


6 HEALING SOUNDS

QI GONG

 The Healing Hut



Opening Karakia



**Whakataka te hau ki te uru
Whakataka te hau ki te tonga
Kia mākinakina ki uta
Kia mātaratara ki tai
E hī ake ana te atakura
He tio He huka He hauhunga
Tihei mauri ora!**

The wind swings to the west, settles, then turns to the south, settles down. Making it prickly cold inland. Making it piercingly cold at sea. The glowing morning will rise on ice, on snow, on frost. Join! Gather! Intertwine!

Background



- ▶ The *Six Healing Sounds Qigong* is an ancient Chinese wellness practice focused on self-care. It combines breathwork with gentle stretches to activate and enhance the body's organ functions, helping to prevent disease, slow aging, and promote long-term health and vitality.
- ▶ The earliest record of the Six Healing Sounds as a healing practice dates back to the Qin and Han dynasties (around 220 BCE). In <Lüshi Chunqiu> 《吕氏春秋》, guided breathing was already mentioned as a method to treat illness.



WHAT IS 'QI GONG'



- ▶ 'Qi (气)' means life force, energy, or 'mauri'. 'Gong (功)' refers to practice or the dedication of time and effort. Together, 'Qi Gong' is an ancient Chinese self-care practice designed to keep the body's life force in balance and harmony. It combines gentle stretches, movements, breathwork, intention, and mindfulness, and is sometimes referred to as "Taoist Yoga."
- ▶ *Qi Gong* is a key component of Traditional Chinese Medicine, alongside herbalism and acupuncture. Regular practice of Qi Gong can guide chi through the body, helping to alleviate ailments and promote overall wellness.

6 HEALING SOUNDS- (1)

'XU'

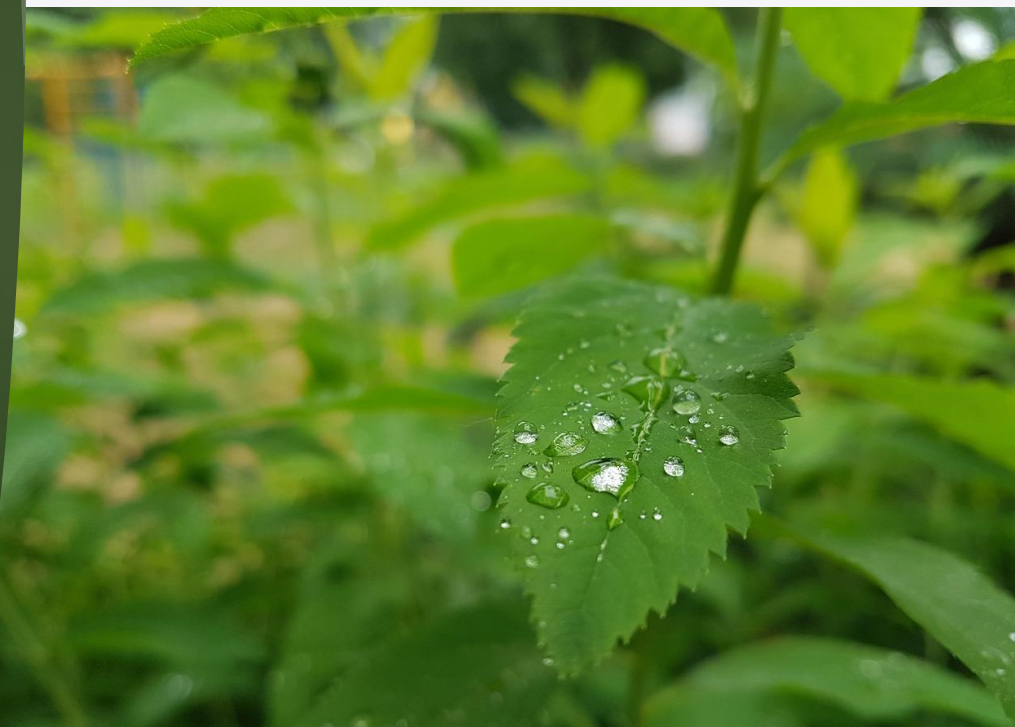
1. XU/ SHUUU

The 'Xu' healing sound routine is particularly beneficial in spring, as it aligns with the season's energy. The associated element is ****Wood****, symbolizing growth, renewal, and vitality. 🌿

****** The Chinese Five Elements—Wood, Fire, Earth, Metal, and Water—are a fundamental concept in traditional Chinese medicine, representing the dynamic balance of natural forces that influence both the physical world and the human body.



平肝气

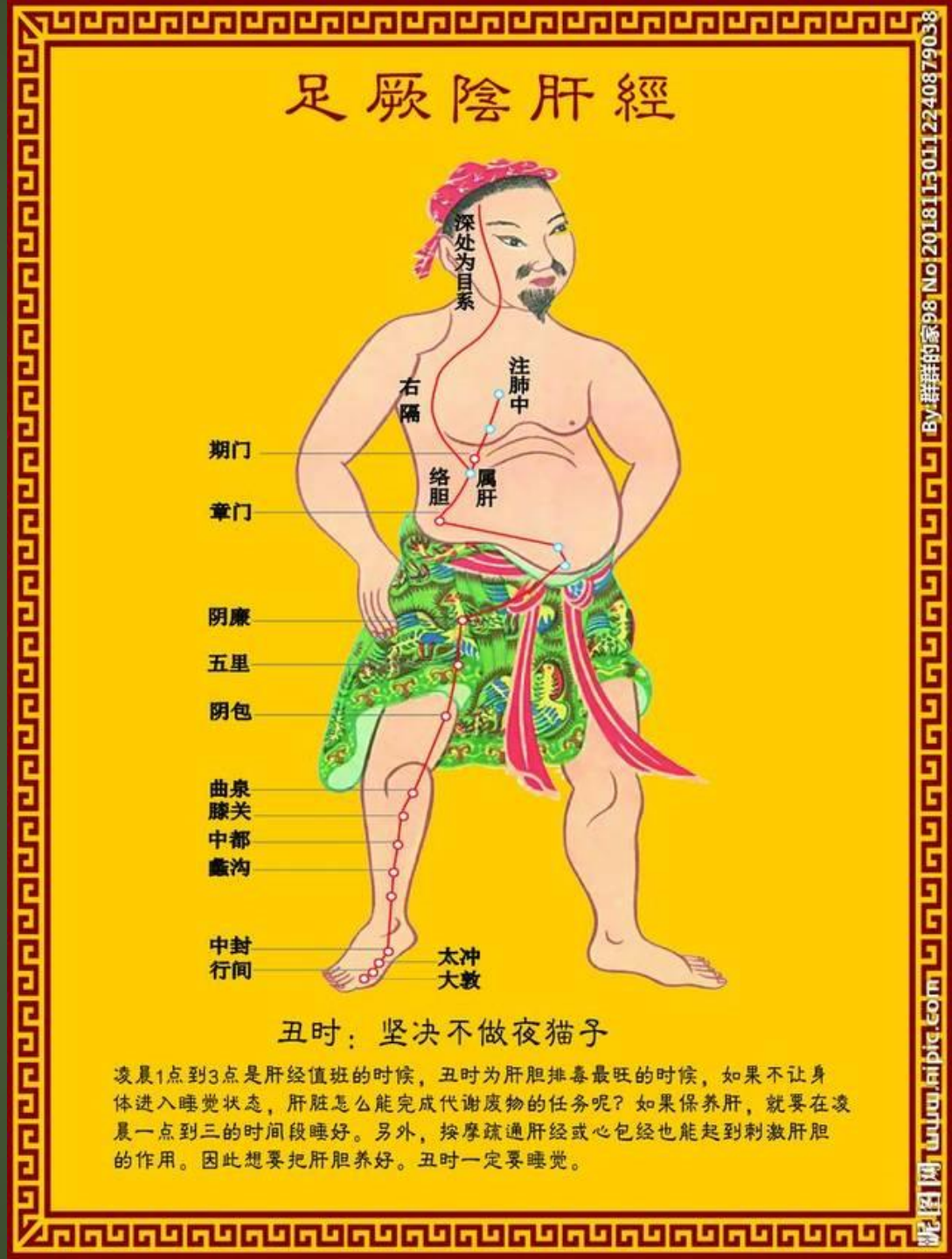


Health Benefits:

- ▶ 'XU' routine mainly targets the liver meridian, which runs through the eyes. When your liver chi is strong, it promotes healthy blood flow.

