




# AQUASONIC CLEANSE

- A Daily Healing Routine Combining Sound, Breath, and Water
- By: Ali Ravan

# INTRODUCTION

- When David announced that we would be writing a final paper on any topic within or related to the subjects we covered in class, I found it incredibly difficult to choose. There were so many fascinating areas to explore, and I've been deeply inspired by everything related to sound healing    , frequency, and music.
- After thinking deeply, I realized I wanted to create something of my own—a meditation practice that blends what I've learned in class with what I've researched on my own. My goal was to design a routine I could use daily, and one that others could benefit from as well. That's how the AquaSonic Cleanse was born.



# FOUNDATIONS OF AQUASONIC CLEANSE

- The AquaSonic Cleanse incorporates two powerful healing practices:
  - - Breath of the Architect
  - - The Six Healing Sounds
- Together, these form the foundation of a cleansing and energizing daily ritual.

# WISDOM FROM DAVID'S TEACHINGS

- One of the most meaningful lessons I've taken from David's teachings is that:
  - - Our body is the most powerful instrument for healing.
  - - With sound and breath, we can heal ourselves and others.
  - - Nature offers elements that support our healing journey.

# THE BREATH OF THE ARCHITECT

- The **Breath of the Architect** is a guided breathwork practice designed to help you connect deeply with your body, mind, and environment.
- **What Is the Breath of the Architect?**
- The Breath of the Architect is a structured breathing technique that emphasizes intentionality and mindfulness. It encourages practitioners to become the 'architects' of their inner experience, using breath as the foundational tool to design a state of balance and clarity.

# THE BREATH OF THE ARCHITECT

## 4 , 7, 8 CALM & MANIFEST BREATH

- 4 , 7, 8 Calm & Manifest Breath:
  - - Regulate the nervous system
  - - Bring presence and awareness
  - - Clear emotional and energetic blocks
  - -Manifest Breath
- Steps:
  - 1. Inhale deeply through the nose (count 4)
  - While breathing in picture what you want to achieve
  - 2. Hold (count 7)
  - 3. Exhale slowly through the mouth (count 8)
  - While breathing out let go of any worries.
  - 4. Repeat for 4 rounds



# BREATH OF THE ARCHITECT

## THE THANK YOU BREATH

- The Thank you Breath:
  - - This one is about gratitude
  - - Attracts more good things
  - - Feel positive
- Steps:
  - Close your Eyes
  - Breathe in & think of something good in your life
  - A person A Moment , Anything that makes you happy
  - As you breathe out silently say thank you
  - This helps you feel positive , Which attracts more good things into your life
  - Repeat for 4 rounds



# THE BREATH OF THE ARCHITECT

## **WALKING WITH INTENTION**

- Walking with intention :
  - - Staying Focused
  - - Think about what you want to accomplish that day
- Steps:
  - When you're walking
  - pay attention to your breathing
  - Match your steps to your breaths
  - Example : Breathe in for 4 steps and Breathe out for 4 steps





# THE BREATH OF THE ARCHITECT

## DEALING WITH DOUBTS

- Dealing with Doubts :
  - - Dealing with Negativity
  - - clear mind and stay positive
- Steps:
  - When you feel a negative thought
  - Take a deep breath
  - As you breathe out
  - Imagine the thought floating away like a cloud
  - Then replace it with positive thought
  - Or say to yourself: 'I CAN DO THIS'

# THE SIX HEALING SOUNDS

- ✨ What Are the Six Healing Sounds?
- The Six Healing Sounds come from ancient Taoist traditional Qigong system that practices Liu Zi Jue.
- Liu Zi Jue is used to release negative emotions stored in the organs of the body through vocal tones and breath.
- Each sound is linked to a specific organ, emotion, and element, and helps restore energetic balance.

# THE SIX HEALING SOUNDS

## How It Works in Sound Healing:

When you **vocalize each sound while focusing on its related organ**, you're using **sound vibration** to:

- **Release stuck or negative energy**
- **Stimulate organ function**
- **Balance emotional and energetic health**
- **Activate the parasympathetic nervous system** (rest-and-digest mode)

Sound and breath together send **vibrational healing** through your body—just like how tuning forks or singing bowls work externally, your **voice becomes the internal tuning tool**.

