

Healing With The Tao: The Six Healing Sounds

1. LUNGS EXERCISE

Negative states and emotions: *Sadness, grief and depression*

Positive emotions: *Courage and strength*

Sound: SSSSSSSS (*softly like steam escaping from a radiator*)

Stagnant chi color: *Grey* **Healthy chi color:** *White*

Position: Sitting upright in a chair close your eyes, relax and let mind and attention sink into the lungs. Take a deep breath and lift the arms above the head and turn palms upward towards the ceiling. With eyes open exhale the sound, "SSSSSS" and imagine all the stagnant chi exiting your lungs. Imagine the cloudy stagnant "chi" exiting with the sound. When you have exhaled completely bring your hands down so palms rest lightly on knees. Visualize a pure white light and feelings of courage and strength filling your lungs. Mentally say the words "courage" and "strength" *inside* the lungs several times slowly. Feel those qualities being invoked by the words. *Each healing sound exercise should be done 3 to 6 times.*

2. KIDNEYS EXERCISE

Negative emotions: *fear* **Positive emotions:** *gentleness*

Sound: *Blowing out a candle with pursed lips and a long exhale*

Stagnant chi color: *muddy, murky blue* **Healthy chi color:** *vibrant "Krishna" blue*

Position: Become aware of the kidneys. Place legs together with knees touching. Raise hands in front of you and clasp the thumb of one hand with the opposite hand. Take a deep breath in and bend forward placing your thumb clasped hands around your knees. Pull then towards you and slightly arch back. Look ahead with eyes open. Make a small hole through puckered lips to exhale the sound, "WHOOoooo". Imagine the stagnant chi exiting with correlating sound. When you have exhaled completely, sit upright, close eyes and rest hands on your lap. Imagine a vibrant "Krishna" blue and feelings of gentleness filling your kidneys. Do 3 to 6 times.

3. LIVER EXERCISE

Negative emotions: *anger & aggression* **Positive emotions:** *kindness*

Sound: SHHHHHHHHHH (*softly*) **Stagnant chi color:** *sickly green*

Healthy chi color: *Emerald Green*

Position: Become aware of the liver. Take a deep breath as you slowly swing arms upward over the head. Interlace fingers and turn palms upward to face ceiling. Bend slightly to the left, exerting a gentle pull on the liver. Looking up with eyes open, exhale the sound, "SHHHH" and imagine all the stale chi exiting the liver. When you have exhaled completely return hands to rest on your lap with palms facing up. Close your eyes and smile down to the liver. Visualize a vibrant emerald green color and the feeling of kindness filling your liver. Do 3 to 6 times.

4. HEART EXERCISE

Negative emotions: *impatience, arrogance and cruelty*