

free soul



The Magic Smile

We know the positive effects of exercise, movement, breathing, being in nature, laying belly down hugging earth, or tending to a garden working with your hands in the soil. But we don't always have a chance to do that when we get caught in a dark place. So, here is an exercise, a quick and potent way to use your physiology to create a state change and raise your vibration.

- Find a place to sit upright where you can comfortably lean your head backwards, so you can look up at the sky or the ceiling.
- Next, pull your shoulders back and gently push your chest out.
- Finally use your facial muscles to put a big smile on your face. Breathe deeply.
- Keep using the muscles in your cheeks to keep smiling upward and continue to take long deep breaths.
- At the same time deliberately try to hold on to your negative emotion... until you feel it slipping away.
- Notice the new emotion that has arisen. It will have a higher vibration.
- Thank your body.

Please let me know how this is working for you.

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Why does smiling have such a powerful effect on how we feel?

Every time you smile, your brain releases three feel-good neurotransmitters: endorphins, dopamine, and serotonin. Depending on what source you read they are also referred to as neuropeptide or hormones. No matter what name they have, they have a whole bunch of positive effects on your body and how you feel:

They not only relax your body, but they can also lower your heart rate and blood pressure. The endorphins act as a natural pain reliever, while the serotonin release brought on by your smile serves as an anti-depressant or mood lifter. Dopamine is the main driver of our brains reward system, and increases our ease of wellbeing.

To sum it up, this is what smiling does for you and your body. It:

- Alleviates stress
- Reduces blood pressure
- Strengthens your immune system
- Increases endurance
- Reduces pain
- Boosts your mood
- Reduces risk of heart disease
- Relieves anxiety
- Correlates to a longer life

Go here for more details: <https://auraglow.com/blogs/articles/benefits-of-smiling>

Conclusion:

The more situations you find where you can remember to smile, the happier and healthier you will become. Try smiling as you go to sleep, when you wake up, as you do the dishes, while driving the car, when taking a walk, in the shower, while you read... etc.