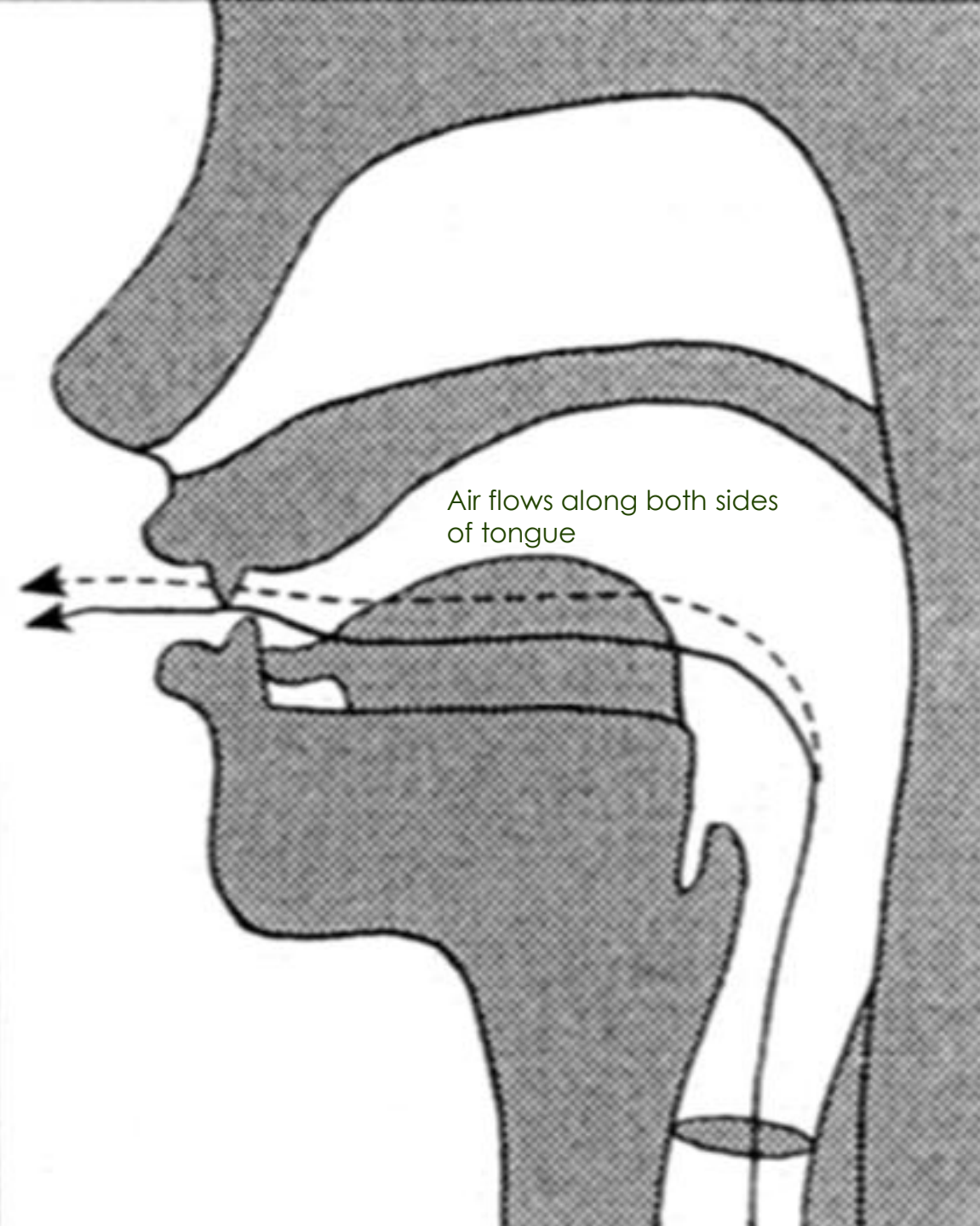
Main Functions of this Routine:

1. Detoxifies the body
2. Releases internal coldness
3. Clears blockages and promotes energy flow



Breath

- 1) Slightly open your lips and teeth, as if you're gently saying "shhh" to request quiet.
 - 2) Relax and flatten your tongue.
 - 3) Adjust the position of your tongue until you feel the exhale flowing through the gap between your teeth and along both sides of your tongue.
- ▶ Note: When making the sound, you may not feel the airflow strongly. You can also practice the breathwork silently, while keeping the shape of your mouth and tongue the same.



Body movement



1. Start with both hands by your waist, palms up, little finger touching your waist
 2. Reach your arm out across your chest while turning your body to the same side, ideally 90 degree, arms the same height with your shoulder
 3. Glare your eyes and let your gaze follow your fingertips
- ▶ ****Note:**** When rotating your body, you activate the belt meridian across your tummy (hence the name). Keep your upper body upright, ensuring the top of your crown and tailbone stay aligned with each other.

6 HEALING SOUNDS- (2)

'HE'

2. HE / hə

- ▶ This routine is excellent for addressing emotional imbalances like agitation, restlessness, bad moods, or feeling "hoha" (fed up).
- ▶ It helps harmonize the energy along the heart meridian, balancing the fire elements in the body, and gently guides the chi back to its reservoir.
- ▶ It is particularly beneficial for summer practice.

A large, bold Chinese character '呵' (He) is displayed in a square frame with a light beige background and a subtle wood-grain texture. The character is rendered in a dark, calligraphic style.The Chinese characters '补心气' (Bu Xin Qi) are written in a smaller, calligraphic font below the main character. They are positioned on a light beige rectangular background that has a soft shadow effect.

Health Benefits

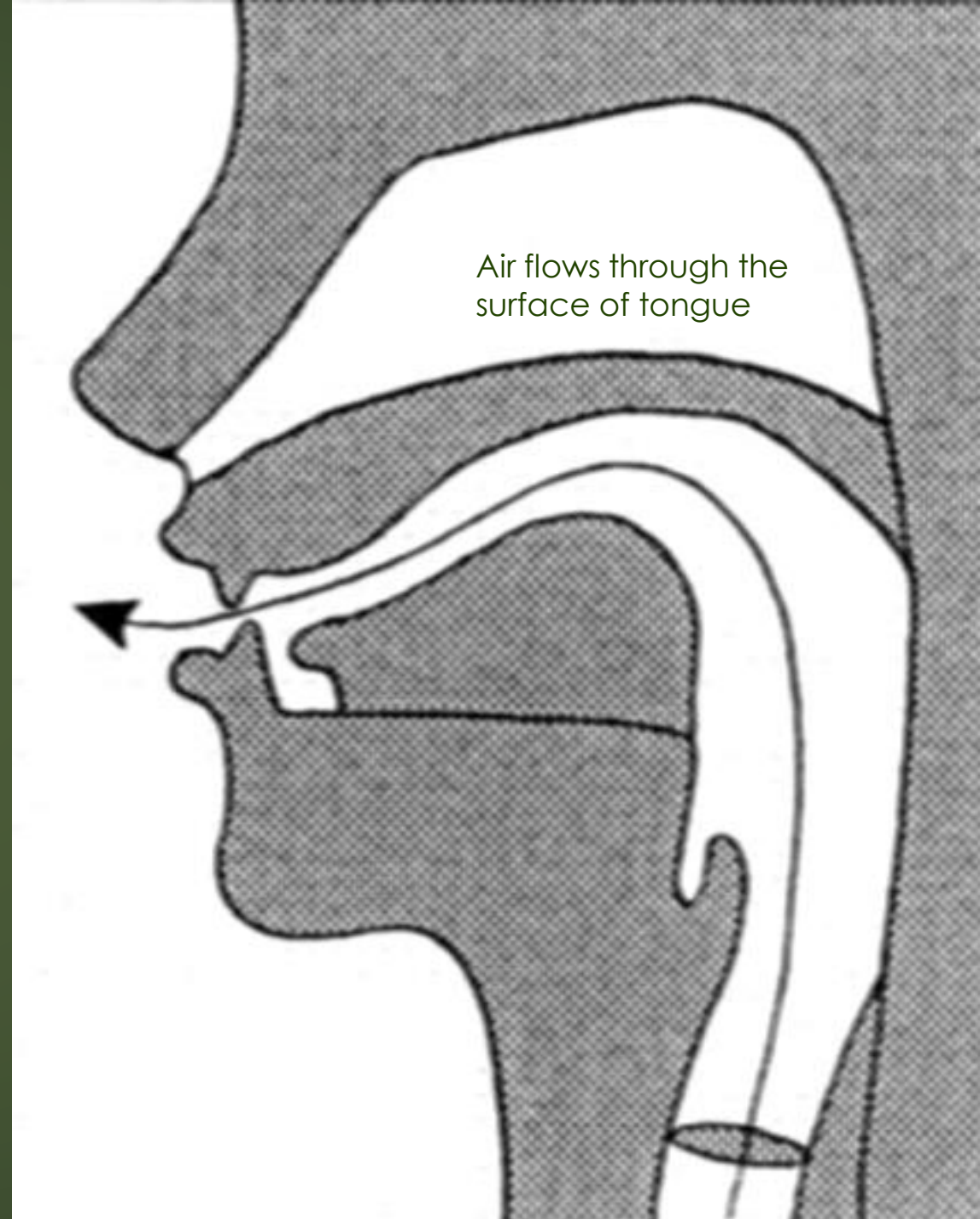
- ▶ The heart meridian supports our emotional well-being, promotes mental clarity, improves sleep quality, and helps relieve stress.
- ▶ Ailments like heart issues, dry mouth, flushed face, sore tongue tip, and even verbal slips or word mix-ups can all be symptoms of an imbalance in heart fire.



