



The Six Healing Sounds

The Six Healing Sounds are based on an ancient Taoist technique for balancing and harmonizing the body. Each sound is associated with a different gesture, organ, color, season, and set of emotions. By focusing your intake and release of breath, posture, visualization, and tapping into the vibration of each healing sound, you can relax, release stress, and transform “negative” emotions into “positive” emotions. This practice is helpful to all, but is particularly effective for those with warmer constitutions as it helps clear heat from the body’s essential organs.

Do each sound 3, 6 or 9 times. For best effect, sit on the edge of a chair. You also do the Healing Sounds while lying on the floor or in bed. Do the movements slowly and quietly, trying to remain still and focused. Begin each sound by picturing its appropriate color and smiling from the point between the eyes.

To learn more about the Healing Sounds and see diagrams for the postures, please see Dr. Wu’s book *Fertility Wisdom*, available in the clinic.

1. Palms facing up – look up	<u>Positive Emotion</u> + courage, sensitivity	<u>Negative Emotion</u> - sadness
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SSSSSS metal – white – fall season

nose → wind pipes → lungs → diaphragm → large intestine → skin

2. Clasp fingers around knees – pull your arms from the lower back – look up	<u>Positive Emotion</u> + creativity, gentleness	<u>Negative Emotion</u> - fear
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WOOOO water – deep blue – winter

(*sound of the wind*) ears → kidneys → bladder → reproductive organs → bone marrow → bones → teeth
(power of gentleness, life giving force, creation, willpower)

3. To the left – palms up – fingers interlaced – look up	<u>Positive Emotion</u> + understanding, kindness	<u>Negative Emotion</u> - anger
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SHHHHH wood – green – spring

eyes → optic nerves → brain → spine → nervous system → liver → gall bladder
(power of generosity and kindness, growth, understanding, reason, mind power, clarity)

4. To the right – palms up - fingers interlaced – look up

Positive Emotion
+ spirit, joy

Negative Emotion
- impatience

HAAAAA fire (cardiovascular) – red – summer

tongue (speech) → heart → small intestine → blood cells → blood
(power of high spirit, joy, intuition, communication, consciousness)

5. Fingers of both hands beneath sternum on left side –
look up – press in as you push your middle back outward

Positive Emotion
+ spontaneity, balance

Negative Emotion
- worry

HOOOOO earth – yellow gold – Indian Summer

mouth → taste (swallow) → stomach → spleen → digestive system → muscles → lymphatic system
(power of stability, consistency, balance, nurturing, comfort, synchronicity)

6. Lie on your back, inhale into all 3 cavities:
Chest, Solar Plexus, Lower Abdomen.
Imagine a large roller pressing out your breath as
it moves from the head down to the sexual organs

Positive Emotion
+ spontaneity, balance

Negative Emotion

HEEEEE fire (endocrine glands) – violet

(Triple Warmer Sound) pituitary → pineal → thyroid → thymus → pancreas → adrenals → gonads
(Brings hot energy down to lower centers and cool energy up to higher centers)
