



# Smile to Your Heart Meditations: Simple Practices for Peace, Health and Spiritual Growth

*Irmansyah Effendi*

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## **AN EASY WAY TO ENJOY THE HAPPINESS IN YOUR HEART**

We've long been told to "follow our heart"—that this is where the truth is kept. And whenever we have feelings of peace, calmness or joy, it's experienced not in our head, but in our heart. So what makes the heart so special? How can our heart help us in our daily life? What is the spiritual meaning of the heart?

An easy, step-by-step guide to opening, feeling and enjoying your heart, *Smile to Your Heart Meditations* will teach you to naturally:

- **Experience the calmness and happiness within your heart**
- **Achieve deeper, more joyful and experiential meditations**
- **Recognize the difference between using your brain and your heart**
- **Let your heart be strengthened and cleansed of negativities**
- **Improve your beautiful connection with the Divine Source**
- **Rely on your heart more in your interactions with others**
- **Allow more joy and positive energy to flow throughout your life**

Whether you have meditated for years or never before, *Smile to Your Heart Meditations* is a simple and accessible practice for anyone seeking deeper meaning in life, or just a more peaceful way to go through it. All you have to do is relax...smile...and enjoy!

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