

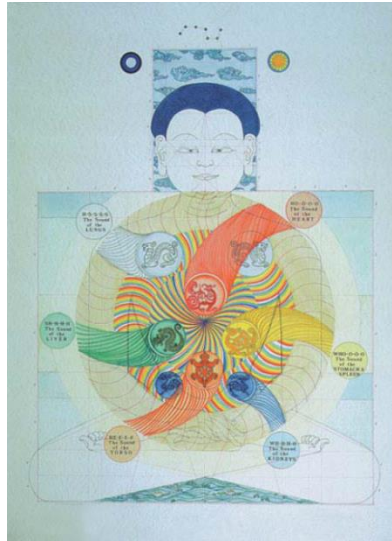


# The 6 Healing Sounds



A Qi Gong Practice

# COSMIC HEALING SOUNDS



Having accessed the knowledge of the universe through internal practices, the Taoist masters discovered that each healthy organ is associated with a particular sound, color, and quality of energy. Emotional problems, pollution, poor food, injuries, and overly strenuous exercise can overheat the internal organs, causing them to weaken energetic quality. The Six Healing Sounds practice help to restore, balance, and cleanse the vital organs by correcting these factors. They also stimulate the Chi flow throughout the body to enhance one's overall health and vitality.

What causes an organ to malfunction? There are many causes. Urban society creates a life full of physical and emotional stresses such as overcrowding, pollution, radiation, junk food, chemical additives, anxiety, loneliness, bad posture, and sudden or overly vigorous exercise.

Separately and together, these stresses produce tension and start to block the free passage of energy flow in the body, thus the organs overheat. Continued overheating causes an organ to contract and harden. This impairs its ability to function and results in illness.

For optimal health, you must learn how to take care of yourself; you must learn how to clear out your negative energy and transform it into positive healthy energy.

The Six Healing Sounds practice is a simple yet powerful tool to promote physical, energetic and emotional healing and balance. Daily practice of the Six Healing Sounds will restore and maintain calmness and good health. Greater sexual pleasure and improved digestion will occur. Minor ailments, such as cold, flu, and sore throats, can be prevented or thrown off easily. Regular daily practice will help you keep in touch with the energetic and emotional state of your internal organs. Each of the six organs in the practice has an associate organ which responds together with it and in the same manner.

The sounds are used to generate certain frequencies for specific healing. Each sound can generate different energy for the healing of different organs.

Growing the good virtue of the organs is essential so that the negative or sick energy has less room to grow.

Practice this exercise in the evening before you go to sleep. By clearing out negative emotions before sleeping, you allow the night's rest to recharge your energy positively. Try to do a minimum of 3 rounds for each organ. If need be you can emphasize on one particular organ.

Typical side effects of these practices are yawning, burping, or passing wind, all of which are beneficial as indicators of moving energy.

## **LUNG SOUND**

*The Lung Sound is a metal sound. It sounds like the vibration of a bell and activates the lung Chi.*

**Associated Organ:** Large Intestine

**Related Senses:** Smell (Nose) and Touch (Skin)

**Related Parts of the Body:** Chest, Inner Arms, Thumbs

**Element:** Metal

**Season:** Autumn

**Color:** White

**Emotions:** Grief, Sadness and Depression

**Virtues:** Courage, Righteousness and High Self Esteem

**Taste:** Pungent

**Sound:** Sssssss (Tongue behind Teeth)

**Direction:** West

**Conditions:** Extreme sadness, depression, cold, flu, toothache, asthma or emphysema.

### **Position:**

Sit with your back straight, your hands resting on your lungs, and your eyes closed. Smile down to your lungs. Be aware of any sadness, grief or excess heat in the lungs. Picture a white light, like snow.

Take a deep breath, open the eyes and raise your arms out in front of you with the palms facing the lungs. When the hands are at eye level, begin to rotate the palms, bringing them above your head until they face up and are pushing outwards. Point the fingers to-ward those of the opposite hand. Keep the elbows rounded out to the sides, and do not straighten your arms.

