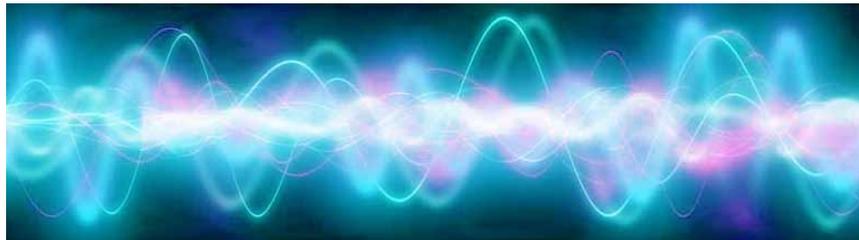
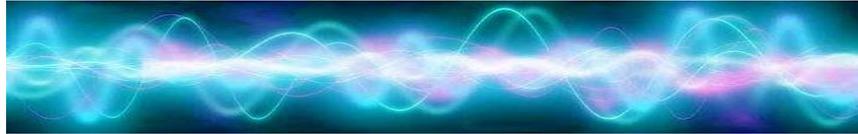


**Barefoot Doctor's**  
**Taoist**  
**Healing**  
**Sounds**  
**Companion Notes**





## WELCOME TO THE TAOIST HEALING SOUNDS

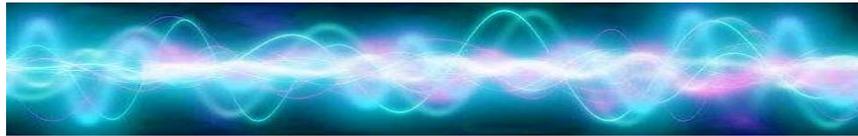
Among their vast panoply of healing techniques the Taoist sages of the ancient orient laid great store in the six healing sounds, which they suggested if practiced daily without fail will add a new layer of efficiency, strength, pep and resilience to your vital organs, which between them command every function of body and mind and even determine the development of external factors, finances, social life, personal life and so on.

The rationale behind it is that the entire universe is predicated on a sound-wave operating at 50 octaves below human hearing, and that sound is the original form of energy or heat.

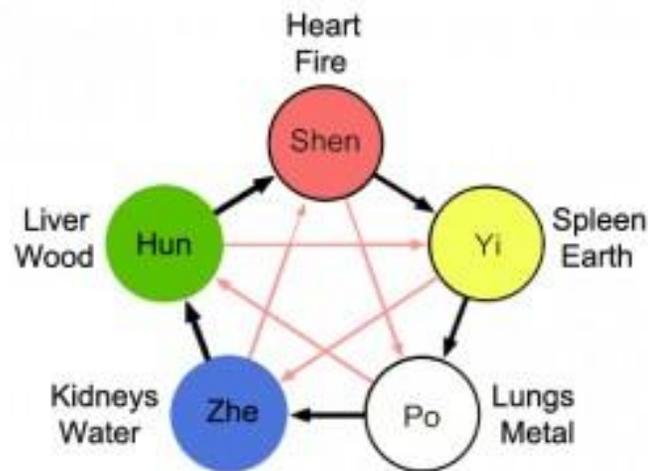
We call this sound wave the background radiation wave and consider it a result of the radiation of heat from the initial 'big bang', that's still inflating the universe. And if you tap that sound and strike a resonance with it by daily vocal toning practice you benignly affect your own psycho-physical structure.

They suggested this sound wave is comprised of five distinct elements all encased and bound by a connective agent.

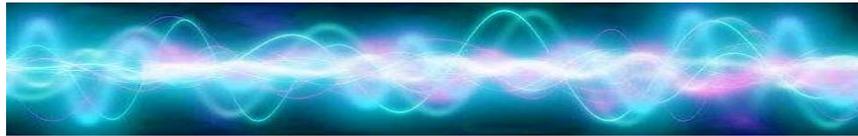
These elements were described poetically as water, denoting flow; wood, denoting growth (as in trees); fire, denoting excitation; earth, denoting organization and form; and metal, denoting the distinction between the cosmic individual levels of consciousness.



In the body these relate as follows: water corresponds with the kidneys, wood, with the liver, fire with the heart, earth with the spleen, and metal with the lungs.



Each of the elements has a sound which combined comprise the background radiation wave. Toning the sound directs the cosmic energy (sound is energy) to the organ.



That's the premise, however, if only as a device for focusing your consciousness on each organ in turn each day, it's a valid and efficacious practice just for that, because wherever you send your consciousness, chi follows it, and blood follows the chi.

