

**MANTAK CHIA – THE MASTERS’ ORGAN BREATHING IN REIKI
SIX HEALING SOUNDS PRACTICES**
Ancient Eastern Asian Exercises

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

(Lung, Large Intestine, Hair, Skin, Nose, Smell)

1. Say:
“Beloved Archangel Gabriel, I ask for your presence and assistance during this healing breathing process. Thank you.”
2. Become aware of your lungs, and feel the connection between the lungs, the large intestines, the hair, the skin and the nose. 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. Imagine, see and feel that you breathe in *pure white light* and the quality of **courage and righteousness** into your lungs.

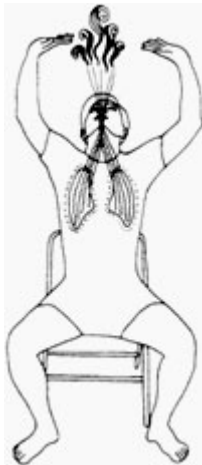


Figure 1 – Lung Sound Position

3. Draw the corners of the mouth back a little and exhale, making the sound "Sssssss", slowly and evenly in one breath. Imagine and feel how the lungs are compressed completely, releasing *all excess heat, pain, grief, depression, sadness, sorrow and the energy of diseases*.
4. 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.
5. Repeat 4 times. If deeper healing is needed, repeat 9 to 36 times.

6. Then, with your eyes closed, breathe the light of Health and Healing into your lungs to strengthen them. Then breathe the light of Health and Healing into your large intestine to strengthen it. Next, breathe the light of Health and Healing into your hair to strengthen it. Now, breathe the light of Health and Healing into your skin to strengthen it. Lastly, breathe the light of Health and Healing into your nose to strengthen it.
 7. Now, visualize your lungs and see them shine up in dazzling golden healing light from the Beloved Jesus Christ. The large intestine is dazzling gold, your hair is dazzling gold, your skin is dazzling gold, and your nose is dazzling gold.
 8. Then, visualize your lungs and see them shine up in dazzling diamond light from the Holy Father. The large intestine is dazzling diamond, your hair is dazzling diamond, your skin is dazzling diamond, and your nose is dazzling diamond.
 9. And now, see your lungs shine up in dazzling pink light from the Holy Mother. The large intestine is dazzling pink, your hair is dazzling pink, your skin is dazzling pink, and your nose is dazzling pink.
 10. Next, see your lungs shine up in dazzling magenta light from the Holy Izael. The large intestine is dazzling magenta, your hair is dazzling magenta, your skin is dazzling magenta, and your nose is dazzling magenta.
 11. Then see your lungs shine up in dazzling white light from the Holy Spirit, which is also the colour of the healthy state of these organs. The large intestine is dazzling white, your hair is dazzling white, your skin is dazzling white, and your nose is dazzling white.
 12. Now go to your lungs and gently touch them while you send them a gentle, loving smile, saying: *My Beloved Lungs, I send you a gentle, loving smile and I say to you - 'Thank you'*.
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13. Then go to your large intestine and gently touch it while you send it a gentle, loving smile, saying: *My Beloved Large Intestine, I send you a gentle, loving smile and I say to you - 'Thank you'*.
 14. Then go to your hair and gently touch it while you send it a gentle, loving smile, saying: *My Beloved Hair, I send you a gentle, loving smile and I say to you - 'Thank you'*.
 15. Then go to your skin and gently touch it while you send it a gentle, loving smile, saying: *My Beloved Skin, I send you a gentle, loving smile and I say to you - 'Thank you'*.
 16. Then go to your nose and gently touch it while you send it a gentle, loving smile, saying: *My Beloved Nose, I send you a gentle, loving smile and I say to you - 'Thank you'*.
 17. Now see all these organs shine up in dazzling, sparkling white light, in the colour of the healthy state of these organs. They all shine in dazzling white light, your lungs, your large intestine, your hair, skin and nose.
 18. Pay attention to any sensations you may feel. Feel the exchange of cool, fresh energy replacing hot, dark waste energy.

II. KIDNEY EXERCISE: SECOND HEALING SOUND

(Kidney, Urinary Bladder, Urinary Tract, Reproductive Organs, Bones, Ears, Hearing)

1. Say:
“Beloved Archangel Michael, I ask for your presence and assistance during this healing breathing process. Thank you.”
2. Become aware of the kidneys, and feel the connection between the kidneys, the urinary bladder, the urinary tract, the reproductive organs, the bones and the ears. 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. Imagine that you breathe in a *dazzling dark blue energy* to the kidneys; see and feel as the quality of **gentleness, calmness** enters the kidneys.

