if we share it.**

