Journal for the 3-Step Book

Your guide,

your companion,

your supporter.

Introduction

In this journal, you will find many exercises to help you integrate and develop what you have been learning in the book:
The 3 Steps to Awareness *and Awakening.*

This journal will become your personal journal:
your personal thoughts and feelings,
your breakthroughs and “aha” moments.

It is your connection to the deepest and highest parts of yourself.

Through this journal and the actions you take, you will lead yourself back to your heart and to your most beautiful part:
your soul and your connection to All.

This journal, like the book, is a guide to yourself and All, and you are the main leader of it.

Don’t be afraid to add new practices to this journal.

You can even share them with us and with others who use it.

I don’t have all the knowledge and wisdom, but together we have much more to learn and give.

How to Use This Journal

As you wish, start with any practice you prefer, as each has its own effect.

For me, I practised them all together:
a bit of smiling,
a bit of looking at my thoughts and judgments,
and a bit of connection with my body.

The more you practise them, the more you will realise that they are connected.

Your own judgment can affect:
how you smile at others sometimes,
or how you relate to your own body.

So when you practise one of the steps, you will see the others emerging, and in the end, you may find yourself practising them all at once.

You don’t have to overwhelm yourself with it.

Start:
one at a time,
and step by step.

It is a deeply personal journey, and there is no right or wrong way to do it.

Only starting to walk the path is all you need:
one step at a time,
one foot in front of the other.

You will find in the first section all the exercises and explanations associated with the steps, along with charts and some space to write.

In the second section, you will find a repetition of all the exercises, charts, and extra writing spaces, with small reminders.

Be the Steps — Be Present

What's significant about the three steps is that the goal is to do them.

This is the goal you definitely must keep in mind.

Yes, the effects of practising these steps are more significant than you might imagine and are worth looking forward to.

At the same time, I must impress upon you the necessity of being present as you practise them.

It's in the present that the actual effect takes place.

With each new step on the road, you arrive at a destination.

You're aware of:
your footing,
and what's around you.

After enough steps, you'll be surprised at each new arrival because you'll be so focused on each moment, you won't be looking for an end goal.

Each present moment will be rewarding in itself.

For months, all I did was apply those three steps.

I wasn’t searching for anything.

My only goal was to do those actions, and after that, the results that followed were just a side effect.

It’s just what comes naturally.

But if you think:
“Oh, I have to do this so I’ll get that,”
When practising the three steps, you’ll block yourself from experiencing:
the true nature of those steps,
and their actual benefits.



Definition

ALL:
All that is here refers to all humans, all animals, all plants, and all that makes up the Earth, all consciousness, and also all that the universe we know and unknown is.

It also means all spiritual beings.

We are a part of all that is, and all that is is a part of us:
oneness in consciousness and energy.



Food for Thought

Twenty minutes a day equals 100 hours a year.

And three hours a day corresponds to one year of your life every eight years.

What do you do with your lifetime?

Activity	Time per day doing it? X365 days	Nourishing or draining me?	
Example: 20 minutes X365 = 121 hours			
Social media posting			
Watching TV			
Complaining			
Gossiping			
Scrolling mindlessly			

Worrying, overthinking			
Family time, connection			
Being present, meditation			
Creative activity			
Exercise, body care			
Meaningful conversation			
Social interaction, friends			
Playing with friends and family, in person			
Reading			
Learning, studying			
Working			

Sleeping			
Other activities			

Reflection

Why do I do it?

What could I replace it with?

Why?

Replace it with:

Why?

Replace it with:

Why?

Replace it with:

Why?

Could we integrate these practices learned in those three steps into our education system and teach children about these essential practices at school and at home from a young age?

Step One

Stop every judgment.

Objective

The goal of this practice is not to judge yourself for judging others or situations, but to become aware of the automatic reactions and patterns within yourself.

Meditating to become the observer of our thoughts

You can practice BOX BREATHING before meditation to help you relax and be more focused.

Box Breathing for calm and alertness

Find a Comfortable Position:

Sit in a relaxed position with your back straight, feet flat on the floor, and hands resting on your lap or knees. Close your eyes or soften your gaze.

Exhale Completely:

Breathe out gently through your mouth, releasing your tension.

Begin the Breathing Cycle:

Inhale: Breathe in slowly through your nose for a count of four. Focus on the cool sensation of the air entering your nostrils.

Hold:

Hold your breath for a count of four. Feel the stillness in your body.

Exhale: Breathe out gently through your mouth for a count of four as if you’re exhaling all of the tension out your body.

Hold:

Pause and hold your breath again for a count of four. Feel the calm in the quiet moment.

Repeat:

Repeat this cycle 4-6 times, or as long as it feels comfortable. With each breath, imagine your body becoming more relaxed and your mind more focused.

(You can use this technique to calm down after a stressful event or panic attack.)

When you feel ready, gently allow your breath to return to its natural rhythm and begin the meditation practice.

In your mind's eye, see yourself floating in the sky, feeling the wind in your hair and the warm touch of the sun on your skin. As you float there, feel your body become light and your mind peaceful. Notice some big grey clouds under you.

As you observe the clouds, you realise that they're not ordinary clouds, they are your thoughts. From those clouds, many hands are reaching out towards you, but they can't touch you. They represent the pull your thoughts exercise on you.

You feel your empty mind and your peaceful consciousness as you observe these thoughts from afar.

As long as you observe these clouds of thoughts without interacting with or thinking about them, you stay in the state of an observer with a quiet and calm mind. Once you start thinking about and interacting with those clouds, you can see those hands coming close to grab you.

When this happens, you gently but firmly take back your place as an observer, out of reach of those thoughts and focused on observing them with equanimity.

Stay in that observer state for as long as you can or want to. Feel how it is to be in that state, how your mind and body feel. Then, come back to feeling your body and being alert.

Then, whenever you need to, you can return to that state just by remembering the mental image of your thought clouds and your sensations in that moment.

Practice this meditation often. In the morning and evening, when you wake up, before sleep, and anytime between. Come back to that place and observe your thoughts and the peaceful mind that being an observer can give you.

We are not what we think. We become the product of it.

Do you notice your mind is quieter and your head is lighter now? Can you sense who you are as an observer and the distance between you and your clouds of thought?

Again, be gentle with yourself. If this meditation is difficult to follow, you can also use your imagination to picture the distance between your thoughts and yourself in your own way. Be creative.

Recap:

1. Sit straight and comfortably.
2. BOX BREATHING
3. Imagine floating in the sky and feeling the wind and warm sun.
4. Notice the grey clouds—your thoughts.
5. Observe with equanimity. Don’t interact with the clouds.
6. Feel how it is to be the observer in your mind and body.
7. If you find yourself moving into the clouds of thought, gently but firmly return to being an observer.
8. When you finish meditating, feel your body and observe your mind. Notice any changes, and write them down on paper.
9. Practice this meditation often.
10. When you feel the need, take a few seconds to remember the distance between the cloud and you and the feeling of being an observer.

Meditation to empty our mind of unwanted thoughts.

Now, I want to give you a meditation exercise to kickstart this process in your mind.

I didn’t have this tool when I started, so it’s great you have the extra help now.

Simply close your eyes and take a couple of deep breaths.

Relax, feel your head, and imagine you have a big box inside it. You can imagine whatever size or shape you’d like. The words “judgmental thoughts” are written on it.

Then, imagine this box filling up with all of your judgmental thoughts. You don’t have to know the details about them. You can imagine the thoughts are little rocks or other small objects

Next, imagine yourself going to the box and taking out the judgments. Whatever you see them as—stones, little black clouds, or something else—you can see the word “judgment” written on each one you take out.

I want you to empty that box and throw away everything you take out. Imagine your judgments disappearing into the void, going to the light. Imagine yourself throwing them in the trash, and the garbage truck taking them away. Let your imagination guide you.

Empty your box more and more. Imagine the box becoming emptier and emptier, lighter and lighter. Feel your head become lighter and lighter as calm and silence fill it.

You can also do this exercise with your heart. Your heart will also help you calm your thoughts and become more aware. Here, we focus simply on our judgments.

> Just as you imagined the box in your head, you can also imagine the judgment box in your heart. Imagine the box in your heart, and then imagine yourself starting to empty the box of judgments.
>
> These are more emotional judgments, related to deeper parts of you. Empty the box as much as you can. Take every judgment in whatever form you imagine it to be in and release it. Throw it away into the void and the light to be recycled. Or, follow your imagination to decide how to release them. Do this until your heart feels empty, calm, and relaxed.

You can do this at your own pace for as long as you want. If you feel like it, you can do this once a day, once a week, or ten times a day in the beginning.

You can also use this simple technique every time you catch a judgmental thought.

When you finish, think positively and collect some compliments.

Imagine the box in your head or heart and picture little stickers that read “compliment, compliment, compliment,” “positive compliment,” or “positive affirmation.” You can imagine whatever positive thoughts you want to. (*I am pretty, kind, and intelligent. I am relaxed. I think with calm and ease.* And so on.)

These should be affirmations and compliments about you, other people, and situations you’ve judged.

You can use this affirmation to put in your box:

> *I am so happy and grateful to see people and situations around me as an observer and to see the positive potential in everyone and every situation.*

Be careful what you put in your head and heart; it’s your responsibility.

Taking responsibility for what you put in your head and heart can be challenging. At the same time, that responsibility is the greatest gift you can give yourself. What you put in your head and heart is what you will experience, whether good or bad.