1. 穴位：少冲、神門、通裏、少海、極泉
2. 保健穴：
 - A. 神門：本穴能養血安神，可防治心痛、心煩、健忘、失眠。
 - B. 通裏：本穴安神平心，通理諸絡，對心痛、心悸、目眩腫痛、失眠、

Breath

- 1) Lips and teeth are slightly apart, the tongue is slightly retracted and arched, with the sides of the back of the tongue lightly touching the upper molars.
- 2) With your lips and teeth slightly apart, produce the sound "h" (like in 'her'). Then, add the sound [ə].
- 3) Exhale gently, feeling the breath primarily flow between the surface of the tongue and the roof of the mouth.



Body Movement

Transition: Start with both palms by your waist, fingers slightly pointing downward at a 45-degree angle towards the ground, while gently bending forward.

1. Bend your elbows, bringing both forearms closer together in front of your navel, as if cupping water, while gazing at your palms.
2. Continue to bend your elbows, bringing your cupped hands up to your chest. Rotate your palms so they are back-to-back, with fingers pointing downward.
3. Exhale and make the sound “HE...,” slowly moving your hands down along the centerline to navel level.
4. Rotate your palms outward, turning your elbows as both hands draw outward circles. Return to step 1 and repeat the sequence.

6 HEALING SOUNDS- (3)

‘HU’

呼

培脾气

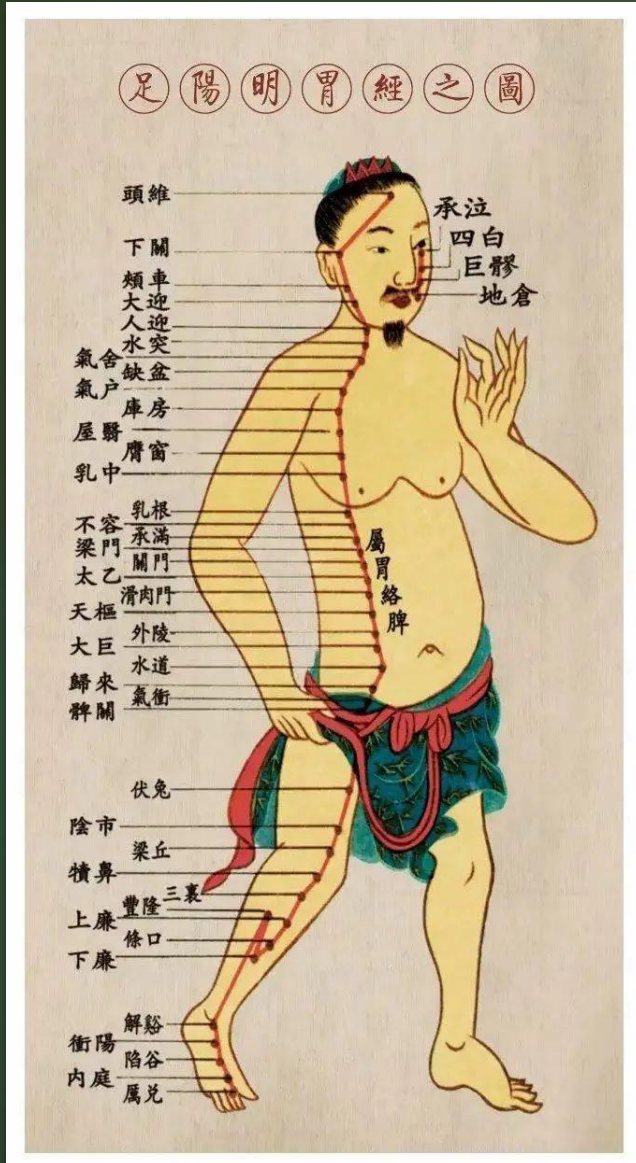


3. HU

- ▶ Hu Routine is associated with Stomach and Spleen Meridian (They work in pairs as Yin & Yang). The element is Earth. Practice on daily basis.
- ▶ **It helps with:**
 - Strong digestion and metabolism
 - Improved muscles functions
 - Preventing dampness accumulation (excess moisture in the body) which can cause fatigue and sluggishness.



Health Benefits



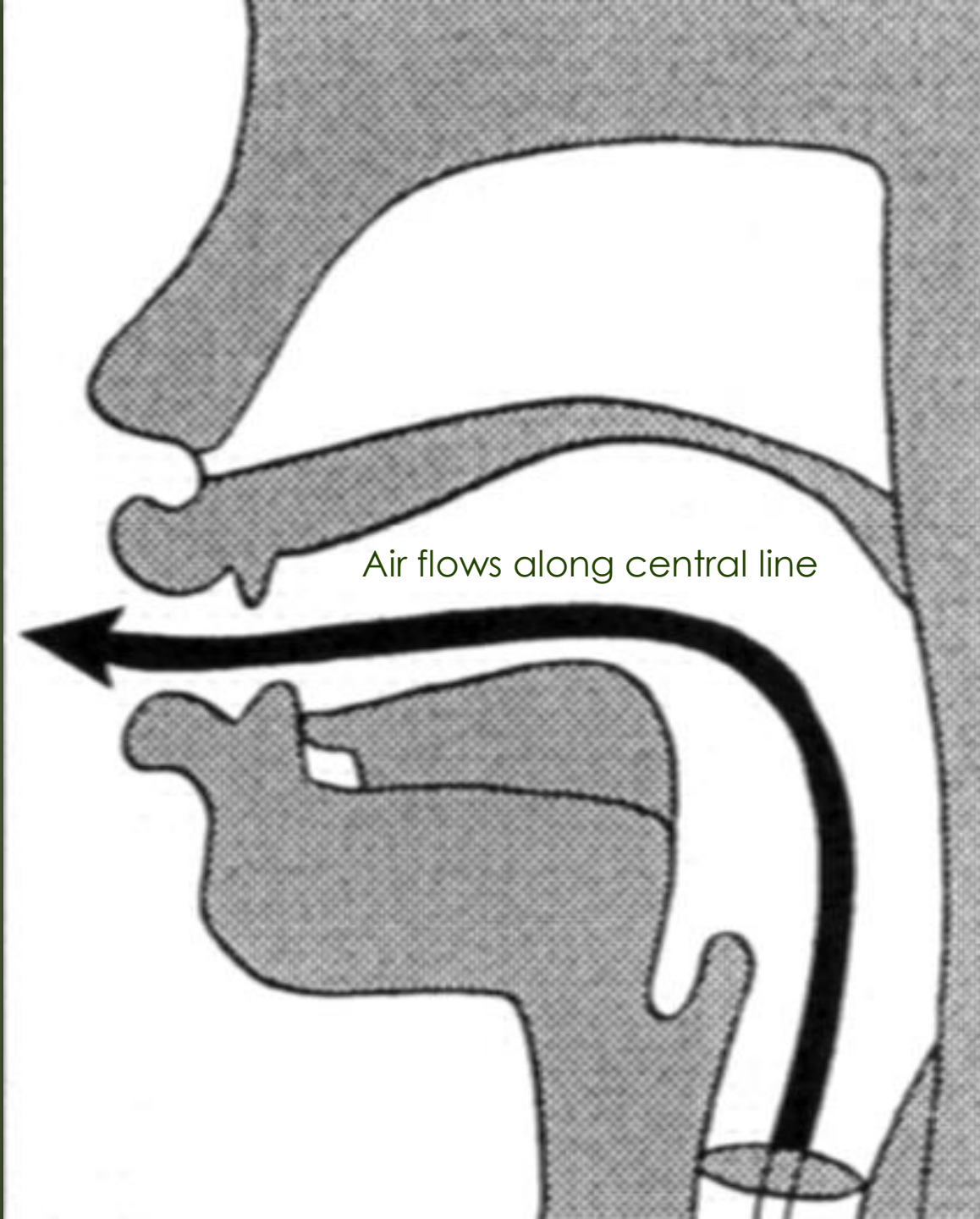
► Stomach is the body's first "security guard," processing everything we take in from the outside world and informing other organs' decisions.