### **Sound:**

Close the jaws so that the teeth gently meet and part the lips slightly, look up through the space between your two hands and push your palms slightly upward as you slowly exhale through your teeth the sound “Sssssss”. Feel that the sound starts to move the Chi in the lungs, and that any excess heat and toxins are expelled from the lungs. Picture and feel any excess heat, sadness, grief, depression, sickness released as a grey smoke, as you exhale slowly and fully.



### Resting Posture:

When you have completely exhaled, rotate the palms to face downward with the fingers still pointing to each other and scoop up the white light. Slowly lower the palms and bring them just in front of the chest before the lungs and radiate the bright white light, feeling the lungs' aura. Close your eyes and be aware of your lungs. Rest your hands on your thighs, close your eyes and be aware of your lungs. Smile into them and imagine that you are breathing in a bright white mist of light. Breathe this light into your lungs and feel it cooling, cleansing, invigorating, healing and refreshing your lungs. Breathe normally, and see your lungs glowing with a bright white light. This will strengthen your lungs and activate courage in the lungs. Feel it flowing down to the large intestine to balance the energy of the yin lungs and the yang large intestine. With each breath, try to feel that fresh white metal energy is replacing the excess hot, toxic, and depressed energy. Nurture good emotions. This is the most important part of this practice. Take as much time as you need to get in touch with the organs. When you get rid of the excess heat and let the white metal energy expand in the lungs, good emotional qualities will have room to grow. Concentrate on the feelings of righteousness and courage as you transform any sadness or grief. Sit up straight and tall so you can feel courage and healthy self-esteem.





## **KIDNEY SOUND**

*The Kidney Sound is a water sound and it activates the kidney Chi.*

**Associated Organ:** Bladder

**Related Senses:** Hearing (Ears), Bones

**Related Parts of the Body:** Sides of the Feet, Inner Legs, Chest

**Element:** Water

**Season:** Winter

**Color:** Dark Blue

**Emotions:** Fear, Shock, Anxiety, Phobias, Trauma

**Virtues:** Gentleness, Calmness and Stillness, Alertness

**Taste:** Salty

**Sound:** Tchoooooo (As when blowing out a candle: lips forming an “O”)

**Direction:** North

**Conditions:** Fatigue, dizziness, extreme fear, ringing in the ears, back pain, bladder or urinary infection or problems with the reproductive system.

### **Position:**

Sit with your back straight, your hands resting on your kidneys, and your eyes closed. Smile down to your kidneys. Be aware of the quality of the energy in the kidneys. Picture a blue light, like the ocean. Take a deep breath, open the eyes and put your legs together, ankles and knees touching. Lean forward and clasp the fingers of both hands together around your knees. Pull your arms straight from the lower back while bending the torso forward (This allows your back to protrude in the area of the kidneys). Simultaneously tilt your head up as you look straight ahead, maintaining the pull on your arms from the lower back. Feel the pull on your spine.

### **Sound:**

Round the lips and slightly exhale with the sound: “Tchoooooo” as if you were blowing out a candle. Simultaneously contract your abdomen pulling it in toward your kidneys. Feel that the sound starts to move the Chi in the kidneys; any excess heat and toxins are expelled from the kidneys.



### **Resting Posture:**

After you have fully exhaled, sit erect, separate the legs and move your arms up to the crown and scoop up the blue light. Pour this light over the body and into the kidneys. Lower your arms and hold the palms on the kidneys. Radiate the blue light, the gentleness, and stillness into the kidneys. Rest, close your eyes, and be aware of your kidneys. Listen to your kidneys. Smile to them. Breathe normally, and see your kidneys glowing with a cool blue light. This will strengthen your kidneys and activate the gentleness and stillness in the kidneys. With each breath, try to feel that bright blue water energy is replacing the excess hot, toxic, and fear energy. Nurture good emotions. This is the most important part of this practice. Take as much time as you need to get in touch with the kidneys. When you get rid of the excess heat and let the cool blue water energy expand in the kidneys, good emotional qualities will have room to grow. Concentrate on the feelings of gentleness, stillness, and alertness as you transform any fear. Feel the gentleness relaxing also the lower back.