Do not blame external factors like a person or situation for your thoughts. It is not the event or the person that makes us have a specific experience, idea, or emotion; it's how we choose to respond to it.

The more you improve at catching and eliminating judgments and becoming more aware of your patterns and behaviour, the more you'll see the positivity you can create in yourself, despite the negative influence of the people or situations around you.

You will become the calm centre of the cyclone.

Do this, and see how you feel. If you can feel lighter, happier, and more positive, then it's worth it. It takes time. It's a process. It might take you weeks or months to get rid of a big chunk of your negative judgments and begin to see the results of the practice.

Focus training

External Focus

Find a place to sit. Close your phone or put it on silent with no vibration.

Find a point or make a small dot on the wall at least a meter away. Then, look at it for as long as you can.

Focus on it, and every time you have a thought and lose focus, observe the thought like a cloud that passes by in the sky without interacting with it. You are an observer. Then, return to focusing on the dot on the wall. Stay positive about yourself and your attempts. If you have managed to focus on the dot for two seconds without thinking, you can call it a success.

Practice a minute at a time in the beginning and more as you progress. Stay calm and relaxed about the process and the time it takes to get better at it. Frustration is not part of this exercise.

Internal Focus

Place yourself in a relaxed and alert position with a straight back.

This exercise uses the same principle as the previous one. Our focus point is the feeling of the air that moves in and out of our nostrils.

Focus on the feeling of the air moving in and out of your nostrils, whether it's warm, cold, soft, etc. Of course, how it feels is not necessarily important—staying focused is!

When a thought comes, observe it without thinking about it, like you're watching a cloud in the sky. Then resume focusing on the air moving in and out of your nose.

This technique can also be used if you feel a bit stressed or overwhelmed and need to refocus.

Recap:

1. Sit with a straight back.
2. Focus on the dot or the air coming in and out your nostrils.
3. When a thought comes, observe it with no judgment or internal discussion.
4. When you realise you're lost in your thoughts, simply start focusing again.
5. Do it often.
6. Be kind to yourself. It's the repetition of the practice that makes it easier with time.

Keep track of how many times you judge by making a simple cross in your judgment tracking chart below.

This allows you to first become aware of how much we naturally tend to judge, and then observe your progress as you become less judgmental.

Day	Tracking
Monday	
Tuesday	
Wednesday	

Thursday	
Friday	
Saturday	
Sunday	

Reflection:

What patterns do I begin to notice?

1. Judgment Awareness Tracker

Answer these questions simply in the chart.

You can then develop your ideas and reflections further and in more detail underneath the chart.

Reflection Questions	**Notes**
Situation	

Did I React Internally or Externally?

Could This Reflect Something in Me?

Deeper Reflection

2. Gossip Awareness Tracker

Situation:

What was said?

Why did I participate?

How did I feel afterwards?

Did it create a connection or negativity?

Could I have responded differently?

How?

How Do We Recognise and Transmute an Inherited Belief?

Find a subject you tend to have a strong belief about.

Ask yourself why you think that way and where you learned to think about this specific point.

Look back at:
your parents,
school,
culture,
or religious leaders.

See if they speak that way and feel that way.

Did you learn it from them?

Once you have used the chart and identified your inner beliefs, you can, if desired, start thinking about or informing yourself about the subject of your belief to form a truly personal idea and belief.

Belief Awareness & Transformation Chart

After point 7 in the chart, you will find a more detailed chart and writing space.

1. Recognising the Belief

Guiding Idea

A belief often shows up through:
specific thoughts and ideas,
emotions,

reactions,
or repeated patterns.

You can become aware of different aspects of yourself by asking the following questions:

What am I feeling right now?

What triggered this reaction?

What thought is repeating in my mind?

How does my physical body feel?
(warm, cold, heart rate, breath…)



Key Markers of a Belief or Opinion

Strong emotional reaction

Automatic thought

Repeating life pattern



2. Identifying the Belief

Bring it into a clear sentence.

Examples

“I am not good enough”

“People will judge me”

“I must stay small to be accepted”

“I believe that money doesn’t grow on trees”

“I am right”

“I think this group of people is not good”

“He doesn’t look smart”

“Those people are better than these”



This step is powerful.

It brings unconscious judgment into conscious awareness.



3. Exploring the Origin

Where does it come from?

Childhood experience

Cultural/family conditioning

Past emotional event

Protective mechanism

To bring compassion rather than judgment to your own beliefs, you can ask questions like these:

“Was this belief created to protect me at some point?”

“Do I really want to believe this?”

4. Questioning the Belief

This step opens the door to change.

Is it absolutely true?

Guiding Questions

Is this always true?

Can I find examples where this is NOT true?

Is this belief helping me or limiting me?

Does this belief have a specific place in time and location, or does it exist everywhere at every time in history?

5. Feeling & Releasing

Where do I feel this belief in my body?

Can I stay with the sensation without resisting?

Tools You Can Use to Be Present with the Belief and Release It if Needed.

Breathing

Awareness

Allowing emotion

Equanimity
(not judging it)

6. Choosing a New Belief

Not forcing:
choosing consciously to change a belief that became obsolete for you.

Examples

“I am allowed to express myself”

“My light is safe to share”

“I am enough as I am”

“I am not always right”

“I am open to others' ideas”

“I am abundant in all resources”

“Not everyone is obliged to align with my ideas”

7. Integrating the New Belief

Make it real through:

Repetition
(affirmations)

Action
(small aligned steps)

Embodiment
(feeling it in the body)

Combine the three for maximum effectiveness.

Tools

Mirror work
(speaking out loud to yourself in front of the mirror)

Visualisation

Daily practice

1. Recognising the Belief

What am I feeling right now?

What triggered this reaction?

What thought is repeating in my mind?

How does my physical body feel?
(warm, cold, heart rate, breath…)

2. Identifying the Belief

Write it in a clear and concise way.

Don’t judge yourself for it; just bring it to light and be honest.

“The truth should set you free.”

a.

---

b.

---

c.

---

d.

---

3. Exploring the Origin

Question	YES	NO
Childhood experience		
Cultural/religious/family conditioning		
Past emotional event		

Protective mechanism		

Describe

Childhood experience:

Cultural/religious/family conditioning:

Past emotional event:

Protective mechanism:

4. Questioning the Belief

This step opens the door to change.

Is it absolutely true?

If you feel the need to develop your answer, write down your findings and developing ideas in addition to choosing yes or no.

Question	Option
Is this always true?	YES / NO
Can I find examples where this is NOT true?	YES / NO
Is this belief helping me or limiting me?	HELPING / LIMITING

How does this belief limit or help me?

Does this belief have a specific place in time and location, or does it exist everywhere at every time in history?

PARTICULAR PLACE AND TIME / EXISTS EVERYWHERE EVERY TIME

5. Feeling & Releasing

Where do I feel this belief in my body?

Relax for a moment.

Sit up straight, close your eyes, and ask yourself:

Where in my body is this belief or judgment sitting right now?

Don’t intellectualise it.

Just feel your body and acknowledge any place that shows some sensation.

The belief or judgment sits in my:

(e.g., liver)

Can I stay with the sensation without resisting?

YES / NO

WHY?

How to Release the Presence of an Unwanted Judgment or Belief from Your Body

(This is not about changing the belief, but about releasing the energetic impact on your BEMF.)

As you sit and feel the place where the unwanted belief or judgment is located, focus on this place from an observer’s position.

Don’t add judgment or thoughts to it.

Simply observe the sensation, feel it, and gently ask that this judgment or belief leave your body.

Continue to observe and notice any changes in sensation and/or feeling in that specific place.

You can support the process by gently placing your hands on the area and softly breathing into it, allowing any feelings or sensations to arise and pass.

Once you feel ready and done, thank your body.

Make a list of the judgments you notice having, and work with them one at a time.

There is no rush to eliminate them all from your body at once.

Do it in a natural way.

Listen to your body and intuition.



6. Choosing a New Belief

“I can never express my opinion”

TO

“I am allowed to express myself”



“I am afraid to be fully me and scare others.”

TO

“My light is safe to share”



“I am not good enough”

TO

“I am enough as I am”



“I am always right”

TO

“I am not always right”



“I think I know better and don’t trust other ideas”

TO

“I am open to others' ideas”



“I always struggle to make ends meet”

TO

“I am abundant in all resources”



“I must convince others to follow my advice and ideas”

TO

“Not everyone is obliged to align with my ideas”

How to Integrate and Embody a New Chosen Belief

7. Integrating the New Belief

Make it real through:

Repetition

(affirmations, spoken and written)

EX:
“I am open to others' ideas. I listen and reflect on ideas coming from sources other than mine.”

Action

(small aligned steps)

EX:
Before sharing my own ideas, I listen and ask questions about other people’s ideas.

Embodiment

(feeling it in the body)

As you speak your affirmation and the description of your new belief aloud, preferably in front of a mirror, scan and observe your body.

Feel where this new belief starts to anchor itself within you.

Combine the three for maximum effectiveness.

Add consistency.

Tools

Mirror work
(speaking out loud to yourself in front of the mirror)

Small aligned actions

Visualisation and sensing in the body

Daily practice

Weekly Reflection

Below is a weekly tracker you can use as a visual reminder of your progress.

This is not about being better or good.

It is about staying more aware and present with yourself, your beliefs, and your judgment.

What pattern did I notice this week?

What emotion returned most often?

What helped me reconnect to myself?

Did my relationship to this belief begin to change?

