

Smiling Exercise

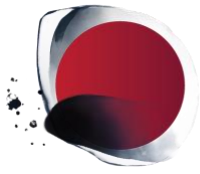


A conscious change of behavior can bring about a change in the state of your mind.

*Whenever we connect to anything
We put our energy into it.*

Introduction

The “smile exercise” illustrates how a conscious change of behavior can bring about a change in the state of your mind. You can literally alter how you feel by a simple adjustment of your behavior which has the potential to alter your attitude of the relationships around you.



Process

Bring your awareness to your lips and your smile. Allow a slight smile to come to your face, lips slightly up at the corners. While sustaining the smile allow three full breaths.

Relax and with awareness, allow the breath to find its way into and out of the body. Focus on the sensation of the breath as it enters and then as it leaves your body. Notice where the sensation of the breathing predominates and allow the awareness to move between the sensation of the smile and the sensation of the breath.

Duration

Practice this exercise six times a day over the coming week.

Evaluate

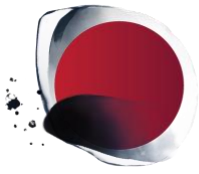
Take time to evaluate this Smile Practice and you determine if it brings about a different response from the people around you.

Variation

Utilize a mirror in front of your desks and view yourself practicing. Alternative, when you are on a video chat, gently experiment with modifying your smile: through your lips, your eyes, your cheeks.

Rationale

The Smile Exercise brings the awareness to the self, the body, and the context you are sitting within. This practice provides you with the opportunity to experience how dramatically you can shift state of your awareness with just a subtle shift of the object of your awareness, your smile.



Research

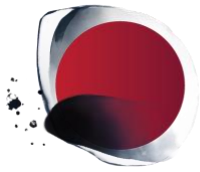
An Enduring Smile of Kindness

“I smile into your humanness with kindness. I warm your being with a tender smile of deep understanding. Can you experience yourself as my smile of kindness, in relation to your own humanness? Can you experience yourself as the gentle radiance of a tender smile, in relation to your humanness? My enduring smile of kindness, tenderness, and deep understanding, radiating its life-giving warmth into your human experience, is that which gives your life and helps you grow and evolve. The gentle radiance of my enduring smile is the actual catalyst of your transformation and awakening, the pulse, momentum, and rhythm of your evolutionary development. Just as the silent yet powerful rays of the sun bring vital nourishment to all things living, I radiate my enduring smile of kindness into your humanness. This is my offering of nourishment.

Are you harsh with yourself? Are you demanding and critical of yourself. Do you push your humanness, your body, forcing it to meet with your never-ending expectations and desired goals? Do you sense that your humanness, your body, will learn, grow, and transform with this type of treatment? Do you feel that the harshness, demands or criticism of your impatient mind, unleashed upon your humanness, will actually assist your transformation or help you achieve your desired goals in life?

This is most certainly what the mind thinks! This is most certainly what the idealistic, perfection-oriented, demanding, and impatient mind thinks. The mind, not infused with the wise and gentle understanding of the heart, thinks it can criticize, demand, and push the humanness into transformation. The mind believes that by its constant onslaught of harshness, it can transform stubborn behavioral patterns in the humanness and push the body toward achieving great goals. Please feel and understand, this is simply ego-based habitual conditioning trying to transform habitual conditioning. This behavior is the ego trying to transform itself. This approach is always doomed to futility and failure.

From the within of your heart and body, can you sense, feel, or intuit the supportive and life-giving radiance of my smile upon your humanness? I smile upon and into your humanness with kindness, with tenderness. My enduring smile radiates from a deep

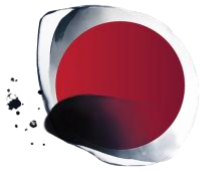


understanding of your journey of awakening, and its right evolutionary timing and rhythm as well. Your harsh or critical treatment of yourself comes directly from your lack of understanding and impatience with your journey in life. My enduring smile comes from the patience of the Knowing and Feeling Heart. Can you relax your deep impatience and experience yourself as my smile of kindness in relation to your own humanness? Can you soften your heart, your body, and slow your mind enough so as to experience yourself as the one smiling this enduring kindness into your own humanness? My smile is just underneath the surface of the restless, impatient mind.

