

## Emotional Detox through Breathing

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### Six Sound Breathing Qi Gong

The Six Healing Sounds of medical qigong is a practice that combines specific sounds with specialized movements. This form of qigong serves to balance and regulate the temperature of the body by releasing trapped cold or heat, creating healthy 'weather' inside.

Based on Chinese medicinal principles, this sitting qigong involves simple arm movements synchronized with the breath and meditation to relieve stress, cool the inner organs, and cultivate tranquility, energizing the body with regular practice.

The Sounds are easy to learn and joyful to practice. They are part of the ancient science of Traditional Chinese Medicine. For centuries they have been used for detoxifying, strengthening, and regenerating the internal organs. The healing of the internal organs has a positive effect both on physical and emotional health.

#### The Sequence

This moving meditation is composed of six segments of six sounds. You can perform the sounds either sitting or standing. Each sound segment is practiced six times. Two to three repetitions are recommended for each sound. Begin by checking in with your body and the internal environment. Try not to judge whatever emotion(s) are most predominant. Just observe them.

#### The Sounds

First Sound:	SHUI
Similarity:	like making the sound "shhhh"
Posture:	open your eyes widely and look at a tree or anything green
Natural element:	Wood
Organs:	Liver- Gall Bladder
Emotion:	Anger
Second Sound:	HO
Similarity:	like the end of a snore
Posture:	hold the hands together on top of the head
Natural element:	Fire
Organ:	Heart
Emotion:	Anxiety

Third Sound: HU  
Similarity: like blowing on hot soup to cool it off  
Posture: shape the mouth as needed or walk in the grass bear foot  
Natural element: Earth  
Organ: Spleen – Pancreas / Stomach  
Emotion: Worry, over thinking

Fourth Sound: SZZ  
Similarity: like making a hissing sound  
Posture: raise both hands high over the head  
Natural element: Metal  
Organ: Lung  
Emotion: Grief

Fifth Sound FU  
Similarity: like gently saying “foo”  
Posture: hold the knees close to the head  
Natural element: Water  
Organ: Kidney / Urinary Bladder  
Emotion: Fear

Sixth Sound HSS  
Similarity: like the sound of air slowly leaking out of a tire  
Posture: Lie on the back and relax  
Organ: Triple Warmer / Metabolism

This sound harmonizes the energy of the whole body

**Note:** This information was compiled from a number of sources the main ones being: “The six tunnels of breathing: a system of non verbal sounds” and from Qi Gong classes at Yo San University of Traditional Chinese Medicine in Marina del Rey, CA.

## Conditions that this meditation can help if practiced consistently

**First Sound:** Benefits the upper body (the eye and head), nervous and Liver systems

- ✓ Decreased or elevated liver enzymes, agitation, excessive anger,
- ✓ Hypertension, dry eyes, vertigo

**Second Sound:** Benefits the chest, mid upper body and the Heart

- ✓ Insomnia , palpitations, anxiety and tachycardia,
- ✓ Emotional congestion

**Third Sound:** For Spleen / Stomach disorders

- ✓ Anemia, weight loss
- ✓ Indigestion, poor appetite
- ✓ Hemorrhoids

**Fourth Sound:** Benefits respiratory disorders

- ✓ Common cold, cough, malaise, fever
- ✓ Skin rashes

**Fifth Sound:** Benefits the lower trunk, Anus, Large and Small Intestines and water system

- ✓ Kidney disorders
- ✓ Weak knees, weak teeth
- ✓ Impotence
- ✓ Fear, depression

**Sixth Sound:** Benefits the Triple Warmer

- ✓ Shingles
- ✓ Fungal infections
- ✓ Sore throat
- ✓ Vertigo