

# *Song of Hygiene about the Six Healing Sounds*

*by Sun Si-Miao (581-682A.D.)*

*The Liver and spring are classified as Wood elements; the Xu sound in the spring will brighten the eyes and relieve liver stagnation.*

*The Heart and summer are classified as Fire elements; the Ke sound in the summer will relieve fire in the heart.*

*The Lungs and fall are classified as Metal elements; the Si sound in the fall will nourish the lungs.*

*The Kidneys and winter are classified as Water elements; the Chui sound in the winter will keep the kidneys at ease.*

*The Xi sound will regulate the Triple Burner and eliminate annoying heat.*

*The Hu sound during the four seasons will assist the assimilation of food by the spleen.*

*It is not necessary to make any noise when you practice. The benefit is greater than miraculous pills.*

