Six Healing Sounds Qigong (Liu Zi Jue) Reference Sheet

6 SOUNDS GUIDE

Traditional whisper-quiet breath sounds, seasonal organ pairings, and gentle standing or seated movements.

HOW TO PRACTICE (STANDING OR SEATED IN A STURDY CHAIR)

Repeat each sound 3 to 6 times with a soft, sub-vocal whisper (audible only to yourself). Between sounds, pause for one natural nasal breath with hands resting near your lower abdomen (Dan Tian). Never strain your throat or empty your lungs completely.

THE SIX TRADITIONAL HEALING SOUNDS IN ORDER

01 XU (pronounced "Shhh" with soft rounded lips)

Liver & Wood • Spring

Rest palms at the sides of the ribs. Inhale at center; exhale "Shhh" while extending one palm gently across at shoulder height with soft eyes. Releases frustration and neck/shoulder tightness.

02 HE (pronounced "Huh" / "Haw" like a gentle sigh)

Heart & Fire • Summer

Float wrists up in front of the chest (inhale), then turn palms downward and glide smoothly toward the navel as you exhale "Haw." Settles mental restlessness and softens the chest.

03 HU (pronounced "Hooo" like warming cold hands)

Spleen & Earth • Late Summer

Cradle a soft imaginary sphere in front of the solar plexus. Inhale as ribs widen; exhale "Hooo" through rounded lips as palms settle gently inward. Grounds worry and steadies digestion.

04 SI (pronounced "Ssss" lightly through closed teeth)

Lungs & Metal • Autumn

Draw hands up before the collarbones with shoulder blades wide (inhale), then press palms softly forward at chest height on "Ssss" (70% reach). Clears shallow breathing and upper-back tension.

05 CHUI (pronounced "Chway" like blowing out a candle)

Kidneys & Water • Winter

Sweep palms lightly around the waist to warm the lower back (inhale), then glide hands down toward the hips and knees on "Chway" while knees stay unlocked. Nourishes calm vitality and root.

06 XI (pronounced "Sheee" with corners of mouth soft)

Triple Warmer • Whole Body

Float both arms upward to frame the sky (or forehead height if seated) on the inhale; drift palms all the way down from head to belly on "Sheee." Harmonizes warmth from head to toe.

"Inhale quietly through the nose; exhale softly through the mouth as if fogging a mirror without effort."

- Studio Practice Guideline • 70% Comfort Rule: Keep every breath unforced, whisper-light, and relaxed.

Old Pueblo Tai Chi - Beginner-Friendly Sun & Wudang Yang Style Classes with Dan Kimball

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