

# Seated Healing Sounds

For Excess & Deficiency

# Seated Healing Sounds

- Sit in a chair or on a cushion with folded knees
- Keep armpits hollow for qi circulation
- Fingers curled to absorb qi, and stretched to release qi
- Don't vocalize, just exhale while blowing out with mouth forming sound shape
- Unique: double inhales to create more space
- Generally: 3 fast to purge, 3 slow to tonify
- Can do more of one sound in its season, or if you have an organ imbalance to address

# Seated Healing Sounds

- Wood: XU
- Hands in front of navel, palms up, fingers facing each other. Raise on inhale up towards neck. Inhale a quick 2<sup>nd</sup> inhale as finish raising palms and turn over at neck height.
- For excess: exhale xu quickly & forcefully; for deficiency, exhale softly and slowly. Sets of 3.
- Hands push down with palms down on exhale.

# Seated Healing Sounds

- Fire: HEE
- For physical heart issues (insomnia, palps, fire, etc.). Shape of upside-down heart at waist with backs of hands towards each other as raise up midline on inhale. Turn palms to prayer position & take 2<sup>nd</sup> inhale.
- Exhale hee while separating palms forward, then stretched out to sides. Inhale hands back together in front of waist & up, repeat.

# Seated Healing Sounds

- SJ/PC Fire sound: HA
- HA is for shen & anxiety issues. Intertwine fingers through the webs & make an interlocked, folded finger prayer position with palms not touching but using a slight squeeze together.
- Inhale and raise hands up in an outward arc, pause at yintang/3<sup>rd</sup> eye as inhale them up to above head; follow hands with your eyes & head. Take 2<sup>nd</sup> inhale and flip hands so palms face up.
- Exhale and stretch arms up while making ha sound. Bring back down together on inhale, pausing at yintang/3<sup>rd</sup> eye as you arc down, and exhale down to start position after yintang

# Seated Healing Sounds

- Earth: CHU
- Fire engenders/creates earth, so begin like heart exercise. Once at prayer position, don't press palms together. Instead, curl all 5 fingers into tiger's palms; like making lotus flowers.
- Continue to inhale hands (with palms facing body) to below sternum. Inhale 2<sup>nd</sup> breath & slightly press palms into body as exhale chu sound. After complete exhale, inhale & gather qi from earth and repeat.

# Seated Healing Sounds

- Metal: SSS or SHHH
- Like wood, palms up at waist. Raise hands on inhale and turn palms towards body when at chest height. Continue to raise up above head as eyes follow hands. Second inhale and turn palms up.
- Exhale ssss or shhh while pushing up and slightly arching back. Inhale hands out and down and back up in front of body to repeat.

# Seated Healing Sounds

- Water: FU
- Inhale as hands come down yang leg meridians to knees. 2<sup>nd</sup> inhale as lift head and slightly arch back to get some pressure in low back. Exhale fu with puffed cheeks (like saying “who”).
- Inhale as hands come up yin leg meridians and keep inhaling as they come down yang leg meridians to knees. 2<sup>nd</sup> inhale and blow fu out.