► Signs of Imbalanced Stomach Qi

- Digestive issues (bloating, indigestion, reflux)
- Weight problems: excess puffiness or extreme thinness
- Emotional symptoms: worry, anxiety, overthinking
- Weak limbs or lack of physical energy

Breath

1. Open your lips and teeth, round your lips and extend them forward, with the sides of your tongue slightly curled upward.
2. Relax and round your lips as if you're blowing out a candle. Then, with this mouth shape, produce the sound "hu."
3. Maintain the mouth shape described above and exhale without making a sound. Feel the breath flowing from your throat, forming a central stream of air in your mouth, and slowly exhaling through the center of your rounded lips.



Body Movement



1. Begin with your hands forming a triangle in front of your navel.
2. Exhale as you bend your knees and expand both arms outward like a balloon, while making the sound “hu...”.
3. Inhale as you stand tall, returning your hands to the starting position in front of your navel. Repeat the sequence.

6 HEALING SOUNDS-

(4)

'SI'

4. SI/sssss

- ▶ This routine targets the Lung Meridian. It is associated with autumn. The element is Metal.
- ▶ In Traditional Chinese Medicine (TCM), the lungs are considered the “commander”. Positioned at the top of all organs, the Lungs are responsible for maintaining the body's energy and momentum. They take care of our immunity.



补肺气



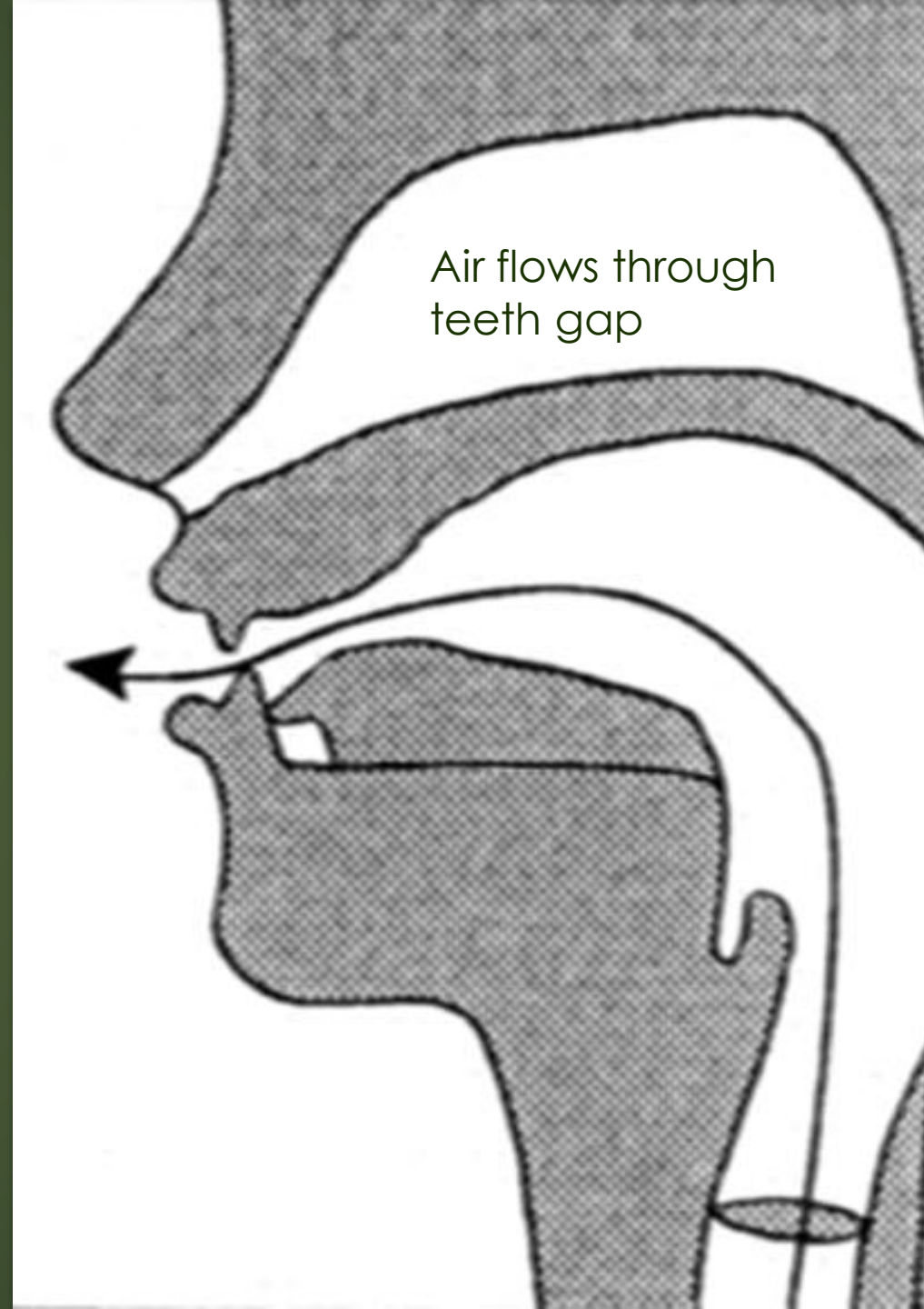
Health Benefit

1. A healthy Lung Chi reflects on glowing skin and strong hair.
2. Treating respiratory issues such as coughs, asthma, and shortness of breath.
3. Processing grief and sadness.
4. Strengthening immunity against external pathogens.



Breath

1. Close your teeth, slightly open your lips, align your upper and lower front teeth, flatten your tongue tip and gently press it against your lower teeth, while slightly pulling the corners of your mouth back.
2. Then, like when you inhale sharply due to feeling cold in winter, produce the "sss" sound. This is the basic mouth shape for the *Si* sound. Then, switch from inhaling to exhaling, and make the "si" sound. When done correctly, you'll feel a cool sensation and slight vibration in your front teeth.



Body Movement



Transition: Turn both palms upward in front of your navel. Inhale as you raise both arms to the front of your chest.

1. Let your elbows drop, naturally leading your arms to the sides, vertically aligned, with hands in front of your shoulders.
2. Open your chest, gently squeezing your shoulder blades, leading your both arms apart.
3. Relax, bringing your chest back to a neutral position, palms facing each other.
4. Exhale, pushing both hands forward while making the sound "si...".
5. Draw both hands back to step 1. and repeat.

5. Chui

- ▶ This is the most complex healing sound routine, yet the most essential.
- ▶ It focuses on the Kidney meridian, the body's energy reservoir.
- ▶ The Kidney meridian holds our vital Chi reserves.
- ▶ Its element is Water, and it's associated with Winter.

