

Daoist Healing Sounds for the Lungs

The **healing sounds** are one of the most effective medical Qigong practices. They clear heat and toxins, cool the body, release unfavourable energy and emotional qi, and build the connection to the natural virtue of the shen. The healing sounds presented are an integration of the best of my 25 years researching, practising and teaching them. The healing sounds are a powerful emotional transforming Qigong.

The **lungs** are the metal phase, and its yin-yang pair is the large intestine. The colour is white, gold or silver and the sound is a hissing sound: ssssssssss. The lungs and large intestine's unfavourable emotions are sadness, depression, grief, sorrow and feelings of isolation and the inability to forgive. The favourable emotion or virtue is courage. The shape is sphere or round; therefore, we take a sphere or round shaped position. In this practice all these correspondences are included in the medical Qigong practice.

Medical Qigong should contain the three adjustments: posture, breath and intention. The following outlines the basic practice for the healing sounds.

1. The healing sounds begin by taking a long, deep breath from the lower Dantien: from the area around guan yuan, ren 4.
2. As you inhale move your arms and body into the proper position and then make the sound on the exhale.
3. The exhale should be slow, gentle and as long as possible; with no straining.
4. When you finish exhaling, place your hands over the organ the sound corresponds; the palm should face the body.
5. Place the tip of your tongue to your palate and behind your teeth; this enhances the natural flow and connection of qi from the du and ren channels.
6. Smile and place your attention in the organs being worked on; this guides qi into the lungs, energizing and rejuvenating them. Additionally, the well, spring and stream points are on the hands and are some of the most energetically powerful points on the body, placing them on an organ transfers qi to the organ to energize and rejuvenate them.
7. Keep your **attention** or **yi** in the lungs as you inhale and exhale. Inhaling guides qi into the lungs, and exhaling with your yi in the organ keeps it there, reinforcing and energizing it.
8. The exhale, which is the yang stage, releases excesses and stagnations and is a reducing method.
9. The rest or yin stage of the practice is a reinforcing method.

The following is the three adjustments for the lung and large intestine healing sound:

- Posture: A sphere or round shape. Notice the arms are in a sphere or round shape for the lung healing sound.
- Intention: During the exhale release the unfavourable emotions, and in the rest stage focus on the favourable virtue.
- Breath: A long inhale to begin and a long exhale when making the sound. In the rest stage focus the yi in the organ, and breathe naturally.

It is traditional to repeat the sound three times. During each season repeat the sound for the season six times, for example, during the fall perform the lung and large intestine sound six times. When prescribing the healing sounds for medical purposes, a medical prescription should be recommended. This prescription can be three times a day, and a particular organ sound 9, 18, 36 or 72 times. To reduce or sedate make the sound loud; to reinforce make the sound sub-vocally. As a maintenance practice, make a very low sound.

Medical Qigong provides an opportunity for people to practice a self-healing method daily, in the comfort of their living spaces, with no need to go to a medical office. These natural self-healing methods can be practiced alone or along with herbal or acupuncture treatments, which create a powerful synergetic healing effect.

References

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