Inner Smile
MIRACLE

Inner Smile Meditation

(5–8 minute guided practice)

Close your eyes gently…

Bring your attention to your breath…

Imagine a warm, gentle smile appearing in the center of your chest…

Let this smile slowly spread throughout your whole body — into your shoulders… arms… stomach… legs…

There is nothing to force. Just allow.

You are safe.

You are home.

You are enough.

Stay here as long as it feels good…

When you're ready, gently return, carrying this inner smile with you.
