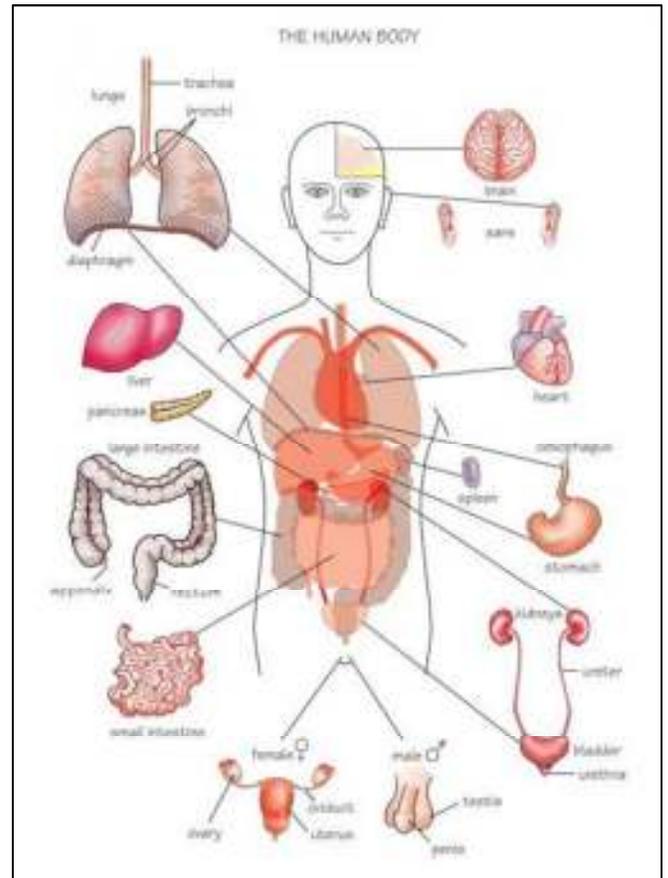


Meditation – Cosmic Healing Sounds

The Taoist masters discovered that each healthy organ is associated with a particular sound, color, and quality of energy. Emotional problems, pollution, poor food, injuries, and overly strenuous exercise can overheat the internal organs causing them to weaken.

This changes the state of each organ's sound frequency, color, and energetic quality. The Six Healing Sounds practice help to restore, balance, and cleanse the vital organs by correcting these factors. They also stimulate the Chi flow throughout the body to enhance one's overall health and vitality. The Cosmic Six Healing Sounds help to release any excess heat that may be trapped in the cooling sacs which surround each organ. As you assume the postures and produce the sounds sub-vocally, their vibrations redistribute any excess heat into cooler regions of the body where this can safely be stored or used. Once the organ energies are balanced, you have a good foundation for establishing and nurturing the virtue energies. This will help to maintain the Chi balance throughout the system.



Chinese 5 Element Theory Summary

	Wood	Fire	Earth	Metal	Water
Season	Spring	Summer	Change of seasons (Every third month)	Autumn	Winter
Direction	East	South	Center- up and down	West	North
Planet	Jupiter (Expansion/Success)	Mars (Gets Stuff Done, Action, war, aggression)	Saturn (Structure)	Venus (Ethereal Love)	Mercury (Mind)
Color	Green and Blue	Red	Yellow	White / Clear / Metallic	Black, Dark Blue
Sound-Healing	Shout (sh-h-h-h-h- Tongue near palate)	Laugh (Haw-w-w-w- Mouth wide open – Small intestines) (Hee-e-e-e-Triple Heater)	Sing (who-ooo-oo From Throat Guttural)	Weep (sssss-ss-ss-s Tongue behind teeth)	Groan (choo-oo-oo-oo as when blowing out a candle with lips)
Zang or Yin Organs	Liver	Heart Pericardium	Spleen/Pancreas	Lung	Kidney
Associated Organ	Gall Bladder	Small Intestine Triple Warmer	Stomach	Large Intestine	Bladder
Mental Quality	emotion, sensitivity	willpower, creativity	clarity	intuition	spontaneity
Virtue	Kindness, Patience	Joy, Honor, Sincerity	Fairness, Openness	Courage, Righteousness	Gentleness, Calmness and stillness, Alertness
Emotion	Anger	Hastiness, Arrogance, Cruelty	Worry, Anxiety	Grief, Longing, Sadness	Fear
Related Senses	Eye	Tongue	Mouth	Nose (smell) Tough (skin)	Ears, Genitals, Anus
Sense Commanded	Sight (Eyes), Tears	Tongue, Speech	Taste	Smell	Hearing (ears), Bones
Flavors / Taste / healing foods	sour	bitter	Sweet, neutral	Pungent/ sharp / Spicy	salty
Related Parts of the Body	Inner Legs, Groin, Diaphragm, Ribs	Armpits, Inner Arms	Lips, Mouth	Chest, Inner Arms, Thumbs	Sides of the Feet, Inner Legs, Chest

