

## **The Healing Sounds of Chi Kung**

### **5 Organ Cleansing**

*\* For all organs please lie in a comfortable supine position on the ground*

#### **Kidney (fear):**

*Sound: "ffuuuu..."* Place the right thumb in the left palm & send your awareness to your kidneys. Feel any fear energy release with the sound-vibration. As you exhale imagine dark, stagnant energy leaving the kidneys. Feel the fear leave the body, making you lighter, gentler, & more rejuvenated.

#### **Liver (anger):**

*Sound: "shhhuuu..."* Place your right hand on your abdomen just below the right rib cage. Feel any dark, hot energy release with the reverberation. Feel the liver being cleansed & rejuvenated. As you exhale let anger, impatience, hate, & aggression leave the body. Feel yourself become stronger & more focused.

#### **Heart (uneasiness & overexcitement):**

*Sound: "hhhaaa..."* Place your hands on the middle of your chest where the heart lies. Feel the chest region & upper back relax. Allow agitation & nervousness to leave the body. Lower the sound & feel the vibration go deep into the chest. Feel the consciousness become clearer & sense warmth & joy radiating from the body.

#### **Spleen ((worry & anxiety):**

*Sound: "hhhuuu..."* Place your left hand on your lower left abdomen just below the ribcage. With each exhalation let worry & doubt leave the body. Feel old, stagnant, heavy energy being released from the spleen. Feel how this cleansing makes you carefree & settled.

#### **Lung (sadness & grief):**

*Sound: "sss..."* Spread your arms wide in a "T" position on the earth. Feel the resonance with the chest & lungs. Allow sadness & sorrow to leave the lungs as you exhale this sound. Feel the dark, heavy energy leave the lungs as the spirit becomes more positive & optimistic.

Carradine David. *Introduction to Chi Kung*. Henry Holt & Company Inc; New York, 1997.

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