

Inner Smile

Smiley Face

Journal



Colleen Fletcher

Smiley Face

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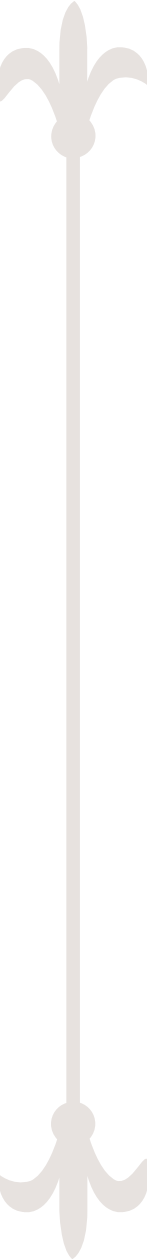
- Benefits
- Outline of what to do
- Anatomy
- Images to use
- Personal notes

Thank you for being with me on the journey.



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Benefits



We smile because we are happy. Happy with our thoughts, with our friends, and with who we are.
Have you ever had a thought and smiled, just because it made you happy?
What about when you see a member of your family, or a very good friend?
All of these reasons are why we smile.
Science is continuing to show how beneficial smiling is.
Smiling feels good.
Releases neuropeptides, endorphins, and serotonin.
It makes us feel good.

Positive Change

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How to Work with your Inner Smile?

1. Find your comfortable place to sit and chill and meditate.
2. Begin by taking a couple of deep breaths.
3. Find a comfortable spot for your tongue to rest on the roof of your mouth (normally at the intersection of your teeth and the roof of your mouth).
4. Smile. Noticing the corners of your mouth raise up.
5. Decide what your favorite emoji, smiley face, or pearl is. Feel free to find any smiling image that suits you. If you work with a personal 'quantum image' use that. The journal has images for you to help you along the way.
6. Bring your focus to your third eye area (the area between your eyebrows). Feel this area become comfortable (soft and warm with limited thoughts). Allow your body and brain to soften.

