

## Qigong Six Inner Sounds

These were popularised by Mantak Chia - <https://www.youtube.com/watch?v=yMHHxwlt4>

Note some slight variations where the pronunciation deviates from the written sounds.

A detailed explanation of the sounds can be found at: <http://nwfighting.com/six-healing-sounds/>

These notes were compiled for members of the Self Healing Circle, for those with no access to the internet. The following inner sound exercises are repeated 3, 6 or 9 times.

**Start by standing or sitting with feet on floor. If seated, the knees shoulder width apart and bent at right angles. Place the hands on the lap, palms up, and breathe deep into the belly.**

- Try to engage with as many of the visualization aspects a you can without them becoming a distraction.
- Repeat each of the Six Healing Sounds three or more times.
- When you exhale during the interim breaths with hands on the laps, continue to hear the respective sounds in your mind without making them.

### The Lungs' Sound <http://nwfighting.com/six-healing-sounds-qigong-lungs/>

#### Theory

- Energy: Contracting Back
- Associated Organ: Large Intestine
- Element: Metal
- Season: Fall (autumn)
- Colour: White
- Negative emotions: Grief, Sadness, Depression
- Positive emotions: Courage, Righteousness
- Sound: "sssss" (tongue behind the teeth)

#### Method

- Inhale and lift the hands with the breath. Rotate palms to face up at eye level. They push up above the head and the gaze is lightly up.
- As you exhale inaudibly create a "sssss" sound with the tongue lightly pressing behind the teeth.
- As you inhale the hands sink back down to the thigh and rest for three breaths with the palms facing up.

### The Kidneys' Sound <http://nwfighting.com/six-healing-sounds-qigong-kidneys/>

#### Theory

- Energy: Gathering Inward
- Associated Organ: Bladder & Ears
- Element: Water
- Season: Winter
- Colour: Black or Dark Blue
- Negative emotions: Fear
- Positive emotions: Gentleness
- Sound: "woooo" (through the lips as though blowing out a candle with a whistling sound)

#### Method

- Inhale as you lightly curve the spine forward and cross the hands to hug your knees.
- Exhale while softly making a "woooo" sound with the lips lightly pursing as if you were blowing out a candle. While making the Kidneys' sound tighten the hands, curving the back further and lifting the kidneys up and the spine backwards. This movement is is said to massage the organs.
- As you exhale let the spine straighten and transfer the hands back to the thighs. Rest here for three breaths with the palms facing up and focusing on the inner sound.

### The Liver's Sound <http://nwfighting.com/six-healing-sounds-qigong-liver/>

#### Theory

- Energy: Generating
- Associated Organ: Gall Bladder & Eyes
- Element: Wood
- Season: Spring
- Colour: Green
- Negative emotions: Anger
- Positive emotions: Kindness
- Sound: "shhhh" (tongue near palate)

#### Method

- inhale as you lift the hands up and out to the sides. Continue lifting and interlace the fingers above the crown pushing up and out with the hands.
- Lean to your left and exhale while internally making the "sshhh" with the tongue resting lightly on the palate.
- Straighten the spine while inhaling and open the arms down to the sides, returning to rest on the thighs. Rest here for three breaths with the palms facing up.

### The Heart's Sound <http://nwfighting.com/six-healing-sounds-qigong-heart/>

#### Theory

- Energy: Radiating
- Associated Organ: Small Intestine
- Element: Fire
- Season: Summer
- Colour: Red
- Negative emotions: Impatience, Hastiness, Arrogance, Cruelty
- Positive emotions: Joy, Honour, Sincerity, Respect, Love
- Sound: "Hawwww" (mouth wide open)

#### Method

- Inhale as you lift the hands up and out to the sides. Continue lifting and interlace the fingers above the crown pushing up and out with the hands.
- Now lean to your right, exhaling through an open mouth, while making the "haaaww" sound in the back of the throat. As you inhale open the arms down to the sides, returning to rest on the thighs.
- Rest here for three breaths with the palms facing up.

### The Spleen's Sound <http://nwfighting.com/six-healing-sounds-qigong-spleen/>

#### Theory

- Energy: Stabilizing
- Associated Organ: Pancreas, Stomach
- Element: Earth
- Season: Indian Summer
- Colour: Yellow
- Negative emotions: Worry
- Positive emotions: Fairness, Openness
- Sound: "whooooo" (from the throat-guttural)

#### Method

- As you inhale, lift the hands up to the left lower rib. Press the fingertips of each hand lightly just under the center of the rib.
- Exhale as you press up and in with fingers; pressing in underneath the ribcage. Make the "whoooo" sound as you press in. The sound is sub-audible and comes from the back of the throat.
- Inhale and release the pressure, returning the hands to the thighs. Rest here for three breaths with the palms facing up.

### The Triple Warmer's Sound

<http://nwfighting.com/six-healing-sounds-qigong-triple-warmer/>

#### Theory

The Triple Warmer refers to the three energy centers of the body.

- Upper – (brain, heart and lungs) is hot
- Middle – (liver, kidneys, stomach, pancreas and spleen) is warm
- Lower – (large and small intestines, bladder and sexual organs) is cool
- Sound: "heeeeeee"

#### Method

- Lay down and relax the body. Focus your awareness on the three energy centres of the body. The upper Dan Tien is hot, the middle is warm, and the lower is cool.
- Breathe into your lower abdomen and allow the body to expand up to the chest. When you exhale push the heat down from the upper Dan Tien and balancing the three centres. We internally chant the sound "heeee" as we do this exhale
- Continue to balance the Dan Tiens while hearing the sound internally.

After completing the Six Healing Sounds qigong, relax for a while before sitting up.

Mantak Chia has also produced a video on the Inner Smile.

<https://www.youtube.com/watch?v=A8MmAKbek9A>

There are several other videos on Taoist practices online.

Both the Inner Sounds and Inner Smile were introduced to the Self Healing Circle by Elizabeth Mellor in 2016. These notes were compiled by MK.