However I expect you'll find like me, with a bit of daily practice it's quite evident the sounds have an actual effect.

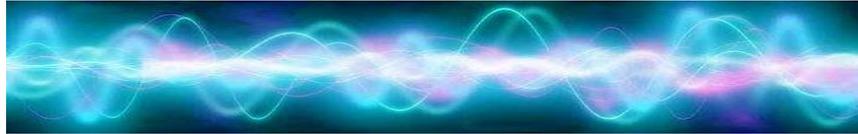
## HEALING

In learning the healing sounds, it naturally helps enormously to be aware of what the Taoists mean by healing and health and how the healing sounds fit in.

Healing derives from *Old German, heilen*: to make whole, meaning a process whereby you're restored to wholeness, restored to factory settings, as you were in utero – perfect.

And here's where the paradox comes in: you are already whole and always have been – already healed. The aspect of you that experiences disease is an illusion – a damn clever and convincing one but a trick of the light nonetheless.

And when you're healing yourself (or another), you're seeing past the illusion of disease to the wholeness behind it, and when you see it clearly enough, its power, so to speak, takes



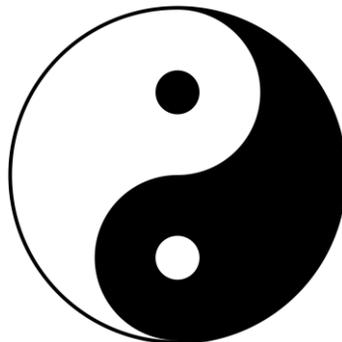
over and the illusion of disease is dispelled and the actual condition as experienced in real time is healed.

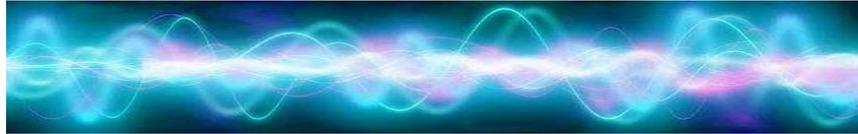
Let me explain: the Tao means the Unity – the unity of everything (and everyone), the primordial consciousness and energy informing everything (and everyone).



At its core the Tao remains non-manifest, it remains in the undifferentiated, absolute state – non-existence. And it's evidently its nature to burst forth into manifestation (as this multidimensional multiverse), which it does by fragmenting itself into an infinite number of parts. Each of these parts is naturally imbued with amnesia so doesn't ostensibly realize itself as a fragment of Tao, yet is imbued with an innate drive to seek its origin.

As soon as things burst forth into manifestation, they become subject to the cyclic alternating contracting and expanding dynamic the Taoists termed yin and yang, hence each individuated entity's urge to exist is matched by an urge to destruct, whence comes disease. There's nothing personal about it, it's all purely transpersonal – just the nature of existence doing its eternal dance of equilibrium. Hence everything in the universe is transient.





And nothing is as it seems. Hence why the Buddhists call this the realm of illusions – it's just one vast magic lantern show, including the illusion of you being you. Disease is an illusion and she or he who suffers an illusion likewise.

Restoration to your former state of wholeness, which in fact you'd not lost in the first place, hence healing constitutes a dispelling of illusions. By connecting back to the great presence within, as opposed to continuing to be bamboozled into believing you, or the person being treated, is merely the local apparition of self.

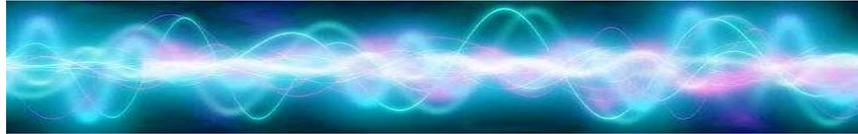


Disease derives from fragmentation – fragmentation of various aspects of the psyche or soul through trauma, shame, phobias, complexes and so on.

Fragmentation is an illusion. Therefore disease is an illusion. When addressing someone in need of healing, including addressing yourself, you don't see disease, you see a person, and then you see even beyond a person, to the great presence behind it.

The great presence within, what we might call the soul, and which the Taoists call the immortal spirit, is whole and knows no fragmentation or disease.

The art of healing lies in guiding the subject (which might be you yourself), back to awareness and identification with the great presence. Once this is attained, the body and locally referenced mind spontaneously retrieves its balance and symptoms clear up of themselves.



