

QIGONG

SMILE MEDITATION

A JOURNEY TO INNER VITALITY



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Qigong Smile Meditation

A Journey to Inner Vitality



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Qigong Smile Meditation

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Preface

Thank you for your interest in learning about Qigong. I have studied and practiced various forms of Qigong for over twenty years. Qigong has made a huge difference in my life and I know it can make a big difference in your life. Qigong can help bring balance and harmony to your life. It can increase your energy, reduce the effects of stress and improve your overall health. I hope you will take the time to let Qigong into your life. If you have any questions, please checkout our website at www.InnerVitalityQigong.com and/or contact us directly at +1-440-678-8CHI (+1-440-678-8244). I hope you enjoy this Smile Meditation practice and find it informative. If you would like to learn more about Qigong, please visit our website for information about our in-person classes and our Qigong home study kits. If you can change your mind, then you can change your life.

Best Qi Wishes,
Qigong Instructor
Thomas Calabris

Introduction

"If you want to be healthy and live to 100, do Qigong."
- Dr. Mehmet Oz M.D.

Welcome to this Smile Meditation practice. I am excited to bring you information that can potentially change your health and your life. Don't just take my word for it. Discuss this information with your holistic physician. Practice the meditations in this program daily to gain insight and experience. Do your own research online and in the library. I hope you will be empowered to take charge of your health and your life. This practice will give you an introduction to Qigong meditation and more specifically the Smile Meditation. You will learn about the importance of relaxing your body and your mind. There is a corresponding audio program (files or CD) that provides guided instruction for the Smile Meditation described in this program and can be used for daily practice.

Qigong (Chi Kung), pronounced "*chee gong*", is a great way to reduce the effects of stress and improve your health. An article, published on July 2, 2008 by [washingtonpost.com](http://www.washingtonpost.com), reported that methods of relaxation, such as meditation, prayer and yoga, have an effect on reversing genes that are turned on or off by stress [1]. The Merriam-Webster Dictionary defines stress as "a: a physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation. b: a state of bodily or mental tension resulting from factors that tend to alter an existent equilibrium." [2]

Keep in mind that some levels of stress are necessary for basic life. However, when stress is chronic and unbalanced, it can lead to hypertension, a weakened immune system, and suppressed digestive function and other systems of the body, all of which may lead to a disease state. In the following chapters, we will briefly explore what Qigong is and how it can help to bring balance, improved health and vitality back to your life. The we will explore the Smile Mediation practice and its benefits. Qigong can change your life and all that is needed is an open mind and a little effort. Qigong can also be practiced to prevent health issues.

Smile Meditation Practice

*"Every time you smile at someone, it is an act of love,
a gift to that person, a beautiful thing."*

- Mother Teresa of Calcutta

Overview

As previously mentioned, there are many different ways to employ the smile meditation during Qigong practice. The practice described here is based on my experience with Qigong and the smile meditation. First, I will describe the preparation for practice, including Qigong state, posture, and relaxation. Next, I will discuss the need for relaxing and opening the mind with the Open Mind Meditation. Then I will describe the Smile Meditation in detail, including the major pathways that it will take through the body. After that, I will discuss keeping your mind in your Lower Dantian. Finally, I will conclude the practice with the Short Finish Form.

Qigong State

It is important to understand the concept of Qigong State for practicing Qigong. Qigong State refers to putting your mind and body into the proper state for practicing Qigong. This means letting go of all thoughts about what has happened earlier in the day or what you want to do later. It means being present in the moment, the here and now. It means focusing your attention on relaxing both your mind and your body. It also means making sure that your spine is properly aligned. In Qigong State, you put the tip of your tongue on the roof of the mount behind your teeth (unless instructed otherwise). You may also be asked to either close your eyes or have them open very slightly. In the Qigong State, we also focus on the four keys and three adjustments.

The four keys of basic relaxation are:

1. Eyebrows smooth (don't tense your face and eyebrows).
2. Face with a smile
3. Shoulder's relax
4. Abdomen and waist relax

The three adjustments are:

1. The body should be adjusted to be comfortable
2. The mind should be adjusted to concentration
3. The breath should be adjusted to be smooth