

standing

The Six Healing Breaths (Liu Zi Jue)

Xu for the Liver: Clears turbid qi from the liver, promotes liver qi and blood circulation, improves digestion & dredges and regulates the Dai/Belt channel (turning waist). Disperses anger, irritability, frustration, depression, and toxins from the liver.

Hands at sides below ribcage; palms up. Exhale the xu (shu) sound and reach one arm across the body until you reach shoulder height. Inhale and come back to center. Exhale the xu sound and stretch the other arm across your body. Keep your hips forward to get a good torso twist.

He for the Heart: Disperses turbid qi and regulates heart function. Raising and lowering hands helps the connection of fire and water (heart/kidneys). Calms the mind, dispels anxiety, promotes blood circulation.

Lean forward and cup the hands below groin level. Inhale and scoop hands up until elbows are out at shoulder's height and the backs of the hands are touching. Fingertips point down. Exhale a "ba" sound and lower your hands. When they reach navel height, bring them around the outsides of a qi ball and then bend to scoop qi with palms up.

Hu for the Spleen: Rids spleen and stomach of turbid qi, regulates digestive function. Hand movements refresh internal circulation of qi through the abdomen. Abdominal extension and contraction helps to massage the intestines and stomach. Disperses worry and helps build trust.

Hands on either side of a qi ball in front of the belly. Inhale, and then exhale a "who" sound as you bring your hands (palms) towards your belly like squishing a ball against your belly. Inhale and push your hands away from your belly. Exhale the "who" sound and bring your hands back towards your belly.

Si for the Lungs: Disperses turbid qi from the lungs and regulates lung function. Arm and neck movements facilitate the filling of the lungs with fresh air. Boosts post-natal qi (energy). Good for shoulder and upper body joint fatigue or tension. Releases sadness and grief.

Raise the hands to the armpits, take a big breath while tilting the neck back and opening your chest. Exhale a "sss" sound while pushing the palms away & directly in front of you at shoulder height. Scoop the hands around and gather qi into the chest on the inhale. Open the chest and exhale a "sss" sound as you push the hands away.

Chui for the Kidneys: Disperses turbid qi from the kidneys, boosts kidney function, boosts flow through UB channel and back. Releases low back pain, fear. Builds the will or drive to move forward in life.

With arms stretched in front of you at shoulder height, palms face the earth. Bring arms around and place hands on the low back. Inhale and then exhale a "chui" sound as you brush your hands down your low back and butt and around to the front. Gather the qi into your belly and wrap it around your waist to your back. Exhale a "chui" sound as the hands come down and forward. End with palms on low abdomen.

Xi for the San Jiao: Dredges the San Jiao and its channel and improves energy circulation through the three jiao of the torso and the internal organs. Hand movements help flow of blood, energy and breath. Disperses heat and toxicity from the whole body.

Inhale and place the backs of the hands together and raise them up along the midline. Open the hands out towards the sky. Hold the breath and bring the palms facing down at chest level as you exhale your hands down and make a "xi" ("she") sound. Place the backs of your hands together, inhale, and raise them up and then over your head to open to the sky.

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Static Healing Sound Simple Set

LU -- Ssh or sssss (like snake Hisss, but month wide). Arm up in front slightly above shoulder level, palms out. Feel sound vibrate in palms. Color: White

KD -- Twaaa or Fuuu (descending), lean forward, hands on knees, head down towards the floor. Color: Dark Blue. Visualize water pouring down the back, feel sound vibrate down the back. Bounce the sound off the floor, while head is down

LV -- Shu (descending), Lean left, Right hand up and over head (or both hand ups over the head with fingers together palms facing in / towards the head). Feel the sound descend until it vibrates the liver and hold tone there vibrating the liver. Color: Green

HT -- Ha (descending), Arms up in front, at forehead or higher, palms out. Color: (Red or Pink) Feel sound descend through the chest.

SP -- Who (Steady: not descending), Lean Right, Left hand up and overhead (or both hand up over the head with fingers together palms facing in / towards the head). Color: Yellow
Let sound descend the first time to determine the tone needed to vibrate the spleen area (left lower rib cage), next interval, voice the sound at the the tone which vibrate the spleen area.
Descending through the spleen in contra-indicated as it may lead to diarrhea and organ prolapse.

SJ -- Xe "She" (descending), PDH. Up stroke breath in, down stroke do XE. Color: (Red or Pink). Descend sound while doing the downstroke of a pulling down heaven (cleanse the qi) exercies. Feel sound descend through chest and abdomen.