## **LIVER SOUND**

*The Liver Sound is a wood sound and it activates the liver Chi.*

**Associated Organ:** Gallbladder

**Related Senses:** Sight (Eyes), Tears

**Related Parts of the Body:** Inner Legs, Groin, Diaphragm, Ribs

**Element:** Wood

**Season:** Spring

**Color:** Forest Green

**Emotions:** Anger, Frustration, Resentment

**Virtues:** Kindness, Benevolence, Forgiveness

**Taste:** Sour

**Sound:** Shhhhhhh (Tongue near Palate)

**Direction:** East

**Conditions:** Anger, Red or Watery eyes, Sour or Bitter taste, Liver detoxification.

**Position:** Sit comfortably with your back straight, your hands resting on your liver and your eyes closed. Smile down to your liver until you feel you are in touch with your liver. Be aware of the quality of the energy in the liver. Picture a dark green light, like a forest. Take a deep breath, open the eyes and extend your arms out to your sides, palms up. Slowly raise the arms from the sides to the crown, following this action with your eyes. Intertwine the fingers and rotate your joined hands over to face the ceiling, palms up. Push up and out with the heels of the hands and stretch the arms out from the shoulders; the elbows should be pushing to the back. Bend slightly to the left, exerting a gentle pull on the liver. Open your eyes wider because they are the openings of the liver.

**Sound:** Slowly exhale out the sound “Shhhhhhh” loud and eventually sub-vocally. Feel the sound start to move the energy in the liver and that all excess heat and toxins are expelled from the liver as the sac around it is compressed.



**Resting Position:** After you have fully exhaled, sit erect, separate the hands and scoop up the green light. Pour this light over the body and into the liver. Slowly bring your arms down, palms facing out, and scoop up more green light and hold both hands before your liver. Radiate the green light, the forest energy, and kindness in the liver. Return your hands to your liver. Rest. Close your eyes and be aware of your liver. Feel the vibration of the sound is moving and cleaning the energy in the liver. This will strengthen your liver and activate kindness in the liver. With each breath, try to feel that bright green wood energy is replacing the excess hot, toxic, anger, aggression and frustration energy. Nurture good emotions. This is the most important part of this practice. Take as much time as you need to get in touch with the liver. When you get rid of the excess heat and let the warm, moist, green wood energy expand in the Liver, kindness will have room to grow. Concentrate on the virtue of kindness and forgiveness as you transform any anger and aggression. Feel warm and energetic and maintain this feeling for as long as you can after practice.





## **HEART SOUND**

*The Heart Sound is the fire sound and activates the heart energy.*

**Associated Organ:** Small Intestine

**Related Senses:** Tongue, Speech

**Related Parts of the Body:** Armpits, Inner Arms

**Element:** Fire

**Season:** Summer

**Color:** Red

**Emotions:** Hastiness, Arrogance, Cruelty, Harshness, Hatred

**Virtues:** Joy, Honor, Sincerity, Respect, Love, Happiness

**Taste:** Bitter

**Sound:** Hawwwwww (Mouth wide Open)

**Direction:** South

**Conditions:** Impatience, Hastiness, Arrogance, Nervousness, Jumpiness, Moodiness, Irritability, Tongue Ulcers, Palpitations, Sore Throat, Cold Sores, Swollen Gums or Tongue, Heart Disease, Heart Pains, Insomnia and for detoxifying the Heart

**Position:** Sit comfortably with your back straight, your hands resting on your heart, and your eyes closed. Smile down to your heart until you feel you are in touch with your heart. Be aware of the quality of the energy in the heart. Picture a red light, like a red rose. Take a deep breath, open the eyes and take the same position as for the Liver Sound. Unlike the former exercise, however, you will lean slightly to the right to pull gently against the heart, which is located just left of the center of your chest.

**Sound:** Focus on your heart, round the lips, and slowly exhale the sound “**Hawwwwww**” start to move the energy in the heart and that excess heat and toxins are expelled from the heart as the sac around it is compressed.



