



This Home Study Program is part of the Metaphysical Degree Program and earns you 1 credit.

*Man without smiling face should not open a shop.*

*- Chinese Proverb*

The Inner Smile is a simple, effortless Daoist (Taoist) meditation on how to live with an open heart. You can practice it sitting quietly, or while engaged in everyday activities. The Inner Smile challenges us, in a series of “smiling baby steps”, to unconditionally accept every aspect of our body, mind, and spirit.

The Inner Smile connects our biological self, our psychological self, and our spiritual self in a practical way. It ingeniously captures the power hidden in our natural impulse to smile. It doesn't try to fix anything or ask any part of us or others to change. It relies on the power of non-verbal communication coupled with a clear mind intent to “creatively find” the harmony hidden within everything.

To paraphrase Lao Tzu, the Inner Smile “does nothing, yet leaves nothing undone”. The Inner Smile cultivates the spontaneous nature of our inner heart to accept all experiences in life at their most profound level. This may sound a bit abstract. Our western minds demand more detailed guidance. What makes the Inner Smile practical?

What makes it practical is the Inner Smile's power to cultivate our "chi" – the subtle breath infused by Nature in our body-mind-soul. This internal effect of the Inner Smile is greatly amplified by various kinds of chi kung (qigong). What is chi kung? Literally it means "skill with subtle breath". It is the ancient process of allowing (yin) and encouraging (yang) subtle energy to flow harmoniously in our life.

Chi Kung was originally known in ancient China as yang sheng, or "nourishing life". Its methods embraced both the stillness of meditation and the movement of life. Its art became most famous for its simple, gentle healing body movements.

There is an exam at the end, which you complete and email back to [aumvedas@outlook.com](mailto:aumvedas@outlook.com).

Grading Scale:

Grades are assigned as follows, based on percentages:

90-100 = A

80-89 = B

70-79 = C

60-69 = D

0-59 = F

Cost: €60 includes certification via PayPal and the Home Study link will be emailed to you. Please ensure you give your corresponding email address, if different from PayPal Account.