



Breathing Therapy ~ the Six Healing Sounds

The six healing sounds breathing handout

Clinical studies have proven that an increase of oxygen from correct breathing techniques has a major effect on reducing stress and anxiety and will improve the overall health of the person practicing breathing exercises.

The production of the Six Healing Sounds should be done according to the following general method. Sit comfortably on the edge of a chair with your spine erect and your head held upright. Place your feet flat on the floor with the knees slightly apart and rest the palms of your hands on your thighs. Make all your inhalations through the nose and direct your breath into the lower abdomen. Expand the lower abdomen while inhaling and contract it when exhaling, so that the breath completely leaves the body. *The exhalation should be much longer than the inhalation.*

When exhaling a sound, do so from the lower abdomen, not from the throat! Although the inhalation through the nose remains the same for each of the six different sounds, the manner of exhalation differs for each, and the instruction and effects for each sound are provided below. After inhaling and expelling a sound, breathe normally through the nose for a couple of breaths before making the sound again; this will help you to avoid making your breathing erratic or stressed.

The Six Healing Sounds are listed on the next page with instructions. Repeat each sound six times.

The six healing sounds breathing handout

- SHOO
Making the sound **shoo** alleviates problems associated with a sense of depression. The vibration of this sound positively affects the liver and gall bladder. When you have completed the **shoo** sound six times you will feel as if your problems are far away and you can smile. Purse your lips and make the sound **shoo** for the length of the exhalation. The jaw should be slightly open and your tongue should be curled slightly upward.
- HAA
Making the sound **haa** alleviates anger. The vibration of this sound calms the heart and regulates the small intestine. Open the mouth wide and generate the sound **haa**. The tip of the tongue is held lightly against the inside of the lower teeth.
- HOO
Making the sound **hoo** regulates the body temperature, so as not to become too *cold*. The vibration of this sound balances the spleen, pancreas, and stomach. Purse the lips and make the sound **hoo**. The jaw should be slightly open and the tongue curled slightly downward.
- SSS
Making the sound **sss** helps to regain equilibrium in the nervous system and the body. The vibration of this sound cleanses the lungs and regulates the large intestine. With the upper and lower teeth held gently together and the tongue placed directly behind the teeth, draw the lips back and make the sound **sss**.
- FOO
Making the sound **foo** regulates the high body temperature. The vibration of this sound stabilizes the kidneys, bladder, and adrenal glands. Purse the lips and make the sound **foo**. The jaw should be slightly open and the tongue drawn slightly back and up towards the roof of the mouth.
- SHEE
Making the sound **shee** relieves stress, tension, and anxiety. The vibration of this sound regulates the blood circulatory system and the central nervous system. If you are under stress, the making of this sound should be performed thirty-six times. With the upper and lower teeth held gently together and the tongue pressing lightly against the upper teeth, draw the lips back and make the sound **shee**.