



The Six Healing Sounds: Taoist Techniques for Balancing Chi

By Mantak Chia

Download now

Read Online 

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.

 [Download The Six Healing Sounds: Taoist Techniques for Bala ...pdf](#)

 [Read Online The Six Healing Sounds: Taoist Techniques for Ba ...pdf](#)

The Six Healing Sounds: Taoist Techniques for Balancing Chi

By Mantak Chia

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.

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

- Sales Rank: #303517 in Books
- Brand: Unknown
- Published on: 2009-03-09
- Released on: 2009-03-09
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .30" w x 6.00" l, .42 pounds
- Binding: Paperback
- 96 pages



[Download The Six Healing Sounds: Taoist Techniques for Bala ...pdf](#)



[Read Online The Six Healing Sounds: Taoist Techniques for Ba ...pdf](#)

Download and Read Free Online *The Six Healing Sounds: Taoist Techniques for Balancing Chi* By Mantak Chia

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

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 Healing promotes optimal health for the organs, increased sexual pleasure, emotional balance, and the prevention of illness.

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

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 Tao Garden Integrative Medicine Health Spa and Resort training center in northern Thailand and the author of 31 books, including *The Taoist Soul Body*, *Sexual Reflexology*, and the bestselling *The Multi-Orgasmic Man*.

Users Review

From reader reviews:

Rodney Alvarez:

What do you concentrate on book? It is just for students as they are still students or the idea for all people in the world, what best subject for that? Just you can be answered for that problem above. Every person has

several personality and hobby for each and every other. Don't to be pushed someone or something that they don't need do that. You must know how great along with important the book The Six Healing Sounds: Taoist Techniques for Balancing Chi. All type of book is it possible to see on many resources. You can look for the internet sources or other social media.

Donna Miller:

Book is to be different for each and every grade. Book for children right up until adult are different content. As it is known to us that book is very important for all of us. The book The Six Healing Sounds: Taoist Techniques for Balancing Chi has been making you to know about other know-how and of course you can take more information. It is very advantages for you. The reserve The Six Healing Sounds: Taoist Techniques for Balancing Chi is not only giving you much more new information but also to get your friend when you experience bored. You can spend your own personal spend time to read your guide. Try to make relationship with all the book The Six Healing Sounds: Taoist Techniques for Balancing Chi. You never experience lose out for everything should you read some books.

Salina Rodriguez:

As a student exactly feel bored for you to reading. If their teacher requested them to go to the library as well as to make summary for some book, they are complained. Just small students that has reading's heart or real their hobby. They just do what the educator want, like asked to the library. They go to right now there but nothing reading very seriously. Any students feel that reading through is not important, boring along with can't see colorful pics on there. Yeah, it is for being complicated. Book is very important to suit your needs. As we know that on this period, many ways to get whatever we want. Likewise word says, many ways to reach Chinese's country. Therefore , this The Six Healing Sounds: Taoist Techniques for Balancing Chi can make you really feel more interested to read.

Ronald Meyers:

A lot of people said that they feel bored stiff when they reading a publication. They are directly felt this when they get a half parts of the book. You can choose the book The Six Healing Sounds: Taoist Techniques for Balancing Chi to make your current reading is interesting. Your skill of reading proficiency is developing when you such as reading. Try to choose very simple book to make you enjoy to learn it and mingle the opinion about book and looking at especially. It is to be 1st opinion for you to like to available a book and study it. Beside that the publication The Six Healing Sounds: Taoist Techniques for Balancing Chi can to be a newly purchased friend when you're really feel alone and confuse in doing what must you're doing of this time.

Download and Read Online The Six Healing Sounds: Taoist Techniques for Balancing Chi By Mantak Chia #7DWXYPF1O8

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

The Six Healing Sounds: Taoist Techniques for Balancing Chi By Mantak Chia Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Six Healing Sounds: Taoist Techniques for Balancing Chi By Mantak Chia books to read online.

Online The Six Healing Sounds: Taoist Techniques for Balancing Chi By Mantak Chia ebook PDF download

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

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

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

7DWXYPFI1O8: The Six Healing Sounds: Taoist Techniques for Balancing Chi By Mantak Chia