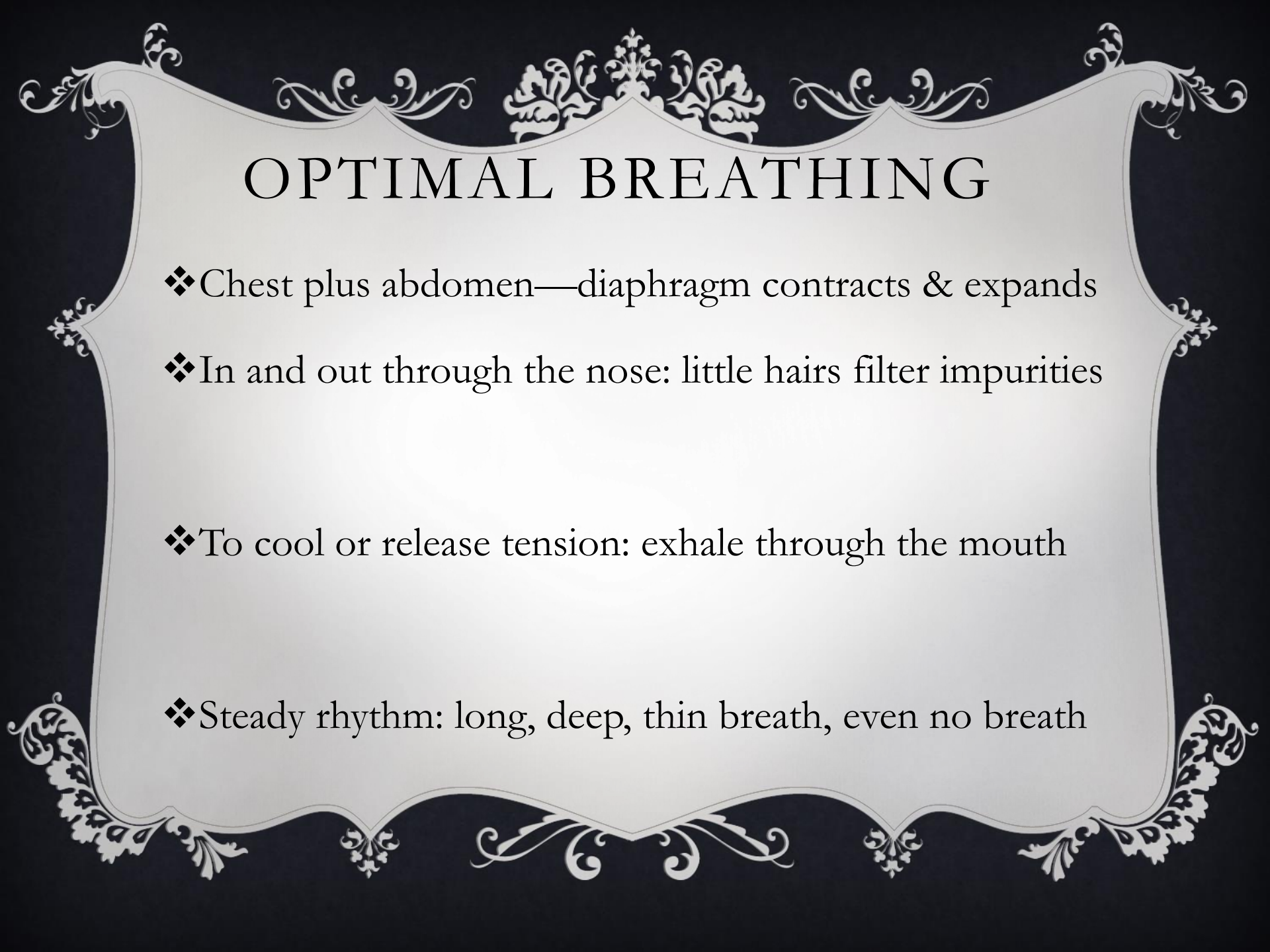




THE SIX HEALING SOUNDS

Liuzi jue 六字訣



OPTIMAL BREATHING

- ❖ Chest plus abdomen—diaphragm contracts & expands
- ❖ In and out through the nose: little hairs filter impurities
- ❖ To cool or release tension: exhale through the mouth
- ❖ Steady rhythm: long, deep, thin breath, even no breath

