

A SIMPLE CURVE CAN MAKE THE WHOLE DIFFERENCE

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“Even if there is no reason to smile,

Smile anyway and God will give you reason to smile”¹

From the mystic smile of Mona Lisa to the exchange of simple smile between two strangers there is a lot to read between the lines. This gesture adds up a lot to an individual’s personality, one only must look forward that how this physical attribute affects our lives and contributes to our success.

Communication is an essential tool for the exchange of information, knowledge, and emotions since the inception of society. Artists and literary figures appreciated the presence of gestures as nonverbal mode but recently it is becoming the subject of serious scientific study.² An individual’s personality is assessed by the effectiveness with which he or she can elicit positive reactions from a variety of persons under different circumstances. There are various skills which we opt for our betterment; soft skills are one of them. Soft skills are best defined as the reflection of an individual’s persona.³ They embody our verbal skills, poise, sense of humor, smile, self-confidence, eye contact, listening ability, honesty, energy level and intensity, leadership, attitude, integrity, handshake, and vocabulary.

There are certain basic similarities in human behavior all over the world, such as expression of joy and sorrow⁴ i.e., ‘smile’. Generally, everybody smiles at least once in a day & nobody can deny it. This is such a natural trait which enters the life latently. It is an expression of the inner happiness. This small gesture under Kinesis needs to get a proper weightage. The appearance casts the first impression, but according to Lee Mildon, *“people seldom notice old clothes if you wear a big smile”*. An expression which is understood to the whole human race is ‘smile’ as all the people smile in the same language.⁵ Smiling is innate and appears in infants almost from birth.⁶ It is the first mode to communicate with a newborn, smile gesture towards a child makes him/her understand that one is opening the gate of heart for welcome.

As an individual, if we carry a smile on our face it adds to our facial value, to our confidence, by adding to our ease, comfort zone, help us to remain natural and in a jolly mood. It curbs out the negative traits⁷, like ego, anxiety, tension, frustration, depression, guilt, anger, and many more which we have to shed in order to bear a balanced personality. One can easily find through the practical application that if we take up smile, negative attributes find no place, we then are only charged with the positive vibrations. It is like hope⁸ which can never be negative.

Now the question of worth is that how can we expect a person full of negativities to smile? How the one who is facing adversity, can smile? The answer is that to groom our personality we must do lot of things deliberately, we have to practice this also as, *“sometimes your joy is the source of your smile but sometimes your smile can be the source of your joy”*⁹.

The present era of materialism has thrown several challenges to mankind. Complexity and ambiguity have become the hallmarks of this century. We rarely find happiness and joy on the faces of people as life has become a rat race, to curtail the complexities of life we need to smile.

When the feeling of guilt, frustration, ego etc., rules our mind we should practice smile, because if it is there, we can fight with all these enemies, we can cut short the gravity of harm done to us by them. One can easily go for the practical observance about it in real life and can trace the difference. It is nothing that the negative traits will be wiped up by a smile, but it can curtail the degree of pain caused by them. Rather smile can prepare the ground for one to face the challenges of life. This logic is less of theory and more of practical. One should go for judging the theories at individual and personal level.

Everybody likes a lively soul whose eyes also shine with the glow of smile, which offers a helping & supportive hand¹⁰. Nobody cares for the status or position one is having in society, a person is known by the way he/she behaves with others. Smiling gesture gives the impression of a balanced personality.

Generally, all the key position holders despite their sectors merely smile because they are surrounded by the feeling of superiority which holds the ego. Contrary to it, smile and be kind¹¹ should be their perspective which can get them the best output. Appreciation and warm greetings are the basics which can make one's day. Can you imagine any appreciation/greetings without smile, the answer is simple no. This gesture improves interpersonal skills and can rectify organizational barriers up to an extent.

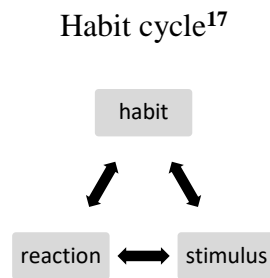
A practical situation says that if the subordinate is replied a smile in exchange it makes the image of senior “good” as a person. Smile is an indication of love and respect also. When the teacher enters to a class with smile students turn out to be more receptive. If one smiles to himself the whole world smiles back. The motivational smile can catalyze the success ratio of any set up. Latent or hidden potentials come out when because of that smile one collects his self to work for the betterment of tomorrow.

