



Taoist 6 Healing Sounds™

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The Music and Wellness Institute, LLC

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Metal element resonates with the fall season.

The Six Healing Sounds (No. 1): The Lungs' Sound

“Sss” (tongue behind teeth)

Position: Sit with your back straight and the backs of your hands resting on your thighs. Smile down to your lungs. When you feel you are in touch with the lungs, take a deep breath and raise your arms out in front of you. When the hands are at eye level, begin to rotate the palms, bringing them above your head until they are palm up, pushing outward. Point the fingers toward those of the opposite hand. Keep the elbows rounded out to the side. Do not straighten your arms.

Sound: Close your jaw so that your teeth gently meet, and part your lips slightly. Inhale as you look up, eyes wide open, and push your palms upward and out as you slowly exhale through your teeth and make the sound “sss.” At first you can produce the lungs' sound aloud, but eventually you should practice subvocally (vocalizing so softly that only you can hear the sound). Picture and feel excess heat, sick energy, sadness, sorrow, depression, and grief expelled as the sacs surrounding the lungs compress. Picture energy from the lungs flowing over into the large intestine. Exhale excess heat and sick energy out of the mouth as black smoke as you release to the pull of gravity and the smoke sinks to the core of the earth where it can be safely transformed.

Rest and concentrate: Resting is very important because during rest you can communicate with your inner self and your internal system. When you have exhaled completely, rotate the palms down as you slowly lower your shoulders, and return your hands to your lap, palms up. Close your eyes and be aware of your lungs and large intestine. Smile into them and imagine that you are still making the lungs' sound. Breathe normally and picture your lungs glowing with a bright white color. This will strengthen your lungs and draw down the universal energy associated with them. With each breath, feel the exchange of cool, fresh energy as it replaces excessively hot energy. Let faith and inspiration fill you on the inhalation.

Repeat 6, 9, 12, or 24 times. Practice more often to alleviate sadness, depression, colds, flu, toothache, asthma, or emphysema.

In the creation cycle, metal melts to become liquid. The water element resonates with the winter season.

The Six Healing Sounds (No. 2): The Kidney's 's Sound:
"Choo" as when blowing out a candle with the lips forming an "O"

Position: Bring your legs together, ankles and knees touching. Be aware of your kidneys and smile into them. When you feel you are in touch with the kidneys, take a deep breath, lean forward, and clasp the fingers of both hands together around your knees. Pull your arms straight from your lower back while bending your torso forward. (This allows your back to protrude in the area of your kidneys.) Simultaneously tilt your head upward as you look upward and maintain the pull on your arms from the lower back. Feel your spine pull.

Sound: Round your lips and slightly exhale the sound "choo" as if you were blowing out a candle. Simultaneously contract your abdomen, pulling it in toward your kidneys. Imagine the excess heat, fear, suspicion, futility and wet, sick energies squeezed out from the fascia surrounding the kidneys. Picture energy from the kidneys flowing into the bladder, then down and out of your body. Exhale black smoke from the mouth, letting it sink to the core of the earth where it can be safely transformed.

Rest and concentrate: After you have fully exhaled, sit erect, separate your legs, and place your hands on your thighs, palms up. Close your eyes and be aware of your kidney and bladder. Smile into them and imagine you are still making the "choo" sound. Breathe normally and picture your kidneys and bladder glowing with a bright blue color. This will strengthen them and draw down the universal energy associated with them. With each breath feel the exchange of cool, fresh energy as it replaces excessively hot energy. Let gentleness, calm, courage and optimism fill you on the inhalation.

Repeat the above steps 3, 6, 12, or 24 times. Practice more often to alleviate fear, fatigue, dizziness, ringing in the ears, or back pain.

In the creation cycle, water nourishes the warm expanding power of wood. The wood element resonates with the spring season.

The Six Healing Sounds (No. 3): The Liver's Sound Shh (tongue near palette)

Position: Sit comfortably and straight. Be aware of the liver and smile into it. When you feel you are in touch with the liver, extend your arms out to your sides, palms up. Take a deep breath as you slowly raise your arms up and over your head from the sides, following this action with your eyes. Interlace your fingers and turn your joined hands over to face the heavens, palms up. Push out at the heel of your palms and stretch your arms out from the shoulders. Bend slightly to the left, exerting a gentle pull on the liver, which is on your right side.

Sound: Open your eyes wide, because they are the openings of the liver. Slowly exhale the sound “shh.” At first you can produce the Liver's Sound aloud, but eventually you should practice subvocally (vocalizing so softly that only you can hear the sound). Envision expelling excess heat and anger from the liver as the fascia around it compresses. Exhale fully and slowly. Relax and let go of any excess heat from excessive ‘wood’ that may be felt as anger coming from the mouth like black smoke dropping down instantly with the pull of gravity to the center of the earth where it can be safely transformed.

