

SIX HEALING SOUNDS PRACTICES

(Ancient Eastern Asian Exercises, after Mantak Chia)

Ready Posture

Sit at the edge of a chair. Your legs are a hip-width apart, your feet solidly on the floor. Your back is straight, shoulders relaxed, chest sunk. Keep your eyes open. Rest your hands on your thighs, palms up.

I. Lung Exercise: First Healing Sound

1. Become aware of your lungs. Take a deep breath and, letting your eyes follow, raise the arms up in front of you. When the hands are at eye level, begin to turn the palms upwards and bring them up above the head. Keep the elbows rounded. You should feel a stretch that extends from the heels of the palms, along the forearms, over the elbows, along the upper arms and into the shoulders. The lungs and chest will feel open and breathing will be easier.

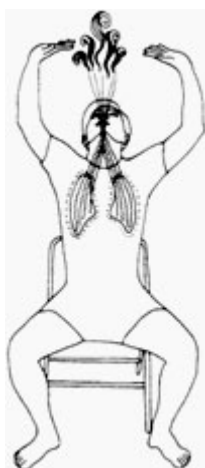


Figure 1 – Lung Sound Position

2. Draw the corners of the mouth back a little and exhale, making the sound "Sssssss", slowly and evenly in one breath. When you have exhaled completely (without straining), rotate the palms down, close the eyes, and float the arms down by gently lowering the shoulders. Slowly lower the arms to your lap so that they rest there, palms up.

3. Repeat the sequence 3 to 6 times. For colds, flu, mucous, toothaches, smoking, asthma, emphysema, or depression, or for detoxifying the lungs, you can repeat the sound 9, 12, 18, 24, or 36 times.

Notes

- When you *breathe in*, imagine, see and feel that a *pure white light* and the *quality of righteousness* enter into your lungs.
- As you *exhale*, empty all feelings of *sadness, sorrow and grief* from your lungs.

4. Then, with your eyes closed, breathe normally, and smile down to the lungs, be aware of them, and imagine that you are still making the sound. Continue breathing in white light and righteousness; and breathing out sadness, sorrow and grief.

Pay attention to any sensations you may feel. Try to feel the exchange of cool, fresh energy replacing hot, dark waste energy.

5. The Lung Sound can help eliminate nervousness when in front of a crowd. Say the Lung Sound sub-vocally without the hand movements several times when you feel nervous. This will help you to calm down. The Heart Sound and the Inner Smile will help also if the Lung Sound is not enough to calm you down.

II. Kidney Exercise: Second Healing Sound

1. Become aware of the kidneys. Place the legs together, ankles and knees touching. Take a deep breath as you bend forward, and clasp one hand in the other; hook the hands around the knees and pull back on the arms. With the arms straight, feel the pull at the back where the kidneys are; look up, and tilt the head back without straining.



Figure 2 – Kidney Sound Position

2. When exhaling round the lips and silently make the sound like one makes in blowing out a candle 'Huuuuuuuu.' At the same time, press the middle abdomen, between the sternum and navel, toward the spine.

3. When you have exhaled completely, sit up and separate the legs to a hip's width; rest the hands, palms up, on the thighs.

4. Repeat 3 to 6 times. For back pain, fatigue, dizziness, ringing in the ears, or detoxifying the kidneys, repeat 9 to 36 times.

Notes

- When you *breathe in*, imagine that you breathe in a *bright blue energy* to the kidneys; see and feel as the quality of *gentleness* enters the kidneys.

- When you *breathe out*, imagine any *feelings of fear* being squeezed out from the membrane around the kidneys.

5. Close the eyes and breathe normally. Smile to the kidneys, as you imagine that you are still making the sound. Continue breathing in blue light and gentleness and breathing out fear.

Pay attention to sensations. Be aware of the exchange of energy around the kidneys, and hands, head and legs.

