

6 HEALING SOUNDS



MOVEMENT

PRACTICE

KIDNEYS

Sound: *Shhhhh*
Sound of: *SHHHH*
Element: Water
Color: Blue
Direction: Back to front
Sound: *Shhhhh*
Sound of: *SHHHH*
Element: Water
Color: Blue
Direction: Back to front

6 HEALING SOUNDS

LIVER

Sound: *Shhhhh*
Sound of: *SHHHH*
Element: Wood
Color: Green
Direction: Front to back
Sound: *Shhhhh*
Sound of: *SHHHH*
Element: Wood
Color: Green
Direction: Front to back

An ancient Chinese practice, *SHHHH*, which incorporates posture, breath and movement with a healing sound, is shown to have various health benefits, including 10 healing practices.



TRIPLE BURNER

Sound: *Shhhhh*
Sound of: *SHHHH*
Element: Fire
Color: Red
Direction: Front to back
Sound: *Shhhhh*
Sound of: *SHHHH*
Element: Fire
Color: Red
Direction: Front to back

Sound: *Shhhhh*
Sound of: *SHHHH*
Element: Earth
Color: Yellow
Direction: Front to back
Sound: *Shhhhh*
Sound of: *SHHHH*
Element: Earth
Color: Yellow
Direction: Front to back

Sound: *Shhhhh*
Sound of: *SHHHH*
Element: Metal
Color: White
Direction: Front to back
Sound: *Shhhhh*
Sound of: *SHHHH*
Element: Metal
Color: White
Direction: Front to back

Sound: *Shhhhh*
Sound of: *SHHHH*
Element: Wood
Color: Green
Direction: Front to back
Sound: *Shhhhh*
Sound of: *SHHHH*
Element: Wood
Color: Green
Direction: Front to back

Sound: *Shhhhh*
Sound of: *SHHHH*
Element: Water
Color: Blue
Direction: Front to back
Sound: *Shhhhh*
Sound of: *SHHHH*
Element: Water
Color: Blue
Direction: Front to back

HEART

Sound: *Shhhhh*
Sound of: *SHHHH*
Element: Fire
Color: Red
Direction: Front to back
Sound: *Shhhhh*
Sound of: *SHHHH*
Element: Fire
Color: Red
Direction: Front to back

SPLEEN

Sound: *Shhhhh*
Sound of: *SHHHH*
Element: Earth
Color: Yellow
Direction: Front to back
Sound: *Shhhhh*
Sound of: *SHHHH*
Element: Earth
Color: Yellow
Direction: Front to back



FOR WOMEN

- 1. Kidneys
- 2. Liver
- 3. Triple Burner
- 4. Heart
- 5. Spleen
- 6. Lungs

FOR MEN

- 1. Liver
- 2. Heart
- 3. Spleen
- 4. Kidneys
- 5. Triple Burner
- 6. Lungs

HEALING METHOD

PRONE

- 1. Lie on your back with knees bent and feet flat on the floor.
- 2. Inhale deeply and hold for 10 seconds.
- 3. Exhale and say the sound.
- 4. Repeat 10 times.

ERECT

ERECT

- 1. Stand with feet shoulder-width apart and arms at your sides.
- 2. Inhale deeply and hold for 10 seconds.
- 3. Exhale and say the sound.
- 4. Repeat 10 times.

6 Healing Movements

G Psacharopoulos



6 Healing Movements:

The Enigmatic Realm of **6 Healing Movements**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **6 Healing Movements** a literary masterpiece penned with a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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