**Resting Position:** After you have fully exhaled, sit erect, separate the hands and scoop up the red light. Pour this light over the body and into the heart. Slowly bring your arms down, palms facing out. Scoop up more red light and hold both hands before your heart. Radiate the red light, the love, and inner joy into your heart. Return your hands to your heart. Rest, close your eyes and be aware of your heart. Smile to your heart. Feel the vibration of the sound moving and cleaning the energy in the heart. Breathe normally and see your heart glowing with a red fire light. This will strengthen your heart and activate love, inner joy, and sincerity in your heart. With each breath, try to feel that the warm red light is replacing the excess hot, toxic energy and any hastiness, arrogance, and hate in the heart. Nurture good emotions. This is the most important part of this practice. Take as much time as you need to get in touch with the heart. When you get rid of the excess heat and let the red fire energy expand in the heart, good emotional qualities will have room to grow. Feel love, joy, honor, and respect radiate outwards. Feel any hatred, arrogance, or impatience transform into loving energy as sincerity, honor, and respect grow in your heart.



## **SPLEEN SOUND**

*The Spleen Sound is the earth sound, activating the energy of the stomach, the pancreas, and the spleen.*

**Associated Organ:** Pancreas, Stomach

**Related Senses:** Taste

**Related Parts of the Body:** Lips, Mouth

**Element:** Earth

**Season:** Indian Summer

**Color:** Yellow

**Emotions:** Worry, Mistrust, Over thinking, Excess sympathy

**Virtues:** Fairness, Openness, Trust, Balance, Equanimity, Justice

**Taste:** Sweet, Neutral

**Sound:** **Whoooooo** (From the Throat, Guttural)

**Direction:** Center (where you stand, looking out to the 6 directions)

**Conditions:** Indigestion, Nausea, Diarrhea, Excessive perspiration, Bad breath, Hemorrhoids, Fatigue, Organ prolapse, Loose stools.

**Position:** Sit comfortably with your back straight, your hands resting on your spleen, and your eyes closed. Smile down to your stomach and spleen until you feel you are in touch with them. Be aware of the quality of the energy in the stomach and the spleen. Picture a yellow light, like a yellow rose. Take a deep breath, open the eyes, move the arms to the front and place the three middle fingers of both hands just beneath the sternum on the left side of the rib cage.

**Sound:** Place the fingers of both hands just beneath the sternum and rib cage on the left side. Look up and gently push your fingertips in. Exhale slowly the sound **Whoooooo** from the depths of your throat. This is more guttural, more “throaty” than the kidney sound. Feel the sound start to move the energy in the stomach and the spleen and that all excess heat and toxins are expelled from the stomach and the spleen as the sac around them is compressed.



**Resting Position:** After you have fully exhaled, move the arms outwards, embracing the earth and scoop up the yellow light. Pour this light into the stomach and spleen. Bring the arms and the hands to the stomach and/or the spleen. Radiate the yellow light, the fairness, openness, and stability into the stomach and the spleen. Rest, close your eyes and be aware of your stomach and spleen. Smile to them and imagine that you are still making the Spleen Sound. Feel the vibration of the sound is moving and cleaning the energy in the stomach and the spleen. Breathe normally and see your stomach and spleen glow with a yellow light. This will strengthen these organs and activate openness, fairness, and stability in your stomach and spleen. With each breath, try to feel that the warm yellow light is replacing the excess hot, toxic energy and any worries in these organs. Nurture good emotions. This is the most important part of this practice. Take as much time as you need to get in touch with the stomach and the spleen. When you get rid of the excess heat and let the yellow earth energy expand in the stomach and the spleen, good emotional qualities will have room to grow. Feel the fairness, openness, balance, and harmony grow in these organs, transforming any worry in them.



## **TRIPLE WARMER SOUND**

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

1. The Upper Warmer (upper section: brain, heart, and lungs) is hot and responsible for respiration and cardiovascular circulation.
2. The Middle Warmer (middle section: liver, kidneys, stomach, pancreas, and spleen) is warm and is responsible for digestion.
3. The Lower Warmer (lower section: large and small intestines, bladder, and sexual organs) is cool and is responsible for reproduction and elimination.

The sound “Heeeeeeee” serves to balance the temperature of the 3 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 region.