First Cosmic Healing Sound: Lung Sound

The Lung Sound is a metal sound. It sounds like the vibration of a bell and activates the lung Chi. Sound: Sssssss (Tongue behind Teeth)

Exercise:

1. Sit with your back straight, your hands resting on your lungs, and your eyes closed. Smile down to your lungs. Be aware of the quality of the energy in the lungs. Picture a white light, fresh and pure like the energy of the mountains and hear the metal sound.
2. Take a deep breath, open the eyes and raise your arms out in front of you with the palms facing the lungs. When the hands are at eye level, begin to rotate the palms, bringing them above your head until they face up and are pushing outwards. Point the fingers toward those of the opposite hand. Keep the elbows rounded out to the sides, and do not straighten your arms.
3. Close the jaws so that the teeth gently meet and part the lips slightly as you slowly exhale through your teeth the sound “Sssssss”. In the beginning, you can produce the Lung Sound out loud, but eventually you should practice it sub-vocally.
4. Feel that the sound starts to move the Chi in the lungs, and that any excess heat and toxins are expelled from the lungs as the sacs surrounding the lungs are compressed.
5. Note: “Sub-vocally” means that you are vocalizing so softly that only you can hear the sound and feel the vibration inside the lungs. You must exhale slowly and fully. Also, the word “sacs” refers to the layers of tissue called fasciae, which surround every organ.
6. When you have exhaled completely, rotate the palms and scoop up the white light. Pour this light from the crown down into the lungs. Lower the arms and hold your hands before the lungs and radiate the bright white light, and courage into the lungs.
7. Rest, close your eyes and be aware of your lungs. Smile into them, and imagine that you are still making the Lung Sound. Feel the vibration of the sound moving and cleaning the energy in the lungs. Breathe normally, and see your lungs glowing with a bright white light. This will strengthen your lungs and activate courage in the lungs. With each breath, try to feel that fresh white metal energy is replacing the excess hot, toxic, and depressed energy.
8. Nurture good emotions. This is the most important part of this practice. Take as much time as you need to get in touch with the organs. When you get rid of the excess heat and let the white metal energy expand in the lungs, good emotional qualities will have room to grow. Concentrate on the feelings of righteousness and courage as you transform any sadness or grief. Sit up straight and tall so you can feel courage, and try to maintain the feeling of the Lung Sound for increasingly longer periods after each practice, and in your daily life.
9. Repeat the Lung Sound three to six times. For sadness, depression, colds, flu, toothaches, asthma, emphysema, or depression, you may repeat this exercise 6, 9, 12, or 24 times. Close the jaws so that teeth meet. Draw the corners of the mouth back.