What little progress can I acknowledge?

Monitor your level of presence with yourself and in what you engage in.

Notice how, day by day, you become more present with repeated practice of the step and exercise.

Day	Presence Level
Monday	○ Difficult / ○ Moderate / ○ Deep presence
Tuesday	○ Difficult / ○ Moderate / ○ Deep presence
Wednesday	○ Difficult / ○ Moderate / ○ Deep presence
Thursday	○ Difficult / ○ Moderate / ○ Deep presence
Friday	○ Difficult / ○ Moderate / ○ Deep presence

Saturday	○ Difficult / ○ Moderate / ○ Deep presence
Sunday	○ Difficult / ○ Moderate / ○ Deep presence

Do this meditation in the morning and/or evening.

Remind yourself of all the good things you have, even if it’s something small, like the air in your lungs right now.

Morning GRATITUDE Meditation Guided | Best 12 Minutes



Journal Step 2

Reconnect with your body

and mirror work

Vipassana Practice

Vipassana is a meditation practice based on:
awareness,
observation,
and equanimity.

One of its central techniques is to slowly scan the body with attention, observing sensations without reacting to them immediately.

This practice helps develop:
concentration,
self-awareness,

emotional balance,
and a deeper connection between the mind and the body.

The practitioner learns to observe sensations as they arise throughout the body:

warmth,
tingling,
pressure,
tension,
pulsing,
discomfort,
relaxation,
or more subtle sensations.

Rather than trying to change or control these sensations, the goal is to simply observe them with presence and neutrality.

This develops the ability to remain aware without immediately reacting through:
resistance,
judgment,
craving,
or avoidance.

A key principle of the practice is equanimity:
maintaining a calm and balanced state of mind toward both pleasant and unpleasant sensations.

Through regular observation, one gradually becomes more aware of habitual mental and emotional reactions and learns to create more space between observation and reaction.

This practice can also strengthen:

focus,
patience,
body awareness,

emotional regulation,
and subtle perception.

Over time, scanning the body in this way can help develop a deeper sense of presence and a more refined awareness of the connection between:
physical sensations,
emotions,
and mental states.

Simple Body Scanning Practice

1. Sit Comfortably

Sit in a calm place with a relaxed but upright posture.

2. Bring Awareness to the Breath

Take a few moments to observe the natural movement of your breathing and let your mind settle.

Focus on the air coming in and out of your nostrils.

Focus on that small area for one-third of the time you plan to do this exercise.

For example:
If you plan to practise for 30 minutes, begin with 10 minutes of focusing on one nostril.

This trains your mind to focus on one thing at a time, which is important for the rest of the technique.

3. Begin Scanning the Body

Slowly move your attention through the body, part by part.

You may begin at the top of the head and gradually move downward toward the feet, or move in the opposite direction.

Observe whatever sensations are present without forcing anything to happen.

4. Observe Without Judgment

As sensations arise, simply notice them:

pleasant,
unpleasant,
intense,
subtle,
or neutral.

Practice remaining present without immediately reacting or becoming attached to the experience.



5. Maintain Equanimity

If discomfort, restlessness, or strong sensations appear, gently return to observation and breathing.

The practice is not about achieving a specific sensation, but about developing awareness and balance.

Be equanimous.

Be non-reactive.

Be an observer.



6. Practice Regularly

Consistency is more important than intensity.

With patience and regular practice, awareness and sensitivity naturally develop over time.

“The practice is not about forcing sensations or searching for extraordinary experiences.

It is about learning to observe yourself with greater awareness, presence, and equanimity.”

Mirror Work

Speaking Out Loud to Yourself

Don’t be afraid to express out loud what you need and desire to say while observing and connecting with your external body parts.

In fact, speaking aloud while doing mirror work is essential.

It engages different parts of the brain, shifts you into an active mode, and stimulates emotions.

Additionally, the vibration of your own words (sound waves) affects your entire body.

Your thoughts, words, and actions toward yourself are like the food you eat.

They can be:
toxic and depleting,
or nourishing, strengthening, and expanding for your mind and consciousness.

As you connect visually with your reflection, I invite you to engage physically as well.

Touch the part you focus on and give yourself love, affection, and support.

Hug yourself.

These actions are powerful.



You can try it now:

Close your eyes.

Put your arms around yourself.

Give your body, heart, and soul the biggest hug you've ever given.

Say out loud:

"I LOVE YOU, MY BODY."

"I LOVE YOU, MY HEART."

"I LOVE YOU, MY SOUL."

"I LOVE YOU, (YOUR NAME)."

Stay in this self-embracing state for as long as you need and repeat it often.

When done consistently, this simple practice creates profound shifts in self-perception and emotional well-being.

If this feels too far from what you feel right now, start with affirmations that acknowledge your journey:

“I am learning to accept and love my body.”

“I am beginning to see and love my heart.”

“I am learning to feel and love my soul.”

“I am moving forward in accepting and loving myself.”

These statements bridge the gap between where you are now and where you wish to be.

They allow you to be honest with yourself while gently guiding yourself toward self-acceptance.

You are invited to create your own affirmations based on your needs and desires.

Again:
Be creative.

Remember that you are reconnecting with your body and its different parts, as well as with yourself as a person.

Do it playfully, with care and love.

Affirmation Reflection

During this practice, maintain constant awareness of how your affirmations make you feel at all levels.

Notice:

Do they raise your heart rate?

Do they bring up emotions?

YES / NO

Is it easy or difficult to say this affirmation?

EASY / DIFFICULT

Which emotions arise with which affirmation?

Do they make memories surface?

How are those emotions or memories related to my affirmation?

Do they support them or hinder them?

SUPPORT / HINDER

Observe these reactions without judgment.

Your body and subconscious mind are communicating with you.

This process will help you uncover hidden programming and patterns, allowing you to understand yourself more deeply.

The 5 Senses Connection

For Those with Sensory Impairment

If one or more of your senses is reduced or absent, I invite you to connect with that part of yourself as much as possible.

Recognise its presence and importance.

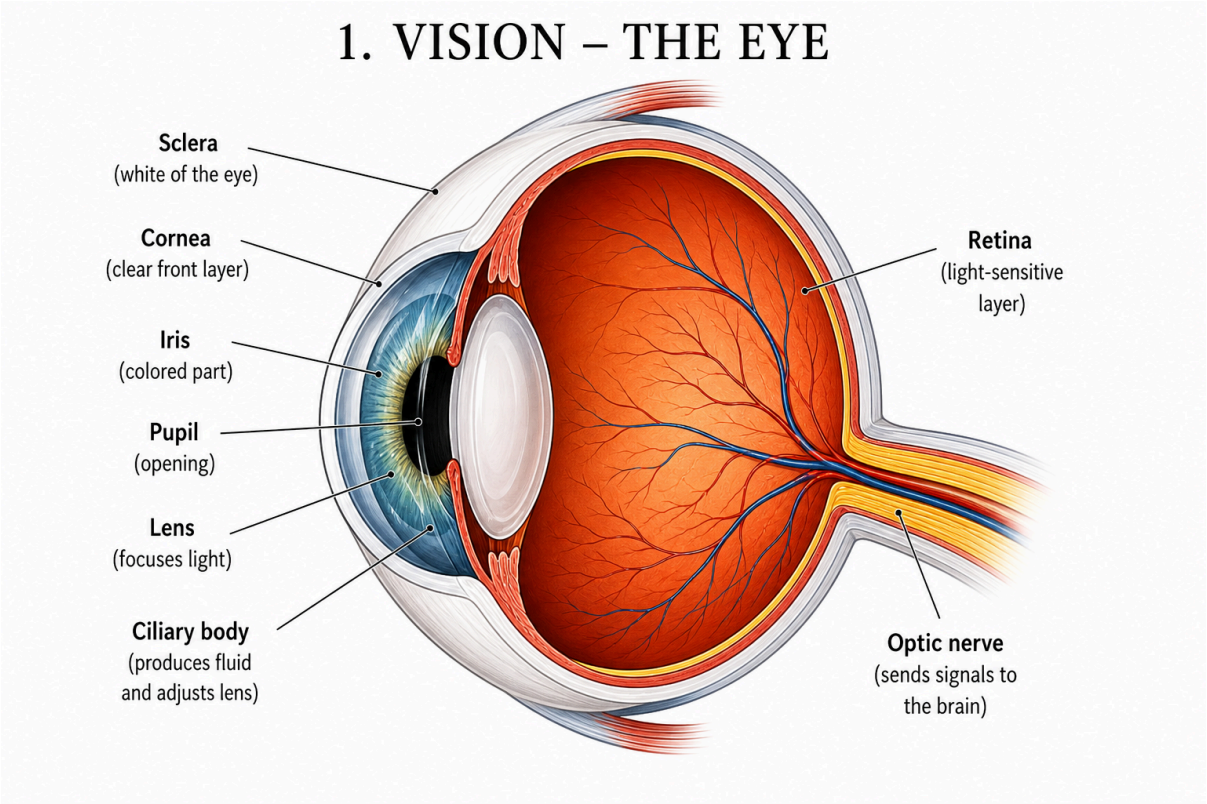
Every part of your body belongs to the whole of you.

Rejecting one part of yourself can create deeper separation within.

As explained in the book on which this journal is based:

To detect new information through the five senses, the brain gradually begins to ignore inputs that are constantly present in our environment, such as:
the smell of your room,
the faint ticking of the clock on the wall,
or the humming of the air conditioner.

