



Six Healing Sounds

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Introduction

General

This is an ancient Taoist Qigong practice using a combination of sound, movement, and color to balance and heal the major systems of the body. This Qigong follows the Five Elements of Chinese medicine to release stagnant Qi from the body, and then replenish the healthy Qi for each organ system. This practice also includes a sixth sound to help balance the endocrine system, hormone-producing glands, of the body. This Qigong can be used on a daily basis and especially when you feel out-of-balance.

Preparation

This Qigong is usually performed from the sitting position. It can be adapted for standing.

First Movement Metal Element

Hands begin in front of chest with palms facing toward lungs. Scanning through lungs for stagnant Qi or sadness/depression. Sound to release this stagnant Qi is 'sssssss'. Color of Qi to help heal the lungs is silver-white. Hand movement is to lift hands above the head with palms 'pushing' upward. After using sound three times, bring palms back down to chest, facing toward lungs, and visualize silver-white Qi filling lungs.

Second Movement Water Element

Hands move around the back; palms resting on lower back/lower ribs. Scanning through kidneys for stagnant Qi or fear. Sound to release this stagnant Qi is 'chooooo'. Color of Qi to help heal the lungs is blue-black. Hand movement is to clasp hands in front of the knees while bending forward at the waist. After using sound three times, bring palms around to the lower back/lower ribs, and visualize blue-black Qi filling kidneys.

Third Movement Wood Element

Hands move to front at lower right ribs; palms placed lightly over liver region. Scanning through liver for stagnant Qi or anger. Sound to release this stagnant Qi is 'shhhhhh'. Color of Qi to help heal the lungs is green. Hand movement is to lift hands above the head with fingers interlocked, palms facing upward. Then tilt torso slightly to the left. After using sound three times, bring palms back down to right side of lower ribs, palms placed lightly over liver region, and visualize green Qi filling liver.

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Fourth Movement Fire Element

Hands move in front of chest with fingertips lightly touching sternum. Scanning through heart for stagnant Qi or impatience. Sound to release this stagnant Qi is 'hawwww'. Color of Qi to help heal the lungs is red. Hand movement is to lift hands above the head with fingers interlocked, palms facing upward. Then tilt torso slightly to the right. After using sound three times, bring palms back down in front of chest, fingertips lightly touching sternum, and visualize red Qi filling heart.

Fifth Movement Earth Element

Hands move to lightly touch lower left ribs, palms place lightly over spleen/stomach region. Scanning through spleen and stomach for stagnant Qi or worry. Sound to release this stagnant Qi is 'whooooo'. Color of Qi to help heal the spleen/stomach is golden-yellow. Hand movement is to place fingertips gently under left side of ribs while bending slightly forward. After using sound three times, bring palms back to lightly touching lower left ribs, at spleen/stomach region, and visualize golden-yellow Qi filling spleen and stomach.

Sixth Movement Endocrine System

Sound to release stagnant Qi from the endocrine system (hormone-producing glands) is 'heeeeeee'. Color of Qi to help heal the lungs is purple-violet. From sitting position, extend feet sideways and forward, soles of feet still touching floor. Hand movement is to bring palms outward and upward, inhaling and gathering purple-violet Qi. Then bend the elbows to bring this Qi into the crown and vocalize sound as you bring hands down the front of the body to move this Qi down the center of the body, through all the endocrine glands (from pituitary in head down to reproductive glands in lower abdomen). Repeat hand movement with color and sound, two more times. Last time, after hands move down front of body, bring feet back to normal position and hands to the sides or lightly on knees.

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