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The Six Healing Sounds (*Liu Zi Jue*) Metaphor Balances – Discovering The Sound That You Need

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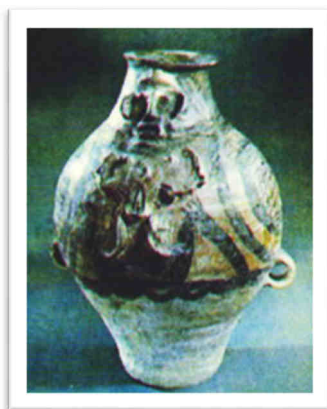
Abstract:

It has been a long tradition in the Chinese health preservation culture that sounds and breathing patterns are used to guide the flow of Qi in the human body for health and healing. The earliest relics dated back to pottery of 5,000 years ago, while written records dated back to the Warring States period (476B.C. to 221B.C.) This lecture compares various ancient and contemporary methods based on the Six Healing Sounds (or *Liu Zi Jue*/六字訣), based on written records from the Southern and Northern Dynasties (420-589) to the most recent development in the so-called Health Qigong as researched, edited and recognized by the Chinese sports authorities. *Liu Zi Jue* provides an ancient and unique structure in which kinesiologists can further expand the applications of sounds and their metaphors in balances. The key is to go beyond the six sounds to discover the sound or sounds you need in that moment of time for that balance!

A summary of the lecture:

From Early Relics of Breathing Exercises to Six Healing Sounds (*Liu Zi Jue*)

The use of sounds and breathing patterns to guide the rise and fall of Qi in the human body is a long health preservation tradition in China. An image of a man with a female body doing a qigong breathing exercise with the mouth open can be seen on a coloured pottery jar dating from the Ma Jia Yao culture (馬家窯文化) which flourished some 5,000 years ago. This relic which was discovered in 1975 in Tsinghai Province is a testimony to the fact that the ancient Chinese attempted to use deep breathing to regulate Yin and Yang, and thereby treat diseases and increase the life span.



- An image of a man with a female body doing qigong breathing exercises was found in a coloured pottery date from Ma Jia Yao culture 5,000 years ago in Tsinghai Province of China.

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Documents of later times contained detailed descriptions of breathing techniques, including the *Classic of Internal Medicine*《黃帝內經》, *Inscription of the Circulation of Qi On a Jade Pendant* of the Warring States period (戰國行氣玉佩銘), and the brocade painting of the Western Han Dynasty named *Ma Wang Dui Illustrations of Qi Conductions*《馬王堆導引圖》 which contains some illustrations of breathing exercises.



- *Inscription of the Circulation of Qi On a Jade Pendant* from the Warring States period.



- Examples from the 44 pictures of *Ma Wang Dui Illustrations of Qi Conductions*, *Breathing Out with Head Raised* (仰呼) and *Regulating Yin and Yang* (坐引八維), depicting breathing exercises.

The term *Liu Zi Jue* first appears in a book entitled *On Caring for the Health of the Mind and Prolonging the Life Span*《養性延命錄》written by Tao Hongjing (陶弘景) of the Southern and Northern Dynasties (420-489), a leading figure of the Maoshan School of Taoism. In his book, Tao writes, “There is only one way for inhalation, but six for exhalation – CHUI(吹), HU(呼), XI(唏/[嘻]), HE(呵), XU(噓) and SI(呬). CHUI gets rid of heat; HU sweeps away wind; XI eliminates worries; HE promotes the circulation of energy; XU drives out cold; and SI reduces stress.” Then he writes, “Those with heart disease should practise CHUI, and HU, to drive away cold and heat. Those with lung diseases should practise XU, to relieve swelling of the chest and diaphragm. Those who spleen disease should practise XI, to eliminate wind, itchiness, pain and stress. Those with liver problems and eye pain should practice HE for cure.” Similar but varied advices were given and supplemented by health specialists of later dynasties in China. In recent years, the Chinese Health Qigong Association of the Chinese sports authorities, in its attempt to unify and modernize qigong, researched, recompiled and re-edited a form of *Liu Zi Jue* called Health Qigong *Liu Zi Jue*.

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Comparison of the Ancient and Contemporary Six Healing Sounds Methods

The theoretical basis of the *Liu Zi Jue* exercises is in line with the ancient theories intrinsic to Traditional Chinese Medicine of the Five Elements and the five Yin organs.