When choosing a place to connect with your senses, keep this in mind.



How Do We Connect with Our Sight and Become More Aware?

First, reduce the impact of the other senses.

Find a place that is:
quiet,
comfortable,
and as free from strong smells as possible.

Make sure you are neither too warm nor too cold.

If necessary, use earplugs to reduce surrounding noise.

Then focus on what you see around you:

what is close,
what is far,
and the things in your daily life that you usually overlook.

If you are in nature, take the time to discover details you normally would not notice.

As you observe, describe out loud what you see to bring it more fully into your conscious awareness.

Feel how you connect with this practice and notice any sensations or emotions that may arise.

Just observe.

Don’t judge.

Step one remains present in everything you do, just as the other steps do as well.

After about 10 minutes, close your eyes and focus on how they feel physically.

Observe:
sensations,
tension,
pain,
ease,
or comfort.

Feel their place within their sockets and within your head.

Talk to your eyes, as they are close to you.

Tell them how grateful you are for all the wonders they allow you to see and experience.

Be creative.

Tell them:
how much you love their colour and shape,
how amazing you think they are,
how beautifully they function,
and how happy you are to have them.

Tell them that you want to recognise them and care for them in the best way possible.

You can say any positive thing you desire.

You are the one building a new and beautiful relationship with your eyes.

When you stand in front of the mirror, you will connect and communicate with them.

Observe them in the mirror and continue speaking to them with appreciation, recognising their service and offering them love and acceptance for who and what they are.

If you feel you have hurt your eyes, whether intentionally or unintentionally, you can talk to them and ask for forgiveness.

You can use the four steps of Ho'oponopono:

I AM SORRY.

PLEASE FORGIVE ME.

THANK YOU.

I LOVE YOU.

Or, as I like to say:

I SEE YOU.

You can use this technique for all your senses and for any body part you feel you may have hurt.

Again, step one is reducing any judgment you may have toward your eyes.

This is essential for connecting with them and building a positive relationship.

Be kind and curious throughout the process.



How Do We Connect with Our Ears?

Finding a place in nature for this exercise is ideal.

If that's not possible, find the quietest and most peaceful place you can while still allowing some sound to be present.

Place a blindfold over your eyes and make sure you are comfortable.

Focus on what you hear.

Then try to recognise each sound individually.

Pay attention to the different layers of sound:

the wind,
the birds,
the creaking of branches.

If you are indoors, it may be:

the clock on the wall,
the sound of the washing machine,
or even the sound of your heartbeat in your ears.

Become aware of the different sounds and silently name them in your mind.

Bring them into your conscious awareness.

After at least ten minutes, begin bringing attention to your physical ears:

the parts you can see,
and the inner parts you cannot.

Use the diagram to help you visualise the inner structures.

At this point, you can begin speaking to your ears and, as with your eyes, express your gratitude and wonder toward them.

Thank them for:

the beautiful sounds they allow you to hear,
the words of love you receive,
the sounds of nature,
and beautiful melodies.

Add your own sounds and experiences to this reflection.

With all of your attention, gently touch your ears and discover their form as if for the first time.

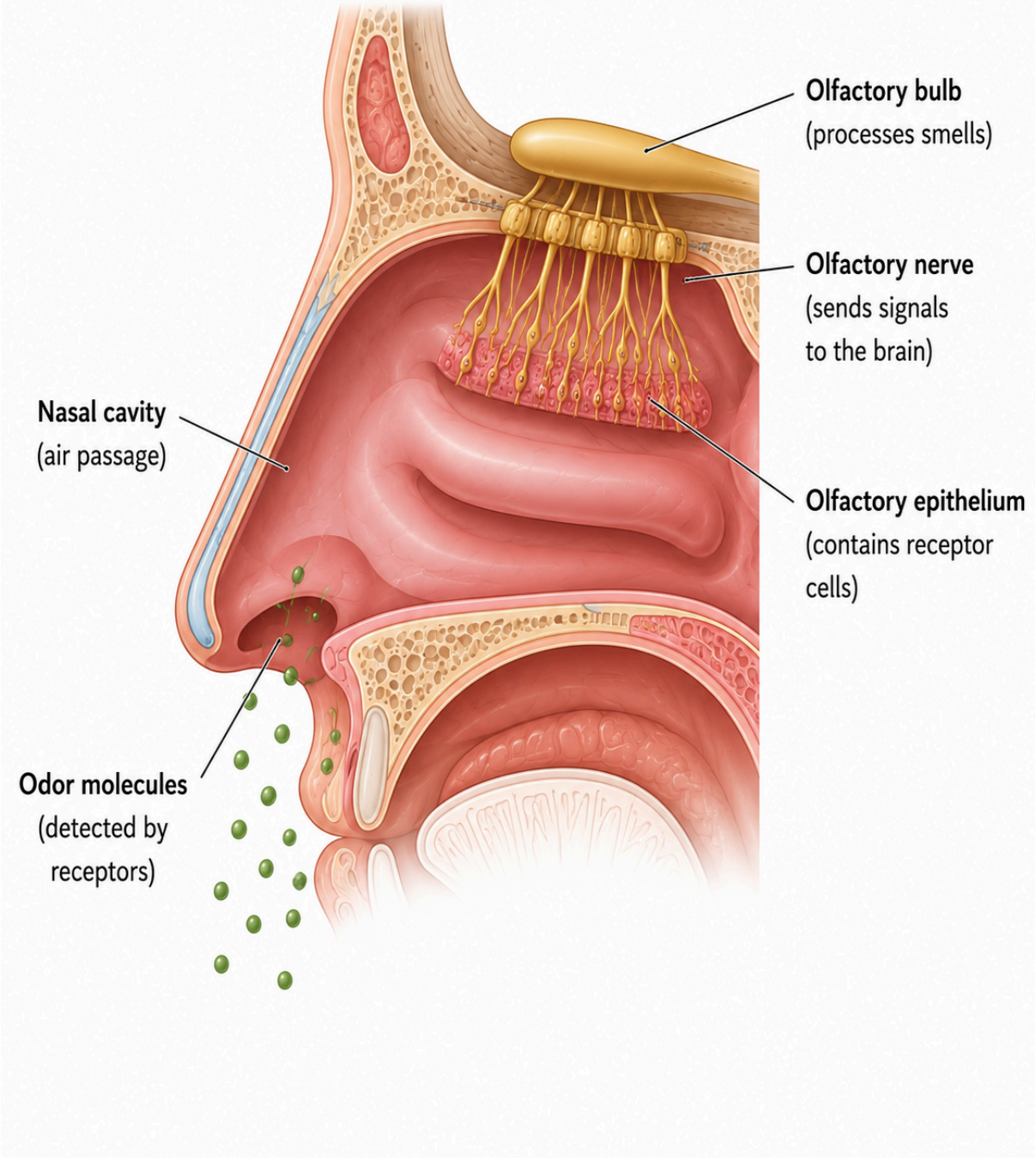
In the mirror, observe:

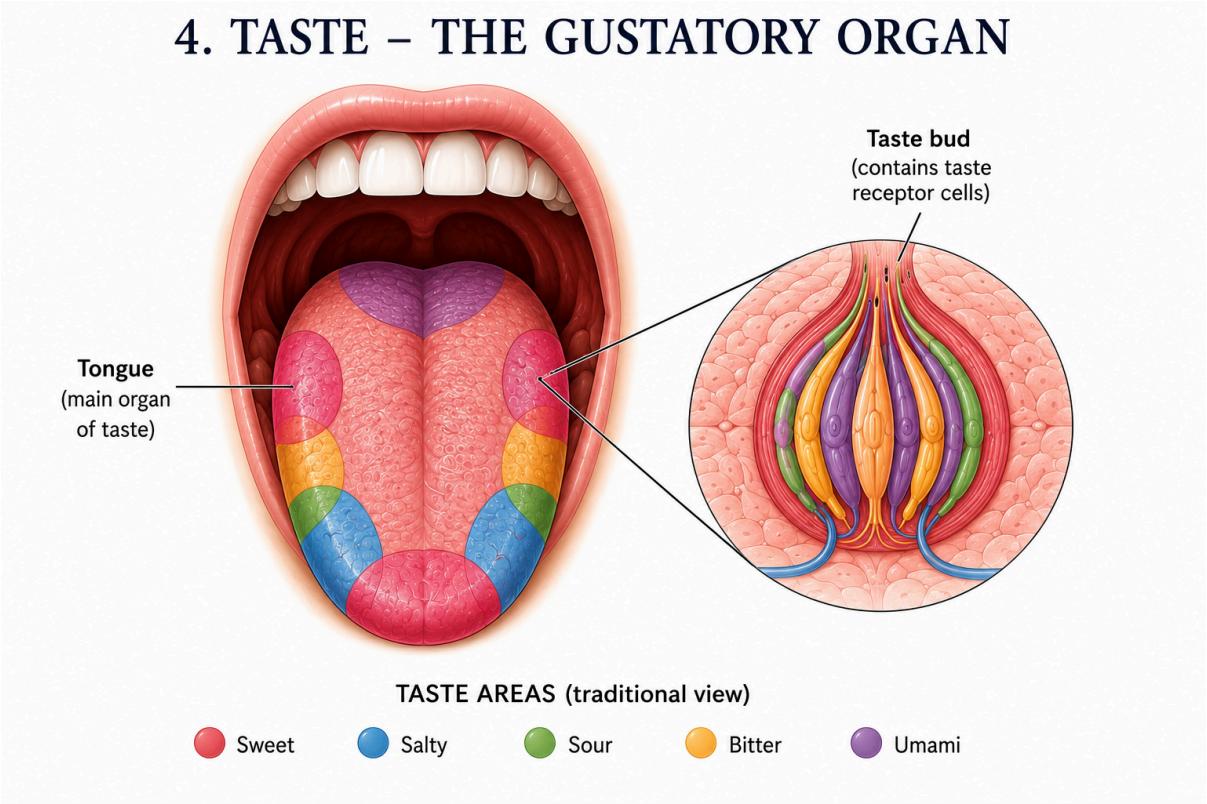
their geometry,
their curves,
and their edges.

