



The Six Healing Sounds: Taoist Techniques for Balancing Chi

By Mantak Chia

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The Six Healing Sounds: Taoist Techniques for Balancing Chi By Mantak Chia

The Six Healing Sounds that keep the vital organs in optimal condition

- Presents vocalizations and accompanying postures that dissolve the tensions at the root of unhealthy chi flow and organ malfunction
- Shows how to release excess heat trapped around the organs and redistribute it to cooler regions of the body to bring balance, health, and calmness to the entire system
- Includes a 40-minute audio CD of practices for balancing chi

Thousands of years ago Taoist masters discovered that a healthy organ vibrates at a particular frequency. They found six sounds with the correct frequencies to keep each organ in optimal condition. To accompany these Six Healing Sounds, six postures were developed to activate the acupuncture meridians, or energy channels, of the corresponding organs.

In *The Six Healing Sounds* Master Mantak Chia explains how the pressures of modern life can cause excess heat to become trapped around the organs, causing energy blockages and sickness. He shows readers how the vibrations of the Six Healing Sounds and their accompanying postures redistribute this excess heat to the cooler regions of the body, thereby stimulating and balancing chi energy and restoring the vital organs. Regular practice of the Six Healing Sounds promotes optimal health for the organs, increased sexual pleasure, emotional balance, and the prevention of illness.

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Editorial Review

Review

"Grand Master Mantak Chia brings together *The Six Healing Sounds* for those who are beginning training in the Taoist tradition. This informative book includes detailed drawings of the different poses, plus a calming CD of the practices of balancing chi." (Vicki Burr, *New Connexion*, May/June 2010)

From the Back Cover

HEALTH / MARTIAL ARTS

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The 40-minute CD that accompanies this book provides an overview by Master Chia of the distinctive qualities of each of the Six Healing Sounds--their associated season, color, and positive and negative emotions. This overview is followed by guided instructions for each of the six sounds exercises.

A student of several Taoist masters, MANTAK CHIA founded the Universal Healing Tao System in 1979 and has taught and certified tens of thousands of students and instructors from all over the world. He is the director of the Garden Integrative Medicine Health Spa and Resort training center in northern Thailand and the author of 33 books, including *The Taoist Soul Body*, *Sexual Reflexology*, and the bestselling *The Multi-Orgasmic Man*.

About the Author

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