



Healing for the Healer: Using Chi Kung to Clear Negative Emotions & Cultivate Virtues

Talking with your Organs: 6 Healing Sounds for your Lungs, Kidneys, Liver, Heart, & Spleen

Where Emotions Get Stuck in the Body:



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One of my Tai Chi Teachers once said to me, "When you are as at home in the inside of your body as you are on the outside, then you can know that you are really making progress in developing your chi for healing yourself and others." From my experience, using the 6 healing sounds on a regular basis will help to balance your emotions; improve your physical, emotional, & spiritual health; deepen sleep; & increase your capacity for healing.

To Release: Complete 3 Breaths with each healing sound to clear the organ & cultivate the virtues

- Lung Sound: *sssss* to release sadness & cultivate strength
- Kidney Sound: *chuuuu* to release fear and cultivate wisdom
- Liver Sound: *shhhh* to release anger and cultivate kindness
- Heart Sound: *Haaaaa* to release self criticism & cultivate acceptance
- Spleen Sound: *Hooooo* to release worry and cultivate trust
- Triple Warmer Sound: *Heeeee* to move heat down from the head