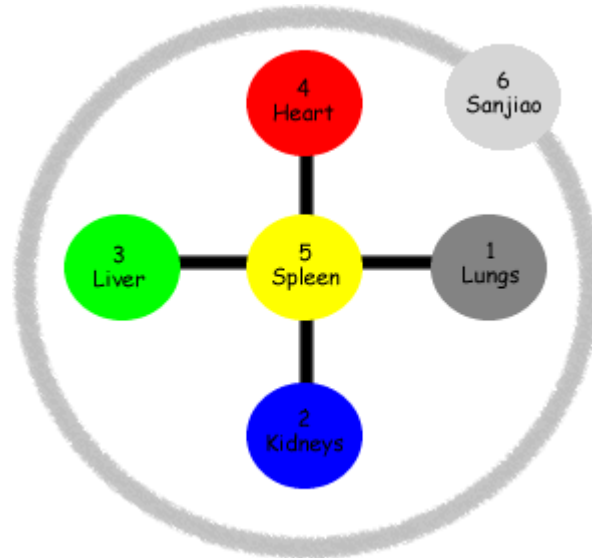


The Six Healing Sounds

The six healing sounds are ideal for ending a treatment, a meditation, exercise or a day's work, in fact whenever the energies need soothing and settling. In particular, the Sanjiao - the triple heater sound - when done lying down is a great start to a good sleep.



The Sounds are subvocal.

Each sound has a movement. When you exhale, make the sound with the movement, and visualise letting go the emotion.

Relax when you inhale.

Breathe in the virtue and imagine the sound echoing or vibrating in the organ.

Twice each is best.

1.

SSSSSSSS

exhale sadness, grief, depression

inhale courage

2.

WHHHOOOO

exhale fear

inhale gentleness

3.

SSSSHHHHHH

exhale anger

inhale kindness

4. **HHAAAAAAAA**

exhale impatience, arrogance, cruelty

inhale love & joy

5.

URRRRGHH

exhale worry

inhale serenity

6. (silent) **EEEEEEEEEEEE**

ex- & inhale harmony

The six healing sounds are cooling, dispersing and harmonising.

They can be used all together, or for individual organs.

Receivers participating in treatments can join the Practitioner in making the sounds, or whichever one is appropriate for their condition.

This helps Receivers to share in their own healing process.

The sounds can be recommended for 'homework' as well as being useful during treatment.