Rest and concentrate: When you have fully exhaled, separate your hands, turn the palms down, and slowly bring your arms down to your sides, leading with the heels of your hands. Bring your hands to rest on your thighs, palms up. Close your eyes and be aware of your liver and gallbladder. Smile into them and imagine you are still making the liver's sound. Breathe normally and picture your liver and gallbladder glowing with a bright green color. This will strengthen them and draw down the universal energy associated with them. With each breath, feel the exchange of cool, fresh energy as it replaces excessively hot energy. Feel your liver filling with bright green light full of kindness and forgiveness.

Repeat 3, 6, 12, or 24 times. Practice more often to alleviate anger, soothe red or watery eyes, remove a sour or bitter taste, and detoxify the liver.

In the creation cycle, wood nourishes fire in the heart, the Emperor of the organs. The fire element resonates with the summer season.

The Six Healing Sounds (No. 4): The Heart's Sound

“Haw” (mouth wide open)

Position: Sit comfortably and straight. Be aware of the heart and smile into it. When you feel you are in touch with the heart, extend your arms out to your sides, palms up. Take a deep breath as you slowly raise your arms up and over your head from the sides, following this action with your eyes. Interlace your fingers and turn your joined hands over to face the heavens, palms up. Push out at the heel of your palms and stretch your arms out from the shoulders. Bend slightly to the right, exerting a gentle pull on the heart, which is just to the left of the center of your chest. Focus on your heart and feel your tongue.

Sound: Open your mouth, round your lips, and slowly exhale the sound “haw” subvocally. Picture the sac around the heart expelling heat, impatience, hastiness, arrogance, and cruelty. Picture energy from the heart flowing into the small intestine, down and out of your body. Relax and let go of any excess heat from excessive ‘fire’ that may be felt as impatience or cruelty coming from the mouth like black smoke dropping down instantly with the pull of gravity to the center of the earth where it can be safely transformed.

Rest and concentrate: When you have fully exhaled, separate your hands, turn the palms down, and slowly bring your arms down to your sides, leading with the heels of your hands. Bring your hands to rest on your thighs, palms up. Close your eyes and be aware of your heart and small intestine. Smile into them and imagine you are still making the Heart's Sound. Breathe normally and picture your heart glowing with a bright red color. This will strengthen your heart and draw down red universal energy associated with them. With each breath, feel the exchange of cool, fresh energy as it replaces excessively hot energy. Feel your heart and small intestine filling with bright red light, full of joy, love, patience, humility, gratitude, decisiveness, discernment, and kindness.

Repeat the steps above 3 to 24 times. Practice more often to relieve sore throat, cold sores, swollen gums or tongue, jumpiness, moodiness, or heart disease.

In the creation cycle, fire becomes ash which resonates with indian summer season, the earth element.

The Six Healing Sounds (No. 5): The Spleen's Sound "Who" (from the throat)

Position: Be aware of your spleen and smile into it. When you feel you are in touch with the spleen and stomach, take a deep breath as you place the fingers of both hands just beneath the rib cage on your left side. Press in with the fingers as you push your middle back outward.

Sound: Look up, and gently push your fingertips into the left of the solar plexus area, under the ribcage, as you subvocally exhale the sound "who." This is a guttural, or "throaty" sound, originating from the depths of the throat rather than the mouth. Feel the spleen's sound vibrate the vocal cords. Feel any worries, excessive thinking and over-compassion being transformed as the virtues of trust, openness, fairness, and honesty arise. Exhale and release to the pull of gravity as black smoke instantly sinks to the core of the earth to be transformed.

Rest and concentrate: Once you have fully exhaled, close your eyes, place your hands on your thighs, palms up. Close your eyes and be aware of your spleen and stomach. Smile into them and imagine you are still making the Spleen's Sound. Breathe normally and picture your stomach and spleen glowing bright yellow. This will strengthen them and draw down the associated universal energy. With each breath, feel the exchange of cool, fresh energy as it replaces excessively hot energy. Feel your spleen, stomach and pancreas filling with bright yellow light, full of fairness, honesty, openness, compassion for yourself and a discerning sense of trust.

Repeat the steps above 3 to 24 times. Practice more often to eliminate indigestion, nausea, or diarrhea.

For purposes of internal alchemy and meditation, we focus on the three cauldrons: the head, heart and belly.

The Six Healing Sounds (No. 6): The Triple Warmer's Sound "Hee as in "eat"

Position: Lie on your back with your arms resting palms up at your sides, and keep your eyes closed. The three cauldrons are: Upper - head and neck. Middle - upper chest to lower rib cage. Lower - below the rib cage to perineum. Inhale fully into all three cavities, first the lower abdomen, then the solar plexus and finally the chest, filling to the top of the lungs.

Sound: Exhale the sound "hee" subvocally, flattening first your chest, then your solar plexus, and finally your lower abdomen. Imagine a large red roller pressing out your breath as it moves from your head down to your sexual center. Picture stress and the fight/flight response being pressed down and out of your body. With the "Hee" sound release any tension in the three cauldrons to the pull of gravity. Let go of any mental, emotional or physical tension like black smoke coming from the mouth dropping instantly with the pull of gravity to the center of the earth where it can be safely transformed.