**Position:** Lie on your back with your arms resting at your sides, palms up. Keep your eyes closed. Smile. Inhale fully into all three cavities: chest, solar plexus, and lower abdomen. Smile, move your arms up and gather the Chi, and bring your arms and hands to your face.

**Sound:** Exhale completely with the sound “Heeeeeeee” as you let the arms slowly move down the body bringing the energy down from the crown to the feet, first flattening your chest, then your solar plexus, and finally your lower abdomen. Imagine a large, roller pressing out your breath and move the hot energy down as the arms move from your head down to your lower Tan Tien.



**Resting Position:** Once you have fully exhaled, do not focus on any emotions or purification process. Instead, just let go and relax your body and mind completely.

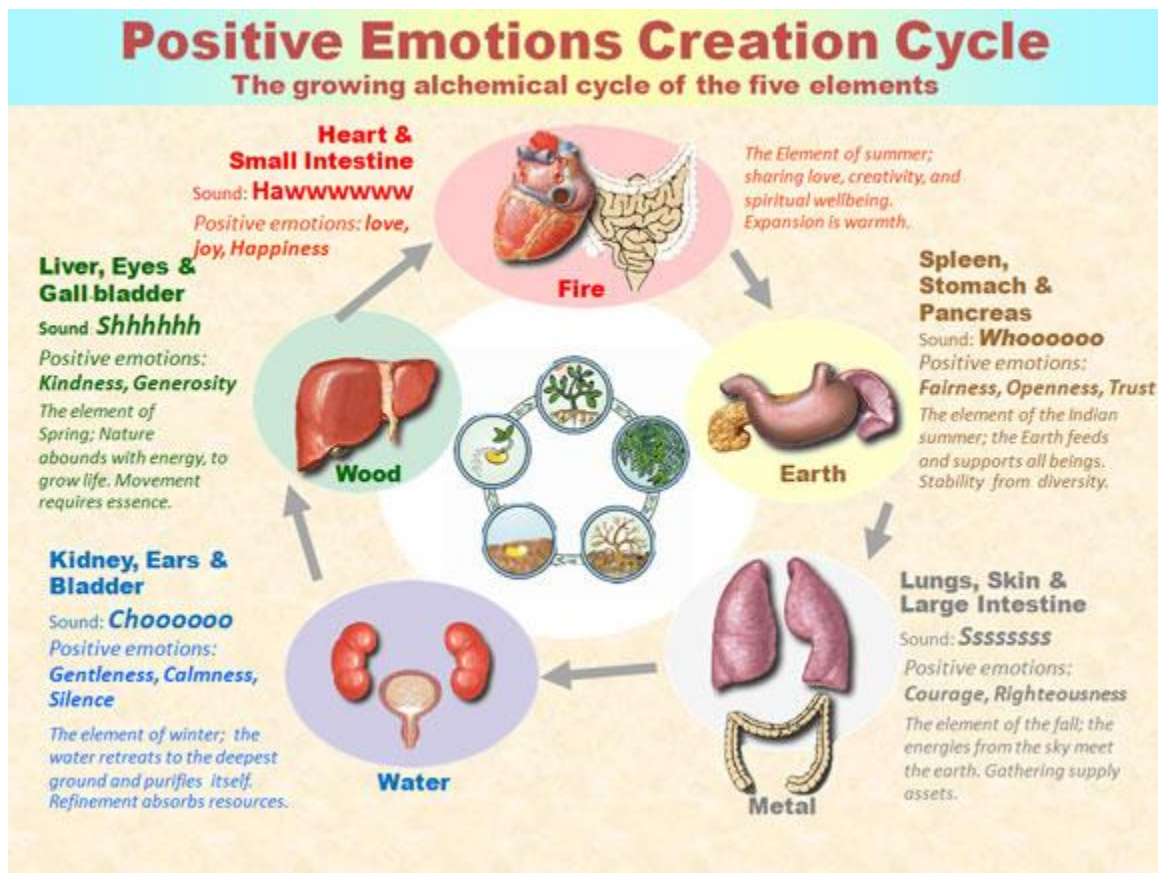


We recommend that you practice the Six Healing Sounds before going to bed at night to relax the body, promote good sleep, and cool down any organs that are overheated. Do three rounds of each sound to prevent illness and maintain good health. Once learned, the procedures take only ten to fifteen minutes to complete.

