

**Introduction to Chi Kung**  
**Six Healing Sounds**  
with Kyle Cline, LMT 503-222-1416

From: *Taoist Ways to Transform Stress into Vitality* by Mantak Chia  
*Awaken Healing Light* by Mantak Chia

**Lung Exercise: the First Healing Sound**

**Characteristics**

Lung

Associated organ: large intestine

Element: metal

Season: autumn - dryness

Negative emotions: sadness, grief, sorrow

Positive emotions: righteousness, surrender;

letting go, emptiness, courage

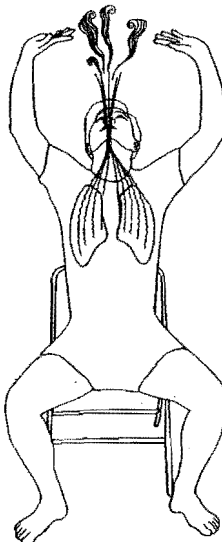
Sound: SSSSSSS

Parts of the body: chest, inner arms, thumbs

Senses: nose - smell, mucous, skin

Taste: pungent

Color: white



**Kidney Exercise: the Second Healing Sound**

**Characteristics**

Kidney

Associated organ: bladder

Element: water

Season: winter

Negative emotion: fear

Positive emotions: gentleness, alertness, stillness

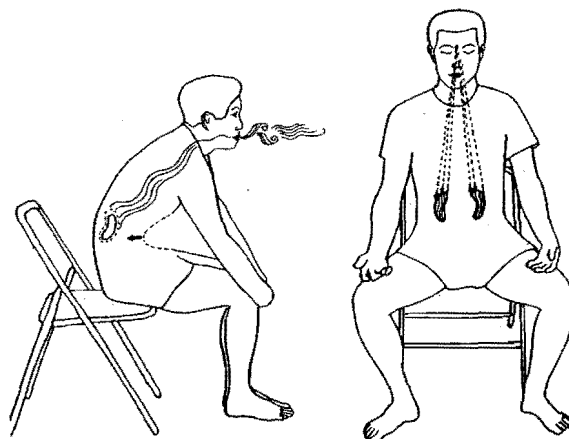
Sound: WOOOOOO

Parts of the body: side of foot, inner leg, chest

Senses: hearing, ears, bones

Taste: salty

Color: black or dark blue



**Liver Exercise: the Third Healing Sound**

**Characteristics**

Liver

Associated organ: gall bladder

Element: wood

Season: spring

Negative emotions: anger, aggression

Positive emotions: kindness, self-expansion, identity

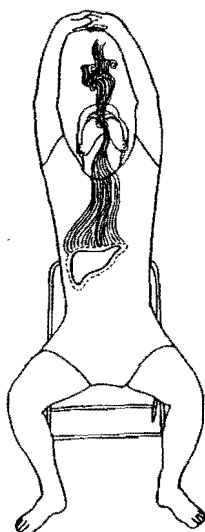
Sound: SHHHHHH

Parts of the body: inner legs, groin, diaphragm, ribs

Senses: sight, tears, eyes

Taste: sour

Color: green



## Heart Exercise: the Fourth Healing Sound

### Characteristics

Heart

Associated organ: small intestine

Element: fire

Season: summer

Negative emotions: impatience, arrogance, hastiness, cruelty, violence

Positive emotions: joy, honor, sincerity, creativity, enthusiasm, spirit, radiance, light

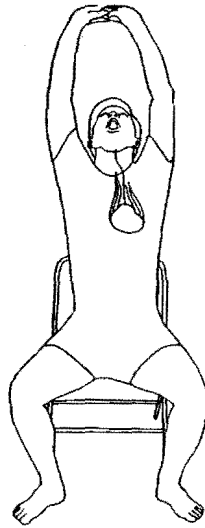
Sound: HAWWWWWW

Parts of the body: arm pits, inner arms

Senses: tongue, speech

Taste: bitter

Color: red



## Spleen Exercise: the Fifth Healing Sound

### Characteristics

Associated organs: pancreas, stomach

Element: earth

Season: Indian summer

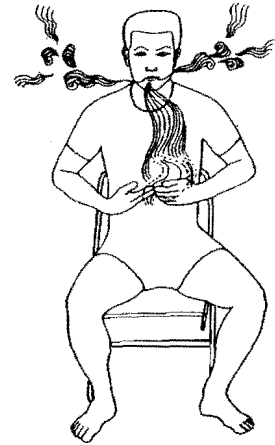
Negative emotions: worry, sympathy, pity

Positive emotions: fairness, compassion, centering, music making

Sound: WHOOOOOO

Taste: neutral

Color: yellow



## Triple Warmer Exercise (Or Circulation Sex): the Sixth Healing Sound

### Characteristics

Exhale on the sound "HEEEEEEE"

The Triple Warmer refers to the three energy centers of the body. The upper level, which consists of the brain, heart, and lungs, is hot. The middle section, consisting of the liver, kidneys, stomach, pancreas, and spleen, is warm. The lower level containing the large and small intestines, the bladder, and the sexual organs, is cool. The Triple Warmer Sound balances the temperature of the three levels by bringing hot energy down to the lower center and cold energy up to the upper center, through the digestive tract. This induces a deep, relaxing sleep. A number of students have been able to break a long-standing dependence on sleeping pills by practicing this sound. It's also very effective for relieving stress.

There is no season, color, or emotion associated with the Triple Warmer.



Figure SS49



Figure SS50

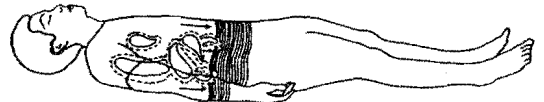


Figure SS51

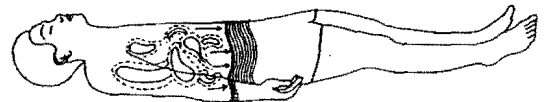


Figure SS52

Rest by breathing normally.

