



"If a meditating person, with his eyes closed, sees smiles in every event and object; then having opened the eyes he begins to live with smiles and the main purpose of meditation is achieved." Prof Park Jae Woo

Smile Meditation is considered as the best gift in life you can give yourself . It's not hard to learn, is amazing and brings so many benefits. People learn meditation for many different reasons - to find peace, calm and stability; to become more aware of themselves and their interaction with others; to improve their health; to improve their mental capacity; to find time for themselves; to meditate in the peaceful company of others... There are many valid reasons why a person would want to meditate and one of its many beauties is that as your meditation practice becomes established, you start to realise how many more there are. Once learnt, it is something you can access easily for the rest of your life, at any time you choose.

WHY DO WE NEED SMILE MEDITATION

Stress can cause a variety of effects on the body and the psyche. Everyone needs a healthy outlet for frustration, anger, and stress. While some are blessed with a talent for painting or writing, which is great for an outlet, not everyone can use these for an outlet. Not being able to handle negative feelings and stress can cause bad moods, and even health problems. Meditation is a very effective outlet for these feelings and dealing with stress.

Whatever problems come to us from beings or inanimate objects, if our mind gets used to perceiving only the suffering or the negative aspects of them, then even from a small negative incident great mental pain will ensue. For it is the nature of indulgence in any concept, whether suffering or happiness, that the experience penetrates the human beings. Negative experience gradually becomes stronger, a time will come when most of what appears before us will become the cause of bringing us unhappiness, and happiness will never have a chance to arise. If we do not realize that the fault lies with our own mind's way of gaining experience, and if we blame all our problems **on the external conditions alone**, then the ceaseless flame of habitual negative deeds such as hatred and suffering will increase in us.

"Each thought you get with the wink of an eye has to turn into a feeling, an emotion, and a desire. Then it becomes a neurosis, a psychosis. It's a continuous process of the intellect. The intellect lives by it. The intellect keeps on bombarding thoughts and thoughts and thoughts and thoughts and thoughts, and millions of thoughts go into the subconscious, and then the subconscious becomes loaded. Then it unloads itself in dreams, in fantasies, in nightmare, when it starts unloading into the unconscious, then you've had it."

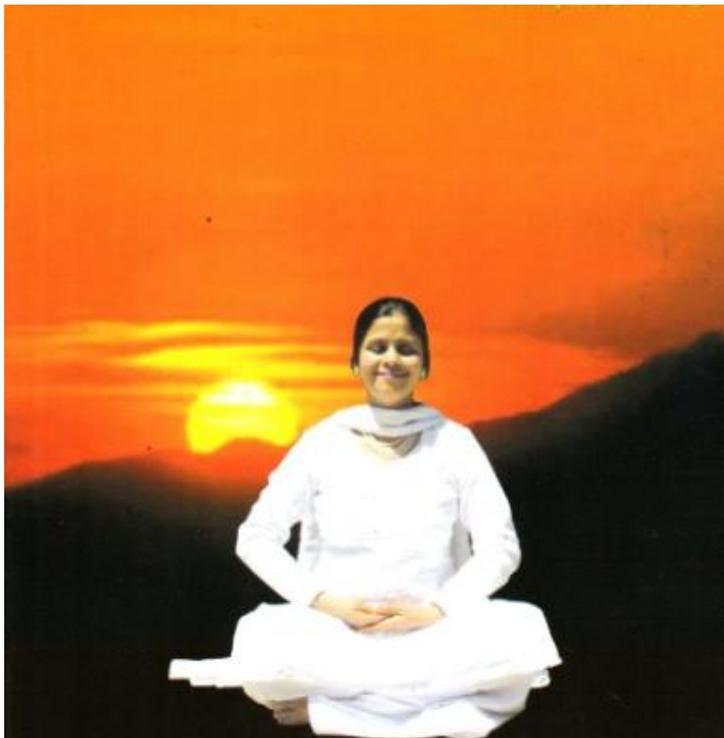
Smile Meditation can help anyone. It is a simple process to learn, and while it does take practice, it is something that anyone can develop. To best prove this statement, try this simple meditation. Close one's eyes. Breathe in with smile through the nose, and out through the mouth. Breathe deeply with smile. Concentrate only on smile breathing in through the nose and out through the mouth. Do this until there is only the breathing. This process will take most roughly five to ten minutes. This will help one become more focused. Smile Meditation is an important skill that everyone should master. Smile Meditation will allow one to keep their focus in the roughest of times, and can help one to achieve all of their goals. This process will be an improvement to one's mood and thought processes. Life will seem more inside one's control, because one will be in control of themselves and their reactions. When one's mind is clear, and feels calm, there is no limit to what one can achieve. *People who meditate daily are much happier, healthier and live longer than those who don't?*

"The whole purpose of Smile Meditation is to make you aware of your kingdom, to make you aware of your highest potential."