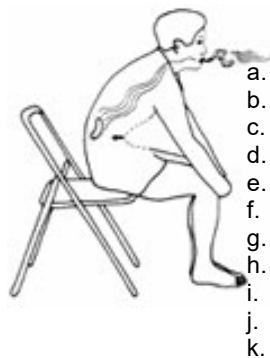


Figure 2 – Kidney Sound Position

3. 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. Imagine and feel how, by squeezing your kidneys together, you also press *all excess heat, moisture, fear and the energy of diseases* out of them.
4. When you have exhaled completely, sit up and separate the legs to a hip's width; rest the hands, palms up, on the thighs.
5. Repeat 4 times. If deeper healing is needed, for back pain, fatigue, dizziness, ringing in the ears, or detoxifying the kidneys, repeat 9 to 36 times.

6. Then, with your eyes closed, breathe the light of Health and Healing into your kidneys to strengthen them. Then breathe the light of Health and Healing into your urinary bladder to strengthen it. Next, breathe the light of Health and Healing into your urinary tract to strengthen it. Now, breathe the light of Health and Healing into your reproductive organs to strengthen them. Next, breathe the light of Health and Healing into your bones to strengthen them. Lastly, breathe the light of Health and Healing into your ears to strengthen them.
7. Now, visualize your kidneys and see them shine up in dazzling golden healing light from the Beloved Jesus Christ. The urinary bladder is dazzling gold, your urinary tract is dazzling gold, your reproductive organs are dazzling gold, your bones are dazzling gold and your ears are dazzling gold.
8. Then, visualize your kidneys and see them shine up in dazzling diamond light from the Holy Father. The urinary bladder is dazzling diamond, your urinary tract is dazzling diamond, your reproductive organs are dazzling diamond, your bones are dazzling diamond and your ears are dazzling diamond.
9. And now, see your kidneys shine up in dazzling pink light from the Holy Mother. The urinary bladder is dazzling pink, your urinary tract is dazzling pink, your reproductive organs are dazzling pink, your bones are dazzling pink, and your ears are dazzling pink.
10. Next, see your kidneys shine up in dazzling magenta light from the Holy Izael. The urinary bladder is dazzling magenta, your urinary tract is dazzling magenta, your reproductive organs are dazzling magenta, your bones are dazzling magenta, and your ears are dazzling magenta.
11. Then see your kidneys shine up in dazzling white light from the Holy Spirit. The urinary bladder is dazzling white, your urinary tract is dazzling white, your reproductive organs are dazzling white, your bones are dazzling white, and your ears are dazzling white.
12. And now, see your kidneys shine up in dazzling, sparkling dark blue light, which is the colour of the healthy state of these organs. The urinary bladder is dazzling dark blue, your urinary tract is dazzling dark blue, your reproductive organs are dazzling dark blue, your bones are dazzling dark blue, and your ears are dazzling dark blue.
13. Now go to your kidneys and gently touch them while you send them a gentle, loving smile, saying: *My Beloved Kidneys, I send you a gentle, loving smile and I say to you – “Thank you”*.



14. Then go to your urinary bladder and gently touch it while you send it a gentle, loving smile, saying: *My Beloved Urinary Bladder, I send you a gentle, loving smile and I say to you – “Thank you”*.

15. Then go to your urinary tract and gently touch it while you send it a gentle, loving smile, saying: *My Beloved Urinary Tract, I send you a gentle, loving smile and I say to you – “Thank you”*.
16. Then go to your reproductive organs and gently touch them while you send them a gentle, loving smile, saying: *My Beloved Reproductive Organs, I send you a gentle, loving smile and I say to you – “Thank you”*.
17. Then go to your bones and gently touch them while you send them a gentle, loving smile, saying: *My Beloved Bones, I send you a gentle, loving smile and I say to you – “Thank you”*.
18. Now go to your ears and gently touch them while you send them a gentle, loving smile, saying: *My Beloved Ears, I send you a gentle, loving smile and I say to you – “Thank you”*.
19. Now see all these organs shine up in dazzling, sparkling dark blue light, in the colour of the healthy state of these organs. They all shine in dazzling dark blue light, your kidneys, your bladder, your urinary tract, reproductive organs, your bones and ears.
20. Be aware of the exchange of energy around the kidneys and hands, head and legs, the exchange of cool, fresh energy replacing hot, dark waste energy.

