

Six Healing Sounds

Sit or stand comfortably in a well-ventilated space. Keep your posture relaxed yet upright, allowing natural breath flow. As you exhale, vocalize the appropriate sound, maintaining the correct mouth shape. Fully release the breath, then allow the body to inhale naturally.

1. Liver Sound – “Shoo” (Wood Element)

• **Spirit: Hun (Ethereal Soul) – Governs vision, dreams, and life direction.**

Dispel anger and cultivate kindness, patience, and generosity.

Strengthen decision-making and courage.

2. Heart Sound – “Herr” (Fire Element)

• **Spirit: Shen (Spirit/Consciousness) – Governs awareness, intelligence, and presence.**

Cultivate joy, love, and connection.

Support clear thinking and spiritual awareness.

3. Spleen Sound – “Hor” (Earth Element)

• **Spirit: Yi (Intellect/Thought) – Governs memory, concentration, and mental clarity.**

Support digestion and absorption – nutrition and ideas

Cultivate trust, stability, and grounding.

4. Lung Sound – “Sirr” (Metal Element)

• **Spirit: Po (Corporeal soul / Physical body) – Governs physical instincts, grief, and bodily awareness.**

Cultivate courage, integrity, and resilience.

Feel fresh energy with each inhale. Letting go on exhale.

5. Kidney Sound – “Tree” (Water Element)

• **Spirit: Zhi (Willpower/Drive) – Governs determination, perseverance, and survival instincts.**

Strengthen kidney energy, longevity, and willpower.

Cultivate inner stillness and wisdom. Yet nourish the ability to flow like water.

6. Triple Heater Sound – “She” (Balancing All Elements)

• Triple Heater regulates energy circulation, and balance between upper, middle, and lower body regions.

Encourage deep relaxation and whole-body balance with a sense of harmony and well-being.

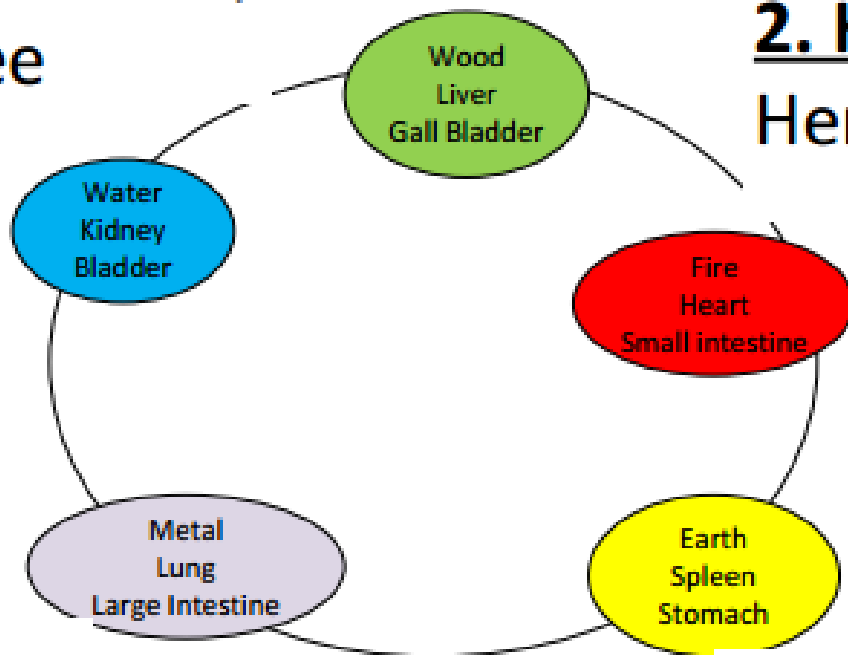
Final Meditation

A few moments silence observing sensations in your body, your breath, the clarity of your mind. Allow yourself to absorb the healing effects of the practice.

Somon Blow
Dao'ist

1. Liver Shooo

5. Kidney Chui (Ch oo-ee) Ch Treee



2. Heart Herr

4. Lung Sssir

3. Spleen H or or or

6. Triple Burner Shee