NUMBER OF BREATHS

❖ Normal = 10

❖ Stressed = 16+

❖ Relaxed = 6

❖ Zen = 2

PHYSIOLOGY OF BREATHING

- ❖ Autonomic nervous system (ANS)
- ❖ Sympathetic = energizing, ready to meet challenges or danger, adrenal glands, increased heartbeat, enhanced digestion
- ❖ Parasympathetic = calming, lowered pulse, comfort, relaxation, sleep



BREATHING AND HEALTH

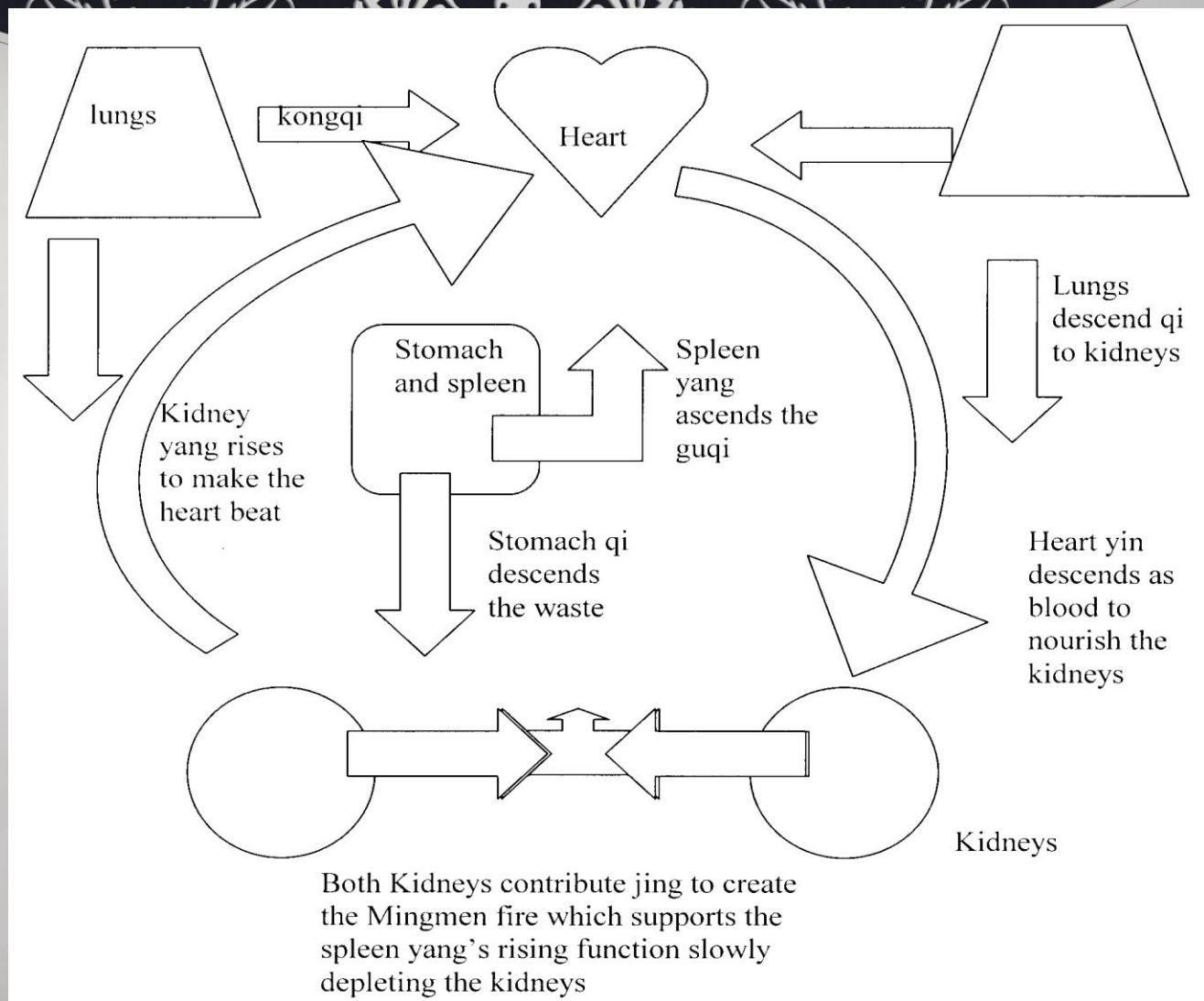
- ❖ Oxygenation
- ❖ Heart rate
- ❖ Pulse
- ❖ Blood pressure
- ❖ Brain functioning
- ❖ Digestion
- ❖ Sleep

