

## **Cultivating the Inner Smile in the Heart (General Process & Exercises 22:00)**



Cultivating the inner smile is an ancient Taoist practice of internal alchemy that holds great wisdom. It is used in the method of *vertical-awaring* to help break state from enmeshment in the stories of life and old energetic patterns. The power of this simple process lies in the fact that the smiling energy comes from a depth of being beyond the small self of this life or even all lives. So you tap into a depth within that is a far vaster consciousness.

The inner smile activates the *strangeflows*—the deeper **extraordinary meridians** that are the **causative flows** of who you are in life and what you may become. Out of the energies of the strangeflows you and life emerge—these are the first energy pathways to form in the embryonic state.

You emerged on the vibration of joy that courses through the strangeflows.

These meridians are associated with your deeper character that includes your gifts, capacities, attitudes, and energy allotment to meet your destiny. Your character *is* your destiny. These meridians are part of what feeds into the blueprint or infrastructure of the etheric body—the body of formative forces. Through these pathways are the eight primal cells at the base of the spine encoded.

These deeper reservoirs of *qi* feed the meridians, in the same manner as character can influence personality, or inner strength can arise to meet life's unexpected and extraordinary challenges; they are the deep hidden reservoirs of silent power and strength. And the most potent way to increase their reserves and impact on character, and thus on destiny, is to cultivate an abiding joy from depth of being no matter what or when.

But their power goes even beyond this. The eight extraordinary meridians are the pathways of higher perspective that can lead us into boundlessness. When this happens, we transcend even what we know as character, and we become self-determined in our evolution.

The extra meridians correspond to the four aspects of God in matter (using traditional terms), that each impart a specific dimension:

*God as Father principle (Light)*, giving us a sense of above/below that unifies as one when personal will merges with Higher Will. *God as Mother principle (Life)*, giving us a sense of potential and the power to birth that potential in matter (this relates to the chakras and the microcosmic orbit of the *Du*

and *Ren* channels), that unifies as one when we live in non resistance in complete surrendered trust. *God as Holy Spirit*, giving us a sense of inner and outer realities, where inner alignment is sought through self-reflecting through life—inner and outer unify as one when we know that consciousness is the creator of all. And *God as Son*, giving us the dimension of left and right through feminine and masculine principles, which also gives us our sense of ego-hood or individuality. These unify as one when the lower ego dies...when all internal battles cease...when attachment to externals is overcome...then masculine and feminine principles balance in us and we are born into a higher, deeper Self that is in complete self-mastery.

The energy of the Heart's smile that is abiding joy can lead you to unifying these dimensions—resolving the dualities within them— and moving into a higher order reality. The Heart's smiling energy harmonize these strange flows and brings to them new cause, new life, higher harmonies. The strange flows so quickened by the smiling energy, flow higher vibratory light/frequency through the entire system, accelerating healing and supporting body evolution.

Cultivating the inner smile **unleashes magic** in life. As you smile, so the universe smiles back at you. It is so simple that most people would dismiss it. The simple things are the most powerful; however, understand that simple is not always easy. The inner smile requires that you surrender the negativity and emotional wallowing, and be courageous and in faith *no matter what*. It cannot be forced or faked...but you can do it even if you don't readily feel it. You are not smiling from the separated enmeshed lower self...but rather from a deeper awareness. That is the power in the method—you move consciousness into a deeper truer part of you, and take it away from the false you. The more that you can smile *while* facing great challenge or even hardships in life, the more power you mobilize from the depth of being.

Don't run away from challenge, and don't judge it! Life unfolds in perfection. "*A problem is the unknown challenging you to turn it into the known through experience. To the victor goes increased power and vitality.*" When challenge appears in life and we find the power within to meet it with smiling heart, greater vitality is unleashed into all areas of life.

It is important to understand that the thinking mind does not know how to interpret life and the emotional states in life we are compelled to. The biggest source of confusion occurs when emotions arise and our thinking mind tries to explain it in order to control it. Interpretation arises as knowing, and it does so in divine timing.

Finding the whys and wherefores, who is at fault, whether you should feel this way or whether you should not... just keeps us spinning in a false reality. Emotions arise for many reasons—the least of which can be known by the thinking mind. They arise because of old unresolved energies that the mind says we are bound to...they arise from the original wound of separation that is no more....they arise because we don't yet know how to process the intense energies moving through and around us at present—they need no explanation...they just need to move and release. They also arise because we are vulnerable to the emotional energy of the collective, and because of vibrational manipulation to keep us in fear and unease. Some emotions have nothing at all to do with you, and explaining them in terms of

personal life events and situations...in terms of conditions and people in your life simply locks unnecessary baggage in, leads you astray, and further away from the freedom of greater truth.

