

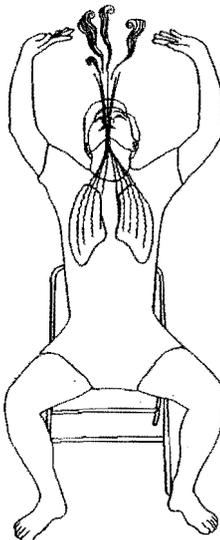
Introduction to Chi Kung  
Six Healing Sounds  
with Kyle Cline, LMT 503-222-1416

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

**Lung Exercise: the First Healing Sound**

**Characteristics**

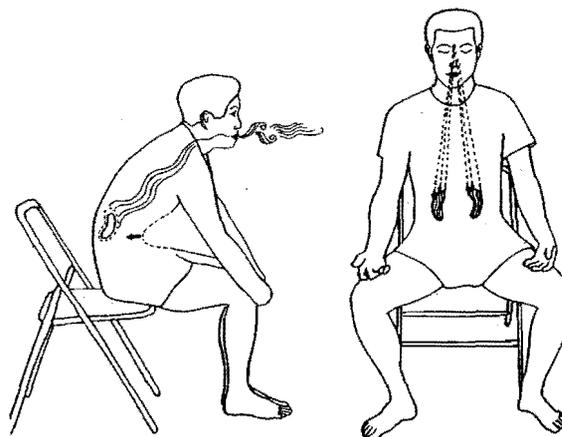
Lung  
Associated organ: large intestine  
Element: metal  
Season: autumn - dryness  
Negative emotions: sadness, grief, sorrow  
Positive emotions: righteousness, surrender;  
letting go, emptiness, courage  
Sound: SSSSSSS  
Parts of the body: chest, inner arms, thumbs  
Senses: nose - smell, mucous, skin  
Taste: pungent  
Color: white



**Kidney Exercise: the Second Healing Sound**

**Characteristics**

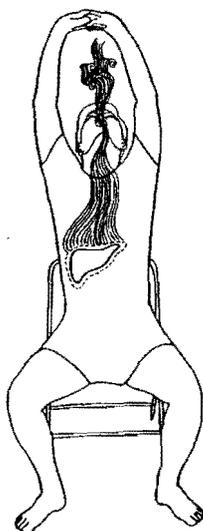
Kidney  
Associated organ: bladder  
Element: water  
Season: winter  
Negative emotion: fear  
Positive emotions: gentleness, alertness, stillness  
Sound: WOOOOOOO  
Parts of the body: side of foot, inner leg, chest  
Senses: hearing, ears, bones  
Taste: salty  
Color: black or dark blue



**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: SHHHHHHH  
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

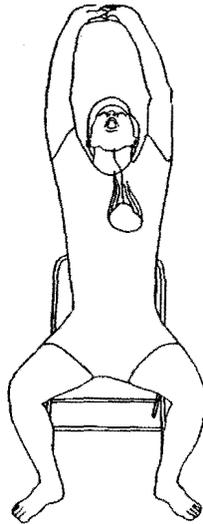
Sound: HAWWWWWW

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

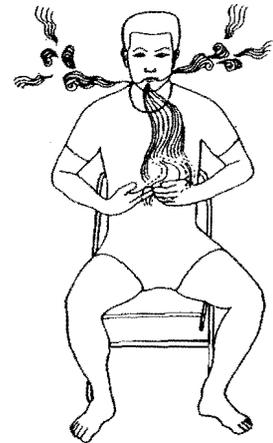
Negative emotions: worry, sympathy, pity

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.