However balance is not a static state, which once attained to remains stable – balance is a fluid state and needs constant adjustment to maintain. But this process is fun and not a chore.



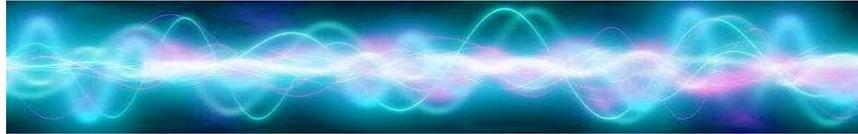
The healing agent itself is chi, the psychoactive energy produced by the Tao setting itself in motion (as the multidimensional multiverse), and the same in nature as the light of the sun or any star.

When you reduce the static derived from stressing yourself, and in turn the muscles and soft tissue relax, chi flows freely. Wherever chi goes, blood follows, and hence healing is brought about.

Because sound is the primary expression of energy from both a cosmological point of view and physiologically, by mentally directing sound to any part of you, you increase the movement of chi towards it at the deepest level.

## **FIVE ELEMENTS & THE HEALING SOUNDS**

The way it all works is as follows. Your body, comprising the bones, the bone marrow, the joints, the tendons and ligaments, the muscles, the connective tissue, the vital organs, the bowels, the sex organs, the blood and other vital fluids (spinal fluid, synovial fluid, lymph and so on), and their respective vessels, the sense organs, and the brain and nervous system - is subject to and predicated on the 'dance' of the five elements as follows:



## Water



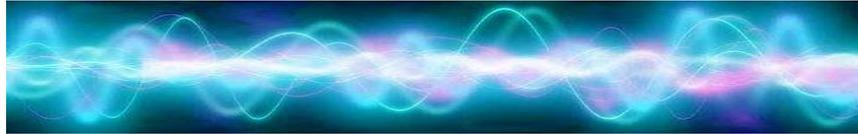
Water is the elemental force that provides flow, controls the kidneys. The kidneys control the bones, bone marrow, and joints. They control the health of the brain and nervous system. They also control the hearing (the ears are thought of as the 'flowers' of the kidneys). The varying strength of the kidneys dictates your levels of will – the will to live and the will to do whatever it is you wish to do. They also control your sex-drive.

When weak you feel anxious and nervous and prone to worry. When strong you feel fearless. They obviously also control your bladder and associated functions. And because no differentiation is made between the inner and outer, or between mind and body, their strength also dictates how well you flow in life and, by way of reflection, then how well life flows for you.

## Wood



The water causes things to grow – trees for instance. Wood expresses itself in the body through the liver, again deriving



from *Old German*, meaning exactly what it sounds like, that which gives you the urge to live life fully.

The liver controls the tendons and ligaments. The eyes are the 'flower' of the liver and control both outer vision and inner vision.

Aside from its recognized function of purifying the blood, the liver (along with the gall bladder) controls your entire digestive system, and willingness to digest, not just food, but ideas and awarenesses. The liver gives you your lust for life, your greed for experience and is considered to be the 'home' of the primal or wild self.

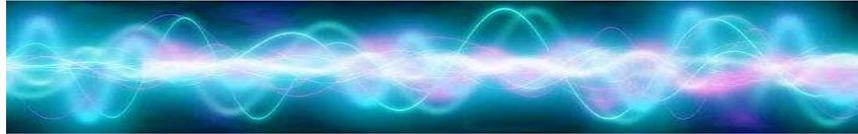
When strong you have natural confidence and feel like engaging and playing the game. When weak you feel retiring, shy, introvert and depressed (meaning pushed down, as in the suppression of the wild self). When overheated you feel angry, frustrated, resentful, irritated, impatient and/or *livid*.

## Fire



However all things come to an end and eventually the wood gets used for firewood – wood feeds fire, which expresses itself through the heart, so in the same way as the kidney strength supports the liver, the liver strength supports the heart.

The heart controls the blood and blood-circulation as you know, but it also controls the mind in the sense of housing consciousness in the body (the brain acts as a servo unit for the heart, but without the heart chi, the brain wouldn't be able to keep the consciousness flowing through it) – it controls the sense of self or ego (in the Freudian sense, not in the sense of the pride, vanity, lies and artifice comprising



the ego-defenses most people mistakenly refer to as the ego), hence it controls how you relate to your own story (the basis of mental health or mental ill-health depending on whether at peace or not with your story, or version of it).

