



Magazine for families and children
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A SMILE

A smile costs nothing, but gives much.
It enriches those who receive,

without making poorer those who give!

It takes just a moment,

but the moment of it sometimes lasts forever.

None is so rich or mighty that they can get along without it.
And none is so poor that they cannot be made rich by it.

A smile creates happiness in the home,

Fosters goodwill in business,

And is the sign of friendship.

It brings rest to the weary,

Cheer to the discouraged,

Sunshine to the sad,

And is nature's best antidote for trouble.



Yet -

it cannot be bought, begged, borrowed or stolen,

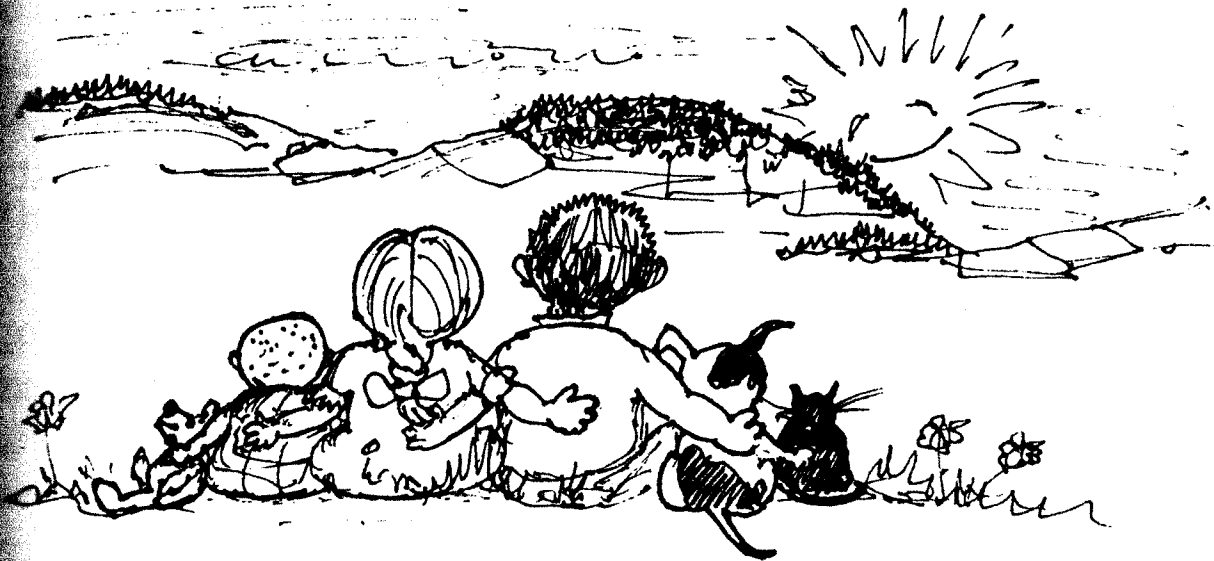
For it is something that is of no value to anyone

Until it is given away.

DO YOU LIKE TO SMILE?

Do you like it when people smile at you?

Try a little gentle smile now, to see how it feels. No ... not a giggle, but something soft and warm, like a sunset on a perfect day. It starts with a feeling of kindness in the heart, doesn't it? Maybe you should think of that sunset, or of someone you love who looks after you.



When you do that, can you feel a smile glowing up from your heart that slowly makes your lips into a smile? How does that feel?

You can let your whole body enjoy the happiness of that smile. It's easy. You have to close your eyes so that you can concentrate on the feeling of smiling. It's a kind of glow. Now concentrate and bring that glow up to your closed eyes, one at a time ... now it's like a light. Once you can see and feel that glow, you can send it around your whole body. Slowly now!

Start with the centre of your forehead – imagine that there's a gentle glowing smile, like the one the Buddha has, spreading over your forehead.