Express your desire to take care of them as well as possible.

As you did for your eyes, if you feel you have neglected or hurt your ears, you can use the Ho’oponopono method to rebuild a new and beautiful relationship with them.

3. SMELL – THE OLFACTORY ORGAN





How Do We Develop Our Sense of Taste and Smell?

You can be very playful with this exercise and even do it with a friend.

For the sense of smell, begin by closing your eyes and putting in earplugs.

Smell your environment.

Bring your hands close to your nose and smell them, as well as the skin of your arms.

Whether you are in nature or in a city, focus on the different smells as an observer and see if you can distinguish between them.

Be aware of whether they awaken any response in you:

a sensation,
a memory,
an emotion,
or any other reaction.

Don’t interact with them.

Simply observe them and remember step one.

You can do the same exercise with:
fruits,
foods,
plants,
or different objects.

Follow the same process:

smell the food or item,
recognise what it is if you can,
and observe what it awakens in you physically, mentally, or emotionally.

Again:
without judgment.

Once you have explored smell, begin tasting food consciously.

Take your time while eating.

Allow the food to touch different parts of your mouth:

the front,
the back,
and the area under your tongue.

Experiment and play with the experience.

Observe how the taste changes or intensifies in different areas.

Again, observe the taste and the information it gives you.

As with smell, observe any reaction that may arise:
emotional,
mental,
or physical,
with equanimity and without judgment.

Reflection Questions

Which smell seems stronger or more pleasant to me?

Which area of my nose do I feel the most when I breathe?

Can I breathe through my nose when I am awake and while I sleep?

YES / NO



At this point, you can improve your nose breathing by focusing on it and deliberately breathing through your nose while awake.

You may also use mouth tape at night after consulting your doctor.

In the breathing section, you will discover the science behind nose breathing.



Does a specific smell awaken emotions or memories?

Describe your experience.

Exercise: Eating in Consciousness

Preparation

I will use an orange for this example, but you can do this with any food you desire.

Sit comfortably at a table or wherever you feel relaxed.

Peel the orange slowly.

Eat one piece and set the rest aside.

Observe:

the smell,
the taste,
the colour,
the texture,
and everything there is to notice.

Take your time.

Visualisation Practice

Now, close your eyes.

Imagine an orange seed resting in the beautiful dark earth.

The seed is covered in darkness, and slowly, a sprout emerges from it.

The sprout rises toward the surface with force and determination.

As it reaches the light, it begins to feel:

the warmth of the sun,
the rain,
and the wind.

The little tree grows patiently over time.

Its flowers feed the bees, and eventually, a small orange begins to grow.

The orange drinks water and absorbs the sunlight.

Now it is ripe.

A worker comes to pick it.

By working in the orchard, she can support her family and bring food home.

The orange travels:

from the orchard,
to a truck,
then to a plane,
and finally, to your country.

It arrives at your supermarket, where you choose it and bring it home.

At this point, the orange has already touched many lives.

Conscious Eating

Now eat another piece of the orange.

Observe carefully.

Does it taste different from the first piece?

Do you feel differently about it?

Simply observe your experience.

You can now begin doing this with many kinds of food.

Reflect on:

where the food comes from,
the people involved,
the life behind it,
and the energy and care invested throughout the process.

Reflection Questions

Did the second piece taste different from the first one?

Did the visualisation change the way I felt about the food?

What emotions or thoughts arose during the exercise?

Did I feel more connected to the food and its journey?

Connecting with the Mouth and Nose

As you transition from observing smell and taste toward mirror work and body connection, become conscious of the physical structures involved.

Observe:

your nostrils,
your sinuses,
your tongue,
your teeth,
the inside of your cheeks,
and the roof and floor of your mouth.

Touch them gently.

Explore:

their form,
their texture,
and their function.

Be amazed by how they work together to offer you such a variety of smells, tastes, and experiences.

Gratitude Practice

Express gratitude toward these parts of yourself with:

appreciation,
recognition,
and love.

Reconnect with them consciously.

Reflection

Our five physical senses each have their own function, but they also work together.

Together, they create our relationship with the environment and with life itself.

Even when one or more senses are reduced or impaired, they still remain part of our experience and identity.

Final Reminder

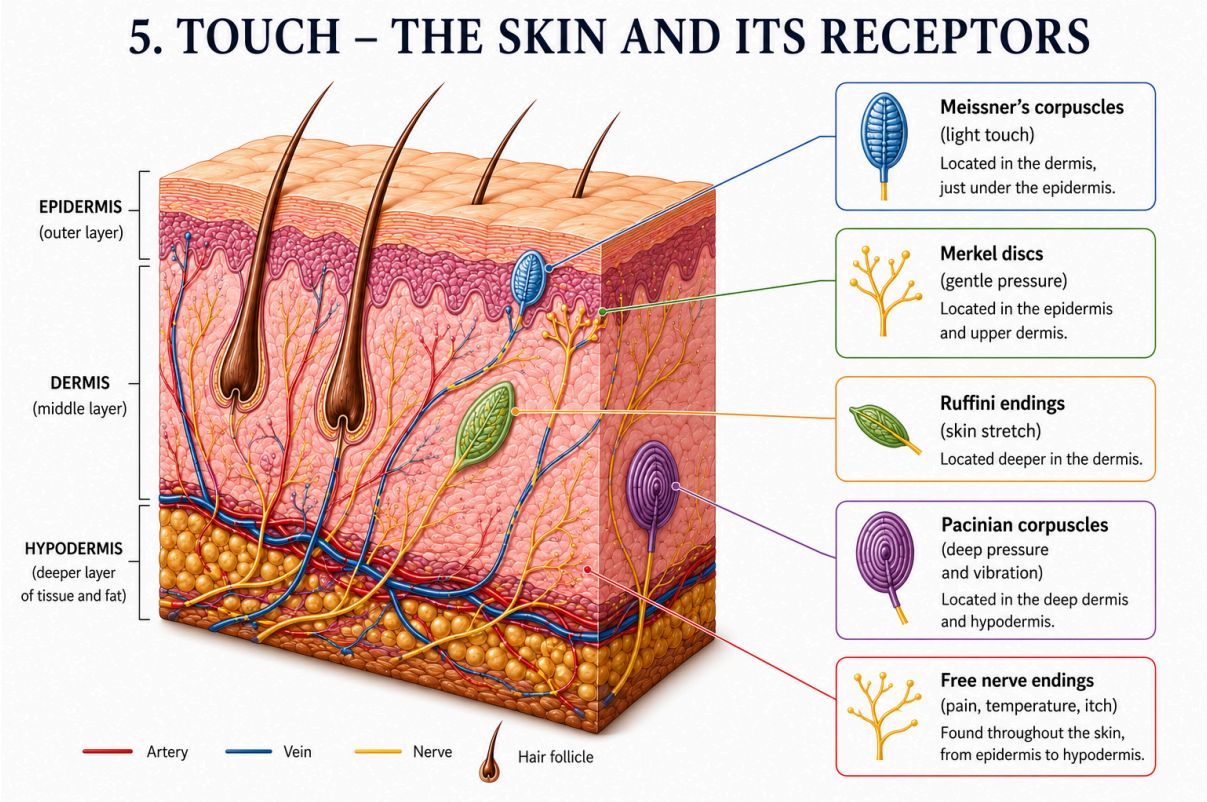
To accept and love ourselves is to accept and love all our parts.

Our senses are gateways through which we experience life.

Reconnect with them:

with curiosity,
with appreciation,
and with interest.

Approach them as you would approach discovering a new person you find beautiful and fascinating.



How Can You Connect with Your Sense of Touch More Consciously?

Preparation

Again, being present is key to becoming aware and consciously connecting with your sense of touch.

You can:

find a safe place to sit and move,
collect different items close to you,
use different fabrics (cotton, wool, polyester),
prepare cold and warm cups of water,
some fruit,
and a piece of ice.

Be creative.

Be barefoot.

Ask for help if needed.

If you blindfold yourself and put on earplugs, you may increase your sense of touch, similarly to how blind people often develop heightened sensitivity.

First Exploration Practice

Experiment by touching different textures with your hands and feet.

You can also:

walk barefoot on grass,
mud,
concrete,
or asphalt.

Feel:

the textures,
the shapes,
and your internal reactions.

Focus on how you feel inside.

Sensation Awareness

Take different items and touch your skin with them in various places on your body.

Notice:

how differently you experience the same item,
the sensations and where they appear,
emotional reactions,
and memories or ideas that arise.

Just observe.

Exploring Touch with Yourself and Others

Touch your skin with your own hands.

Experiment with:

light touch,
firmer touch,
different body areas,
and different emotional reactions.

If possible, ask another person to touch you.

Depending on your level of trust and comfort with the person, explore different parts of the body.

