

Additional Info on the Sounds in Daniel Reid's Qi Gong for the Organs

You can begin by practicing the following sounds. Make them with a steady tone in the middle-high range of your voice.

1. Shooo (with puckered lips as if blowing a kiss) for the Liver.
2. Haaaw (sound it down in the throat, almost as if you were clearing your throat) for the Heart.
3. Whooo (with more exaggerated puckered lips) for Spleen-Stomach.
4. Tzzz (like the first part of Tzar) for the Lungs. Extend your lower jaw, keep the tongue flat on the bottom of the mouth, then with breath and mind direct the buzzing sound to sink down deep into the chest.
5. Chway (The explosive sneeze-like beginning of the sound literally squeezes lower internal back muscles) for the Kidneys.
6. SHeee Make the sound out loud for now, but when actually doing the Six Healing Sounds this sound is to be done silently. This harmonizes the Triple Burner *i.e.*, the functioning aspects of the five organ systems in the torso. (The H is capitalized because it should be louder than the opening S.)

These sounds should actually physically vibrate the targeted organ like an inner-massage. If there is difficulty in doing and experiencing this, then try this: for the Liver lie down on your right side and say shooo. For the Spleen lie on your left side and say the whooo. For the Heart press your palms down between your breasts and make the haaaw sound. For the Lungs press the hands against the upper chest and make the sound of tzzz. For the Kidneys place the hands on the sides of the lower back between the rib cage and the hips and say chway. For the silent SHeee sound hold the breath shake, vibrate and wiggle the whole torso.

Perhaps those hints will help you to be more effective with the sounds.