

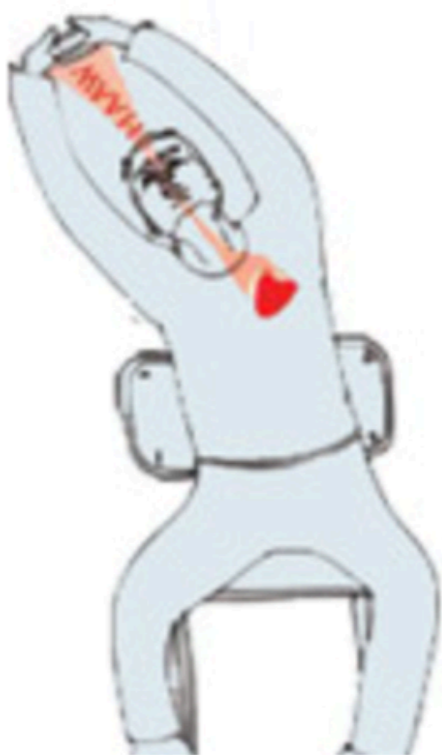
SOUND HEALING

Learn some ancient sound healing techniques that can be done with your voice alone; sounds that cause negative energies to leave meridians, and sounds that reconstruct the energy patterns of the body, cut ties, reverse curses and take back power.

Taoist Healing Sounds

These are the positions that you can practice to heal the various organs with the Taoist healing sounds.

The Taoist healing sounds are used to remove the stagnant energy of suppressed emotion from the meridians. The postures help open the meridians, so you will feel the energy moving out from the meridian.



Heart: haaaa.
Releases anger



Liver: shhhh.
Releases anxiety



Spleen: woooo.
Releases worry



Kidney: chooooo.
Releases fear.



Lung: sssss.
Releases grief.

Triple Warmer: heeee.
Releases stress.
There is no posture - can be done standing or sitting.

Pueblo Indian Healing Sounds

The pueblo healing sounds are used to heal organs, charge the etheric body with divine energy, as well as to move blocked energy.

Sound of creation	Paahhh
Cleansing	maaa-thraaa
Head	p-heeee
Eyes	chaaaa
Noise	poi-eeee
Neck	ya-heeee
Back	ti-hhhonnn
Arms	a-haaa
Hands	ma-in
Heart	peeee
Stomach	Ti-heee
Genitals	waaaa
Legs	paaa
Feet	iiinn