What more to say your smile can change the voice tone too. If someone is smiling on the other side of phone the music of smile can be traced out easily. Contrary to it plane or frowning gesture turn out the voice quality that way. It takes 72 muscles to frown and only 14 to smile.¹² It is easy to share a smile with others, since it is the 2nd most contagious facial expression next to yawning. Smiling faces are always beautiful and most enduring accessory. According to British research receiving a smile generates much higher levels of stimulation to the brain and the heart than being given money or having a cigarette.¹³

Smile therapy lowers the stress hormones cortisol, adrenalin and noradrenalin and produce hormones which stabilize – blood pressure, relax muscles, improve respiration, reduce pain, accelerate healing, and stabilize mood.¹⁴ The soft smile dissolves hardened patterns without struggle or force, gently coaxing a shift in stuck energy. Attacking problems with aversion and aggression only increases resistance and abusing our frailties makes us weaker. Alternatively sending ourselves loving smiles energy empowers us towards strength and restoration.¹⁵

During hard times if one recalls the good ones and puts up the smile a natural believe in own self develops which gives strength to not to regret about past. The smile resonates with outside vibrations and reverberates back to us a collective smiling wave this creates endless exchange of loving energy, invigorating, and uplifting us on all levels. None of us is better under the pressure of stress. We become short tempered, cranky, argumentative unreasonable and even unfriendly. In the worst cases we reject the love, care, and support of the people who care the most about us. We socially isolate ourselves and this serves only to increase the pressure on us, since social support is a powerful stress buster.¹⁶

This stress mechanism could be removed by practicing smile up to the level of habit.



The life is full of problems today. In our haste to learn and teach Problem Solving Skills (PSK) we forget to nurture Problem Preventing Values (PPV).¹⁸ There are number of problems that can be prevented by using gesture smile as a habit.

A smile expresses joy, happiness, and friendliness, and offers insight to the inner working of mind such as intentions, emotions, feelings, and attitudes, as well as demonstrating warmth, empathy, and cooperation. What is especially interesting that you do not have to learn to do anything- it is a preprogrammed behavior. Kids, who are born blind, never see anybody smile but they also show the same kinds of smile under the same situation as sighted people.¹⁹

The smile is one of the strongest communication tools and many spend their entire lives not knowing how to use it. There are some facts about smiling ²⁰:

1. 72% people think of those who smile frequently as being more confident and successful.
2. 86% of people say that they are more likely to strike up conversations with strangers if they are smiling.
3. Bosses are 12% more likely to promote people who smile a lot.
4. Research shows that 65% of communication is nonverbal (many claim even higher %)
5. Studies show that happiness is a byproduct of smiling.

If suppose a person is neglected by the society due to his bad nature give him a smile of yours, *“for nobody needs a smile so much as those who have none to give”*.²¹

With this knowledge, begin putting your smile to work! Make it a project to seek out at least one person who seems to be having a bad day, give a smile to him, the next day share your smile with two, then three and so on. Learn to effectively use this communication tool. It will

dramatically improve your relationship with others. The value of smile is- it conveys more emotions than words, makes others feel welcome, special, and appreciated. It can brighten up someone's day, it has the power of melting away insecurities and troubles that people have, it is a great way, which requires learning to find happiness even during the upsetting times.

Every grimace, every sigh, every sound of frustration tells the brain how difficult the task is? Brain then responds by sending stress chemicals into the bloodstream. The more stressed one grows the more difficult the task becomes. It is a vicious circle. Past failures, bad breaks, and personal weaknesses dominate the mind. One becomes jealous of his competitors and starts making excuses for why he can't succeed. In this state, he tends to make a bad impression, assume the worst about others, and lose self-confidence. The way to get out of this thought pattern is to focus on gratitude. Set aside time to focus on everything positive in your life and put up an inner smile about that. Make a mental list of your strengths, past successes, and current advantages. We tend to take our strengths for granted and dwell on our failures. By trying to feel grateful, you'll realize how competent and successful you already are. This will rejuvenate your confidence and get you motivated to build on your current success.²²