Second Cosmic Healing Sound: Kidney Sound

The Kidney Sound is a water sound and it activates the kidney Chi. Sound: **Chooooooooo** (As when blowing out a candle: lips forming an “0”)

Exercise:

1. Sit with your back straight, your hands resting on your kidneys, and your eyes closed. Smile down to your kidneys. Be aware of the quality of the energy in the kidneys. Picture a blue light, the sun shining on the ocean.
2. Take a deep breath, open the eyes and put your legs together, ankles and knees touching. Lean forward and clasp the fingers of both hands together around your knees. Pull your arms straight from the lower back while bending the torso forward (This allows your back to protrude in the area of the kidneys). Simultaneously tilt your head up as you look straight ahead, maintaining the pull on your arms from the lower back. Feel the pull on your spine. Round the lips, and slightly exhale with the sound “Choooooooo” as if you were blowing out a candle.
3. Simultaneously contract your abdomen pulling it in toward your kidneys. At first you can produce the Kidney Sound out loud, but eventually you should practice it sub-vocally. Feel that the sound starts to move the Chi in the kidneys; any excess heat and toxins are expelled from the kidneys as the sacs surrounding the kidneys are compressed.
4. After you have fully exhaled, sit erect, separate the legs and move your arms up to the crown and scoop up the blue light. Pour this light over the body and into the kidneys. Lower your arms and hold the palms on the kidneys. Radiate the blue light, the gentleness, and stillness into the kidneys.
5. Return your hands to your kidneys. Rest, close your eyes, and be aware of your kidneys. Listen to your kidneys. Smile to them, and imagine that you are still making the Kidney Sound. Feel the vibration of the sound is moving and cleaning the energy in the kidneys.
6. Breathe normally, and see your kidneys glowing with a cool blue light. This will strengthen your kidneys and activate the gentleness and stillness in the kidneys. With each breath, try to feel that bright blue water energy is replacing the excess hot, toxic, and fear energy.
7. Nurture good emotions. This is the most important part of this practice. Take as much time as you need to get in touch with the kidneys. When you get rid of the excess heat and let the cool blue water energy expand in the kidneys, good emotional qualities will have room to grow. Concentrate on the feelings of gentleness, stillness, and alert-ness as you transform any fear. Feel the gentleness relaxing also the lower back. Try to maintain the sensation of this energy for increasingly longer periods after each practice, and in your daily life. Repeat the steps from three to six times. You may repeat this exercise more times to alleviate fear, fatigue, dizziness, ringing in the ears, or back pain.

Third Cosmic Healing Sound: Liver Sound

The Liver Sound is a wood sound and it activates the liver Chi Sound: **Shhhhhh** (Tongue near Palate)

Exercise:

1. Sit comfortably with your back straight, your hands resting on your liver and your eyes closed. Smile down to your liver until you feel you are in touch with your liver. Be aware of the quality of the energy in the liver. Picture a forest, a big green forest. See the sun shining on the forest creating life force and green light. 2. Take a deep breath, open the eyes and extend your arms out to your sides, palms up. Slowly raise the arms from the sides to the crown, following this action with your eyes. Intertwine the fingers, and rotate your joined hands over to face the ceiling, palms up. Push up and out with the heels of the hands and stretch the arms out from the shoulders; the elbows should be pushing to the back.
2. Bend slightly to the left, exerting a gentle pull on the liver. Open your eyes wider because they are the openings of the liver. Slowly exhale out the sound “Shhhhhh ” loud and eventually sub-vocally. Feel the sound start to move the energy in the liver and that all excess heat and toxins are expelled from the liver as the sac around it is compressed.
3. After you have fully exhaled, sit erect, separate the hands and scoop up the green light. Pour this light over the body and into the liver. Slowly bring your arms down, palms facing out, and scoop up more green light and hold both hands before your liver. Radiate the green light, the forest energy, and kindness in the liver.
4. Return your hands to your liver. Rest. Close your eyes and be aware of your liver. Smile and look in your liver and imagine that you are still making the Liver Sound. Feel the vibration of the sound is moving and cleaning the energy in the liver.
5. Breathe normally, and see your liver glowing with the green rejuvenating light. This will strengthen your liver and activate kindness in the liver. With each breath, try to feel that bright green wood energy is replacing the excess hot, toxic, anger, aggression and frustration energy.
6. Nurture good emotions. This is the most important part of this practice. Take as much time as you need to get in touch with the liver. When you get rid of the excess heat and let the warm, moist, green wood energy expand in the liver, kindness will have room to grow. Concentrate on the virtue of kindness and forgiveness as you transform any anger and aggression. Feel warm and energetic, and maintain this feeling for as long as you can after practice.
7. Repeat the steps from three to six times. Practice more to expel anger, to clear red or watery eyes, to remove a sour or bitter taste, and to detoxify the liver.