Fathom that you are here to add to the Infinite's perspective ....when you surrender, you will be led to depth of awareness to step completely out of what generates the emotional unrest....what generates this or that troubling or challenging situation. There is always depth of understanding that transcends what presents in life...

All emotional disruption is an invitation to seek the depth of awareness within that will restore peace.. All troubling or challenging situations are an invitation to find the god perspective within that will transcend the problems...the awareness beyond problems. The smiling Heart energy will lead you there. It is like constant companion, every-present no matter what and when. When you allow it to arise through all the challenges, it will bring harmonizing frequencies within the Heart and out into your reality.

The Inner Smile brings refinement and beauty, enhances your power to manifest, as well as supports emotional self-sovereignty. As you emphasize deeper qualities of Heart, so your life unfolds more gracefully and powerfully. This harmonizes and 'soothes' the astral body that is the body of the personality and emotions. The smiling wave arises within the deeper energy pathways that spill over with the power to wash away disruptive concerns and worries at the emotional and mental levels.

The inner smile cultivates joy, which is the path of wisdom that activates aliveness, buoyancy, and gladness. Joy is the Heart overflowing. The Heart field determines the quality and quantity of your life. Joy affects all levels of Heart intelligence—when we live in the continual smiling energy, the core heart frequency pattern (CHFP) becomes impenetrable, and our manifestations speed up by orders of magnitude.<sup>1</sup>

Joy does not deny the presence of suffering and you can be joyous even if you are in pain. Joy is not frivolity or tuning out, nor is it pretence. The inner smile is not a fake pasted smiling face for the world to see, while you are concealing inner turmoil and helplessness. It emerges from within the depth of being that is beyond the story of this lifetime...and beyond the soul's stories of all lifetimes...that recognizes that you are cause, you are creator essence....and it can help clear the distortions in order to be cause of greater joy. You connect to it through the **eternal perspective** that knows that there is perfection even if that perfection cannot be seen from a limited contracted perspective.

You don't have to do anything except connect to the smiling energy that already exists within. From that depth of joy will arise greater wisdom and compassion. Excessive suffering is debilitating... suffering is not noble, but grace in suffering is, and this state of grace in suffering occurs when we allow an abiding undercurrent of joy—when we know that suffering is just part of the ebbs and flows...part of not seeing the bigger picture of perfection.

Cultivating the inner smile is very simple, but takes conscientiousness. The idea is that no matter what

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<sup>1</sup> Discussed further in the LPG material, and more in depth in session 6 of the DNA clearing program.

is happening in outer reality, you are always connected to a deeper sense of self that exists beyond the dramas of life. This self is the originator of the inner smile, and its presence brings great healing power.

We have the 5<sup>th</sup> Beatitude, “*Blessed are those who are pure of heart, because they shall see God*”. There is no way to the Infinite than through the Heart. **Just as the still mind can be impressed by the light of the Infinite, so the smiling Heart will be filled with the love from the Heart of God.** Love is the master of conditions, DNA is its carrier, and life will be ordered according to the potency of your Heart.

Joy is the vibration of overflowing love—it is an exuberance of love and a potent force from the deeper dimensions of being...the wellspring of existence.

### ***Inner Smile Exercise:***

- ⌚ Sit comfortably, with your spine in an upright position, and your head comfortable and/or supported. Place the palms of hands resting on your thighs.
- ⌚ Take a couple of deep, slow breaths, hold for a moment, and release all cares on the exhalation
- ⌚ Rest the tip of your tongue gently on the roof of your mouth, behind the upper front teeth.
- ⌚ Smile gently like the Mona Lisa, allowing your lips to feel full and smooth as they spread to the side and lift just slightly. This is more of an inner smile rather than an outer one. Feel into it and allow the inner smile to make you feel good inside.
- ⌚ Begin to breathe through all the pores in your body, and give the air the quality of light, so that you are breathing pure light.
- ⌚ Let that light concentrate in the Heart area on the inhale, and ray out to the universe on the exhale. Allow yourself to go deeper and deeper as you breathe in this manner, tapping into the deeper reservoirs of the Heart’s abiding joy.
- ⌚ Connect the inner smile to a sense of wellbeing throughout the body.
- ⌚ Feel the light centering into a point of infinity within the Heart—the zero point essence of your being, out of which you emerged from the macrocosm –the whole cosmos turned inside out at the zero-point to become human being....you...encapsulated microcosm.
- ⌚ Imagine that deep current of joy rising up through your body and filling your body’s light ‘grid’ or infrastructure through which physicality appears. From depth of subtle energy pathways...spilling over to the meridians of the astral body...to the fine filaments of the nadis and nervous system....Feel the whole infrastructure reordering according to this abiding joy.
- ⌚ Feel yourself radiating flows of joy to the universe on each exhalation and taking in the universe’s excitement to be with you on the inhalation. Do this for several breath cycles.