# THE SIX HEALING SOUNDS

- Each sound corresponds to an organ and its associated emotion:
- 1. Sssss (Lungs – Sadness)
- 2. Chooo (Kidneys – Fear)
- 3. Shhhh (Liver – Anger)
- 4. Haaaw (Heart – Impatience/Hate)
- 5. Whoooo (Spleen – Worry)
- 6. Heee (Triple Warmer – Balance & Harmony)

## THE SIX HEALING SOUNDS

# MOVEMENT AND SOUND TOGETHER

- **1. Sss – Lungs & Sadness**
- **Movement:**
- **Inhale** and bring arms up **palms facing** up to the chest area , then **palms facing out**
- **Exhale** the “**Sss**” sound while bringing your arms down slowly, like rain falling
- **Intention:** Let go of grief, make space for calm and breath

## THE SIX HEALING SOUNDS

# MOVEMENT AND SOUND TOGETHER

- **2. Chooo – Kidneys & Fear**
- **Movement:** Place your hands gently on your **lower back** (where your kidneys are)
- Take a deep breath in, place **back of hands** on kidneys massaging that area
- and as you **exhale “Chooo”**, gently bend forward a little, and **push hands forward and down**, if releasing fear into the earth
- **Intention:** Release fear, feel safe and supported

## THE SIX HEALING SOUNDS

# MOVEMENT AND SOUND TOGETHER

- **3. Shhhh – Liver & Anger**
- **Movement:** With hands at your sides, **inhale** and slowly bring hands in creating a **half inward circle**, straightening **arms back out** at shoulder level
- As you **exhale** “**Shhhh**”, slowly bring your **arms down** through the center of your body like you’re smoothing down your energy
- **Intention:** Let go of anger, welcome peace
- and breath



## THE SIX HEALING SOUNDS

# MOVEMENT AND SOUND TOGETHER

- **4. Haaaw – Heart & Impatience/Hate**
- **Movement:**
- As you breathe in, bring hands in pause at dantian first, then slowly **come up to your Heart area**
- As you **exhale “Haaaw”**, gently press the **palms out** and then **in toward the body** and then all the way down into floor.  
**Intention:** Open your heart, release tension, invite love and breath



## THE SIX HEALING SOUNDS

# MOVEMENT AND SOUND TOGETHER

- 5. Whooo – Spleen & Worry
- Movement: alternating hands Left hand up first
- Inhale deeply, bring hands to shoulder level palms facing in, at shoulder level ,L hand turn palm up and R hand palm down
- then as you exhale “Whooo”, L hand push up R hand push down, when alternat hands, like you’re calming your center
- Intention: Let go of overthinking, return to trust
- space for calm and breathe



## THE SIX HEALING SOUNDS

# MOVEMENT AND SOUND TOGETHER

- **6. Heee – Triple Warmer & Overload**
- **Movement:** Inhale while gently raising arms **outward and upward**
- Exhale “Heee” as you **spread arms wide**, like you’re opening your energy field to harmony
- End by placing hands in **prayer pose** over your chest
- **Intention:** Balance your entire system and seal in healing



# INTRODUCING **AQUASONIC CLEANSE**


- This practice brings everything together:
- The AquaSonic Cleanse is a cleansing ritual performed in the shower, using sound, breath, and water-based movement.
- The practice consists of three rounds, each with a different sound, arm movement, and visualization.
  - - Grounding breathwork
  - - Vocal toning
  - - Gentle movement
  - - Healing water element

# AQUASONIC CLEANSE

## STEP-BY-STEP

- 1. Begin with intention: Set your purpose (healing, clarity, release)
- 2. Practice 4-7-8 breathing to center
- 3. Allow water to run down the back of your head and neck
- 4. Begin vocal toning of each of the sounds with gentle arm movements
- 5. With each tone, visualize the emotion being released
- 6. After the final sound, stay present under the water, breathing deeply


# AQUASONIC CLEANSE - STEP 1

-  **Step 1: Set Your Intention**
- Stand calmly and ask yourself:
- *What do I want to let go of?*
- *What do I want to call in?*
- Let your purpose guide the flow of this ritual.

# AQUASONIC CLEANSE - **STEP 2**

- 🌿 **Step 2: Center with the 4-7-8 Breath**
- **Inhale** for 4 seconds
- **Hold** for 7 seconds
- **Exhale** gently for 8 seconds
  - 🔄 Repeat 4 times, clearing the mind and calming the body.

# AQUASONIC CLEANSE - **STEP 3**

-  **Step 3: Let the Water Flow**
- Let warm water cascade over your **head, spine, and body**.  
**Visualize** all old emotions, tension, and heaviness washing away.