THE CHINESE SYSTEM

- ❖ Air = *kongqi* 空氣 (empty qi) = nose to lungs
- ❖ Food = *guqi* 穀氣 (grain qi) = stomach to triple heater/burner
- ❖ Energy = *yuanqi* 元氣 (primordial qi) = heaven to kidneys
- ❖ All three intermingle in productive rhythm
- ❖ Harmony and deep breathing are essential

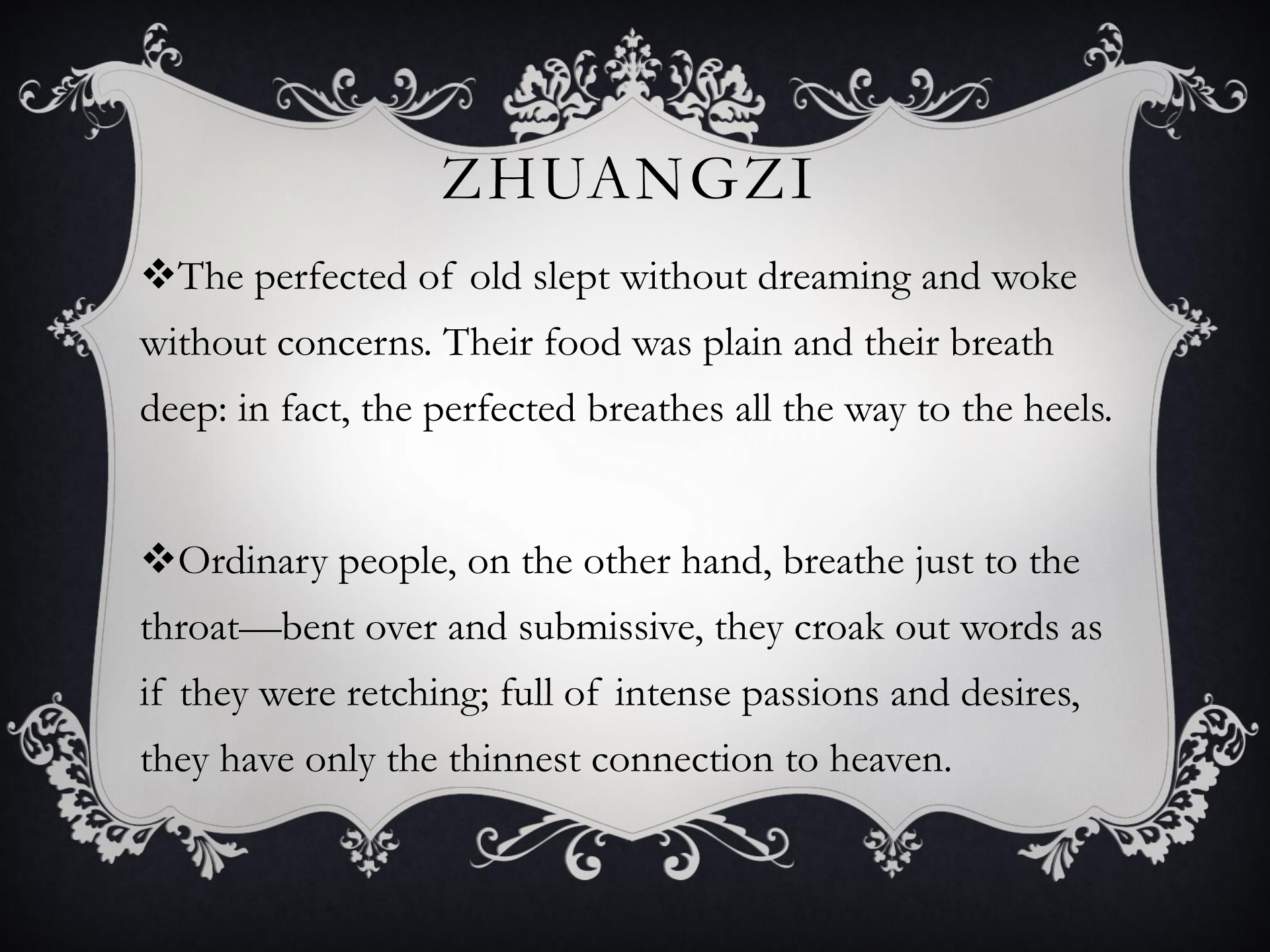
QI TRANSFORMATION

- ❖ Grain *qi* moves to Upper Heater, mixes with empty *qi* and forms ancestral *qi* (*zongqi* 宗氣)
- ❖ This combines with primordial *qi* into true *qi* (*zhenqi* 真氣), which moves to lungs and spleen
- ❖ Lungs change it into meridian *qi* (*maiqi* 脈氣) plus defensive *qi* (*weiqi* 衛氣) (at skin surface)
- ❖ Spleen makes it into nutritive *qi* (*yingqi* 營氣) (in body's depth)



WAYS OF PRACTICE

- ❖ Eating *qi* (*shiqi* 食氣)
- ❖ Absorbing *qi* (*fuqi* 服氣)
- ❖ Guiding *qi* (*xingqi* 行氣)
- ❖ Healing exercises (*daoyin* 導引)
- ❖ Energy work (*qigong* 氣功)



ZHUANGZI

❖ The perfected of old slept without dreaming and woke without concerns. Their food was plain and their breath deep: in fact, the perfected breathes all the way to the heels.

❖ Ordinary people, on the other hand, breathe just to the throat—bent over and submissive, they croak out words as if they were retching; full of intense passions and desires, they have only the thinnest connection to heaven.

EATING *qi*

- ❖ *Quegu shiqi* 卻穀食氣 (Abstaining from Grains and Eating *qi*)
- ❖ Mawangdui 馬王堆 (Hunan) 168 BCE (1973)
- ❖ Eliminate grains, ordinary food
- ❖ Take medicinal herbs and *qi*
- ❖ Breathing exercises free body from stale and pathogenic *qi*
- ❖ “Who eats *qi* should regularly exhale *xu* (cooling) and *chui* (warming) whenever one lies down or gets up”

ABSORBING *QI*: ZHUANGZI

- ❖ To huff and puff (*chui xu* 吹呶)
- ❖ Exhale and inhale (*bu xi* 呼吸)
