

Six Healing Sounds Qigong

(also known as the Six Syllable Secret)

Legend attributes this exercise to a 6th Century ce Buddhist hermit. It uses breath and sound to purge the organs of toxins and stagnant Qi.

Posture: This exercise can be practiced either sitting on the edge of a hard chair or lying supine (on the back). Other versions of the exercise are done standing.

Preparation: Meditate and practice Buddhist breathing for a few minutes while sitting or lying.

Procedure: In each exercise, fresh Qi is inhaled through the nose, stagnant Qi is exhaled through the mouth while quietly chanting the particular syllable for each organ.

Normally the exercise is repeated three to six times for each organ. Complete all repetitions for one organ before moving on to the next. If an organ is ailing, you can do more repetitions for that organ.

For each organ, first focus the mind on the organ. Try to locate and feel its presence within the body. Prepare for the exercise by reviewing an anatomical chart of the organs if you are uncertain as to any organ's location. As you breathe in, image healing Qi penetrating to every part of the organ. As you breathe out, sound the syllable and try to feel the organ vibrate in harmony with the sound.

The Sounds:

Lungs—see-ahh

Kidneys—chrrooeee

Liver—shuuu (at the end of the shuuu form your mouth into a U-shape)

Heart—he as in her without the r

Spleen—hoo just like the word who

Triple Burner (the entire torso and the head--seeee.