III. LIVER EXERCISE: THIRD HEALING SOUND

(Liver, Gall Bladder, Muscles, Eyes, Sight)

1. Say:
"Beloved Archangel Raphael, I ask for your presence and assistance during this healing breathing process. Thank you."
2. Become aware of the liver, and feel the connection between the liver, gallbladder, muscles and the eyes. 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. Imagine that you breathe in a *bright emerald green energy* and the *quality of kindness* into the liver.

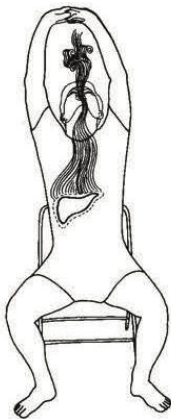


Figure 3 - The Liver Sound Position

3. Exhale with the sound, "Shhhhhhh". Imagine and feel how the liver is compressed and at the same time expels *all excess heat, anger and the energy of diseases*.
4. 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.
5. Do this 4 times. If deeper healing is needed, for anger, red and watery eyes, or a sour or bitter taste, and for detoxifying the liver, repeat 9 to 36 times.
6. Then with your eyes closed, breathe the light of Health and Healing into your liver to strengthen it. Then breathe the light of Health and Healing into your gallbladder to strengthen it. Next, breathe the light of Health and Healing into your muscles to strengthen them. Lastly, breathe the light of Health and Healing into your eyes to strengthen them.
7. Now, visualize your liver and see it shine up in dazzling golden healing light from the Beloved Jesus Christ. The gallbladder is dazzling gold, your muscles are dazzling gold and your eyes are dazzling gold.
8. Then, visualize your liver and see it shine up in dazzling diamond light from the Holy Father. The gallbladder is dazzling diamond, your muscles are dazzling diamond and your eyes are dazzling diamond.

9. And now, see your liver shine up in dazzling pink light from the Holy Mother. The gallbladder is dazzling pink, your muscles are dazzling pink, and your eyes are dazzling pink.
10. Next, see your liver shine up in dazzling magenta light from the Holy Izael. The gallbladder is dazzling magenta, your muscles are dazzling magenta, and your eyes are dazzling magenta.
11. Then see your liver shine up in dazzling white light from the Holy Spirit. The gallbladder is dazzling white, your muscles are dazzling white, and your eyes are dazzling white.
12. And now, see your liver in dazzling, sparkling emerald green light, which is the colour of the healthy state of these organs. The gallbladder is dazzling emerald green, your muscles are dazzling emerald green, and your eyes are dazzling emerald green.
13. Now go to your liver and gently touch it while you send it a gentle, loving smile, saying: *My Beloved Liver, I send you a gentle, loving smile and I say to you – “Thank you”*.



14. Then go to your gallbladder and gently touch it while you send it a gentle, loving smile, saying: *My Beloved Gallbladder, I send you a gentle, loving smile and I say to you – “Thank you”*.
15. Then go to your muscles and gently touch them while you send them a gentle, loving smile, saying: *My Beloved Muscles, I send you a gentle, loving smile and I say to you – “Thank you”*.
16. Then go to your eyes and gently touch them while you send them a gentle, loving smile, saying: *My Beloved Eyes, I send you a gentle, loving smile and I say to you – “Thank you”*.
17. Now see all these organs shine up in dazzling, sparkling emerald green light, in the colour of the healthy state of these organs. They all shine in dazzling emerald green light, your liver, your gallbladder, your muscles and your eyes.
18. Be aware of sensations. Feel the exchange of cool, fresh energy replacing hot, dark waste energy.

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.

IV. HEART EXERCISE: FOURTH HEALING SOUND

(Heart, Small Intestine, Blood Vessels, Tongue, Speech)

1. Say:
“Beloved Archangel Chamuel, I ask for your presence and assistance during this healing breathing process. Thank you.”
2. Become aware of the heart and feel the connection between the heart, the small intestine, blood vessels and the tongue. Take a deep breath and assume the same position as for the Liver Sound, but lean slightly to the right. Imagine that you breathe in a *deep red energy* and the *qualities of love, joy, honour, sincerity and respect* into the heart.

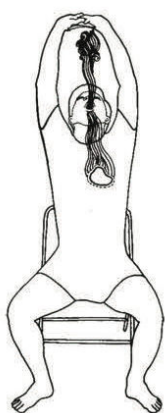



Figure 4 - The Heart Sound Position

3. Open the mouth somewhat, round the lips and exhale on the sound "Hawwwwww". Imagine and feel how the heart is compressed and *all excess heat, impatience, stress and the energy of diseases* are squeezed out.
4. 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.
5. Do this 4 times. If deeper healing is needed, 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.
6. Then with your eyes closed, breathe the light of Health and Healing into your heart to strengthen it. Then breathe the light of Health and Healing into your small intestine to strengthen it. Next, breathe the light of Health and Healing into your blood vessels to strengthen them. Lastly, breathe the light of Health and Healing into your tongue to strengthen it.
7. Now, visualize your heart and see it shine up in dazzling golden healing light from the Beloved Jesus Christ. The small intestine is dazzling gold, your blood vessels are dazzling gold and your tongue is dazzling gold.