Ironically, we smile least when we need it most and this is the reason of lacking in win – win result. Depression, pain, and stress often rob us of the healing humor that can transform our state. Though smiling may be the last thing we feel like doing, it will do us the world of good. When we smile at our pain, worry, troubles and perceived inadequacies we dissolve compounding tension. As Allen Klein, author of '*The Healing Power of Humor*', expressed, "The hardest thing you can do is smile when you are ill, in pain, or depressed. But this no-cost remedy is a necessary first half-step if you are to start on the road to recovery". Smiling puts everything into a brighter perspective as we observe the psychodrama of life objectively. As Charlie Chaplin understood, "*Life is a tragedy in close-up and a comedy in long-shot*". Neuroscientists²³ have discovered that using our facial muscles to smile actually, feeds back into our brains to spark greater sensations of happiness.

The most expressive part of body is the face. Someone who is nervous or lacking in confidence often appears tense and serious, leading others to think they are unfriendly or sullen.²⁴ If you feel anxious be especially aware of your facial expressions. Remember to smile because this

will instantly help you relax and appear more approachable. The smile is one of the powerful tools you have for gaining an instant rapport with someone. It gives others the message that you are a friendly, open and confident person.

Smiling can be expanded under two categories: Natural & Artificial

If you are feeling uncomfortable a smile can make you seem false, so make sure you smile with your eyes as well as your mouth. You can practice this in front of mirror. Simply relax your facial muscles then smile with your own face until it feels right. This is invaluable, if you are going to an event that you are nervous about or feel will be challenging for you. Watch people when they smile to see if they are using their eyes as well. A genuine smile lights up someone's whole face. Not so genuine smiles only come from the corners of mouth.²⁵ Many people use fake smiles to make them appear approachable and submissive. A fake smile can be spotted because it involves only the jaw muscles working, whereas a true smile involves both the jaw muscles and the muscles around the eyes.²⁶ Smiles are often big indicators of whether or not someone likes you. The key thing most people (men in particular) don't realize is that there are different types of smile, and that each type of smile can mean a completely different thing. Therefore, when someone is smiling at you, it isn't always a signal to make your move and go talk to them. One should practice finding out the spark of smile in the eyes of people.

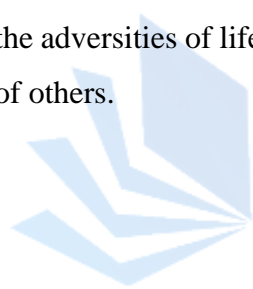
People generally go for natural smile when they are in good mood it boosts up; health, confidence, friendliness, cordiality, relationships, natural ease, comfort level, output, positive attitude, mannerism and etiquette, psychological therapy, intuitive analysis, and many more including happiness and success. Natural is likely to go for positivity but the beauty of this gesture is that even if one puts it up intentionally or artificially in a bad mood it curbs out complexes, anxiety, frustration, guilt, grudges, hatred, depression, anger, conflicts, ego, tension, stress and so on.

To cope up with clarion challenges of this globalized era smile could be the best source to give win-win negotiation. The interviewers' smile²⁷ to make us at ease and we can understand their motives & feelings, establish rapport readily, and can persuade them without undue opposition.²⁸ Dale Carnegie, in his book '*How to Win Friends and Influence People*', best summed up the lasting impacts of a smile: "It costs nothing but creates much. It enriches those

who receive, without impoverishing those who give. It happens in a flash and the memory of it sometimes lasts forever.

The next time you are out, notice how many persons are smiling as they walk down the street or talk to the people. You may not see many. The beauty of helping others, even with a small gesture, is that you're not only helping them, but you can touch the lives of others as well. When you say thank you to someone, appreciate a service or offer your assistance, you send positive energy to them so to speak. This energy will have an impact on them, hopefully change their mood for the better, and this mood will impact others around them as well. This is a kind of butterfly effect that eventually will affect everyone on this planet and may find its way back to you at a moment, you're least expecting it.²⁹

Be modest, and keep smiling because it makes life worthwhile, its fragrance spreads happiness. What more to say, this mildest gesture inculcates the feeling of humbleness and courage to face the adversities of life, try to come up with the genuine one to lighten your world and the world of others.



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