Clear out any negative emotions, and let positive emotions grow before you go to sleep. You may feel a sense of emptiness as you disengage from your own mental activity to connect with the Universal Consciousness. This will also help you to avoid bad dreams while sleeping, as your body recharges through its connection with the Universal Force. If you have any problems, stress, or illnesses this is the best time to allow the Universal Consciousness to help you find the solution or cure. When you awaken after sleep, smile inwardly, and look for answers within.

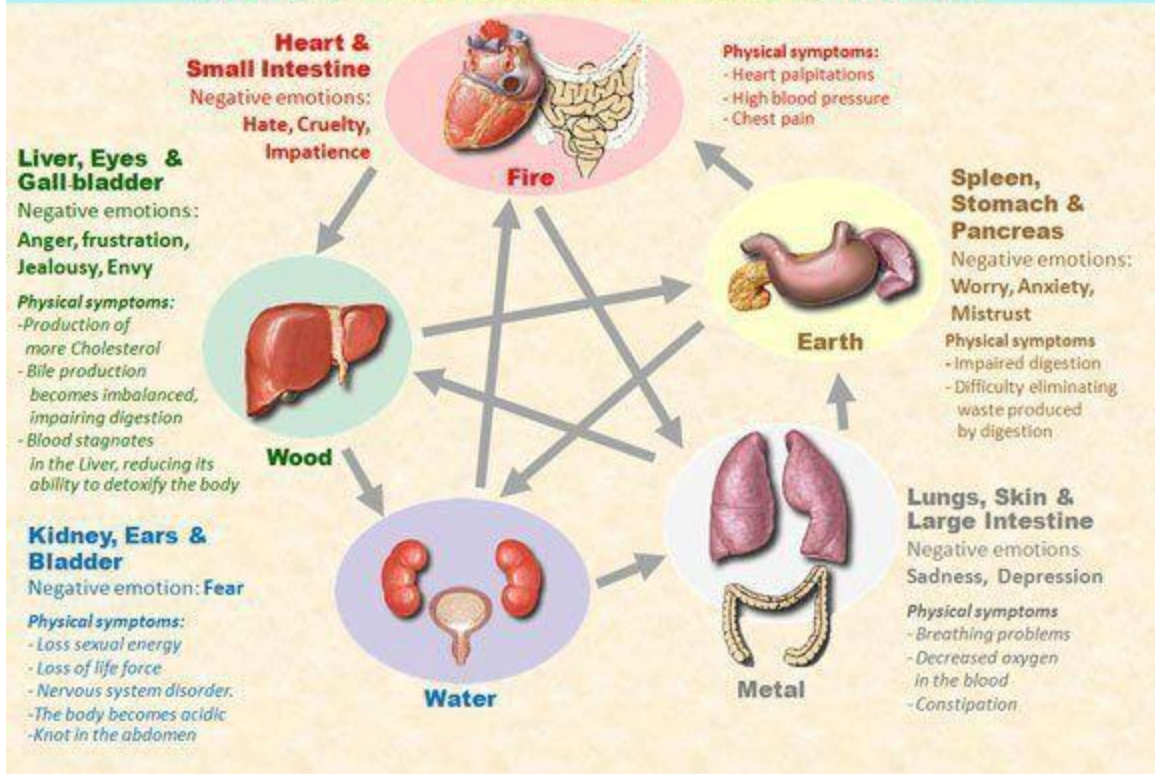
You can devote extra time to an organ when you feel troubled by it or its associated emotions. You may also emphasize extra practice for an organ during its particular season. For example, in spring you would spend more time on the Liver Sound.

The order of the Six Healing Sounds follows the progression of the seasons. Starting with autumn, practice the Lung Sound, followed by the sounds of the kidneys, liver, heart, and spleen. Finish with the Triple Warmer Sound.



# Negative Emotions Creation Cycle

The reductive and destructive cycle of the five elements



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Text excerpts from: "Cosmic Sounds" and "Taoist Cosmic Healing" by Mantak Chia  
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