

The 6 Healing Sounds

Taoist Method of Converting Emotions into Internal Energy

All emotions can be transformed into internal energy or Ki. In order to begin this special Taoist practice of changing emotions into Ki energy, you utilize a combination of I-Chuan standing postures, color visualizations and specific organ sound vibrations that are made during your exhaling breath.

When you perform this exercise, you repeat each tone 36 times while standing in the correct posture. The Taoist texts say to repeat each tone 36 times, but if you can do at least 18, that is usually enough to activate you.

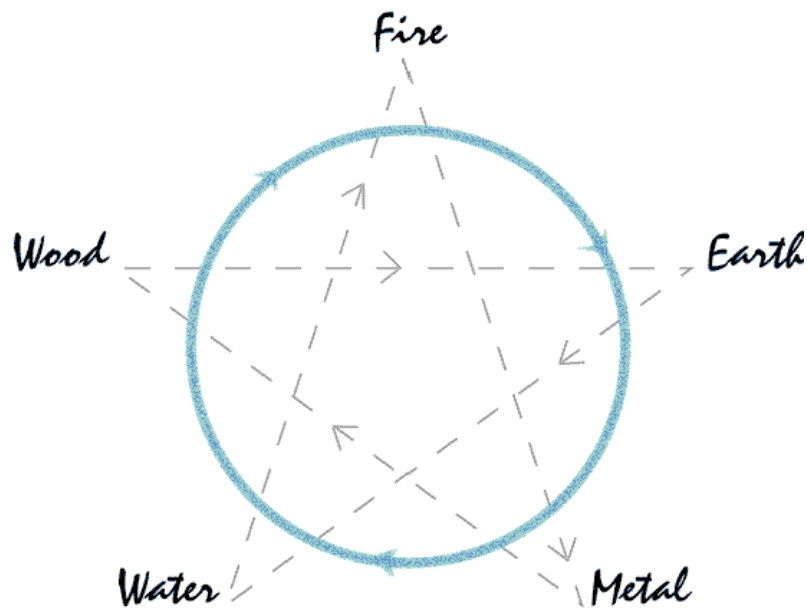
The easiest method of combining color visualizations with the sound is to get a mental image of an object or scene that is compatible with the color you need. For example, when you emit the Hhaaaa sound for your heart, think of a beautiful red rose opening up and flowering.

After you have practiced this exercise daily for a month, you will be able to transform emotions into Ki energy when a particular emotion arises in your everyday life.

For example, when you feel angry, breathe deeply and emit the vibrational sound Shhhh-uuuu under your exhaling breath and think of something green, like a lush green valley with rolling hills, your favorite golf course or even a Christmas Tree. As long as it is green it does not matter.

<u>Emotion</u>	<u>Color</u>	<u>Exhalation breath Sound</u>	<u>Organ</u>
Anger	Green	Shhh-uuuu	Liver
Fear	Black	Chuuway	Kidneys
Worry/Stress (Burner)	Sky Blue	Sheee	Solar Plexus (Triple)
Grief	White	Ssssssss	Lungs
Sympathy	Yellow	Hhuuuuuu	Spleen
Joy	Red	Hhaaaaaa	Heart

A note on the "organs". When we discuss the concept of organ (say, the "kidneys") as is referred to in "Traditional Chinese Medicine", this is most often not a reference to just that one specific organ, but a reference to the whole element (in the kidney's case, "Water") - to the entire energetic stratum of the body (including specific organs, tissue, dynamic) to which that element refers - according to Traditional Chinese Medicine.



For instance, "kidneys" could be used to refer to all of following: the kidneys, urinary bladder, constitutional & sexual energy, bones, marrow, and the dynamic of that whole layer of the human body. All of those, as one thing: the water element, which is simplified by just saying "Kidneys".

In other words, we are working not only the specific organ, but also everything else in the body that is associated with the same "element".

The Fire element rules the Heart and is associated with Joy, Happiness, Pleasure, Excitement & Love.

The Metal element rules the Lungs and is associated with Grief, Sorrow, Anguish, Distress & Heartache.

The Wood element rules the Liver and is associated with Anger, Irritation, Rage & Frustration.

The Earth element rules the Spleen as is associated with Worry, Sympathy, Anxiety, Stress, Contemplative Meditation.

The Water Element rules the Kidneys and is associated with Fear, Terror, Panic, Shock & Horror.

Studying the element chart on the prior page, we can see both the creative cycle shown by the clockwise circle and the destructive cycle shown by the 5-pointed star. In the circular clockwise cycle, known as the "Creative Cycle" we see that Water (Fear) leads to Wood (Anger), Wood (Anger) leads to Fire (Joy), Fire (Joy) leads to Earth (Worry), Earth (Worry) leads to Metal (Grief), Metal (Grief) leads back to Water (Fear).

The Destructive Cycle shown by the star is similar to the game "rock, paper, scissors." You simply follow the direction of the arrows to find out that Water (Fear) neutralizes Fire (Joy), Fire (Joy) neutralizes Metal (Grief), Metal (Grief)

neutralizes Wood (Anger), etc. This was the knowledge that the ancient Taoists understood and utilized to develop the following internal exercises.

(1) Heart: Get a mental image of something Red like a rose. It can be something as simple as a Fire Truck, however, I personally prefer picturing things that exist in nature as I find them more soothing and calming. Breathe into your lower abdomen and on the exhale issue the Hhaaaaah sound vibration. This should be a deep vocal sound similar to monks that chant the “Aum” sound. Repeat 36 times (or 18) before moving on to the next organ. The correct I’Chuan posture is:



(2) Spleen: Get a mental image of something Yellow like a daffodil, school bus, the Sun, etc. Breathe into your lower abdomen and exhale the Hhuuuuu sound vibration with a deep vocal sound. Repeat 36 or 18 times. The I’Chuan posture is:



(3) Lungs: Picture something White, like a field of pure snow, clouds, etc. Breathe deeply into your lower abdomen and exhale the Ssssss sound vibration with a deep vocal sound. This really sounds similar to making a buzzing bee sound like “BUZZZZZZZZZZ”. Repeat 36 or 18 times. The correct standing position is:



(4) Solar Plexus: Get a mental image of something light blue, like a clear blue sky on a cloudless day. Breathe into your lower abdomen and exhale the Sheeeeeeee sound 18 or 36 times with a deep vocal resonance while standing in the following I'Chuan posture:



(5) Liver: Picture something green, like an open field of lush green grass. Breathe deeply into your lower abdomen and exhale the Shhh-uuuuuuu sound vibration 18 or 36 times in a deep vocal resonance while standing in this I'Chuan posture:



(6) Kidneys: Close your eyes and concentrate on the blackness or emptiness. Breathe deeply into your lower abdomen and exhale with the Chuuuway sound vibration 18 or 36 times. The correct standing position is:



This completes the Taoist method and 6 Healing sounds. The deep vocal “Aum-
mmmm” sound vibration as well as the inverse Moooo (as in the word “More”)
sound are also very useful for harmonizing with the Earth’s frequency or
vibration. These are typically performed as a sitting or kneeling meditation. The
most common positions are the full lotus, half lotus, cross leg Indian chief style or
kneeling in the Japanese zazen posture.