- ❖ Expel the old and draw in the new (*tugu naxin* 吐故納新)

- ❖ Thus do the longevity practitioners,
- ❖ the nurturers of the body,
- ❖ Pengzu's ripe-old-agers.

GUIDING *QI*: JADE INSCRIPTION (4THBCE)

❖ To guide the *qi*, allow it to enter deeply [by inhaling] and collect it [in the mouth]. As it collects, it will expand.

❖ Once expanded, it will sink down. When it sinks down, it comes to rest. After it has come to rest, it becomes stable.

GUIDING (2)

- ❖ When the *qi* is stable, it begins to sprout. From sprouting, it begins to grow.
- ❖ As it grows, it can be pulled back upwards. When it is pulled upwards, it reaches the crown of the head.
- ❖ It then touches above at the crown of the head and below at the base of the spine.
- ❖ Practice this and attain long life. Go against this and die.

DAO YIN 導引

- ❖ *dao*: guide (*qi*)
- ❖ *yin*: stretch (body)
- ❖ Dao-yin indicates all positions of the body : physically lengthening muscles and opening joints to allow better energy flow
- ❖ mentally (with breath) guiding *qi* through channels and visualizing it in organs
- ❖ actively connecting to Heaven and Earth, developing cosmic, spiritual awareness

DAOYIN TU: EXERCISE CHART

❖ Mawangdui, 168 BCE

❖ Pictures /
captions

❖ 44 images

❖ poses / moves





《导引图》复原图



PREPARATION

- ❖ Quiet place, special time, relax, open clothing
- ❖ Click teeth
- ❖ Beat the heavenly drum
- ❖ Swallow the saliva

SEASONAL PRACTICE

- ❖ Lie down on your back and exhale with *chui* and *xu* in order to pull in yin-*[qi]*.
- ❖ In spring, exhale several times with *xu* plus once each with *hu* and *chui*.
- ❖ In summer, exhale several times with *hu* plus once each with *xu* and *chui*.
- ❖ In [fall and] winter, exhale several times with *chui* plus once each with *xu* and *hu*.