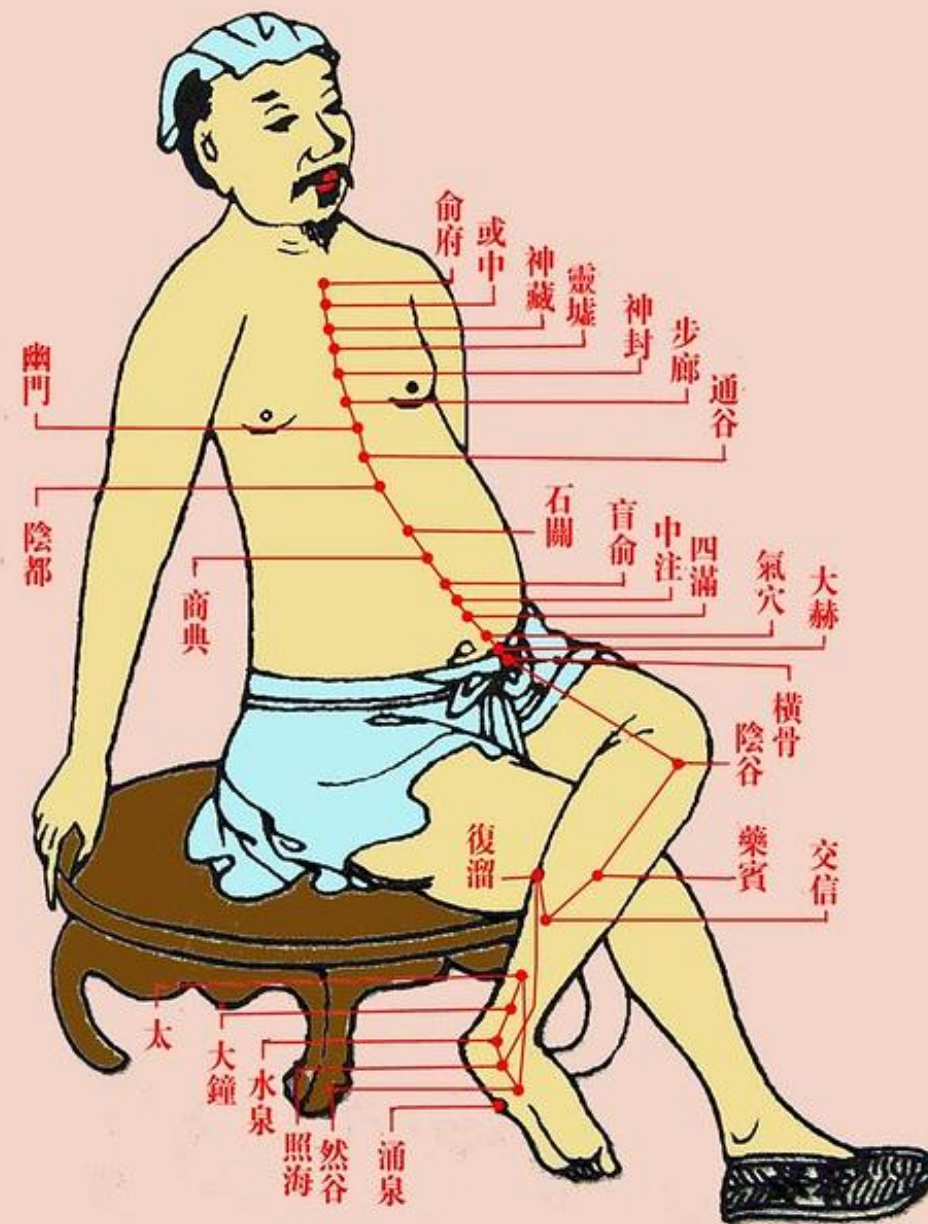


吹

补肾气

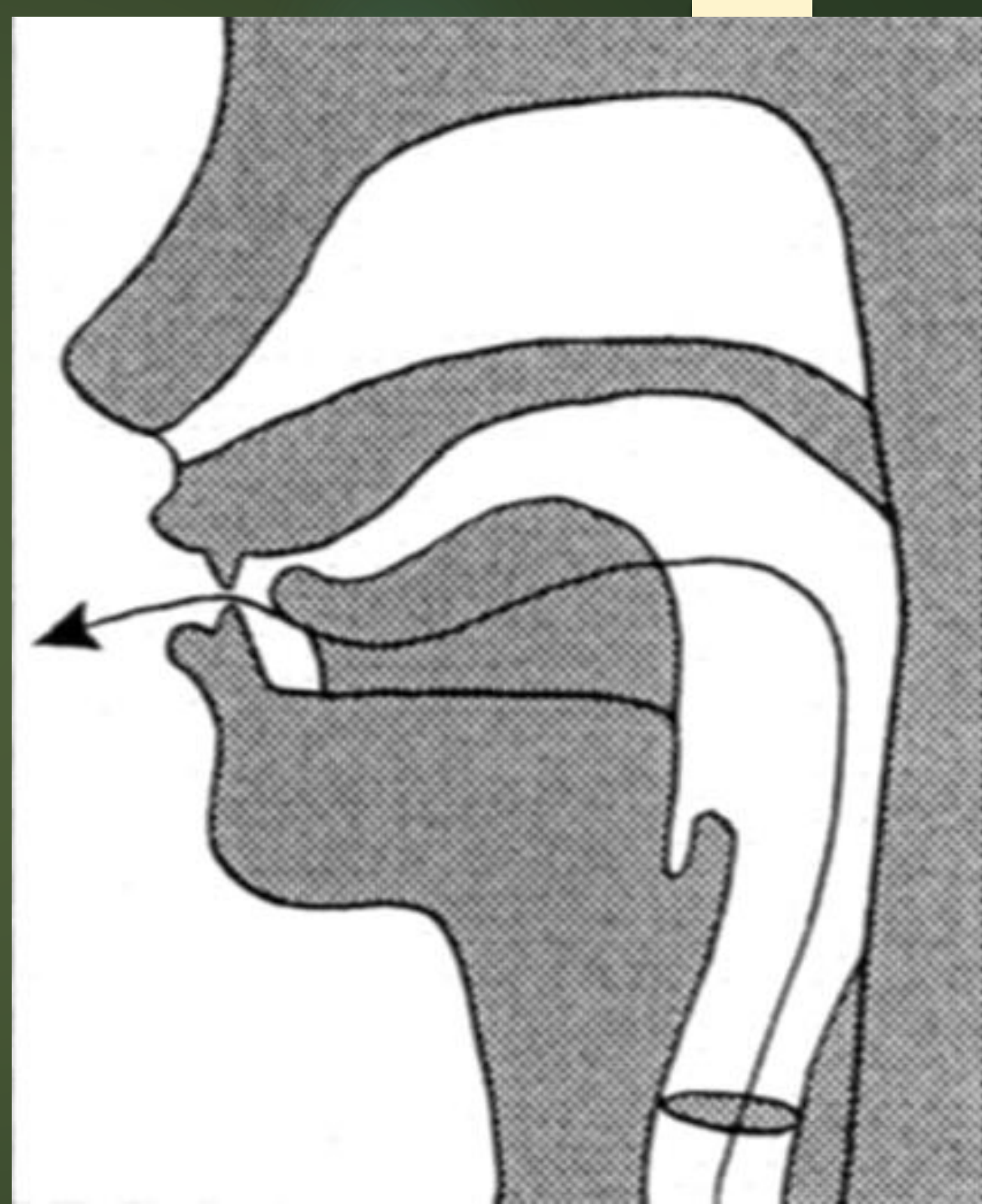
Health Benefits

- ▶ Kidney Meridian works in pair with the Bladder meridian to support elimination.
- ▶ **Ailments Related to Kidney Meridian Imbalance**
 - Fatigue and low energy.
 - Weakness in bones and teeth.
 - Urinary issues, such as incontinence or frequent urination.
 - Reproductive challenges and hormonal imbalances.



Breath

1. Make the sound "ch" as in "cheese."
2. Now, make the sound "u" as in "who."
3. Then, make the sound "i" as in "yeast."
4. The *Chui* sound is produced by combining these three steps.
5. Because the mouth shape for the *Chui* sound is dynamic, its breath flow is also the most varied. In summary, the breath flows from the throat, curves around the sides of the tongue, under the tongue, and then gently exits through the lips.



Body Movement



- ▶ **Transition:** From the last push, with your arms extended in front of your chest, flatten your hands. Open both arms to the sides and bring your hands to touch your lower back, fingers pointing downward.
- ▶ 1. Exhale as you rub your back downward and to the sides, gently bending your knees.
- ▶ 2. When your hands reach the sides of your hips, extend both hands forward, facing your tummy, as if holding a ball.
- ▶ 3. Bring both hands to your tummy, positioning your navel at the center. Rub your waist along the belt meridian until both hands return to lower back. Repeat.

