



Mindful Tradition

Floating Smiles

JUST BREATH AND TRY SOME OF THESE.

- Begin by finding a comfortable place to lay, soften or close the eyes, and begin by breathing in and out of the nose mindfully. Turn your attention inward letting the room and everything else gently fade away.

- Imagine you are floating on a raft. This could be in a pool or a stream, where you would feel safest. If a thought comes to you while you are floating let it float away on the water like a leaf.

- As you breath in through your nose smile. Notice how your face changes. Do your cheeks move up? Do your lips open? Does your jaw relax? Do your eyes lift?

- Keep breathing and smiling. Can you feel the smile in your body?

- Continue relaxing on your raft until you can feel the smile in your heart.

- When you feel ready you can end the exercise and continue on your day carrying the smile in your heart with everything you do.