Change your world

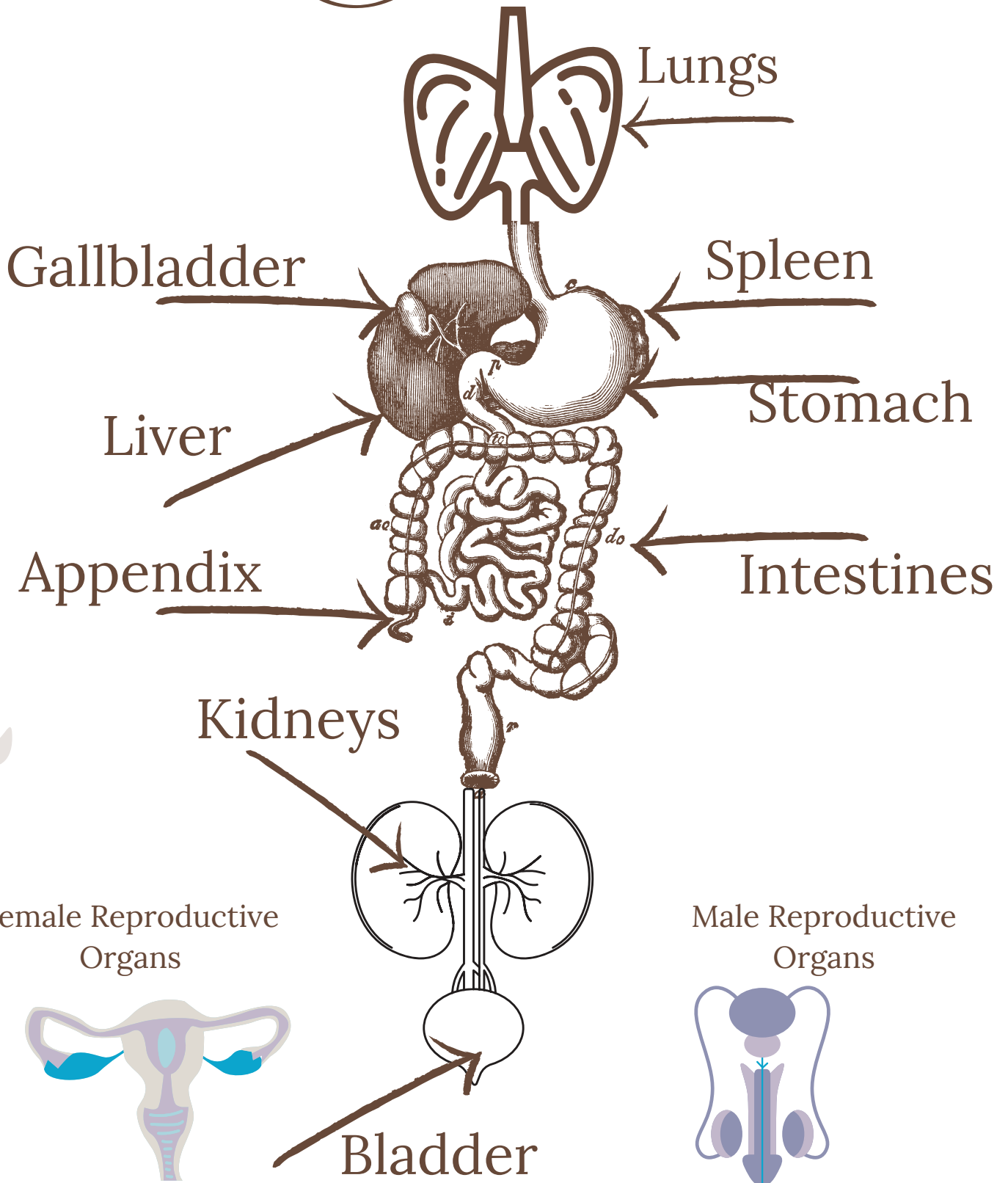
How to Work with your Inner Smile?

7. Within your Crystal Palace visualize (don't worry, I have a downloadable journal for helping with visualizations) your smile
8. Using that image, visualize it moving into each of your organs. Moving down from the center of your brain into each organ.
9. You may also bring this image and lovingness into your lower belly.
10. No matter which place you bring your inner smile, ensure it is filled with kindness.
11. Continue to 'smile' into each of your organs for a comfortable amount of time (5-20 minutes total).
12. Release the tip of your tongue from the roof of your mouth. Taking another couple of breaths.
13. Carry on with your day filled (internally and externally) with a loving smile.

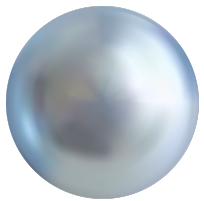
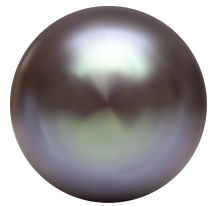
I added a section with some anatomy, nothing major yet helpful. It is there as a guide to help your visualizations.

*O*ness

Anatomy



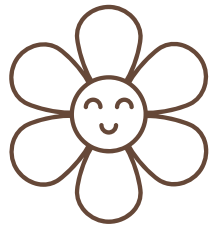
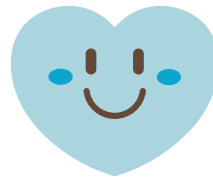
Images of Pearls



Love Life

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Images of Smiley Faces



Equilibrium

Images of Happy Emojis



Whole Health

Inner Smiles

Notes

A large rectangular area with a light beige background and a dark brown border, containing seven horizontal lines for writing notes.

Inner Smiles

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Notes

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Inner Smiles

Gratitude List

A large rectangular area with a light beige background and a dark brown border, containing seven horizontal lines for writing.

Inner Smiles

Colleen continues to work with her inner smiles.

She believes that women hold the keys to healing themselves, their families and the world.

She can be found at www.colleen-fletcher.com