Tao Hongjing's method in the Southern and Northern Dynasties and Sun Si Simiao's 孫思邈(581-682) methods of Tang Dynasty (618—907) who wrote in *Thousands of Golden Methods for Emergencies* 《準急千金要方》, are similar. Both start from the heart of the fire element, follow the control/Ke cycle (相剋循環) of the law of five-elements to work on the other four Yin organs:

CHUI, HU	XU	HE	XI	SI
Heart	Lung	Liver	Spleen	Kidney
Fire	Metal	Wood	Earth	Water

Zou Pu'an 鄒樸庵 of Song Dynasty (960—1279), in his *Supreme Knack for Health Preservation – Six Healing Sounds and Breathing Exercises* 《太上玉軸六字氣訣》, changed the relationship between the sounds and organs, and also changed the transmission of the exercises from control cycle to facilitation/ Sheng cycle (相生循環) of the five elements except that transmission from SI and XU still follows the control cycle:

HE	HU	SI	XU	XI	CHUI
Heart	Spleen	Lung	Liver	Gall Bladder	Kidney
Fire	Earth	Metal	Wood	Wood	Water

In Ming Dynasty, Leng Qian (冷謙) wrote in his *Four Seasons Songs for Curing Diseases* 《四季却病歌》 of the book *Keys for Longevity* 《修齡要指》 relates the six sounds with the four seasons. He says, “XU in spring for the liver and eyes; HE in summer for closing the heat of the heart; SI in autumn for harvesting metal and lubricating the lungs; CHUI for the kidneys; XI for the Triple Warmer to eliminate heat and the feeling of unwell; HU in all the four seasons for the spleen to transform food.”

An contemporary authoritative work on the subject is *Ma Litang's Liu Zi Jue* (馬禮堂 六字訣) for clinical application, an example in which the Five Element facilitation cycle is adopted:

XU	HE	HU	SI	CHUI	XI
Liver	Heart	Spleen	Lung	Kidney	Triple Warmer
Wood	Fire	Earth	Meta	Kidney	

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This theoretical framework and sequence was later adopted the Chinese sports authorities in the Health Qigong *Liu Zi Jue* exercises – the form of *Liu Zi Jue* officially recognized and promoted to the general public today.

Besides the sequence of the six sounds and their relationships with the internal organs, there are also these variations in ancient texts:

- 1) Applying *Liu Zi Jue* with sound or without sound - Tao Hongjing's method are practised with sounds. Some others emphasized "the ear should hear no sound" (而不得聞其聲). Others said practise with sound for beginners and no sound for proficient practitioners.
- 2) With body movements or without movement – No body movements accompanied the *Liu Zi Jue* exercises until the Ming Dynasty (1386 - 1644) when Hu Wenhuan (胡文煥) and Gao Lian (高濂) wrote books on the subject for dispelling diseases and prolonging the life span (去病延年六字訣), which combines controlled breathing with physical exercises.

Besides the above variations, there are also different points of view on the pronunciation of sounds, especially the sounds of HE and SI, the correct mouth forms, etc.

Six Healing Sound Metaphor Balances - Finding the Sound that You Need

With muscle testing, one can find the sound that one needs in a kinesiology balance. For example, one can use the simple indicator change or the principles of one-point balance in Touch for Health using the law of Five Elements to find out the point of balance, and thus, the sound that one needs. When a sound is found, one can also ask questions related to the metaphors of the sounds, according to the following principles:

- 1) Meanings of the movements
- 2) Meanings of the meridians
- 3) The body parts where the sounds originates – teeth (molar) for XU, tongue for HE, throat for HU, teeth (front teeth) for SI, lips for CHUI, and teeth (molar) for XI
- 4) Principles of the Five-elements

Muscle-testing is one way. The other is to discover the sound you need by self-awareness. The sound that you or the client generates will be unique for each balance:

- 1) Empty your mind. Connect with yourself. Connect with the client.
- 2) Let the sound comes out from the body and flow with the sound.

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You may be surprised the kind of sound or sounds which come out in a balance. For example, the sound of an animal will bring you in resonance with the world of the animal, and the qualities and information that the animal may bring to you. e.g. what is the inspiration you get from the sound of silence for an earthworm, or the sound of a howling monkey?

Sound has been used in ancient as well as contemporary times to improve health and cure diseases. *Liu Zi Jue* in its variety of methods provides a structure in which kinesiologists can start experimenting or widen their scope of applications of sounds in balances. The key is to go beyond the structure of the six sounds and to discover the sound/sounds that you need in that moment of time for the balance! What sound do I need for this moment in life?

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- We facilitate balance -