

How to orchestrate a group into a symphony? Groundmindfulness as foundation for excellence.

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In experiencing chi gong I found the Inner smile to be an extra-ordinary process to purify your energy.

Inner smile.

The effect a smile can have in interaction can also happen in your inner awareness. The Inner Smile is a guided internal process, that finds its origin in the Chi gong. You can see it as a sensed massage of your internal organs and bones, muscles and tissues to elegantly move your energy.

A metaphor as introduction to the inner smile.

An old Cherokee is teaching his grandson about life. He says to the boy: A fight is going on inside of me. It is a terrible fight between two wolves. One is evil; he is angry, spiteful jealous, greedy, arrogance, self-pity, aversion, lies, superiority, false pride and ego.

He continues: The other is good, he is joy, peace, love, hope, serenity, humbleness, gentle, willing, empathic, generous, truthful, compassion and loyal.

The same fight is going on in you and in every human being.

The grandson reflects on this and asks his grandfather: Which wolf will win?

His grandfather simply answers: The one you feed!

This is a beginning meditation for balancing emotions and transforming negative feelings into the positive energy they were designed to generate.

What follows is a verbatim of the Inner Smile audio tape made by Richard Bolstadt and Margot Hamblett.¹

- ◇ Enjoy this coming exercise.
- ◇ Allow yourself to make any adjustments needed for your own comfort.
- ◇ Back comfortably straight, your eyes closed
- ◇ Tongue gentle touches the palate of your mouth making a circuit so that energy can flows easily around in your body
- ◇ Relax your hands in your lap
- ◇ Remember a time pleasant to recall
- ◇ Where you had a sense of caring of loving of nurturing
- ◇ Caring for a child, plant, animal or friend; remember what you saw at that time
- ◇ Relive and feel that gentle care coming from your eyes
- ◇ Your smile of caring flows from in front of you to the place between the eyes like a shining crimson light
- ◇ Experience it as a limitless source of love
- ◇ Fill your eyes flow with this caring love
- ◇ Across your face, relaxing it, lifting up corners of your mouth and then going down neck and throat

¹ <http://www.transformations.net.nz/index.html> (This audio-tape is renewed by Richard Bolstadt and Julia Kurusheva at www.transformations.net.nz)

- ◇ To your thyroid gland, that takes care of your metabolic rate
- ◇ That keeps you going at just the right comfortable speed enhancing the bone and connective tissue through your body
- ◇ If at any time of the process you need more time, then really take that time you need to heal
- ◇ to stay and flow so through so fully
- ◇ And trust that your unconscious will guide you back
- ◇ To where ever my voice is so, you will have the full benefit of the inner smile

- ◇ And know at the same time that it is not necessary for you to believe that this inner smile will heal your body and your emotion
- ◇ Because just being aware of your caring causes your body to heal even if you thought you were only thinking about caring and love
- ◇ Just flow the smile down to the thymus at the upper chest
- ◇ Appreciating that as it coordinates your immune system, sending health t-cells to every part of your body, protecting you, keeping you well
- ◇ And from there flow the smile back to the heart itself as it easily pumps the blood through your body bringing new energy to every cell
- ◇ And as you pay attention to your heart
- ◇ At a deeper level the heart performs a second healing function, with each breath the heart fills with shining red light and as you breathe out you breathe out any clouded overheated energy that was there
- ◇ So that as you appreciate the work the heart does physically
- ◇ You can also enjoy any hastiness, and frustration are changed now into joy.
- ◇ Feeling unconsciously how that love flows into your heart with every breath shiny red light and the heart smiles back to you and from there you bring you smile to the lungs
- ◇ Appreciate how your longs with every new breath take in new energy
- ◇ Seeing your lungs with a shining metallic silvery light, bringing you oxygen, energy with each breath
- ◇ And with each outward breath releasing any toxins in to the air, any cloudy energy releasing carbon dioxide to feed other living things
- ◇ Feel fresh
- ◇ And it is in the lungs that any sadness, any grief, any sense of depression that was there is changed now, transformed into a sense of knowing what is right for you, to live with your own righteousness as your smile flows to the right from the lungs into the liver, cleansing, organizing the body functions, storing and reorganizing bringing new ways too
- ◇ And in the liver any feelings of anger or resentments that was there is changed now
- ◇ Transformed into a kindness to yourself and to others, a sort of assertive kindness that support your needs as well as others
- ◇ While on the left the smile flows into the pancreas as it assists your digestion and balances your blood sugar breathing out any cloudy energy, breathing in yellow light

- ◇ And on the far left the smile flows to spleen
- ◇ As it stores red blood cells, an amazing source of energy for the body and
- ◇ Feel in the pancreas and spleen any rigidity, any thoughts that were going round and round, stuck in a groove are changed now, transformed into an openness, being open to new experiences, new learnings
- ◇ And on both sides of the body feel the smile flow at waist height where it bathes the kidneys appreciating their work filtering the blood balancing all the fluids in your body