III. Liver Exercise: Third Healing Sound

1. Become aware of the liver, and feel the connection between the eyes and the liver. Place your arms at your sides, palms upwards. Take a deep breath as you slowly swing the arms up and over the head. Lock the fingers, palms upwards and lean slightly to the left. Follow with the eyes. Feel the stretch on your right side.

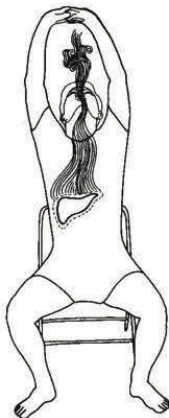


Figure 3 – The Liver Sound Position

2. Exhale with the sound, "Shhhhhhh". Envision and feel that a sac encloses the liver and is compressing and expelling the excess heat and feelings of anger.

3. When you have exhaled completely, unlock the fingers, and pressing out with the heels of the palms, gently bring the arms back to the side by lowering the shoulders. Place your hands on your lap, palms up, and rest.

4. Do this 3 to 6 times. For anger, red and watery eyes, or a sour or bitter taste, and for detoxifying the liver, repeat 9 to 36 times.

A Taoist axiom about controlling anger says:

'If you've done the Liver Sound 30 times and you are still angry at someone, you have the right to slap that person'.

Notes

- When you *breathe in*, imagine that you breathe in a *bright green energy* and the *quality of kindness* into the liver.
- When you *breathe out*, imagine that any *feelings of anger* leave the liver.

5. Close the eyes, breathe normally, smile down to the liver and imagine you're still making the sound. Continue breathing in green light and kindness and breathing out anger. Be aware of sensations. Sense the energy exchange.

IV. Heart Exercise: Fourth Healing Sound

1. Become aware of the heart and feel the tongue connected with the heart. Take a deep breath and assume the same position as for the Liver Sound, but lean slightly to the right.



Figure 4 – The Heart Sound Position

2. Open the mouth somewhat, round the lips and exhale on the sound "Hawwwwww", as you picture the pericardium releasing heat, and the feelings of impatience, arrogance and hastiness.

3. When you have exhaled completely, unlock the fingers, and pressing out with the heels of the palms, gently bring the arms back to the side by lowering the shoulders. Place your hands on your lap, palms up, and rest.

4. Repeat 3 to 6 times. For a sore throat, cold sores, swollen gums or tongue, heart disease, heart pains, jumpiness, moodiness, and for detoxifying the heart, repeat 9 to 36 times.

Notes

- When you *breathe in*, imagine that you breathe in a *bright red energy* and the *qualities of joy, honour, sincerity, respect and love* into the heart.

- When you *breathe out*, imagine that any *feelings of impatience, hastiness, arrogance and cruelty* leave the liver.

5. Close the eyes, breathe normally, smile down to the heart and imagine you're still making the sound. Continue breathing in red light and the qualities of joy, honour, sincerity, respect and love; and breathing out impatience, hastiness, arrogance and cruelty. Be aware of sensations. Sense the energy exchange.

V. Spleen Exercise: Fifth Healing Sound

1. Become aware of the spleen; feel the mouth and the spleen connect. Take a deep breath as you place your hands with the index fingers resting at the bottom of the sternum and slightly to the left. Press in with the fingers as you push out a bit with the middle back.



Figure 5 – The Spleen Sound Position

2. Exhale with the sound "Khoooooo", felt in the vocal chords.
3. Lower the hands slowly to your lap, palms up.
4. Repeat 3 to 6 times. Repeat 9 to 36 times for indigestion, nausea and diarrhea, and for detoxifying the spleen. This sound, done in conjunction with the others, is more effective and healthier than using antacids.

Notes

- When you *breathe in*, imagine that you breathe in a *bright yellow energy* and the *qualities of fairness and compassion* into the spleen.
- When you *breathe out*, expel the excess heat, wetness and dampness. Imagine that all *feelings of worry and pity* leave the spleen.

5. Close the eyes, breathe normally and imagine that you are still making the sound. Continue breathing in a bright yellow light and the qualities of fairness, compassion, centering and music into the spleen, pancreas, and stomach, and breathing out the emotions of worry and pity. Be aware of sensations and the exchange of energy.