Notice how touch changes depending on:

who touches you,
your emotional relationship,
your focus,
your interpretation,
and the different areas touched.

Reflection Questions

Which sensations felt pleasant or unpleasant?

Did certain touches awaken emotions or memories?

Did I notice judgment toward my body or sensations?

Was I able to stay present with the experience?

You can make your own list of questions to go deeper.

If Touch Feels Difficult

I understand that some of you may have difficulty connecting to your skin and body through touch or by seeing yourself.

This may be related to:

beliefs,
self-image,

emotional experiences,
or trauma.

Start with a body part you already feel comfortable touching, such as your hands.

Take it one step at a time.

Write for each point what you know or believe may be related to it.

A Different Perspective

You can also approach your body scientifically at first.

Observe:

textures,
sensations,
temperature,
and physical responses.

Remember:

Sensations themselves are physiological information received and interpreted by the brain.

The meaning and judgment we attach to them often come from:

beliefs,
conditioning,
and past experiences.

You can use the belief chart to explore this further.

Mirror Work and Skin Connection

As with the other senses, connect with your skin and body through:

gratitude,
appreciation,
and care.

If there is a place on your body you judge or dislike, offer it:

patience,
gentleness,
and kind words.

You can use:

affirmations,
mirror work,
or Ho’oponopono.



Important Reminder

Our relationship with touch and skin can activate strong emotions and judgments.

Be gentle and patient with yourself.

Step one:
awareness without judgment,
remains essential throughout the process.

You are worthy of love and kindness.



What Do We Become Blind To?

As mentioned at the beginning of the five senses connection:

What has faded away from our awareness without us noticing?

I invite you to make a list of what you have stopped noticing in your:

environment,
home,
surrounding neighbourhood,
way to work,
view from your windows,
smells in your house,
and importantly, the person you live with.

At this point, I wish to emphasise the fact that as we live together with another person, we may, if we do not pay conscious attention:

lose sight of what the other person does for us,
how they behave in daily life,
what they truly mean to us,
and why we first became attracted to them and eventually came to love them.

Staying connected to our environment and to the person we live with requires conscious attention and focus.

Through our senses and awareness, we remain:
alert,
present,
and observant.

We can then act with greater:

presence,
attention,
care,
love,
and gratitude
toward all we come in contact with.

What remains in our environment for a long time often fades from our sensory and mental awareness.

Reflection Questions

What do I lose sight of and desire to refocus on?

In which way did I become blind to it?

Describe what you did or stopped doing.

How do I intend to become more aware of it?

Example:
“I will take a moment to acknowledge out loud the beautiful tree in front of my house.”

or

“I will tell my spouse how beautiful they are and how they make me smile each time I look at them.”

Meditation — Heart and Brain

Now that we have connected with our five senses, I invite you to connect with two special organs of your body:

the heart,
and the brain.

A complete list of meditations for connecting with your organs and glands is available in an annex PDF file on the website.

Heart Connection Meditation

Relax and bring your attention toward your heart.

Feel it beating in your chest.

You can feel it more clearly by placing the palm of your hand over it.

Feel it with your hand and begin to feel it from the inside as well.

Feel the pulse:

in your chest,
in the palms of your hands,
and throughout your body.

Focus more deeply on the sensation of the pulse and slowly direct your attention toward your feelings to see if you can feel the beat there as well.

Try to maintain awareness of it simultaneously in different parts of your body.

Scan for the beat:

in your feet,
your legs,
your arms,
your torso,
and your head.

Search for it everywhere in your body until your whole body becomes one pulse, as if your heart were everywhere.

Stay with that sensation for a moment.

As your whole body is now beating, remain aware of it.

Feel it.

Visualise your physical heart in your imagination and observe:

its shape,
its colour,
and its movement,

while continuing to feel the beat.

This amazing organ circulates your blood, compressing and releasing it, pushing it through your arteries, veins, and capillaries, reaching the furthest and smallest parts of your body.

Feel the flow:

in your hands,
your arms,
your legs,
your head,
and your torso,

bringing life to every cell.

Realise how magnificent your heart is and what a marvel of biology it is for this organ to function the way it does.

It gives life:

physically,
and energetically.

Now, while you still feel the pulse throughout your body and observe your physical heart, it is time to verbally express your gratitude toward it.

Tell your heart:

how much you appreciate it,
how grateful you are for it,
and how you desire to take care of it.

Through your words and your sincere intention, show your heart that from this moment forward, you desire to reconnect with it, to see it, and to acknowledge it as often as possible.

Make the choice now to consciously connect with your heart and express your gratitude for:

the life it gives you,
the beautiful emotions you experience,
and the wisdom it offers you.



Think about how your heart also creates energetic (BEMF) communication with every part of your body and with everything that surrounds you, both close and far.

Ask your heart to connect you with a part of yourself that you may not yet know exists:

a very special and beautiful part.

Ask your heart to connect you with your soul and your essence.

Let it take you to places you could not have imagined yesterday.

Let it inspire dreams you never thought possible before.

With love, curiosity, and respect, connect with your heart daily and allow it to guide you on your journey.

It is not a race.

It is not a competition.

It is:

a partnership,
a friendship,
a romance,

that you choose to cultivate with your heart.

Brain Connection Meditation

Close your eyes and gently bring your attention to your head.

Feel the shape of your skull and the weight of your brain resting inside.

Breathe calmly, allowing your awareness to slowly sink inward.

Visualise your brain:

soft,
pulsing,
alive.

Observe:

the folds,
the structure,
the left and right hemispheres,
and the neural web that sparks and whispers thought to thought.

Now, feel your brain not only with your imagination, but also through sensation.

Can you feel its presence?

Its buzz?

Its quiet hum behind your eyes and forehead?

Think of all it does:

interprets,
organises,
protects,
remembers,
and plans.

It stores your history.

It dreams your future.

It receives every sensory signal and weaves meaning from it.



Now, let us go deeper.

Ask yourself gently:

What mental tension am I holding here?

Overthinking?

Harshness?

Pressure to solve or succeed?



Let your breath flow into your headspace:

not to control,
but to soothe.

Give your brain permission to rest:

to be appreciated,
not only used.

Now speak to your brain, within your mind or aloud:

“Thank you for your brilliance.

For helping me make sense of the world.

For protecting me, processing, and imagining.

I will not push you beyond what is kind.

I will listen.

I will allow you to rest when needed.”

Now, feel how your brain connects with the rest of your body:

not above it,
but part of it.

The body is not the servant of the mind.

They are one system.

Allow this organ to soften into unity with:

your breath,
your heart,
your gut,
and your energy.

And just for a moment, ask your brain to show you silence:

not emptiness,
but openness,

like a clear sky behind all thought.

Feel the stillness beneath activity.

You are not only what you think.

You are the awareness behind thought, the one who asks:
“Why do I think this way?”

With respect,
curiosity,
and care,

return to your brain as a friend.

And when needed, allow it to rest in the stillness of your being.

Subtle Perception, Consciousness, Intuition and Energy Sensing

Energy Sensing — How It’s Used

Sensing Energy Between the Hands

Find a moment of calm and relaxation, not immediately after a stressful workday.

A good time may be:
when you first wake up and are still in bed,
or during a calm moment in the evening.

Focus on your hands.

Rub them together for a few moments.

Use your thumbs to gently press the centre of each palm a few times, then slowly separate your hands.

This activates:
blood flow,
sensitivity,
and the energetic centres in your hands.

Bring your awareness into the palms of your hands and keep them about 1 or 2 cm apart
(½ inch).

Move your hands slowly:
closer together,
and then farther apart again.

You can imagine a ball of light or energy between your hands.

Imagine compressing and expanding it as your hands move closer and farther apart.