SMILE MEDITATION IS BLISS, BEAUTY, GRACE, LOVE

Picture yourself feeling peaceful, positive, loving and centered..... You will generate vibrant wonderful states of health and as stress melts away, so too will anger, fear, depression, anxiety, addictions, and a whole host of dysfunctional feelings and suppressed emotions.

PEACE BEGINS WITH SMILE-



Smile Meditation is the effortless way to meditate leading our body to quiver with pleasure as endless joy endorphins and anti-ageing hormones flow through our mind and body. Transform all sorts of sufferings to smile life. Help in successful achievements. Increase the ability to deal with situations with a calm and clear mind. Make you energetic with less need of sleep yet full of life and vitality. Protect you from anti smile factors. Enhance wisdom ability, creativity, intuition, concentration, work, wisdom and self realization. Guide you to your true life purpose and to achieve it. Create the environment for a smile world.

Smile Meditation if done on a regular basis, can do wonders for you. Here are some basic benefits which you will draw by regular Smile Meditation

1. It stabilizes the autonomous nervous system- During meditation; the brain's activity alters significantly, as mapped by a device called an electroencephalograph (EEG). The most well-known brain waves evident during many kinds of meditation are called alpha waves. These brain waves accompany relaxation of the entire nervous system. Gamma, delta and theta brain waves accompany other types of meditation and are associated with various altered states of consciousness. **Scientific studies show that the regular practice of meditation can be a powerful healing tool.**

2. **Smile Meditation increases concentration,** self-esteem, spontaneity, creativity, and depth of awareness leading to eternal smile. Studies also show that mediators have warmer interpersonal relationships, less anxiety, increased self-esteem and self-confidence, increased problem-solving ability and greater creativity. The individual spontaneously radiates a purifying and nourishing influence of positivity and harmony in society as a whole.

3. **It reduces the heart beat-** The studies show a decrease in heart rate during meditation.

4. **It reduces the speed of breathing-**The process of relaxation, stillness and body awareness automatically reduces the speed of your breathing, which, in turn, helps in meditation.

5. **Blood pressure drops drastically in High BP -**

There is strong evidence that meditation helps lower blood pressure in people who are normal or moderately hypertensive. This finding has been replicated by more than nineteen studies, some of which have shown systolic reductions among their subjects of 25 mmHg or more. Several studies, however, have shown that relief from high blood pressure diminishes or disappears entirely if meditation is discontinued, and few people with acute hypertension have experienced lower blood pressure in experiments of this kind.

6. **Cardiovascular effectively goes up-** Evidence that smile meditation helps relieve certain forms of cardiovascular disease generally conforms to assertions that yoga, tai chi, and other transformational disciplines promote health.

7. **The Galvanic Skin Response (GSR) increases-** During the practice of meditation, there is a strong increase in the electrical resistance of the skin (this is known as "Galvanic Skin Response", or GSR), due to decreased perspiration, which in turn results from a lessening of anxiety. The resistance increases in only a few minutes, beginning with a value of less than 100 kOhms and ending with a value in excess of 300 kOhms.

8. **The skin receives more blood-** Decreases in renal (kidney) and hepatic (liver) blood flow during meditation has been hypothesized as being due to increased muscle, skin, or brain blood-flow demands.

9. **Stress, the Culprit?---**The effects of stress on heart rate, blood pressure and oxygen consumption, immunity and brain activity are well documented. While short-term stress seems to boost immunity, prolonged increases in levels of cortisol can suppress your immune system and decrease the number of brain cells, impairing your memory. Stress can also increase your susceptibility to cardiac disease and stroke.

10 Evolutionarily, the **"fight or flight"** stress response was designed to protect us from any dangers that we were faced with. When activated, the fight or flight response causes a surge of adrenaline and



other stress hormones to pump through our body, and helps us either flee from the danger we face, or fight it. However, a cumulative buildup of stress hormones is harmful. This buildup of hormones is responsible for various hormonal disorders like depression and anxiety, and immune disorders like infection and allergies. Smile meditation has high potential in treatment of various forms of dependence; from tobacco, alcohol, drugs etc Smile Meditation has been shown to benefit by helping to bring down levels of the stress hormones – in a nutshell, that's how it works!