6 HEALING SOUNDS-

(6)

'XI'

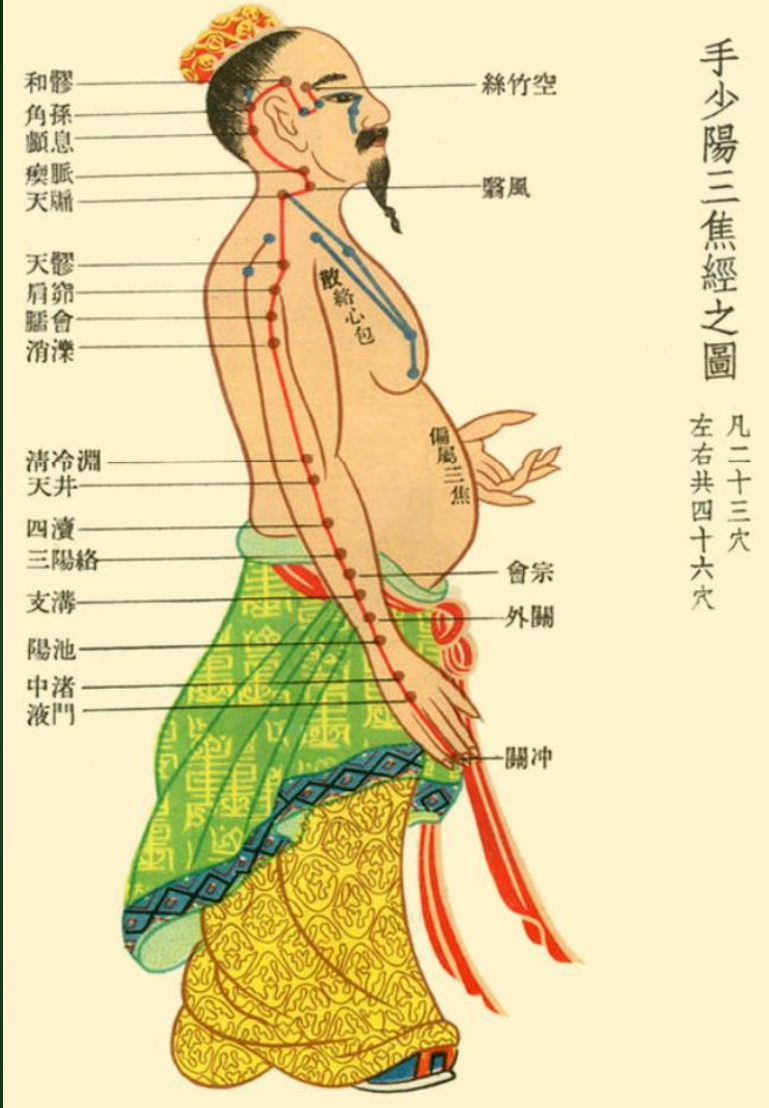
6. Xi/ see

- ▶ This is the final healing sound routine, focusing on the Triple Heater meridian, which manages our body's resources. It harmonizes the distribution of qi across the upper, middle, and lower body.
- ▶ Now is the time to integrate and appreciate what we already have within ourselves.



調理三焦不暢

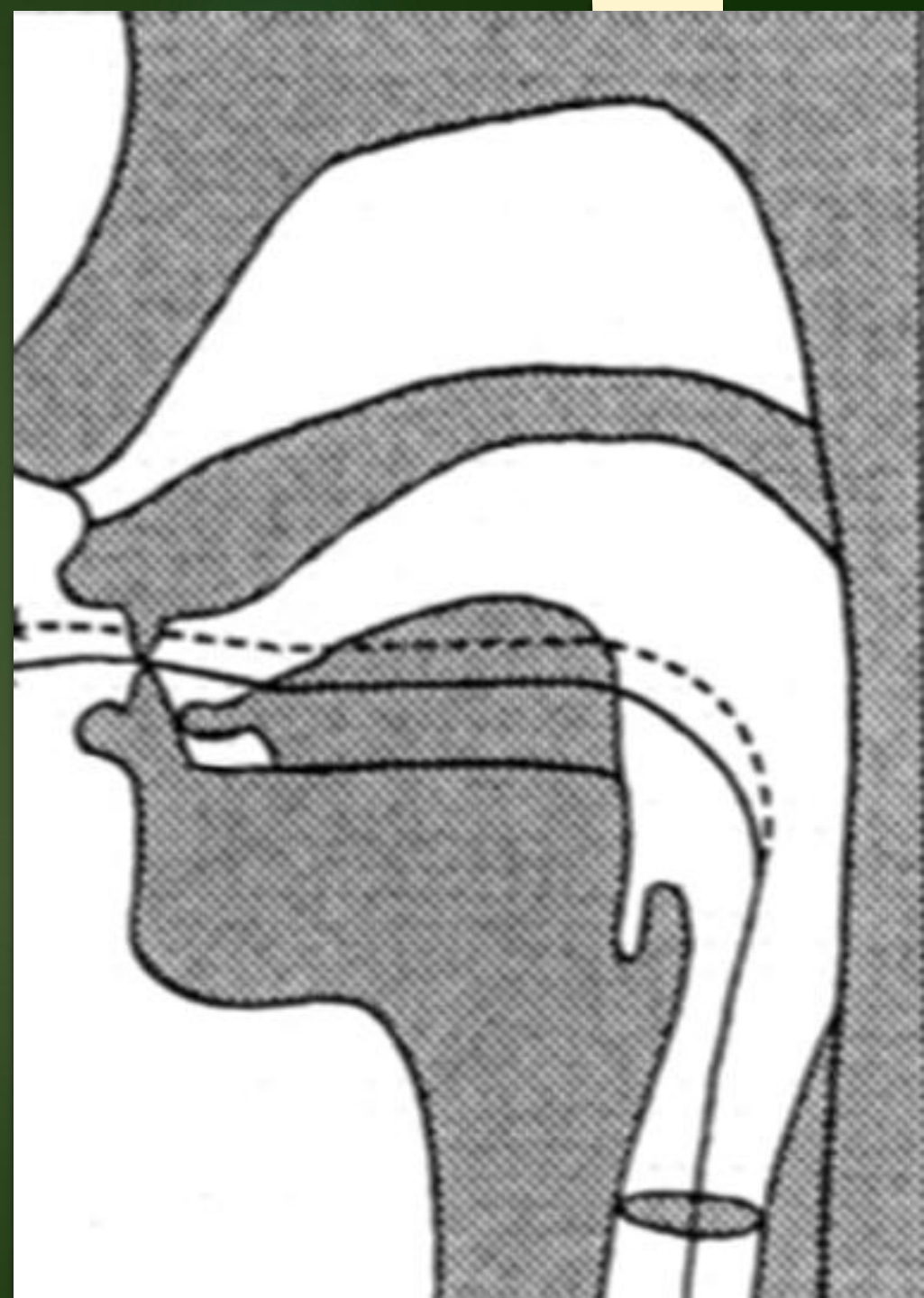
Health Benefits



- ▶ Triple Heater regulates body temperature, fluid movement and transformation.
- ▶ Ailments Related to:
 - Digestive issues (bloating, indigestion).
 - Temperature regulation problems (too hot or cold).
 - Fatigue and low energy.
 - Emotional disturbances (anxiety, mood swings).

Breath

1. Close your teeth, slightly open your lips, align your upper and lower front teeth, gently clench your molars together, flatten your tongue tip and gently press it against your lower teeth, and slightly pull the corners of your mouth back.
2. Exhale while making the "xi" sound, similar to 'see'.
3. The breath primarily flow through the gaps in your back teeth and slowly exit from the corners of your mouth.



Body Movement



Transition: From holding the ball position, bring both hands toward your tummy, rotating them so they are back to back and touching each other, with fingers pointing downward.

1. Inhale: Raise your hands to the front of your chest, then open your arms to the sides of your body, pointing them upward. Slightly look up to feel a sense of openness.
2. Bring your arms back to chest centre, palms facing downward.
3. Exhale and make the sound “xi/see” while pushing both hands downward through the central line.
4. Rejoin hands by bring the backs of your hands together and repeat the sequence.

