



TOUCHING CHI

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CAMTC 38722

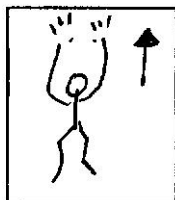
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## The Six Healing Sounds and Smile to Your Organs

Slow, quiet movements; remain still and focused inside. Picture the sound's color with a smile between your eyes.



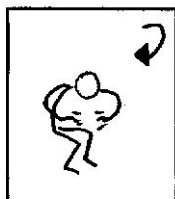
### 1) Palms facing up; look up

**SSSSS**

Metal-white-fall season (+) courage, sensitivity (-) sadness

*Nose → wind pipes → lungs → diaphragm → Large intestine → skin*

Power of courage, maturity, refinement, discernment



### 2) Arms around knees; clasp fingers, pull; look up

**WOOOO**

Water-deep blue-winter (+) creativity, gentleness (-) fear

*Ears → kidneys → bladder → reproductive organs → bone marrow → bones → teeth*

Power of gentleness, life giving force, creation, willpower



### 3) Bend to left; palms up fingers interlaced; look up

**SHHHH**

Wood-green-spring (+) understanding, kindness (-) anger

*Eyes → optic nerves → brain → spine → nervous system → liver → gall bladder*

Power of generosity and kindness, power of growth, understanding, reason, mind power, clarity



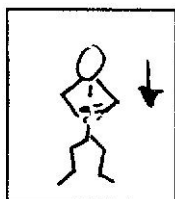
### 4) Bend to the right; fingers interlaced palms up; look up

**HAAAA**

Fire (cardiovascular)-red-summer (+) spirit, joy (-) impatience

*Tongue (speech) → heart → small intestines → blood cells → blood*

Power of high spirit, joy, intuition, communication, consciousness



### 5) Fingers of both hands beneath sternum on left side; look up

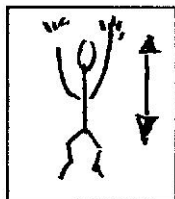
**press in as you push middle back outward**

**HOOOO**

Earth-yellow gold-Indian summer (+) balance (-) worry

*Mouth → taste (swallow) → stomach → spleen → digestive system → muscles → lymphatic system*

Power of stability, consistency, balance, nurturing, synchronicity



### 6) Inhale into chest, solar plexus & lower abdomen.

**HEEEE**

Fire (endocrine glands)-violet (+) healing, harmony, brings hot energy down and cool energy up to higher centers

*Pituitary → pineal → thyroid → thymus → pancreas → adrenals → gonads*