

## A Rewired Sleep Journal Printable

### Exercise 5: Inner Smile I

[\(See Rewiredforsleep.com for a recording\)](https://rewiredforsleep.com)

The goal of this guided meditation seems implausibly grand: to expand the mind to the furthest reaches of the universe and then shrink it down into your umbilicus. And yet, anyone can do it.

Sit straight up in a chair, with your hands on your lap. There's no time limit. As you become comfortable with the sequence, you'll run through it in a minute or two. Read the exercise through until you've memorized it. As an FYI, Inner Smile doesn't work precisely on sleep so much as reduce stress, anxiety, and even a tendency toward depression.

Massage Yintang and Kidney 1 twenty-four times, first clockwise and then counter-clockwise. Close your eyes and take three long, deep breaths into your abdomen. Exhale slowly. Then, smile. See yourself smiling. Take another long, slow, deep breath in, and slowly exhale.

Send the Smile up to Yintang. Place your attention there and visualize yourself exhaling from Yintang. The area may begin to feel warm. Keep your awareness there and notice any feeling that may arise. Take a deep breath in, and as you do so, imagine that you can move the Smile down your throat, out to your arms and down your torso, your back and buttocks, down your thighs and calves, all the way to your toes. Take another deep breath in, and then breathe out. Let the Smile encompass your entire body. Imagine that your Smile is now a large bubble, and you are comfortably inside of it. Notice its color. Is it purple, or white, or clear, or another color? This is your protective bubble; use it anytime you feel invaded by people or situations that are stressful.

Imagine you see, or feel, the Smile bubble expanding, until it encompasses the room. Use your breath, so that when you exhale, you're making the surrounding bubble larger. This sort of visualization exercise might not come naturally to you, and you do not need to do this perfectly.

Keep expanding the Smile, giving each area roughly ten seconds. Don't overthink it. Let your Smile encompass your home; then your street and expanding it to take in your town or city. Then your state. Allow your imagination to run free and even go wider now; expand your smile to encompass your country, the continent, the entire world. Expanding even more now, include the solar system. Then the galaxy. Let your awareness embrace the universe.

Now reverse the process. See, or feel, the Smile enfold the galaxy; then the solar system, and then earth. Shrink the bubble further so it surrounds the continent, your state, your city, your street, and now, your building. Finally, let the bubble encircle your room, and then let it surround your body. As it gets smaller yet, imagine it's the size and shape of a white pearl. You've now got the universe in a small, white pearl. Use your mind to place it 1 1/2 inches below, and behind, your umbilicus. You have just completed the Inner Smile. You've also gathered a source of energy and placed it below your navel. With some practice, you'll be able to access it at will.

## Inner Smile II

You can connect the Inner Smile to Microcosmic Orbit. With Inner Smile, you expanded your awareness out to the universe then shrank the universe to a small white pearl an inch and a half below your navel. Apply light pressure and breathe into it. Use your breath like a bellows to pump heat into the white pearl.

Close your eyes and imagine that you can smile into them. Feel a warm smile shine in through your eyes. Now, place your focus on your navel and see, or feel, the white pearl beneath it. Imagine the pearl is circulating energy first in one direction then in the other direction, twenty-four times.

Day 1: Spend five minutes seated. Imagine the orbit spinning in both directions

Day 3: Increase to six minutes

Day 5: Repeat

Day 9: 7 minutes

Day 12: Repeat

Day 14: 8 minutes

Day 16: Repeat

Day 18: 9 minutes

Day 20: 10 minutes

Continue to do this, till you're doing it for twenty minutes, twice a day.

*This exercise is from the book Rewired for Sleep by Daniel R. Bernstein, L. Ac., CH published by Aconagua Press, 2019.*

*Along with other exercises from the book, and many other audio and video resources designed to help you release stress and anxiety, repair insomnia and achieve better sleep naturally, it can be downloaded from Dan Bernstein's website <https://rewiredforsleep.com> where you can also purchase the book.*

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