8. Then, visualize your heart and see it shine up in dazzling diamond light from the Holy Father. The small intestine is dazzling diamond, your blood vessels are dazzling diamond and your tongue is dazzling diamond.
 9. And now, see your heart shine up in dazzling pink light from the Holy Mother. The small intestine is dazzling pink, your blood vessels are dazzling pink, and your tongue is dazzling pink.
 10. Next, see your heart shine up in dazzling magenta light from the Holy Izael. The small intestine is dazzling magenta, your blood vessels are dazzling magenta, and your tongue is dazzling magenta.
 11. Then see your heart shine up in dazzling white light from the Holy Spirit. The gallbladder is dazzling white, your muscles are dazzling white, and your tongue is dazzling white.
 12. And now, see your heart shine up in dazzling, sparkling ruby red light, which is the colour of the healthy state of these organs. They all shine in dazzling ruby red, your heart, your small intestine, blood vessels and your tongue.
 13. Now go to your heart and gently touch it while you send it a gentle, loving smile, saying: *My Beloved Heart, I send you a gentle, loving smile and I say to you – “Thank you”*.
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14. Then go to your small intestine and gently touch it while you send it a gentle, loving smile, saying: *My Beloved Small Intestine, I send you a gentle, loving smile and I say to you – “Thank you”*.
 15. Then go to your blood vessels and gently touch them while you send them a gentle, loving smile, saying: *My Beloved Blood Vessels, I send you a gentle, loving smile and I say to you – “Thank you”*.
 16. Then go to your tongue and gently touch it while you send it a gentle, loving smile, saying: *My Beloved Tongue, I send you a gentle, loving smile and I say to you – “Thank you”*.
 17. Now see all these organs shine up in dazzling, sparkling ruby red light, in the colour of the healthy state of these organs. They shine in ruby red light, your heart, your small intestine, blood vessels and your tongue.
 18. Be aware of sensations. Feel the exchange of cool, fresh energy replacing dark waste energy.

V. SPLEEN EXERCISE: FIFTH HEALING SOUND


(Stomach, Spleen, Pancreas, Soft Tissues, Lips, Mouth, Taste)

1. Say:
“Beloved Archangel Jophiel, I ask for your presence and assistance during this healing breathing process. Thank you.”
2. Become aware of the spleen and feel the connection between the spleen, stomach, pancreas, soft tissues, lips and mouth. 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. Imagine that you breathe in a *bright yellow energy* and the *qualities of fairness, compassion and openness* into the spleen.



Figure 5 - The Spleen Sound Position

3. Exhale with the sound "Khoooooo", felt in the vocal chords. Imagine and feel how the spleen is compressed, releasing *all excess heat, humidity, worry, pity and the energy of diseases*.
4. Lower the hands slowly to your lap, palms up.
5. Repeat 4 times. If deeper healing is needed, for indigestion, nausea and diarrhea, and for detoxifying the spleen, repeat 9 to 36 times. This sound, done in conjunction with the others, is more effective and healthier than using antacids.
6. Then with your eyes closed, breathe the light of Health and Healing into your spleen to strengthen it. Then breathe the light of Health and Healing into your stomach to strengthen it. Next, breathe the light of Health and Healing into your pancreas to strengthen it. Then breathe the light of Health and Healing into your soft tissues to strengthen them. Lastly, breathe the light of Health and Healing into your lips and mouth to strengthen them.
7. Now, visualize your spleen and see it shine up in dazzling golden healing light from the Beloved Jesus Christ. The stomach is dazzling gold, your pancreas is dazzling gold, your soft tissues are dazzling gold and your lips and mouth are dazzling gold.

