

Qi Gong Approach: Prosperity and the Inner Smile

One Action That Will Make You Feel Prosperous Right Now

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Prosperity is a puzzle. It's hard enough to know what it means, let alone how to create it. If we define it as being successful in business and relationships then

it seems as though there should be a lot more people feeling prosperous. But prosperity is more than just a level of success, it is a measure of how pleased we are with our level of success. We want to feel happy about what we have.

If you personally had everything you needed, would you feel prosperous? What we literally need is quite straightforward: food, shelter, clothes. All of our desires beyond these basic three things relate to our psychological and spiritual yearnings. If our basic needs have been met, we can no longer be satisfied with them. Our level of expectation rises, our desires become our new unmet needs and prosperity eludes us

What if you had everything you needed plus a bunch of things you wanted as well? Most people in the USA fall into this category and when compared to the living situations of most human beings in the rest of the world, we appear to be walking on streets paved with gold. When we watch the world news on TV or read the paper, we know we are a prosperous nation. Yet, does it seem the more we have, the more prosperity seems to be just one step ahead of us . . . the next job, the next relationship, the next car, the next house?

For many prosperity lies forever in a future time where all needs and desires have been met, a blissful state where we possess all things we have ever wanted. However, this is the fundamental flaw in this heavenly dream that makes it forever

unattainable. What we want is a moving target.

What we want constantly changes and often once we possess something we wanted, it becomes a burden that we now desperately need to unload. The new job is not what we expected and now we hate going to work, the new relationship is making us miserable, the new car isn't so new and next year's model is so much better and so on.

As long as our happiness depends on obtaining something in the future, it will continually slip through our fingers. Prosperity isn't a future event and doesn't constitute a particular level of achievement or acquisition. It is a perception. By focusing on the present, we can allow our appreciation for our success to grow. Prosperity must be taken out of the future and placed in the now where it belongs.

The following meditation introduced by Mantak Chia is very helpful for bringing a sense of prosperity into our physical being. Through creating a smiling energy and absorbing it into the body, each and every cell can shift its vibration to a state of happiness in the present moment, releasing tension and illness at the same time.

Inner Smile Meditation

This meditation utilizes a person's natural response to being smiled at. When a warm, open smile is given to us, we naturally smile back and this smile releases tension in our bodies. It is a kind of energy exchange that happens naturally every day. By utilizing this natural exchange, we can create profound healing in the body and spirit.

Sit comfortably with your hands on your lap, feet flat on the floor, knees at a 90-degree angle or you may lie down. Have the tip of your tongue touch the roof of your mouth, unless you have high blood pressure, then it should touch just below your bottom teeth on the inside of your mouth.

Focus your attention on the Dantian for a few moments to get centered.

The Dantian is an energy center located 1 2 A below your navel and centered inside your body. Then, imagine a smiling force of energy in front of you, radiating unconditional love toward you. It might be a face that you recognize or one you've never seen before, it could be the face of a beloved pet, a big ball of energy, or it could be a happy memory that makes you feel like smiling.

Picture this force of energy or face smiling at you. Feel that smiling energy soak into your body until you feel the natural response of smiling back rising up in you. Stay with this feeling until the smile irresistibly bubbles up within you.

Once you feel this powerful force welling up within you, direct this smile at any place inside your own body that you choose. Smile at this place until you see this place smile back.

You can smile at places systematically from the head down or at an organ or a joint or any place that you might have some problem or pain. Smile at this place until you see or sense some kind of change there.

You might see a smiling face reflecting back from where you are focusing or a color change there, a sense of warmth or tingling, or relaxation.

This smile you see or sense inside your body is your body's way of letting you know that you have just released tension or energy blockages in that area. Once you see a change of any kind in the place you are focusing on, you can move onto another place in your body.

When you are finished, return your attention to the Dantian to center yourself. Practicing this meditation will increase your ability to feel happiness and prosperity in a very real and physical way.

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