You have to let it go at its own pace. Then you can let it sweep back over your head just as if someone is stroking your hair ... and down the back of your neck.

chest, that Buddha smile feels very comfortable. If you let yourself breathe slowly with a smile in the middle of your chest, it will gradually spread until you can feel it in your heart, your lungs and your tummy. When you breathe in you can feel it expand, and then when you breathe out it gently washes over your body. All you have to do is keep that kind glow in the centre of your chest, and then watch what happens when you breathe. Some people like to feed their smile (which is doing so much) by giving it a word, or a thought like "Peace" or "May I be at peace" or a picture of someone that they know and care for. That's what the best smiles live on, don't they!

I bet your feet have never had a smile visit them. Feet must feel terribly lonely down there at the end of our legs being walked on all day. But smiles like to travel to where they're needed, and it's an interesting journey.



Smiles like to travel.

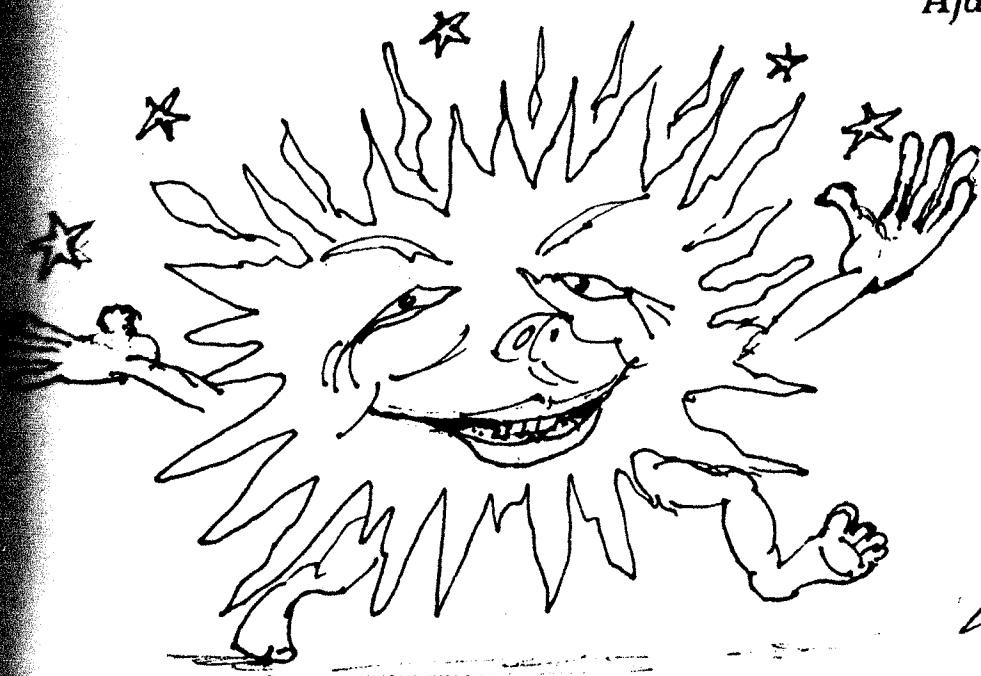
Can you feel your upper leg, and imagine a smile moving along inside it around the muscles and down to the knee. What do you think those fleshy bits and bony bits look like? You can feel them, can't you, tingling and throbbing. And your smile can send some peace and kindness their way as it passes, curling around your knee, now sliding down your calf and shin. Slow down now, here comes your ankle, so you have to turn the corner into your foot



Lots of fine bones here to hop over – and also that curving arch under the foot – until you find yourself, a little tired, in your toes. So get the glow back by resting in your big toe until you feel like going home to your chest. The breath will be waiting for you there, peaceful and gentle as a song at bed-time.

That's how you let your whole body smile. It takes some practice to get to all of the body, but that's because some parts of our body we don't notice until they hurt. It's like that with other people too. We don't think of how they feel very often, so we're not always kind to each other. But remember what it feels like to have a smile move in your own heart and body. So it would be good if we could let our smile travel over to other people too. They'll need an extra helping of "May they be well, may they be at peace", but smiles like to travel, and they're welcome wherever they go!

Ajahn Sucitto



*Smiles are
always
welcome!*