- ◇ Breathing out cloudy energy, bringing in a shiny blue light
- ◇ And on top of each kidney there is an adrenal gland giving you a burst of energy for the day and then relaxing and in the kidneys any fear, any apprehension of what was there is changed now, transformed as you feel the kidneys smiling back to you
- ◇ Appreciating you as well as others
- ◇ And now on from the kidneys down smiling all the way to the urinary system through the bladder and on to your sexual organs and the gland that balances the cycle of each day, of each month and the greatest cycle of life itself and really appreciate the part your sexuality plays and allowing you to be who you are
- ◇ And now spiral the smile into that place below and behind your navel, the place is called in China Dan tien and collect the energy there as a store for the day and that means you can find that smile again between your eyes, just find that smile once more between your eyes
- ◇ A smile of caring of loving, a smile of nurturing
- ◇ And a second time flow the smile, that infinite source of caring through your eyes, and down your face smile to salivary gland and swallow the saliva all the way down to the stomach appreciating the stomach's work digesting any nourishment that is appropriate for you to take in for the day, bring a shining pink light through your chest, your abdomen, your pelvis and swallow that smile down to the stomach, the small intestines, the large intestines further down in your abdomen taking into the system just the quantity and quality of nourishments integrating them into your being and allowing the smile flow down through the digestive system and then in the abdomen any stress that was there is changed now, transformed with the smiling energy, into relaxation into a deepening sense of ease
- ◇ Having that smile flow right through that digestive system spiraling that energy once again to that place, below and behind the navel Dan tien, to be a store for the day
- ◇ And that means you can find that smile again smiling between your eyes. That's right there it is again and as you draw that smile into the place between your eyes, circle your eyes nine times clockwise as if watching a giant speeded up clock in front of your eyes
- ◇ Going around one, twice, third, fourth, fifth, sixth, seventh, eighth, ninth
- ◇ Clearing your vision, your hearing, other senses clear, flexible, revitalized now
- ◇ Rest a moment
- ◇ Circle the eyes once again now counter clockwise going around one, twice, third, fourth, fifth, sixth, seventh, eighth, ninth. Making connections between the hemispheres of the brain to find and to work together easily
- ◇ And this time draw your smile back from the eyes to the brain itself appreciating that amazing source of thoughts, draw the smile into the upper areas of the brain where information is processed in each of the senses, visual pictures, auditory sounds, kinesthetic feelings olfactory smells gustatory taste and verbal thoughts, all working together at the deepest level just to support your life
- ◇ And draw the smile into the deeper areas of the brain where your state of mind is perfectly balanced, flow the smile into the great gland which regulates and coordinates your whole system thymus gland the hypothalamus
- ◇ And here at the deeper areas of the brain, any mood swings, any mental delusions or feelings of victim are all changed now, transformed into a radiant happiness so that your brains smiles back
- ◇ Smile flows on still, deeper into the brainstem where your body is perfectly balanced and down that spine itself, that highway of information and energy

- ◇ From the brain and the spine, the smile flows down to the neurons, the nerve cells, to reach deep into the marrow of the bones and reach out onto the very deepest level of your body Your whole body begins to smile, touching every cell, every atom, every subatomic particle, every quantum particle glowing like a smile tingling as electricity as it energizes you radiating out of your body filling your electric field with that loving energy and flowing that smile from an infinite source of energy out even further
- ◇ Your smiling energy remains infinite
- ◇ float down across the entire room and even further than that
- ◇ beyond the room and even further than that
- ◇ out across the entire area around you and even further than that
- ◇ across the countryside and even further than that
- ◇ till it fills the entire country and even further
- ◇ out across the ocean, other islands and continents even further
- ◇ until the entire continent is filled with the smile remaining infinite
- ◇ and as the smile glows, as the whole planet glows, vibrates
- ◇ the smile continues to expand even further than that even further remaining infinite
- ◇ and check back into your body, into this room
- ◇ and become aware of your body filled with the smile resonates, shimmers, vibrates
- ◇ Just check if there is in your body, where there is an excess of energy, anywhere where energy was held tight or pulsing and spiral that energy now into that place below and behind the navel to be a store for the day
- ◇ As you come back aware of your body, aware of what supports you here, aware of the room
- ◇ just come back refreshed, revitalized in the room come back alert and energized and ready for the rest of your day.

Conclusion

In taking the body and its deeper wisdom serious is also creating a new culture with each other.

This is also where the team facilitator, the conductor, comes in, he orchestrates the energy of the group.

Most of the time in leading a group, he deals not so much with the what but much more with the how and the why and in what direction, lead by the core question: How can you influence the flow?