Here is a mystery revealed. You are the one who unleashes the harshness upon your innocent humanness. And you are also the one who can choose to align with me and offer a warm smile of kindness into your humanness as well. Your choice to offer this smile requires a shift of feeling perception—a shift from ego-based impatience and harshness to the Kindness of the Heart. Kindness is not an emotion or sentiment; it is the very nature and radiance of your Essence; the Heart. My enduring smile of kindness is the Natural Radiance of Heart. The Heart is my smile. My smile is your own True Heart, and kindness is the Essence of the Heart.

Only the heart can offer the qualities that nourish and nurture transformation and awakening. The harshness of the critical, impatient mind can accomplish nothing of the sort. The harsh, critical and impatient mind can only bring more pain and more feelings of betrayal and separation into your humanness. The harsh and critical mind creates betrayal and separation because of its limited and dualistic perception...splitting apart mind and body, thought and feeling, the inner and the outer, the conscious and unconscious. The harsh, critical and impatient mind has not been touched by the tenderness, unity and deep understanding of the heart. The Understanding Heart knows and feels the processes, rhythms and right timing of psychological and spiritual unfoldment. The impatient mind does not have access to this understanding or kindness...because it does not feel!

Can you sense how a gentle smile of kindness from the heart may just have the actual power to nourish and nurture your humanness...nourish and nurture your transformation and awakening? Can you sense how an entire universe of love can express itself through a smile such as this? Can you sense how the harsh, impatient and critical mind has no true power to accomplish anything except more betrayal, separation and suffering...unless it is unified with



the heart? Can you experience yourself as my enduring smile of kindness nourishing your own humanness? Can you experience yourself as the gentle radiance of a tender smile nurturing your humanness? This enduring smile of kindness is a nourishing, moist downpour of rain, entering into the dry, parched and waiting earth of your human experience. This enduring smile of kindness is the milk of the mother for her child. This enduring smile of kindness is the gentle, radiant glow of moonlight shining on your path at night. A smile of kindness bestows the life-giving warmth of the True Heart.

A simple smile of kindness is not just a nice thought, an emotion, a sentiment or a philosophical concept. An enduring smile of kindness is a choice...a choice to open your heart and offer this smile, through the radiance of feeling awareness, into your entire bodily experience. A smile of kindness is the choice to open the floodgates of your heart and mind, and smile your loving acceptance into your body...into your human experience. A smile of kindness is an actual and literal transmission of life-force radiating from the heart. A smile of kindness is a gift from the Open Heart...bringing nourishment and nurturing to the harshly treated and denied aspects of your humanness. A smile of kindness and loving acceptance from the heart...brings the harshly treated and denied aspects of your humanness out of separation and into wholeness, unity, and integration.

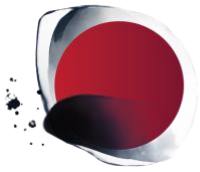
I offer an enduring smile into your humanness with kindness. I smile into your human experience with the tenderness of deep understanding. Will you soften your heart and choose to smile with me? Will you feel, realize and experience...that you are my smile.”

Reference

Excerpt from the Book: *The Voice of Heart: A Sacred Journey Into the Living Presence of Love, Wisdom and Intimacy* by [Neil Steven Cohen](#)

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The Tim Dukes Method provides an opportunity for self-reflective individuals to cultivate the capacity to receive into consciousness hidden aspects of the self, claiming your unique gifts – ensuring that today’s brilliance successfully transitions into tomorrow’s wisdom. The Tim Dukes Method is designed and implemented by Dr. Timothy Dukes for determined



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