



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

By 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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Smile to Your Heart Meditations: Simple Practices for Peace, Health and Spiritual Growth By Irmansyah Effendi **Bibliography**

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Editorial Review

About the Author

Mr. Irmansyah Effendi is the author of Open Heart Meditation, which he developed as an effective way for people from any religious background or culture to be able to open their heart to the True Source of Love and Light, our Divine Creator in the most simple and enjoyable way possible.

He lives in Perth Australia, is of Chinese/Indonesian descent and was born and raised in Indonesia. He completed his University studies in the United States of America and is fluent in English and Indonesian and also speaks some Mandarin Chinese and Spanish.

Mr. Effendi is the author of many spiritual books about the Spiritual Heart, Inner Heart, Reiki, Kundalini, Shing Chi, Reiki Tummo and other advanced spiritual topics as well as a series of illustrated children's books introducing the heart and love.

He is also a song writer for a musical album called 'Heart Songs' first published in Indonesian which is designed to help people who find meditation difficult to be able to relax and follow along with their heart.

He is the founder of Padmacahaya: The International Institute for Inner Studies where he has been teaching workshops and spiritual retreats about the heart all around the world since 1998 to thousands of people who have been able to experience and feel their hearts open. Irman, as he is known to his students, also trains and supervises Open Heart Workshop instructors worldwide to be able to effectively teach about the heart and how to do Open Heart Meditation properly.

His spiritual journey began at a young age where he practiced many kinds of meditation. He earned a Bachelor of Science in Computer Science and Mathematics degree at the age of 20 from California State University, USA, with Magna Cum Laude and Honours. He then obtained a Master of Science in Artificial Intelligence degree at the age of 21 from the same university.

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