

## Taoist Energy Healing Techniques

These energy healing techniques are based on Chinese 5 Element Healing Principals.

There are 4 major seasons of the year plus Indian Summer, some degrees of latitude above and below the equator. The *Six Healing Sounds*, two of which we'll explore in this training, relate to these 5 seasons. They also relate to Acupuncture Meridians and their related body organs:

Autumn - Lung

Winter – Kidney

Spring – Liver

Summer – Heart

Indian Summer – Spleen/Pancreas/Stomach

We'll focus on the Lung and Kidney Sounds. In this system and in the continuation of life what's the first priority? Breathing. Humans survive for many weeks without food. We continue for less time without water. But without air we die in a few minutes. The lungs are considered the Mother of Qi because of this. So doing the *Six Healing Sounds* practice, we begin with the Lung Sound. We continue with the kidney sound because they're considered the storage batteries for energy in the body.

The *Six Healing Sounds* can be made anytime, anywhere and anyway. The traditional way to practice the sounds is to be seated in a chair with both feet planted firmly on the ground, back straight as possible and the sit bones placed close to the edge of the chair. Keep your eyes open at least while exhaling.

*(As healthcare professionals even if you don't have the negative emotions described below associated with these organs yourself, you may have absorbed that energy from clients or patients that can bring your energy down or even make you sick.)*

Mantak Chia, whom I learned this technique from says, "Smile into your organs until your organs smile back at you." He also says the Lung Sound is a great detoxifier for the body.

### Lung Sound

The Lung Sound is like the hissing of a snake – sssssss.

1. Begin with the palms facing up on your thighs.
2. As you inhale raise your hands slowly over your head reversing your palms to face parallel to the ceiling.
3. Begin to exhale making the sssssss sound continuously, pressing your palms towards the ceiling as if you're pushing up a heavy weight until your exhale is complete.
4. Relax your arms downward to the starting position palms facing up on your thighs.

As you exhale release sadness and grief. Imagine any murky or dark energy flowing out of your lungs as you exhale the sssssss sound.

As you inhale breathe in courage. Imagine embodying a White Tiger. When I do the Lung Sound I imagine being a White Tigress with a broad chest walking majestically and with courage through the world. Be sure to come back to your own body when you finish this cycle!

The color associated with a healthy Lung energy is white. When I make the Lung Sound I imagine the sparkly white light of dew drops in the morning sun filling my lungs. As stated above, the season associated with the lungs is Autumn. So this sound is especially helpful for people to do in Autumn to keep the lungs and respiratory system healthy. You may also imagine a healthy pink color in your lungs with open alveoli and the appropriate moistness of lung tissue, well supplied with blood, nerve and lymphatic vessels.

**Extra Lung Sound Bonus Tip:** As in the 5 Element System, the lungs are paired with the large intestines in a Yin/Yang balance. So when you work to restore health to your lungs, you also restore health to the large intestines. Perhaps this is why this particular sound is so good for detoxification.

## Kidney Sound

The Kidney Sound is a breathy “chewwwwww” sound. Begin with your palms facing up on your thighs.

1. As you inhale lean forward over your knees at approximately a 45 degree angle.
2. Wrap your forearms around your knees and grasp one wrist with the other hand.
3. Inhale curving your lower back posterior to increase the C curve in your spine.
4. Begin to exhale making the chewwwwww sound continuously, pressing your back posterior while looking out straight ahead until your exhale is complete.
5. Release your arms coming back to an upright seated position palms facing up on your thighs.

As you exhale release fear. Imagine any murky or dark energy flowing out of your kidneys as you exhale with the chewwwwww sound.

As you inhale breathe in gentleness. Imagine embodying a Mule Deer. When I do the Kidney Sound I imagine being a gentle Mule Deer resting quietly in a protected area, aware and calm. Be sure to come back to your own body when you finish this cycle!

The color associated with healthy Kidney energy is a dark or navy blue. But if you have a favorite shade of blue it's fine to imagine that blue filling your lungs. As stated above the season is Winter. So this sound is especially helpful for people to do in the Winter time. You may also imagine healthy kidney tissue with open calyces for optimal elimination well supplied with blood, nerve and lymphatic vessels.

**Extra Kidney Sound Bonus Tip:** As in the 5 Element System, the kidneys are paired with the adrenal glands in Yin/Yang balance. So when you work to restore health to your kidneys, you also restore health to the adrenal glands. When you think of the paired relationship of kidney and adrenals it may be easier to understand why the kidneys are said to be the energy storage containers or batteries of the body.