



## Half-Smiling and Willing Hands

Accepting reality with your body.

### HALF-SMILING

- 1st.** *Relax* your face from the top of your head down to your chin and jaw. Let go of each facial muscle (forehead, eyes, and brows; cheeks, mouth, and tongue; teeth slightly apart). If you have difficulty, try tensing your facial muscles and then letting go.  
A tense smile is a grin (and might tell your brain you are hiding or masking your real feelings).
- 2nd.** Let both *corners of your lips* go slightly up, just so you can feel them. It is not necessary for others to see it. A half-smile is slightly upturned lips with a relaxed face.
- 3rd.** Try to adopt a serene facial expression.  
Remember, your face communicates to your brain; your body connects to your mind.

### WILLING HANDS

- Standing:** Drop your arms down from your shoulders; keep them straight or bent slightly at the elbows. With hands unclenched, turn your hands outward, with thumbs out to your sides, palms up, and fingers relaxed.
- Sitting:** Place your hands on your lap or your thighs. With hands unclenched, turn your hands outward, with palms up and fingers relaxed.
- Lying down:** Arms by your side, hands unclenched, turn your palms up with fingers relaxed.

Remember, your hands communicate to your brain; your body connects to your mind.