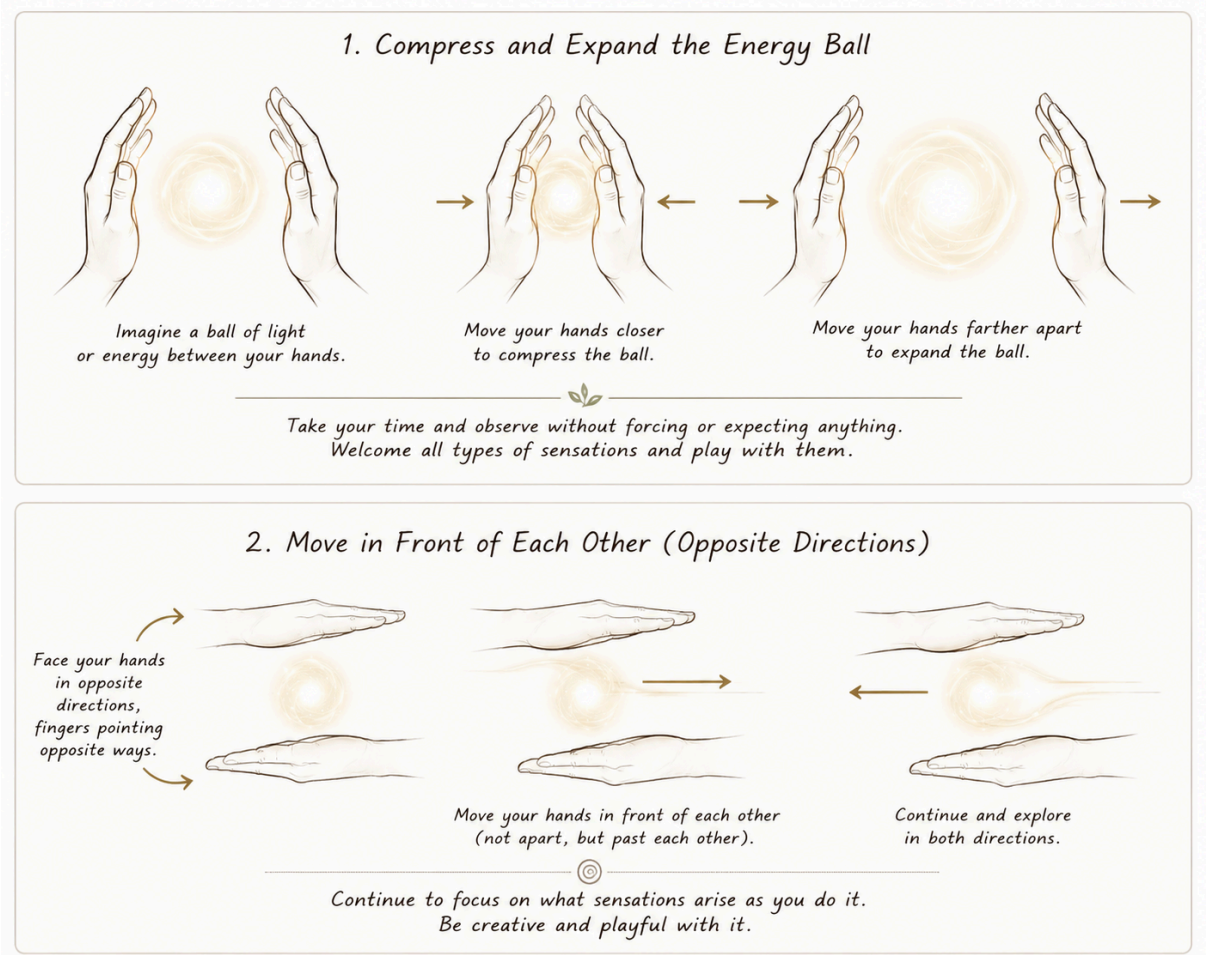
Take your time and observe without forcing or expecting anything.

Welcome all types of sensations and play with them.

If you perceive a sensation, you can also turn your hands in opposite directions, with the fingers pointing away from each other, and move your hands:
not apart,
but in front of each other.

Continue focusing on the sensations that arise as you do this.

Be creative and playful with the exercise.



Some people may begin to feel:

warmth,
tingling,
pressure,
vibration,
magnetic sensation,
or a subtle feeling of density between the hands.

Others may feel nothing at first, and that is completely fine.

The goal is not to force an experience, but to develop awareness and sensitivity through presence and observation.

Like any perception, this sensitivity can develop with continuous practice and attention.

During mirror work, you can repeat the same exercise and observe in the mirror whether you can perceive something between your hands, or by looking directly between them.

Seeing the Energy (Bioelectromagnetic Field, BEMF) Between Your Fingertips

Use the same principle as for sensing energy between your hands, or combine both practices one after the other.

Experiment on different-coloured backgrounds or in front of a mirror.

After activating your hands as described previously, place the tips of your two index fingers in front of each other, almost touching.

Imagine projecting your BEMF energy toward the other fingertip.

Relax your gaze.

Do not focus your eyes forcefully.

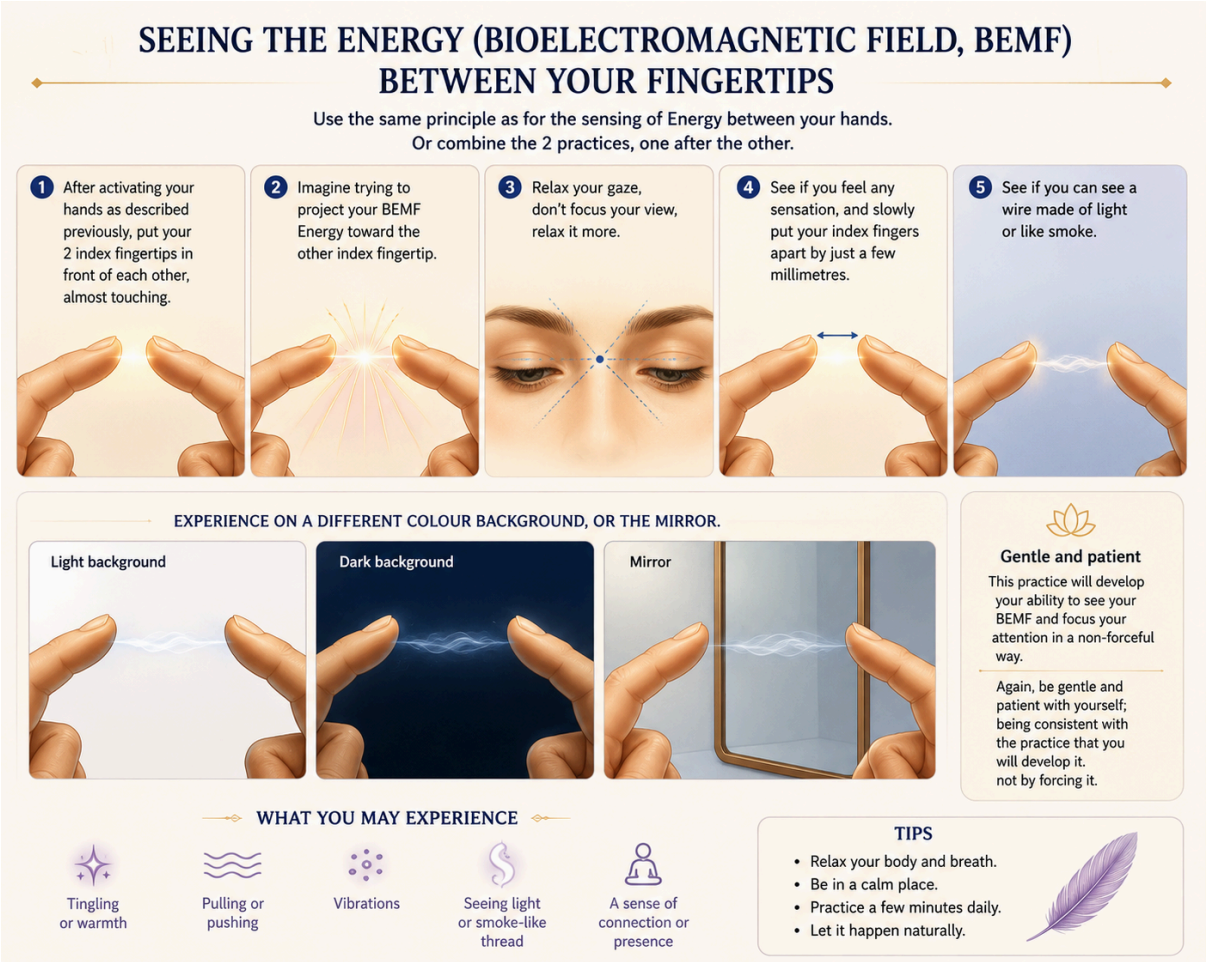
Allow your vision to soften.

Observe whether you feel any sensation, then slowly move your fingertips apart by a few millimetres and see whether you can perceive something resembling:
a wire of light,
smoke,
or a subtle energetic thread.

This practice helps develop:
awareness of your BEMF,
soft focus,
and relaxed attention.

Again:
Be gentle and patient with yourself.

Development comes through consistency, not through force.



Once you begin feeling more of this field, you can start exploring how to sense the BEMF of different body parts.

For example:
placing your hand in front of your heart.

Play with the distance between your hand and your heart and notice the differences between:
closer,
farther,
and intermediate distances.

Sensitise yourself to variations in:

pressure,
temperature,
and sensation.

You can also focus on the energetic sensation of your hand over different parts of your body.

The next step is to practise with another person.

You can ask them to first train individually as you did before beginning together.

Once together:

place your hands in front of each other without touching,
move them slowly in different directions and distances,
and observe the sensations.

Experiment playfully and follow your intuition.

You may also try this practice around different areas of your partner’s body.

The more you practise, the more sensitive and aware you may become.

The exercises from step one, which develop presence and observation without judgment, will also support this practice.

Again:
be playful.

Approach this like an explorer discovering unknown territory within yourself.

Program to develop your awareness and ability to meditate.

Available in the journal on the website. Soultouch,se

Exploring Awareness Through the Body and Mind

A Progressive Practice

This practice is an invitation to deepen your awareness step by step.

It is not about reaching a specific state, but about refining your presence and your connection to yourself.

You may move through these phases at your own rhythm. Take your time. There is no need to rush.



Phase 1 — Grounding and Body Awareness

(Weeks 1–2)

Take a moment to pause.

Bring your attention to your breath.

Allow your body to settle.

Gently bring awareness through your body: face… neck… shoulders… chest… stomach… legs…

You do not need to relax your body perfectly; just notice it.

Let your body become heavier.
Let your breath remain natural.

Stay here: aware… and relaxed.

Phase 2 — Mind Awake, Body Asleep

(Weeks 2–3)

Begin as before.

Allow your body to relax deeply.

Now, gently move toward the edge of sleep.

Not by forcing it, but by allowing it.

Your body may feel heavy, distant, or quiet.

Keep a small thread of awareness.

Just enough to know: “I am here.”

Phase 3 — Expanding Awareness

(Weeks 3–4)

Begin with the breath and the body.

Now, gently expand your awareness.