# AQUASONIC CLEANSE - STEP-BY-STEP

## ROUND 1: "SSSS" – SURFACE-LEVEL STRESS RELEASE

- **1. Position**  
Stand with your back to the water. Let it flow gently down your shoulders and back. Relax your arms by your sides.
- **2. Inhale – Lift the Light**  
Take a deep breath in through your nose.  
**Inhale** and bring arms up **palms facing** up to the chest area ,  
then **palms facing out**
- **3. Exhale "Ssss" – Sweep the Field**  
Slowly exhale with the sound "**Ssss...**"  
sound while bringing your arms down slowly, like rain falling  
Imagine brushing through your energetic field—clearing away  
surface stress and energetic noise like static.
- Visualize **gray mist or fog** falling off you and being rinsed down  
the drain.



# AQUASONIC CLEANSE - STEP-BY-STEP

## ROUND 2: “SHHH” – EMOTIONAL & MENTAL CLEARING

- **1. Inhale – Gather at the Heart**  
Inhale deeply through your nose.  
Bring your **hands to your heart center**, palms facing in as if you're holding a glowing orb in front of your chest.
- **2. Exhale “Shhh” – Extend from the Heart**  
As you exhale with the soft sound “Shhh...”, **gently press your hands forward**, away from your chest.  
Then slowly pull them back in toward the heart.  
Visualize **waves of calm** radiating from your heart space.  
See the water and breath working together to release tension, overthinking, or emotional heaviness—bringing in a peaceful stillness.

## AQUASONIC CLEANSE - STEP-BY-STEP

### ROUND 3: “HAAAHAH” – DEEP INNER RELEASE AND GROUNDING

- **1. Inhale – Expand the Sphere**

With your arms by your sides, take a deep inhale.

**Sweep your arms out and up in a wide circle**, like you're lifting wings or creating a glowing energetic dome around you.

- **2. Exhale “Haaah” – Draw the Energy Down**

As you exhale with a deep “Haaah...” from the belly, slowly **draw your arms diagonally down across your body**—like you're pressing gentle warmth through your field.

Visualize a **sacred spiral or sphere** of light spinning around you, clearing out any hidden tension or emotional residue. Let it ground into the earth through your feet.


# AQUASONIC CLEANSE - STEP-BY-STEP

## ✨ STEP 4: HEEE – TRIPLE BURNER HARMONY

- ✨ **Step 4: Heee – Triple Burner Harmony**
- **Inhale** as arms rise outward and up
- **Exhale “Heee…”** as arms slowly return to heart in prayer position
- **Visualize** cool, soft energy balancing your **entire body system** (upper, middle, lower)


# AQUASONIC CLEANSE - STEP-BY-STEP

## **STEP 5: DANTIAN GROUNDING – SEAL THE ENERGY**

-  **Step 5: Dantian Grounding – Seal the Energy**
- Place both hands over your **Lower Dantian** (a few inches below the navel)
- Take 3 deep breaths, **feeling warmth and light pooling here**
- **Visualize** all the energy you activated now stored deep in your core like a glowing golden orb  
This locks in the healing and keeps you centered for the day.


# AQUASONIC CLEANSE - STEP-BY-STEP

## **STEP 6: PRAYER OF GRATITUDE**

-  **Step 6: Prayer of Gratitude**
- Before turning off the water, take a moment of sacred thanks:
- Choose **3–6 things** you are grateful for
- Offer love and healing to your **loved ones, ancestors, and the Earth**

# AQUASONIC CLEANSE - STEP-BY-STEP

## **STEP 7: SEAL THE PRACTICE**

-  **Step 7: Seal the Practice**
- To complete the AquaSonic Cleanse:
  - 1.Touch the Earth** (or ground through your feet)
  - 2.Kiss your hand**
  - 3.Touch your third eye**
  - 4.Raise your hand to the sky**, offering your love and light upward
- Say to yourself:  
**“I am whole. I am grounded. I am free.”**
- Feel the energy settle. Smile. That’s the **AquaSonic Cleanse**

# FINAL REFLECTION

- The AquaSonic Cleanse is a powerful, daily practice that:
  - - Aligns body, mind, and spirit
  - - Utilizes natural healing tools: breath, sound, water, intention
  - - Empowers us to heal ourselves
- It is a gift I created not only for myself, but for anyone seeking peace and transformation.

# THANK YOU

- Thank you for listening — I hope the AquaSonic Cleanse brings you as much clarity and healing as it has brought me.
- Stay radiant ✨🙏