FORMS OF EXHALATION

1. Hu 呼: blow out breath with rounded lips – dryness, general balancing.
2. Xu 嘘: gently expel breath with mouth wide open – cooling, releasing heat.
3. Chui 吹: sharply push out air with lips almost closed – warming, relieving dampness.

BREATHS ADDED LATER

4. Si 四: gentle, relaxed exhalation between slightly opened lips – letting go.

5. He 呵: strong breath with open mouth and guttural rasping – releases heat.

6. Xi 嘻: soft exhalation with mouth slightly open, sighing – opens tension.

YANGXING YANMING LU 养性延命录 (7TH C.)

- ❖ Use *chui* when you are cold and *hu* when you are warm. The breaths are most excellent in curing diseases.
- ❖ *Chui* drives out wind; *hu* eliminates heat;
- ❖ *Xi* drives out afflictions;
- ❖ *he* will descend *qi*;
- ❖ *Xu* disperses blockages;
- ❖ *si* moderates extremes.

- ❖ Since ordinary people are frequently given to extremes, they will use a lot of *xu* and *si*.

MEDICAL APPLICATION

- ❖ Heart disease: cold and heat – *hu* and *chui*
- ❖ Lung problems: distension and fullness – *xu*
- ❖ Spleen diseases: upward floating wind and a habitual itchy ache – *xi*
- ❖ Liver ailments: eye pain, worry, anxiety, and no joy – *he*



SUN SIMIAO 孙思邈: SYMPTOMS

- ❖ Heart: fire in dreams, red batons – cold: *bu* 30/10; hot: *chui* 50/10
- ❖ Liver: melancholy, eye trouble, green dreams, tigers, wolves – *he* 30/10
- ❖ Spleen: aches, yellow in dreams, infants playing with dangers – *xi* 30/10
- ❖ Lungs: swellings, dream of charming people, family members – *xu* 30/10
- ❖ Kidneys: excess cold, dream of terrifying animals, often black – *si* 50/10

YELLOW COURT 黄庭经

(8TH C.)

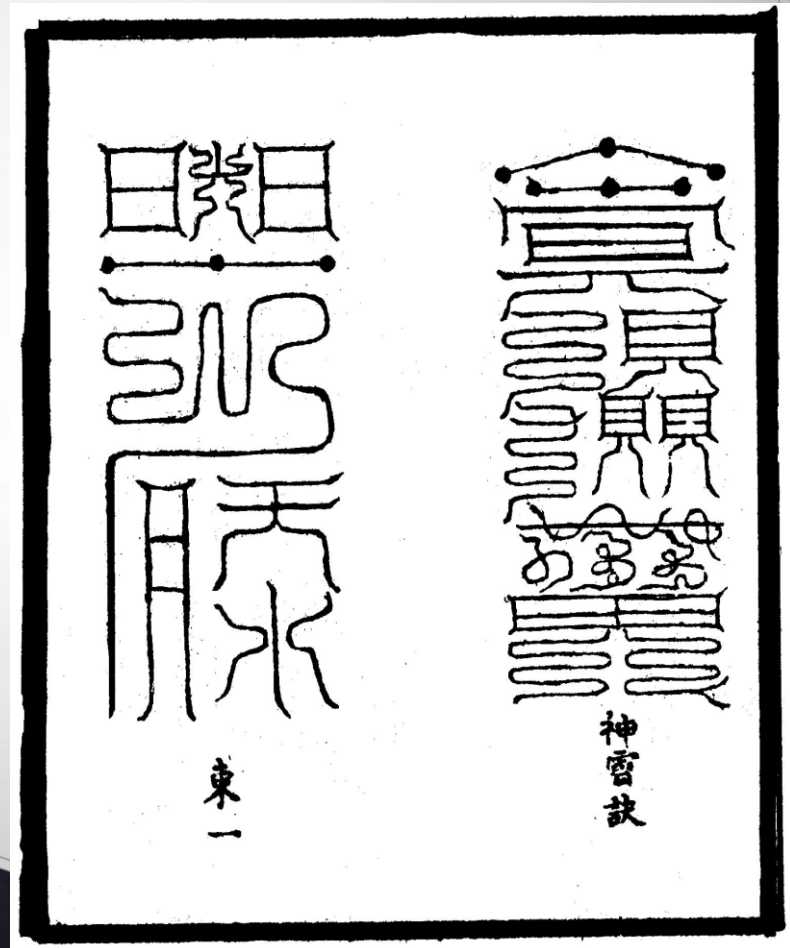
❖ Organ	cool	heat
❖ Liver	<i>xu</i>	<i>chui</i>
❖ Heart	<i>he</i>	<i>xu</i>
❖ Spleen	<i>hu</i>	<i>he</i>
❖ Lungs	<i>si</i>	<i>hu</i>
❖ Kidneys	<i>chui</i>	<i>si</i>
❖ Gall bladder	<i>xi</i>	<i>xu</i>