Include:
sounds… space… sensations…

Do not focus on one thing.

Allow everything to be present at once.

You are not inside the experience.

You are aware of it.

Phase 4 — Stillness and No-Time

(Weeks 4–5)

Stay with your breath.

Notice the space between breaths.

The pause after the inhale…
The pause after the exhale…

Rest your awareness there.

Do not hold it.
Do not control it.

Just notice the stillness.

Phase 5 — Observing Inner Space

(Weeks 5–6)

Begin as before.

Allow your body and mind to become quiet.

You may begin to notice:
images… impressions… thoughts…

Do not follow them.
Do not control them.

Simply observe, like watching clouds pass by.

This practice is not about forcing change.

It is about becoming aware.

Move gently.

Allow each experience to unfold naturally.

Optional Reflection

After your practice, you may take a moment to write down:

- What did I feel?
- What did I notice?
- Did something shift?

There is nothing to achieve.

Only something to explore.



INTUITION

How to Develop and Strengthen It

1. The First Step

Stop judging or denying the information you receive through your intuition.

Stop judging:
the process itself,
or the idea of intuition.

2. Open Your Mind

Allow yourself to consider that you may be more than you currently believe yourself to be.

Remain open to the possibility that you may possess abilities you have not yet explored.

3. The Second Step

Reconnect with your body.

Learn to feel:
your senses,
your body,
and the sensations that arise within you.

Be present.

4. Practice

Practice the simple exercises regularly.

Consistency matters in every form of training, including this one.

5. Trust

Presence and awareness are essential in developing intuition.

Beyond the exercises themselves, intuition naturally grows through this three-step process.

A central aspect of strengthening intuition is trust.

Trusting intuition is not just about believing in it mentally.

It also means being willing to act on the information you receive instead of immediately dismissing it as:

“Just imagination.”



The meditations from step one, along with the breathwork, meditation, and body-awareness practices, can help you become:

more present,
more focused,
and more aware.

Connecting with your five senses may increase your ability to perceive information from what I describe as infinite intelligence.

Your body is an antenna.

Your five senses are its receptors.

Your sixth sense may provide information at any moment and on many different subjects.

You can develop a relationship with it by:

talking to it,
asking for guidance,
and asking questions you seek answers to.

Acknowledging its presence helps activate it more consciously within you.

Again:
Trust and recognition strengthen intuition over time, especially when combined with consistent action and practice.

Practical Exercises

1. Image Sensing

As with meditation, begin by relaxing and becoming present.

You can do this exercise:
alone,
or with another person.

Find:

a deck of playing cards,
photographs,
or simple printed images.

Start with simple images rather than highly detailed ones.

For example:

a chair,
a tree,
or a forest with a river.

Choose an image without looking at it, or ask another person to choose one for you.

Place the image face down on the table.

Close your eyes and focus your attention on it.

Whatever impressions arise, either:
write them down,
or memorise them.

The information may come as:

images,
words,
feelings,
or a sense of knowing.

Do not analyse what you receive.

Simply observe what appears.

When you feel complete, look at the image and compare it with your impressions.

You may discover that you perceived:

a feeling,
an atmosphere,
or verbal information,

more strongly than visual imagery.

That is completely fine.

Intuition may express itself differently from person to person.

2. Sensing Another Person

For this exercise, you will need another person who agrees to participate.

Ethics matter in this practice.

As intuition develops, people may feel more sensitive to information connected to others, and respecting privacy remains important.

Sit comfortably together and relax.

Have:
paper,
and a pen,
ready nearby.

Write down any:

sensations,
words,
images,
or impressions
that arise.

Ask your partner to choose something they already know about themselves so they can later compare it with what you perceived.

They may share only a small amount of information without revealing too much.

For example:

a situation you know nothing about,
or a physical discomfort they experience.

Then simply observe what impressions arise within you without forcing or analysing them.

3. Automatic Writing

Sit at a table or desk with:

paper,
and a pen.

Relax and bring to mind a question for which you would like guidance or insight.

Write the question down.

Underneath it, begin writing:

“The answer to my question is…”

Then continue writing whatever comes naturally without overthinking or analysing.

When you feel complete, slowly reread what you wrote and notice any differences between:
what emerged naturally,
and what your logical mind may have answered immediately.

Sometimes the answers become even more meaningful when reread days or weeks later.

Practice these exercises regularly and consistently.

And if you discover other exercises that help you develop your intuition, allow yourself to explore and enjoy them as well.

Third Step

Smile

Why Is Smiling an Essential Part of the Three-Step Program?

The act of smiling illuminates the face of the person who smiles.

Our smile radiates outward toward those who receive it.

Smiles and laughter are contagious.

In the references section, there is a video I invite you to watch that demonstrates this.

Remember that each step has its own effect on us.

Stopping judgment (step one) develops:

clarity,
awareness,
and greater peace of mind.

Reconnecting with our body and energy (step two) develops:

presence,
awareness,
and consciousness.

Now, in step three, smiling creates another form of positive connection and interaction.

It is the most outward and visible expression of the three-step process.

Through smiling, we not only affect ourselves, but may also positively affect those around us.

The interaction between smiling and the first two steps beautifully strengthens and completes the process.

In Practice

Use your smile:

for yourself,
and for others.

In the book *The Three Steps*, I explain in greater depth the physiology and effects of smiling.

Here, we focus on practising and reconnecting with the act of smiling itself.

This is a daily habit I invite you to cultivate.

As you wake up, smile at yourself before even opening your eyes.

If you sleep beside a partner, smile at them before saying good morning.

This simple act may completely change the way your day begins.

And if you have never done this before, you may notice changes in how your partner responds as well.

Continue offering yourself small smiles:

while showering,
brushing your teeth,
or brushing your hair.

You can even accompany them with kind words toward yourself.

If you have children, smile at them when they wake up or come to breakfast, no matter their age.

Do not force your smiles.

Offer them naturally, like a gift.

Now bring this practice into the outside world.

Smile:

When you go to work,
walk in the street,
or meet people during your day.

As you pass someone or stop beside another car at a traffic light, offer a smile with the intention of brightening another person’s day.

And surprisingly, you may notice that it brightens yours as well.

Guided Inner Smile Meditation

Preparation:

Sit comfortably with a straight back, either on a chair with your feet flat on the ground or on the floor in a cross-legged position. Rest your hands gently on your knees or in your lap.

Close your eyes and take a few deep breaths, inhaling through the nose and exhaling through the mouth, allowing your body to relax with each exhale.

Cultivating the inner smile:

Start by searching your mind for a memory of when you felt happy and joyful, and in which you genuinely smiled.

When you have it, make it stronger by focusing on the feeling of the smile and joy you felt. Feel it again now.

Continue to focus on your smile and the sense of joy, and then you can let go of the memory that broadened that smile.

In the present moment, continue to feel the joy and the smile.

Bring your attention to your face and feel the gentle, sincere smile there.

Feel this smile in your eyes, allowing them to soften; in your mouth, letting the corners of your lips turn upwards slightly; and in your entire face, releasing any tension you may have.

Directing the smile inward:

Visualise this warm, smiling feeling flowing inward, starting at your third eye (the point between your eyebrows) and moving into your brain.

Imagine your brain relaxing and filling with positive energy. You can literally imagine a big smile on your brain.

Guide this smiling energy down to your chest, feeling your heart open and radiate warmth.

From your heart, direct the smile to your lungs, appreciating each breath and the vitality it brings.

Next, see the smiling energy in your liver (on the right side, under the ribcage), acknowledging its role in detoxifying your body. Smile with your liver.

Move the smile to your stomach and spleen (on the left side, under the ribcage), appreciating their functions in digestion and energy distribution.

Then, direct the smile to your kidneys (mid-back on either side of the spine), recognising their work in filtering and balancing your bodily fluids.

Finally, bring the smile down to your lower abdomen. Fill it up as though your pelvis were a big cup, like a lake of smiles, always full and ready to flow through each part of your body.

Take a moment to feel the accumulated warmth, joy, and positivity in your lower abdomen, allowing it to nourish your entire being.

Slowly open your eyes, carrying this inner smile with you as you return to your day.

The Cashier Challenge

When grocery shopping, choose a cashier rather than an automated checkout.

Human contact matters.

Make it a small challenge:

Try to make the cashier smile.

Smile at them.

Offer a few kind words.

Observe their reaction.

Difficult Days

There are days when we feel very low, and smiling may feel like the last thing we want to do.

Forcing a smile is not always the right approach.

But remember:
Even in difficult moments, there is often still something we can appreciate or smile about.

Sometimes, smiling at another person with the intention of giving them something positive is easier than smiling at ourselves in the mirror.

Remember to offer yourself the same kindness you offer others.

Smile Awareness Tracker

When was my smile:

natural,
forced,

absent,
or joyful?

Did I notice changes in how people responded to me?

How did smiling affect my own emotional state?

Mirror Smile Exercise

Smile gently at yourself in the mirror for one minute.

Observe:

What emotions arise?

Is it easy or difficult?

EASY / DIFFICULT

Do judgments appear?

YES / NO

Does it feel genuine or uncomfortable?

Other observations:

Gratitude Smile Practice

Before sleeping, think about:

one person,
one moment,
or one thing

that made you smile during the day.

Smile and Presence Exercise

Spend one full day consciously noticing:

How many people smile,
When people do not smile,
and how different emotional atmospheres affect your own expression.

You can carry a small notebook with you to write down observations or use the voice recorder on your phone.