

Lungs/Nose	-	SSSSSSS
Kidneys/Ears	-	H000000
Liver/Eyes	-	SSH HHH
Heart/Tongue	-	HAAAWWW
Spleen/Mouth	-	WHHHOOO
3 Heater/Torso	-	HHHEEEE

Practice 3.

THE SIX HEALING SOUNDS

The Purpose:

Use sound to discharge stagnant energy, and refresh your organs/officials.

Overview and Explanation:

Sound is a vibrational frequency which reverberates through the tissues and organs of the body. Different sounds have different frequencies which effect specific organs and functions. Colors also have their individual vibrational frequencies.

One of the main causes of problems, symptoms, and illness is stagnant energy in the various organs and tissues which can cause a condition of internal heat, that then inhibits the organs and functions from operating correctly.

Qigong practices have been developed which use sound to release, discharge, and expel this energy stagnation. These practices are known as The Six Healing Sounds. They involve the relationship of the various sounds to specific internal yin organs/officials, and to their associated sense organs. Many variations have developed over the centuries. Often they are linked to specific postures and movements, which are extensive and complex, and are best learned in person. For the sake of simplicity and clarity these postures and movements are not described here.

The following practices are a modified and adapted form of The Six Healing Sounds. One of the best things about this particular version is that it can be done sub-vocally or silently, without making any actual sound. In normal everyday life, if someone has a strong emotion in a public situation where they cannot express it 'out loud', they may often express it 'under their breath'. This practice is ideal for doing in public, in a busy office, or in a grocery store line. Pay attention if you do this, and listen to the sound you discharge. Of course, if you are on your own, or with other people gathered together to do this practice, you can make whatever volume of sound you wish to.

Each organ has a related sense organ, associated color, and emotion, as described in the Table of Correspondences. These are listed in the following exercises. Repeat these practices at least three times each, or more if you wish.

Preparation:

Minimal: None.

Optimal: Smile at Yourself, The Ba Gua.

THE PRACTICE:

Sit in an upright posture, knees parallel shoulder-width apart, and feet flat on the floor facing forward. Hands resting on your thighs with palms facing upwards.

This practice may also be performed lying down, or standing up.

It is best performed with eyes closed, to focus concentration, but can also be done with eyes open if the situation requires it.

Lungs and Colon / Nose / Metal Element -

Breathe in deeply and focus on your lungs, and as you slowly breathe out release the sound "SSSSSS", while letting WHITE energy exit through your nose.
Repeat 3, 6, 9, or more times.

Kidneys and Bladder / Ears / Water Element -

Breathe in deeply and focus on your kidneys, and as you breathe out release the sound "HOOOOO", while letting BLUE/BLACK energy exit through your ears.
Repeat 3, 6, 9, or more times.

Liver and Gall Bladder / Eyes / Wood Element -

Breathe in deeply and focus on your liver, and as you breathe out release the sound "SHHHHHH", while letting GREEN energy exit through your eyes.

Repeat 3, 6, 9, or more times

Heart, Pericardium and Small Intestine / Tongue / Fire Element -

Breathe in deeply and focus on your heart, and as you breathe out release the sound "HAAAWWW", while letting RED energy exit through the tip of your tongue.

Repeat 3, 6, 9, or more times

Spleen and Stomach / Mouth / Earth Element -

Breathe in deeply and focus on your spleen, and as you breathe out release the sound of "WHH0000", while letting YELLOW energy exit through your mouth cavity.

Repeat 3, 6, 9, or more times

Triple Heater / No Specific Sense Organ / Fire Element -

Breathe in deeply and focus on your whole torso, and as you breathe out release the sound "HHHEEEEE", while letting RED energy leave through your open mouth.

Repeat 3, 6, 9, or more times

After doing these practices you may feel lighter, cooler, calmer, and refreshed. Doing these Six Healing Sounds at night, before going to bed, can greatly add to your relaxation and sleep. Do them any time you feel the need to discharge stagnant energy.

To Continue:

Proceed to the next practice of Cleansing The Emotions.

Or, once they have been learned, you can progress to any other practice.