

HEALING SOUNDS CHI KUNG

Preparation:

Stand with two feet shoulder width apart. While Breathing in, Raise two arms to shoulder level with palms of hands facing down. Turn palms upwards at shoulder level and continue raising arms to Baihui where fingers touch. Breathing out, bring hands down front of body with palms facing down. Then stand with hands at side and breath.

Breathing in bring hands to Baihui point as before then breathing out bring hands down back of head around neck to the front and then slowly down body. Bring hands to side breathing normally.

Bring both hands over Dantian. Ladies put right hand down first then left directly over. Men put left hand first then right.

1. Liver.

Breathe in.

Breathe out sounding Shier as you raise hands up to side of eyes. Open eyes WIDE and stare in front. Bring hands down with eyes closed and breathing in. "VERY FLOWING". Rest hands by side.

2. Heart.

Breathe in

. Breathing out sounding Kuah raise hands to temples where you rest first finger of each hand. (at brain).

Breathing in lower hands “VERY FLOWING” and rest hands at side of body.

3.Stomach.

Breath in.

Breathing out sounding Hu raise hands up to heart level. Split hands in opposite directions. (men left up, women right up). Press down and up. Bring hands together at heart then bring down. Repeat with other hand up.

4.Spleen.

Breath in.

Breathing out sounding Shee bring hands up to shoulder level turn and press hands as if to two walls. Fingers pointing up. Breath out while lowering hands to sides.

5.Kidneys.

Breath in.

Breathing out sounding Tui bring hands up to kidneys. Turn hands towards back while sounding Tui. And brush down kidneys with back of hands. Repeat a second time. Third time after brushing down kidneys bring hands wide and towards the front of body at heart level. Bending knees turn hands and bring hands down while stretching legs and breathing in.

6.Triple warmer.

Breath in.

Breathing out sounding Shee. Bring hands up and over head. (if high blood pressure bring up to forehead). Turn hands and breath in while bringing hands down. Rest hands on Dantian. (men left hand first, women right hand first)

***Before each exercise do three preparations.
Do each exercise six times.***

You can do all six with three preparations in between each one. It will take approximately one hour.

You can do one exercise per day or per week with three preparations.

Always finish with one preparation. Then stand with hands on Dantian.