Rest and concentrate: Keep your eyes closed. Fully exhale. Be aware of your entire body. Smile and imagine you are still making the Triple Warmer's Sound. Breathe normally and picture your entire body glowing with a bright red color. This will draw down the associated universal energy and strengthen your entire body. With each breath, feel the exchange of cool, fresh energy as it replaces excessively hot energy. Feel your body filling with bright red light, full of safety and security.

Repeat the above steps from 3 to 6 times. Practice more often to relieve insomnia or stress.

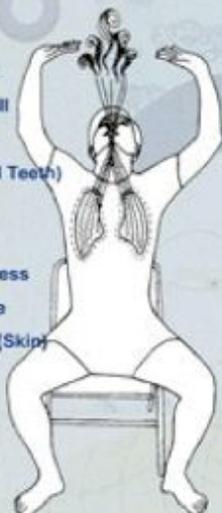
(Six Healing Sounds)

Transform negative emotions to positive emotions.

By Mantak Chia, Universal Healing Tao Center

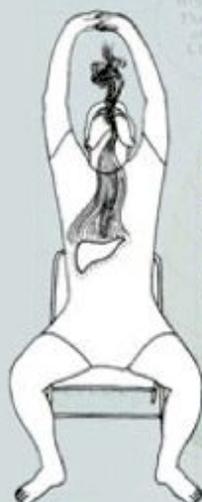
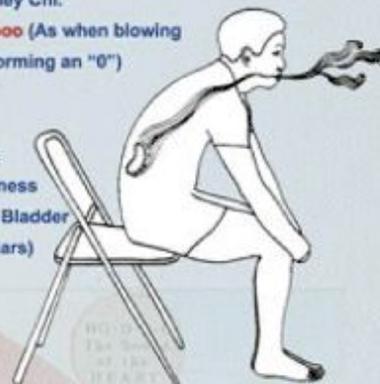
Lung

The Lung sound is a metal sound. It sounds like the vibration of a bell and activates the lung Chi.
 Sound: **Sssssss** (Tongue behind Teeth)
 Color: White
 Emotions: Grief and Sadness
 Virtues: Courage and Righteousness
 Associated Organ: Large Intestine
 Senses: Smell (Nose) and Touch (Skin)
 Element: Metal
 Season: Fall



Kidney

The Kidney sound is a water sound and it activates the kidney Chi.
 Sound: **Chooooooooo** (As when blowing out a candle: lips forming an "O")
 Color: Dark Blue
 Emotion: Fear
 Virtue: Gentleness, Calmness and Stillness
 Associated Organ: Bladder
 Senses: Hearing (Ears)
 Element: Water
 Season: Winter



Liver

The Liver sound is a wood sound and it activates the liver Chi.
 Sound: **Shhhhhhh** (Tongue near Palate)
 Color: Green
 Emotion: Anger
 Virtue: Kindness
 Associated Organ: Gall Bladder
 Senses: Sight (Eyes)
 Element: Wood
 Season: Spring



Heart

The Heart sound is the fire sound and activates the heart energy.
 Sound: **Hawwwwww** (Mouth wide Open)
 Color: Red
 Emotions: Hastiness, Arrogance, Cruelty
 Virtues: Joy, Honor, Sincerity
 Associated Organ: Small Intestine
 Senses: Tongue, Speech
 Element: Fire
 Season: Summer

Spleen

The Spleen sound is the earth sound, activating the energy of the stomach, the pancreas, and the spleen.
 Sound: **Whoooooo** (From the Throat, Guttural)
 Color: Yellow
 Emotion: Worry
 Virtues: Fairness, Openness
 Associated Organs: Pancreas, Stomach
 Senses: Taste (Lips, Mouth)
 Element: Earth
 Season: Indian Summer



Triple Warmer

The Triple Warmer sound "**Hooooooo**" (From the Throat pass through upper and lower teeth). It serves to balance the temperature of the three levels by bringing hot energy down to the lower center and cold energy up to the higher center. Specifically, hot energy from the area of the heart is moved to the colder sexual region, and cold energy from the lower abdomen is moved up to the heart's region.



Boston Healing Tao
 Taoist Inner Alchemy
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 Meditation Ji Nei Tsan
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<https://www.youtube.com/watch?v=zAavrYywuPY>. This is one of my favorite Youtube videos of the 6 Healing Sounds Meditation. (Keeping the eyes open is more traditional.)

Image in booklet is from: <http://ashevilleacupuncture.com/six-healing-sounds/>

Jasieniecki, Stephanie. Thank you for assigning me the task and setting me on the path of integration.

Zen Shaitso Makko Ho Meridian Stretches. <http://www.sohoshiatsu.com/Exercises.html>
Drawings by Pepe Infantozzi