***Part 2: Flowing healing and activating the other two dantien centers with the smiling energy. In the audio, you may end after part 1 or continue to part 2.***

***Flowing love and appreciation through smiling heart is a form of 'nourishment' for the body that breaks up stuck patterns, pierces through veils, sheds obsolete programs and toxins that***

***lodge as a result. It also gracefully helps to dissolve memories of trauma in the body.***

- ⌚ Now feel this inner smile/joy energy activating the crystal palace (head), making it receptive to divine inspiration, and feel your face gently relaxing and the corners of your eyes moving into an inner smile.
- ⌚ If you wish, direct the gaze of your smiling eyes to some area of the body or your life that may need loving attention. Hold the gaze on that for a few moments, with intention to bring things into harmony with divine joy. Let that area soak up the smiling energy like a sponge soaks up water...there is infinite smiling energy in you. You can even direct this energy to loved ones, situations in the world, etc.
- ⌚ Now feel the inner smile/joy activating the lower dantien (gut), and sense your inner child feeling the magic of life and allow it to soak up the smiling energy until it is filled with joyous carefree excitement for life...becoming the magical crystal child that can take in the radiant higher vibratory light flooding the planet presently.
- ⌚ Now state, “*I AM the smiling energy of Alpha and Omega*”, while bringing your conscious awareness to the Heart on “*I AM the smiling energy*”, to the Head on “*Alpha*”, and to the gut on “*Omega*”.
- ⌚ Open your eyes, stand up, stretch arms to the sky and feel that you are gathering up the greatest inspiration for the day and for life and put this energy into your body by crossing arms in a gesture of self-embrace from head and feet. End with arms up to heaven in the “*A*” gesture, followed by crossing hands over Heart center.

Be happy, be well, be highly engaged in smiling from depth of being!

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### ***Trigger Affirmations to Cultivate the Smiling Heart***

I radiate love and joy from within, and the world mirrors this back to me.  
I am filled with awe and recognize the beauty all around me.  
I am reborn into the lighthearted smile and joy of eternal love, laughter and life.  
I am a high vibratory light immersed in joy and pulsating out happiness.  
My Heart overflows with smiling energy and love that radiates out to the universe.  
I am pulsating joy, pulsating with light and expectation.  
I love myself and my life more and more as my smiling energy grows and expands.  
My Heart's smile activates the flows of cause that create my body and my life.  
My Heart's smile unifies all duality and leads me into higher dimensions of awareness.  
With each breath in life I want to smile more and more from the depth of my being.  
My inner smile is a permanent part of my being that radiates outward without discrimination.  
The vibration of joy is overtaking the darkness of pain and clearing all the old scars.  
I smile increasingly no matter what and when.  
I was born of pure joy and am finding that source of joy within me again, that I may

know my true origin.

My highest purpose in life is to be in joy and co-create my soul's deepest desires in freedom.

My covenant with the Creator is written in joy.

Enlightenment is being in joy.

I smile from within me no matter what and when, and all reorders from that deep abiding joy.

The path to joy is through allowing my Heart to smile continuously without restriction or discrimination.

The smiling energy softens my heart, and I welcome the gentle motherly universe to smile back at me.

In the constancy of my smiling Heart, my eyes express gentleness and my compassion grows.

All feel blessed within my smiling presence.

Through the Heart's smile, my body and emotions operate in perfect harmony with my inner mind.

I am becoming my highest and best through the path of the smiling Heart.

As I flourish upon the smiling Heart energy, so too does the whole world.

In the smiling Heart, I flow with the Will and Purpose of creation.