VI. Triple Warmer Exercise : Sixth Healing Sound

The Triple Warmer refers to the three energy centres of the body:

- *The upper level* consisting of the brain, heart, and lungs - is **Hot**.
- *The middle section* consisting of the liver, kidneys, stomach, pancreas, and spleen - is **Warm**.
- *The lower level* consisting of the large and small intestines, the bladder, and the sexual organs - is **Cool**.

The Triple Warmer Sound balances the temperature of the three levels by bringing hot energy down to the lower centre and cold energy up to the upper centre, through the digestive tract. This induces a deep, relaxing sleep. A number of people have been able to break a long-standing dependence on sleeping pills by practicing this sound. It's also very effective for relieving stress.

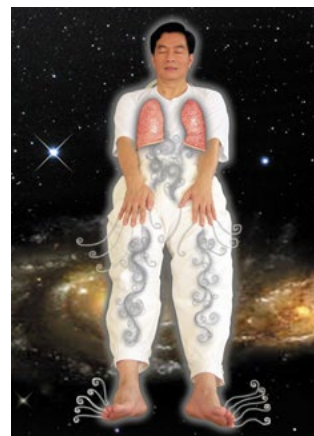
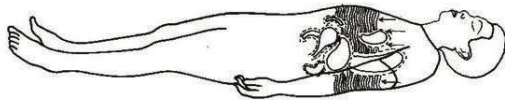


Figure 6 – The Triple Warmer Sound Position

1. Lie down on your back. Elevate the knees with a pillow if you feel any pain in the small of the back or lumbar area.
2. Close the eyes and take a deep breath, expanding the stomach and chest without strain.
3. Exhale with the sound "Heeeeeee", as you picture and feel a large roller pressing out your breath, beginning at the top of the chest and ending at the lower abdomen. Imagine the chest and abdomen are as flat as a sheet of paper, and feel light, bright, and empty. Rest by breathing normally.
4. Repeat 3 to 6 times, or more, if you are still wide awake. The Triple Warmer Sound also can be used to relax, without falling asleep, by lying on your side or sitting in a chair.

SHORT SUMMARY

1. THE LUNGS' SOUND

Feel: Contracting Back

Associated Organ: Large Intestine

Element: Metal

Colour: White

Acquired emotion: Grief, Sadness, Depression

Virtue: Courage, Righteousness

Sound: "Ssssss" (tongue behind the teeth)

3. THE LIVER'S SOUND

Feel: Generating

Associated Organ: Gall Bladder

Element: Wood

Colour: Green

Acquired emotion: Anger

Virtue: Kindness

Sound: "Shhhh" (tongue near palate)

5. THE SPLEEN'S SOUND

Feel: Stabilizing

Associated Organ: Pancreas, Stomach

Element: Earth

Colour: Yellow

Acquired emotion: Worry

Virtue: Fairness, Openness

Sound: "Khooooo" (from the throat- guttural)

2. THE KIDNEYS' SOUND

Feel: Gathering Inward

Associated Organ: Bladder

Element: Water

Colour: Black or Dark Blue

Acquired emotion: Fear

Virtue: Gentleness

Sound: "Huuuuu" (through the lips as though blowing out a candle)

4. THE HEART'S SOUND

Feel: Radiating

Associated Organ: Small Intestine

Element: Fire

Colour: Red

Acquired emotion: Impatience, Hastiness, Arrogance, Cruelty

Virtue: Joy, Honour, Sincerity, Respect, Love

Sound: "Hawwww" (mouth wide open)

6. THE TRIPLE WARMER'S SOUND

The Triple Warmer refers to the three energy centres of the body

Upper – (brain, heart and lungs) - **Hot**

Middle – (liver, kidneys, stomach, pancreas and spleen) - **Warm**

Lower – (large and small intestines, bladder and sexual organs) - **Cool**

Sound: "Heeeeeeee"