

# HALF-SMILE AND WILLING HANDS

Turning the mind is a choice. It's choosing to accept. Acceptance often only lasts a moment or two, so people have to continue to turn the mind towards the decision to accept over and over. The more difficult or painful the event, the longer it may take to fully accept it. Turning the mind will be a key component to staying on the road to acceptance and free from suffering.

EMOTIONS ARE  
PARTIALLY  
CONTROLLED BY  
FACIAL  
EXPRESSIONS AND  
MOVEMENT

## HALF-SMILING

- Relax your entire face, jaw, eyes, mouth
- Let the corners of your mouth move slightly up
- Keep your face relaxed and adopt a serene expression

ADOPTING A  
SERENE HALF-SMILE  
CAN SEND A  
CALMING MESSAGE  
TO YOUR BRAIN  
AND BODY

## WILLING HANDS OR WILLING POSTURE

- Place hands on your lap or at your side
- Unclench your hands and turn your palms up
- Relax your fingers
- Drop your arms and shoulders
- Uncross your arms and legs
- Relax your body and lean in to the moment

ACCEPTING REALITY  
WITH YOUR BODY.  
OUR BODY POSTURE  
CAN SEND A  
MESSAGE TO OUR  
BRAIN