Fourth Cosmic Healing Sound: Heart Sound

The Heart Sound is the fire sound and activates the heart energy. Sound: **Hawwwwww** (Mouth wide Open)

Exercise:

1. Sit comfortably with your back straight, your hands resting on your heart, and your eyes closed. Smile down to your heart until you feel you are in touch with your heart. Be aware of the quality of the energy in the heart. Picture a sunset on the ocean, a red light.
2. Take a deep breath, open the eyes and take the same position as for the Liver Sound. Unlike the former exercise, however, you will lean slightly to the right to pull gently against the heart, which is located just left of the center of your chest.
3. Focus on your heart, and feel the tongue's connection to the open mouth, round the lips, and slowly exhale the sound "Hawwwwww" out loud and eventually sub-vocally. Feel the sound start to move the energy in the heart and that excess heat and toxins are expelled from the heart as the sac around it is compressed.
4. After you have fully exhaled, sit erect, separate the hands and scoop up the red light. Pour this light over the body and into the heart. Slowly bring your arms down, palms facing out. Scoop up more red light and hold both hands before your heart. Radiate the red light, the love, and inner joy into your heart.
5. Return your hands to your heart. Rest, close your eyes and be aware of your heart. Smile to your heart and imagine that you are still making the Heart Sound. Feel the vibration of the sound is moving and cleaning the energy in the heart. Breathe normally, and see your heart glowing with a red fire light
6. This will strengthen your heart and activate love, inner joy, and sincerity in your heart. With each breath, try to feel that the warm red light is replacing the excess hot, toxic energy and any hastiness, arrogance, and hate in the heart.
7. Nurture good emotions. This is the most important part of this practice. Take as much time as you need to get in touch with the heart.
8. When you get rid of the excess heat and let the red fire energy expand in the heart, good emotional qualities will have room to grow. Feel love, joy, honor, and respect radiate outwards. Feel any hatred, arrogance, or impatience transform into loving energy as sincerity, honor, and respect grow in your heart. Try to maintain the feeling of the Heart Sound as long as you can after practice.
9. Repeat the steps from three to six times. Practice more to relieve sore throats, cold sores, swollen gums or tongue, jumpiness, moodiness, and heart disease.

Fifth Cosmic Healing Sound: Spleen Sound

The Spleen Sound is the earth sound, activating the energy of the stomach, the pancreas, and the spleen. Sound: **Whoooooo** (From the Throat, Guttural)

Exercise:

