

Yoga of the Liberating smile

By combining deep breathing with gentle smiling, both acts being done quite slowly, and by keeping the mind solely attentive to the body's condition, a relaxed half-drowsy state will develop. No other thoughts should be allowed to enter; the whole of his being should lie completely reposed in the rhythmic breathing and happily hypnotized by the lazy smile. Everything should be light and effortless. This is the Yoga of the Liberating Smile. 23.6.51

A day will dawn when you yourself will smile
at your past efforts. That which will be on the
day you smile is also here and now.

– *Ramana*

Look in the mirror and smile.

“I am not only this person_____.

I came here to take care of this person