TIMING

- ❖ Practice at midnight [11 p.m.-1 a.m.], 9 x 9 or 81 times.
- ❖ Practice at dawn [3-5 a.m.], 8 x 8 or 64 times.
- ❖ Practice at breakfast [7-9 a.m.], 7 x 7 or 49 times.
- ❖ Practice at noon [11 a.m.-1 p.m.], 6 x 6 or 36 times.
- ❖ Practice in mid-afternoon [3-5 p.m.], 5 x 5 or 25 times.
- ❖ Practice at dusk [7-9 p.m.], 4 x 4 or 16 times.

RITUAL ACTIVATION

- ❖ Application of talismans
- ❖ Visualization of appropriate color
- ❖ Connection to body gods
- ❖ Chanting of incantation





CHANT

- ❖ Vermilion Elixir of the South:
- ❖ Be absorbed to feed my [internal] vermilion elixir [heart].
- ❖ I drink you through the Elixir Lake [lower teeth].



SYMBOLS & ANIMALS

❖ Heart

lotus blossom

red bird

❖ Liver

hanging gourd

green dragon

❖ Spleen

upturned bowl

phoenix

❖ Kidney

round rock

white deer

❖ Gall

hanging gourd

turtle & snake

MASTER NING: CLASSIC SYSTEM(*DAOYIN JING* 導引經 CA. 6TH C.)

Breath	Organ1	Organ2	Sense	Color	Emotion
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❖Si	lungs	large int.	nose	white	sadness
❖Chui	kidneys	bladder	ears	black	fear
❖Xu	liver	gall	eyes	green	anger
❖He	heart	small int.	mouth	red	hatred
❖Hu	spleen	stomach	skin	yellow	worry
❖Xi	pericardium	triple heater	glands	purple	



SEASONAL PRACTICE

- ❖ In spring, breathe *xu* for clear eyes and so wood can aid your liver.
- ❖ In summer, reach for *he* so heart and fire are at peace.
- ❖ In fall, breathe *si* to stabilize and gather metal, keeping the lungs moist.
- ❖ For the kidneys, next, breathe *chui* and see your inner water calm.

DAOSHU 道樞 (12TH C.)

- ❖ To exhale *xu* [liver], clench the hands into fists and open the eyes wide and look up.
- ❖ To exhale *si* [lungs], hold the knees with the hands right and left, then lift the head.
- ❖ To exhale *he* [heart], interlace the fingers to embrace the knees, then lift the head.
- ❖ To exhale *chui* [kidneys], lie on your back and clench the hands into fists.
- ❖ To exhale *hu* [spleen], drop the hands and then place them to embrace the spleen.
- ❖ To exhale *xi* [gall bladder], sit up straight and lift the head.

CHIFENG SUI 赤鳳髓 (1578)

- ❖ Liver: Exhale with *xu*, make sure the eyes are wide open.
- ❖ Lungs: Exhale with *si*, make sure the hands protect the lungs.
- ❖ Heart: Exhale with *he*, cross the hands above the head.
- ❖ Kidneys: Exhale with *chui*, wrap your arms around the knees.
- ❖ Spleen: Exhale with *hu*, pucker your lips.
- ❖ Triple Heater, Exhale with *xi* – balance all. This is a subtle and powerful secret.
- ❖ Practice these six daily and your body will feel ever better.