1. Sit comfortably with your back straight, your hands resting on your spleen, and your eyes closed. Smile down to your stomach and spleen until you feel you are in touch with them. Be aware of the quality of the energy in the stomach and the spleen. Picture a yellow light, the golden satiated light of the Indian Summer, a stable light.
2. Take a deep breath, open the eyes, move the arms to the front and place the three middle fingers of both hands just beneath the sternum on the left side of the rib cage.
3. Look up and gently press your fingers under the rib cage, pushing your stomach or spleen to the back and your middle back outwards you exhale out loud, eventually sub-vocally, the sound “Whoooooo”. This is more guttural, or “throaty” than the kidney Sound. Unlike blowing out a candle, this sound originates from within the chest, rather than from the mouth. Fig. 24 Smile to the Spleen.
4. Feel the Spleen Sound vibrate the vocal cords. Feel the sound start to move the energy in the stomach and the spleen and that all excess heat and toxins are expelled from the stomach and the spleen as the sac around them is compressed.
5. After you have fully exhaled, move the arms outwards, embracing the earth and scoop up the yellow light. Pour this light into the stomach and spleen. Bring the arms and the hands to the stomach and/or the spleen. Radiate the yellow light, the fairness, openness, and stability into the stomach and the spleen.
6. Rest, close your eyes and be aware of your stomach and spleen. Smile to them and imagine that you are still making the Spleen Sound. Feel the vibration of the sound is moving and cleaning the energy in the stomach and the spleen
7. Breathe normally, and see your stomach and spleen glow with a yellow light. This will strengthen these organs and activate openness, fairness, and stability in your stomach and spleen. With each breath, try to feel that the warm yellow light is replacing the excess hot, toxic energy and any worries in these organs.
8. Nurture good emotions. This is the most important part of this practice. Take as much time as you need to get in touch with the stomach and the spleen. When you get rid of the excess heat and let the yellow earth energy expand in the stomach and the spleen, good emotional qualities will have room to grow. Feel the fairness, openness, balance, and harmony grow in these organs, transforming any worry in them. Try to maintain the feeling of the Spleen Sound as long as you can after practice.
9. Repeat the steps from three to six times. Practice more to eliminate indigestion, nausea, and diarrhea.

Sixth Cosmic Healing Sound: Triple Warmer

The Triple Warmer refers to the three energy centers of the body: The upper section (brain, heart, and lungs) is hot; the middle section (liver, kidneys, stomach, pancreas, and spleen) is warm; and the lower section (large and small intestines, bladder, and sexual organs) is cool. The sound “Heeeeeee” serves to balance the temperature of the three levels by bringing hot energy down to the lower center and cold energy up to the higher center. Specifically, hot energy from the area of the heart is moved to the colder sexual region, and cold energy from the lower abdomen is moved up to the heart’s region.

Exercise:

1. Lie on your back or lean back in the chair. Smile, move your arms up and gather the Chi, and bring your arms and hands to your face. As you make the “Heeeeeee” sound on exhalation, let the arms slowly move down the body bringing the energy down from the crown to the feet.
2. Inhale fully into all three cavities: chest, solar plexus, and lower abdomen, and then exhale completely. Exhale with the sound “Heeeeeee” sub-vocally, first flattening your chest, then your solar plexus, and finally your lower abdomen. Imagine a large, roller pressing out your breath and move the hot energy down as the arms move from your head down to your lower Dan Tien.
3. Rest, and concentrate. When you have fully exhaled, focus on the entire digestive tract.
4. Repeat the steps from three to six times. Practice more to relieve insomnia and stress.
Note: The Triple Warmer can be done lying down to facilitate falling asleep.

Daily Practice

1. We recommend that you practice the Six Healing Sounds before going to bed at night to relax the body, promote good sleep, and cool down any organs that are overheated. You may also do these sounds to enhance any of the other Taoist exercises whenever you feel like practicing. Do three rounds of each sound to prevent illness and maintain good health. Once learned, the procedures take only ten to fifteen minutes to complete.
2. Clear out any negative emotions, and let positive emotions grow before you go to sleep. You may feel a sense of emptiness as you disengage from your own mental activity to connect with the Universal Consciousness. This will also help you to avoid bad dreams while sleeping, as your body recharges through its connection with the Universal Force. If you have any problems, stress, or illnesses this is the best time to allow the Universal Consciousness to help you find the solution or cure. When you awaken after sleep, smile inwardly, and look for answers within.
3. You can devote extra time to an organ when you feel troubled by it or its associated emotions. You may also emphasize extra practice for an organ during its particular season. For example, in spring you would spend more time on the Liver Sound.
4. The order of the Six Healing Sounds follows the progression of the seasons. Starting with autumn, practice the Lung Sound, followed by the sounds of the kidneys, liver, heart, and spleen. Finish with the Triple Warmer Sound.
5. When you are feeling tired or depressed at work, practice the Six Healing Sounds. If you do not have time to do them all, just practice the Lung Sound and the Kidney Sound.