

TAOIST 6 HEALING SOUNDS



LUNGS

SOUND SSSSSSSSSSSSSSS

Seated or standing, you can experiment by lying on the ground. In your mind's eye focus on your lungs, look at lungs left and right, right and left do this approx. 21 times.

Body. Be comfortable and warm.

The room should be quiet and you should be undisturbed.

The room should be clean, dust free, incense free, and pollution free.

Healthy plants in the room contribute to better air.

Inhale slowly and deeply through the nose. Relax your abdomen and let it rise as you inhale.

As you exhale make the "ssss" or "tzzz" or "shhhh" sound.

You should be able to hear and feel this healing sound as you make it.

Stand and raise your hands to the heavens and ssssssssss.

Vibrate the sound in the throat.

Imagine the buzzing sound descending, vibrating, and buzzing in your chest and lungs.

Imagine your lungs being energized, purified, strengthened, rejuvenated, healthier, and healed.

The abdomen falls down as you exhale.

1. Audibly repeat the inhalation and exhalation pattern eight times.

Take your time, go slowly, concentrate, and focus on energizing the lungs.

2. Silently, inaudibly, with your imagination, repeat the inhalation and exhalation pattern eight times.

Take your time, go slowly, concentrate, and focus on energizing the lungs.

3. Silently, inaudibly, with your imagination, repeat the inhalation and exhalation pattern eight times.

Take your time, go slowly, concentrate, focus on energizing the lungs.

Imagine your lungs being energized, purified, strengthened, rejuvenated, healthier and healed.

Relax quietly for a few minutes.

Return to normal, relaxed, and natural breathing. Rest for awhile.

Kidneys

Sound Choooooooooooo.

Seating position place hands on kidneys and in your minds eye observe kidneys, left right, right left approx. 21 times.

Now place hands on knees and hunch over slightly relaxed.

And choooooooooooo sound.

Feel the vibration and focus on kidneys, approx. 8 times.

Observe difference in kidneys.