SUMMARY OF 6 HEALING SOUNDS



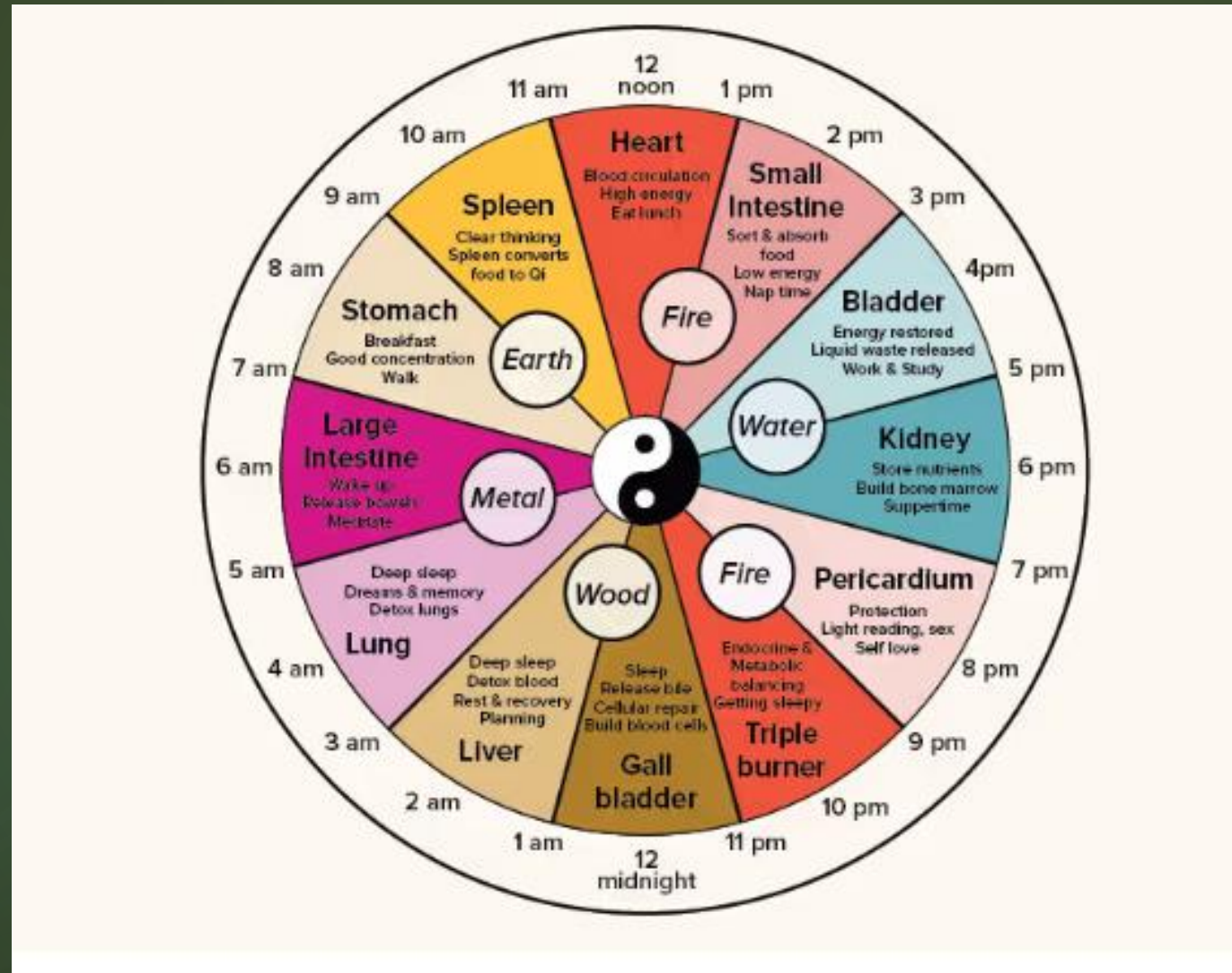
SOUND	MERIDIAN	ELEMENT	FUNCTION	SEASON	FLAVOR
XU/SHHHH	Liver	Wood	Detox	Spring	Sour
HE/ HER	Heart	Fire	Emotion	Summer	Bitter
HU/WHO	Stomach	Earth	Digestion	Anytime	Sweet
SI/SSS	Lung	Metal	Immunity	Autumn	Spicy
CHUI/CH-U-I	Kidney	Water	Vitality	Winter	Salty
XI/SEE	Triple Heater	All	Metabolism	Anytime	N/A

PRACTICE TIPS



- ▶ The FOUR basic requirements for breath regulation are: the breathing should be **even, fine, gentle, and long (deep)**. At the same time, it is important to follow the principles of being natural, avoiding forced or rigid techniques.
- ▶ Through long-term practice, you can naturally achieve the unity of body, breath, and mind resulting in breathing that is even, fine, gentle, and long. At this stage, there is no need to consciously regulate the breath; it regulates itself.
- ▶ Allow your body to expand and retreat, bend and rise at your own pace.
- ▶ Simply enjoy your practice!

Appendix 1. Five Elements Clock



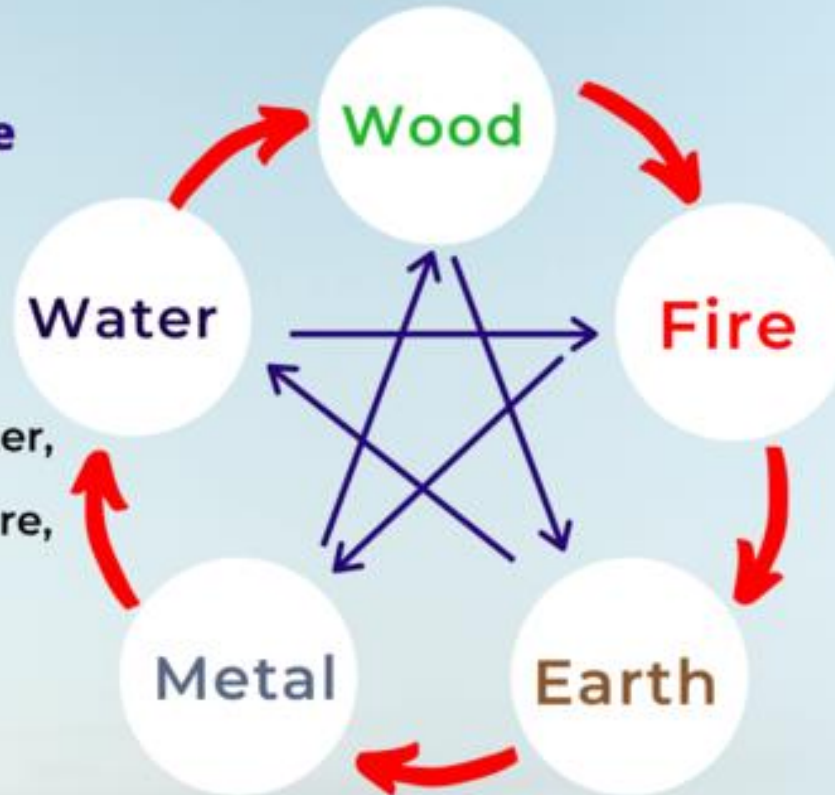
APPENDIX 2: 5 ELEMENTS DYNAMIC



5 Element Relationship Chart

Controlling cycle

Wood separates
Earth,
Earth absorbs Water,
Water smothers Fire,
Fire melts Metal,
Metal cuts Wood.

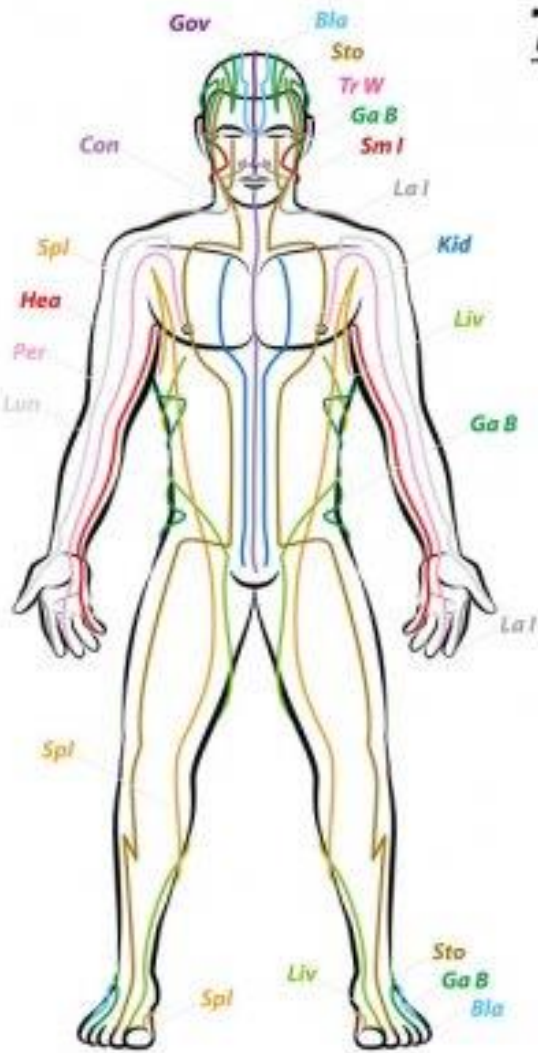


Generating cycle

Wood fuels Fire,
Fire makes Earth,
Earth produces Metal,
Metal carries Water,
Water feeds Wood.