8. Then, visualize your spleen and see it shine up in dazzling diamond light from the Holy Father. The stomach is dazzling diamond, your pancreas is dazzling diamond, your soft tissues are dazzling diamond and your lips and mouth are dazzling diamond.
 9. And now, see your spleen shine up in dazzling pink light from the Holy Mother. The stomach is dazzling pink, your pancreas is dazzling pink, your soft tissues are dazzling pink, and your lips and mouth are dazzling pink.
 10. Next, see your spleen shine up in dazzling magenta light from the Holy Izael. The stomach is dazzling magenta, your pancreas is dazzling magenta, your soft tissues are dazzling magenta, and your lips and mouth are dazzling magenta.
 11. Then see your spleen shine up in dazzling white light from the Holy Spirit. Your stomach is dazzling white, your pancreas is dazzling white, your soft tissues are dazzling white, and your lips and mouth are dazzling white.
 12. And now, see your spleen shine up in dazzling, sparkling bright yellow light, which is the colour of the healthy state of these organs. Your stomach is dazzling bright yellow, your pancreas is dazzling bright yellow, your soft tissues are dazzling bright yellow, and your lips and mouth are dazzling bright yellow.
 13. Now go to your spleen and gently touch it while you send it a gentle, loving smile, saying: *My Beloved Spleen, I send you a gentle, loving smile and I say to you – “Thank you”*.
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14. Then go to your stomach and gently touch it while you send it a gentle, loving smile, saying: *My Beloved Stomach, I send you a gentle, loving smile and I say to you – “Thank you”*.
 15. Then go to your pancreas and gently touch it while you send it a gentle, loving smile, saying: *My Beloved Pancreas, I send you a gentle, loving smile and I say to you – “Thank you”*.
 16. Then go to your soft tissues and gently touch them while you send them a gentle, loving smile, saying: *My Beloved Soft Tissues, I send you a gentle, loving smile and I say to you – “Thank you”*.
 17. Now, go to your lips and mouth and gently touch them while you send them a gentle, loving smile saying: *My Beloved Lips and Mouth, I send you a gentle, loving smile and I say to you – “Thank you”*.
 18. Now see all these organs shine up in dazzling, sparkling bright yellow light, in the colour of the healthy state of these organs. They shine in dazzling bright yellow light, your spleen, your stomach, your pancreas, your soft tissues and your lips and mouth.
 19. Be aware of sensations. Feel the exchange of cool, fresh energy replacing hot, dark waste 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, gallbladder, kidneys, stomach, pancreas, and spleen - is **Warm**.
- *The lower level* consisting of the large and small intestines, the urinary bladder, the urinary tract 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.

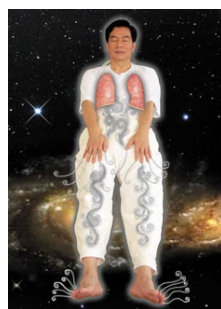


Figure 6 - The Triple Warmer Sound Position

1. Say:
“Beloved Archangel Seraphiel, the honoured leader of Seraphim, I ask for your presence and assistance during this healing breathing process. Thank you.”
2. 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.
3. Close the eyes and take a deep breath, expanding the stomach and chest without strain.
4. 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. Then rest by breathing normally.
5. Breathe in divine golden diamond light into your crown chakra and when you exhale, let the energy together with the hot and warm organ energy of the body go down to the root chakra. Then breathe in and take the cold organ energy from the lower part of the body together with the divine energy up to the crown chakra. When you exhale let the harmonised energy spread out from the body into the whole aura. Repeat the inhale-exhale process for 2-3 times.
6. Repeat the whole process 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, Hair, Skin, Nose

Element: Metal

Colour: White

Acquired emotion: Sadness, Sorrow, Grief

Virtue: Courage, Righteousness

Sound: "Ssssss" (tongue behind the teeth)

2. THE KIDNEYS' SOUND

Feel: Gathering Inward

Associated Organ: Bladder, Reproductive Organs, Bones, Ears

Element: Water

Colour: Black or Dark Blue

Acquired emotion: Fear

Virtue: Gentleness, Calmness

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

3. THE LIVER'S SOUND

Feel: Generating

Associated Organ: Gall Bladder, Muscles, Eyes

Element: Wood

Colour: Green

Acquired emotion: Anger

Virtue: Kindness

Sound: "Shhhh" (tongue near palate)

4. THE HEART'S SOUND

Feel: Radiating

Associated Organ: Small Intestine, Tongue

Element: Fire

Colour: Red

Acquired emotion: Impatience, Hastiness, Arrogance, Cruelty

Virtue: Joy, Honour, Sincerity, Respect, Love

Sound: "Hawwww" (mouth wide open)

5. THE SPLEEN'S SOUND

Feel: Stabilizing

Associated Organ: Pancreas, Stomach, Lips, Mouth, Soft tissues

Element: Earth

Colour: Yellow

Acquired emotion: Worry, Pity

Virtue: Fairness, Compassion, Openness

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

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: "Heeeeeee"

Note

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.