

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.