APPENDIX 3: 12 Main Meridians

The Body Meridians



anterior view

Two Centerline Meridians:

Conception Vessel
Governing Vessel

Twelve Principal Meridians:

Stomach Meridian
Spleen Meridian

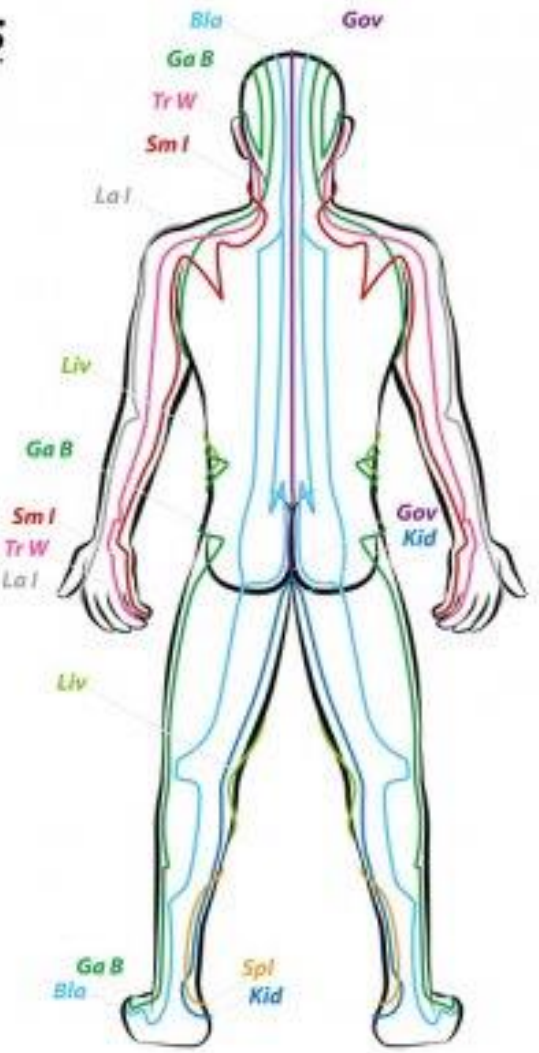
Small Intestine Meridian
Heart Meridian

Bladder Meridian
Kidney Meridian

Pericardium Meridian
Triple Warmer Meridian

Gall Bladder Meridian
Liver Meridian

Lung Meridian
Large Intestine Meridian



posterior view

Whāia te
mātauranga
hei oranga
mō koutou

Seek after learning for the sake
of your wellbeing

This whakatauki refers to the importance of learning for it is key to your wellbeing. If you follow the path of learning, the world will be your oyster (Inspiring Community, 2024).

OUR VALUE



COMMUNITY

We cherish the strength of community. We believe that through shared practice and mutual support, we can grow, heal, and thrive together.



EMPOWERMENT

We are committed to guiding you on a healing journey, but ultimately, the best healer and teacher is yourself. Only you have the power to change your life.



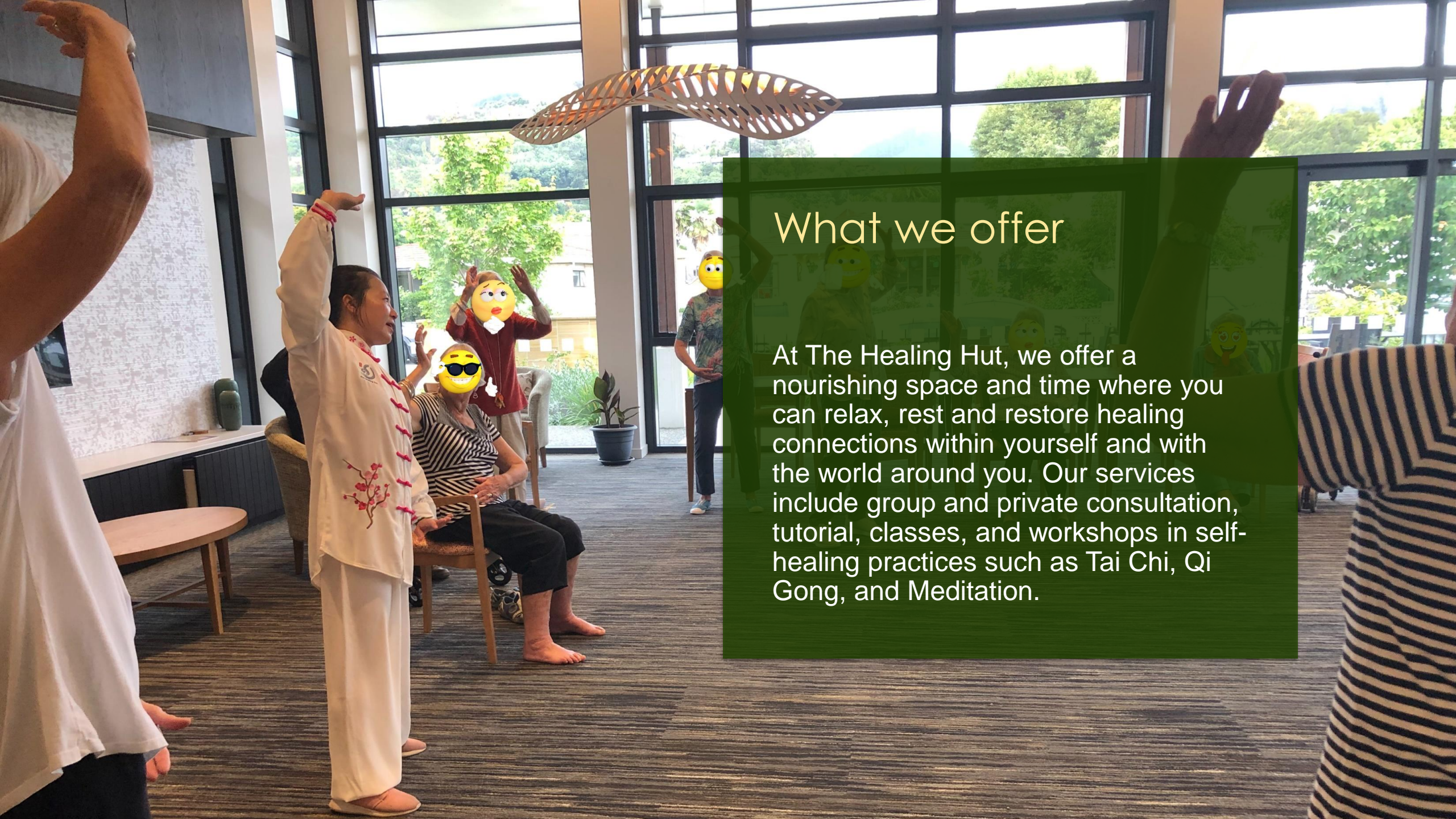
WELLBEING

We embrace a holistic approach encompassing physical, mental, environmental and energetic dimensions to nurture your vitality and overall health.

Our Mission

Our mission is to encourage proactive self-care and regular bodywork as the best treatment. At The Healing Hut, we believe in investing in prevention rather than cure, empowering individuals to take charge of their well-being and enjoy a healthier, happier life.





What we offer

At The Healing Hut, we offer a nourishing space and time where you can relax, rest and restore healing connections within yourself and with the world around you. Our services include group and private consultation, tutorial, classes, and workshops in self-healing practices such as Tai Chi, Qi Gong, and Meditation.



Our Vision

WE ASPIRE TO ENHANCE THE HEALTH AND HAPPINESS OF 1,000,000,000 PEOPLE WORLDWIDE.

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