

# Poem of the Six Healing Sounds

by Tao Hung-jing - (6<sup>th</sup> Century)

One should take air in through the nose and let it out slowly through the mouth...

There is one way of drawing breath in and six ways of expelling breath out.

The six ways of expelling breath are represented by the syllables Xu, He, Hu, Si, Chui, Xi

The six ways of exhalation can cure illness:

to expel heat, one uses chway;

to expel cold, one uses hoo;

to relieve tension, use shee;

to release anger, use her;

to display malaise, use hsii;

and to regain equilibrium, use sss.