11. Smile Meditation is also a **scientific method of enhancing the capacity of the mind**. It fixes the mind on one's magnetic force, enhancing the ability to focus. This is the key to self realization.

12. More and more doctors are prescribing smile meditation as a way to lower blood pressure, improve exercise performance in people with angina, help people with asthma breathe easier, relieve insomnia and generally relax the everyday stresses of life. Meditation is a safe and simple way to balance a person's physical, emotional, and mental states. It is simple; but can benefit everybody.

13. Pain: There is a huge body of research work indicating that meditation can reduce chronic pain. One notable study conducted at the Texas Tech University found that meditation in conjunction with traditional medicine enhances the effectiveness of western medical treatment. In another study published in the Journal of Behavioural Medicine, patients suffering from backache, chronic migraine and tension headaches, were able to lessen or even stop their pain medication.

14. Anxiety and Depression: Since the early sixties, scientists have speculated that meditation improves mental functioning. Dr Benson reports that "meditation decreases oxygen consumption, heart rate, respiratory rate, and blood pressure, and increases the intensity of alpha, theta, and delta brain waves – the opposite of the physiological changes that occur during the stress response."

15. Infertility: An Italian team of researchers found that increased levels of stress are associated with infertility. Meditation, by stimulating the pituitary gland that is responsible for regulating female reproductive hormones, was able to help with infertility issues.

16. Inflammation: Meditation has also been shown to slow the heart rate by sending signals through the vagus nerve. Those very signals, researchers speculate, can also dampen the immune response, helping individuals ease symptoms of inflammatory diseases like arthritis, asthma and eczema.

17. Diabetes: Smile Meditation also aids in controlling blood sugar levels. Researchers at the University of Virginia have shown that following meditation, the reduced stress levels correlate with a decrease in blood glucose levels.

18. Hypertension: Besides its role as a stress buster, meditation also reduces blood pressure and contributes to the overall reduction in risk of cardiovascular disease. Meditation is not just a way for us to get in touch with ourselves and calm a busy mind. It appears that meditation, by improving our spiritual and mental health, is also responsible for our physical and genetic health.

19. SMILE MEDITATION LEADS TO AWAKENING OF THE SELF AND CONSTANT INNER SMILE –WE realize that this is WONDER WORLD

This world is a wonder world. The whole world is perfect harmony itself; therefore, this world is entirely full of wonders. As Existence Spirit, perfect itself creates whole this world; this world is perfect world and becomes a wonder world from the beginning.

We start living with the awareness. As a result every action every event becomes smile meditation "Watching your breath" is meditation, listening to the birds music is meditation and enjoying music with inner joy is meditation, chanting Mantras is meditation, feeling beauty deep inside of you is meditation, enjoying Nature's beauty is meditation. As long as these activities are free from any other distraction to the mind, it is effective smile meditation which gives smile bliss and joy to our senses.

20 Blessed state is achieved with realization of oneness with Supreme Force - Smile

meditation allows a person to comprehend that every living creature is initially a smiling creature. It leads a person to be aware of his original smiling nature and see smile in every object of this world, in every moment of time, in any situation.

Smile is the essence of Life. It is the greatest wonder of this world. It is the manifestation of the Existence Spirit to this real world. There was smile within (Supreme Force) Existence Spirit from the beginning of this world, so it could finally create fundamental forces (Triorigin) in order to create the entire wonderful and orderly world. This world is therefore a smile world and we all are wonder and smile together.

Smile is one of the most important and practical channels to achievement of harmony and perfection; life with a smile.

Smile meditation based on the comprehensive fundamental theory of Triorigin, allows the meditating person not only to improve his health and life quality but also to actively influence the present and future of his or her family, working team and society in general.

It leads to ultimate perfection state where Neutro consciousness exists, which includes Neutro mentality, Neutro spirit, Neutro emotions such as Neutro happiness, delightfulness and satisfaction, etc. If people accomplish their smiles and put them on the immortal smile state in order to attain oneness with the (SUPREME) Existence spirit it will be the perfect way to work together with the existence spirit for establishing the wonderful smile world smile society.

Meditation means expansion of our consciousness and awareness. Meditation takes its form in many ways, being aware of your breathing, -Sitting in the balcony and listening to rain falling, -Sitting outdoors listening to the birds, -in fact it can be anything that eases you, anything that does not distract your mind from the moment. - person can enjoy dance when he feels bliss state. To feel the bliss state in every action is our goal and Smile Meditation helps to achieve this goal.. After achieving Mind and Body bliss, a person experiences soul bliss and feels constant bliss state and smiles eternally

SMILES
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