

## **Chinese Medicine's Six Healing Sounds of Qi Gong**

Medical Qigong is one of the four main forms of Traditional Chinese Medicine (TCM), including acupuncture, herbal remedies, and massage. Qigong exercises work to move energetic imbalances and blockages in the body that occur as a result of emotional repression, or resistance to letting go. The exercises use physical movement, breathing and mental intention to restore wellness, and ongoing prescriptions of movement with sound for energetic maintenance.

Qigong, a Taoist practice, uses six healing sounds for healing. They are also referred to as the "Six Basic Soundless Sounds for Health," depending on the specific style of practice (of which there are a variety). Chinese Medicine works with a system of correspondences, or the idea that each network and phase influence each other in predictable, observable ways. Each phase is a nature element, also correlating with a season. Each of the six sounds correlate with an organ network, including a yin organ and a yang organ, both influenced by the same healing vibration. Many of the sounds make positively vibrating vowel sounds.

One of the most famous medical doctors in ancient Chinese history, *Tao Hongjing*, taught healing sounds as a foundational health practice. The Wu shamans of ancient China used Qi Gong to integrate heaven and earth, or spirit and body.

Using posture, breath, and intention (to release emotion and rejuvenate the organ with its positive essence), the goal of the six sounds is to influence an organ and its correspondences by clearing Chinese medical diagnoses of heat, wind or stagnant Qi. The sounds move and release negative emotions stuck in an organ and allow reconnection to the organ's natural state of harmony. They clear toxins, cool the body, and both release and restore energy. The sounds are powerful healing and emotionally transformative tools.

In Medical Qi Gong practice, the sound correlating to the specific compromised organs is made on an exhale- sometimes vocally, or by using the breath to create the vibration of the sound without using tone (referred to as "sub-vocally"). The exhale releases excesses and stagnation. The patient's hands are then moved from the previous arm position to be placed over the affected organ to be filled back up with healing Qi. The sound is traditionally repeated three times, along with

the current season's (if not already linked to the organ being treated) sound six times. A medical Qi Gong prescription can be three times a day, and a particular organ sound 9, 18, 36 or 72 times. To reduce or disempower an emotional energy, the sound is made loudly. To empower an energy, the sound can be made sub-vocally.

The sounds have a particular sequence: Lung sound (Ssssss), Kidneys (Wuuuuu), Liver (Shhhhh), Heart (Hawww), Spleen (Whooooo) and Triple Burner (Heeeee). If a particular organ or its associated symptoms are causing issue, increase that individual sound independently of the entire sequence. If tired or time is at stake, then it is to practice only the Lung and Kidney sounds. Make a low sound for use as a maintenance practice. Prescribed exercises should not be used right after eating, with the exception of the spleen sound which is best made directly after taking nourishment.

In addition to assisting each of the organs and their networks, the sixth sound heals a TCM system in the body governing the endocrine system known as the "Triple Burner" or "Triple Heater." The system is composed of three energy pathways that help regulate and balance the body's thermal systems, and is divided into three areas of the body: the upper, middle, and lower- corresponding to a set of organs located in that particular body region. The Triple Burner promotes deep restful sleep and stress relief. There is no correlating season or emotion associated with this system. The Triple Burner Sound helps to regulate the heartbeat and treat insomnia.

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<b>se</b>	Wood	Fire	Earth
<b>ans</b>	Liver, Gallbladder	Heart, Small Intestine	Spleen, Stomach
<b>otional Excess</b>	Anger	Joy (Excitement)	Brooding
<b>a</b>	3. Shhhhhhh, sub-vocally.	4. Hawwwwww, sub-vocally.	5. Whoooooo, "made sub-vocally and felt in the vocal chords."
<b>en</b>	3. Sh, "as though saying 'Hushhh, be quiet.' At the end of the sh, form your mouth into the U shape."	4. Ho, "identical to hoo in the word 'hook'."	5. Hooo, "just like the word 'who'."
<b>tao</b>	1. Xu (pronounced Shew, vocalized)	2. Ho (vocalized)	3. Fu (vocalized)
<b>is</b>	3. Shoo (same as sound for Metal, but with lips rounded)	4. Khe (initial consonant is between K and H, with lips shaped as if to make the "uh" sound in "put")	6. Hoo (like blowing out a candle)
<b>on</b>	1. Shoo	2. Haa	3. Hoo
	4. Shu	1. Ho	2. Hu
<b>l</b>	1. Hsü, "as 'shoo,' with lips pursed, but softened by the umlaut over the vowel."	2. Her, "as 'her,' but without the final 'r,' with mouth open, tip of tongue pressed against lower teeth, and syllable aspirating in the top of the throat on exhalation."	3. Hoo, "'who,' with the lips rounded and the tongue suspended in mid-mouth, as if blowing out a candle."

<b>tal</b>	Water	N/A
<b>gs, Large Intestine</b>	Kidneys, Bladder	Triple Burner <sup>(1)</sup>
<b>ow</b>	Fear	N/A
<b>ssssss, subvocally.</b>	2. "Round the lips and silently make the sound one makes in blowing out a candle."	6. Heeeeeee, sub-vocally.
<b>ee-ahh, "a barely audible prolonged it"</b>	2. Chroooooee, "low chant"	6. Seeee "While making the sound, form the mouth into a smiling shape."
<b>i (pronounced See, vocalized)</b>	5. Chu (pronounced Chew, vocalized)	6. Hey (vocalized, rhymes with "play")
<b>hhh (like telling someone to be t)</b>	2. Chway (whispered)	5. Ssssss
<b>ss</b>	5. Foo	6. Shee
<b>zz</b>	6. Fu	5. Shi (relates to gallbladder rather than triple burner)
<b>is, "as in 'hiss,' without the initial 'hi-,' your tongue behind the lower teeth and upper and lower lips slightly parted."</b>	5. Chway, "as in 'way' with a 'ch' in front. Lips slightly pursed on the initial 'ch,' then relaxed and open on the final 'way'."	6. Shee, "'she,' with the teeth slightly parted and lips formed in a small smile."

**Table 1 Five phases correspondences.**

	<b>Wood</b>	<b>Fire</b>	<b>Earth</b>	<b>Metal</b>	<b>Water</b>
<b>Color</b>	Green	Red	Yellow	White	Black
<b>Direction</b>	East	South	Center	West	North
<b>Season</b>	Spring	Summer	Indian Summer	Fall	Winter
<b>Yin Organs</b>	Liver	Heart	Spleen	Lungs	Kidneys
<b>Yang Organs</b>	Gallbladder	Small Intestine	Stomach	Large Intestine	Bladder
<b>Sense Organs</b>	Eyes	Tongue	Mouth	Nose	Ears
<b>Emotions</b>	Kindness Anger	Joy Hastiness	Openness Pensiveness	Courageous Sadness	Gentleness Fear
<b>Spirit</b>	Hun	Shen	Yi	Po	Zhi
<b>Sounds</b>	Shhhhh	Haw	Ho	SSSS	Chuii, a wave sound
<b>Shape</b>	Rod	Triangle	Rectangle	Sphere	Downward