Along with a sense of self, it also affords you the power of speech and communication with others (and self) in general, so the self can connect with others, which is obviously vital to survival. It also controls long term memory, so you can appreciate and gain in the here and now by the wealth of experience your story so far affords you.

It controls your dreams, both in the literal sense and the dream/s you wish to make come true this lifetime. It also provides you with the capacity to care about things, about people, about living beings of any kind, and about life in total.

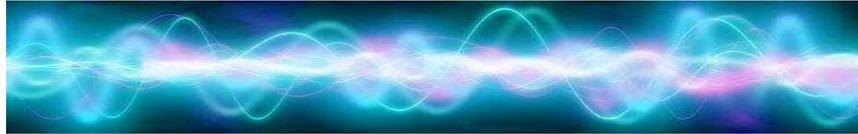
And it's this that gives you your humanness. It 'flowers' into the tongue, so controls your ability and desire to taste, not just flavors of food or fluids, but to taste the various flavors of life on offer.

When the heart chi is balanced, you feel naturally excited, joyous and elated simply being alive no matter how hard, austere or messy things may be.

When the heart chi is flat you feel dispirited and deflated no matter how easy, plush and sorted things may be. When the heart chi is balanced you feel courageous. When it's flat you feel discouraged and defeated. When overheated you feel over-excited (as when people resort to high-pitched nervous giggles and shrieks).

## Earth





By and by the fire cools and produces ashes or earth. The earth element controls all aspects of life associated with the material plane and provides the requisite degree of organizational and logistical drive to keep things orderly and functioning including efficient husbandry of resources and channeling of money and material wealth.

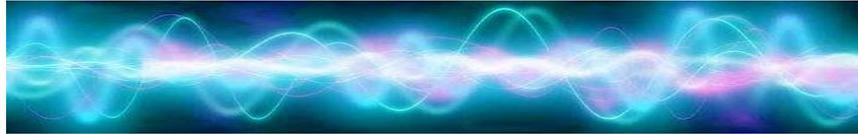
And it does so through your spleen (and pancreas), along with the stomach, by which it controls food assimilation, weight regulation, muscle tone, keeping everything where it ought to be both within the body (the blood in the arteries and veins, the organs in their rightful places, the muscle tone from being flaccid), and externally in terms of you being sufficiently organized on the practical level to sustain a thriving life.

The spleen produces the blood itself, the basis for remaining alive in a physical form, i.e organized. It controls the muscles as I said. And it controls the muscularity of your approach to things – hence stamina, strength, strength of mind and so on. It also controls the practical thinking aspect of mind, the intellect or rational mind and short-term memory, all essential components of being organized.

When the spleen chi is balanced you're able to focus and get things done, life is organized and you can think clearly about what to do, how to do it, and when to do it – the spleen governs time-management skill.

When the spleen is weak and 'soggy/damp' you turn things round and round in your head and worry. When the spleen is overheated and 'dried out' you overthink, over-rehearse, over-contrive and generally overdo everything.

When the spleen is balanced money flow tends to be so too. The spleen 'flowers' into the lips hence the urge to kiss and honor a love or seal a tryst – the strength of the spleen determines the degree of sensualism you're experiencing of life on the material plane.



## Metal



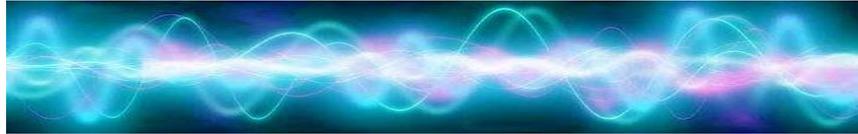
The earth contains rocks (metal) – Earth feeds Metal in other words - metal or rocks enable water to flow in discrete channels hence metal feeds/facilitates water and the cycle is complete.

Metal enables flow – metal provides conduit in general and specifically and most importantly, the conduit that connects you to the universal primordial consciousness or 'Great Spirit' as the Native Americans sometimes refer to it, hence connects you to the source of original thought ie creativity, and so provides you the inspiration (from the Latin meaning literally being filled with spirit) and enthusiasm (from the Greek meaning literally being filled with divinity), necessary to stop life feeling like a mindless drudge. Metal expresses itself through the lungs.

The lungs control the skin, the outer layer of self. They obviously facilitate breathing, hence keep you alive, and are the only vital organ in whose otherwise autonomic functions you can actively intervene (to slow down, soften, quieten, regulate or deepen the breathing rhythm, and thus alter your state of mind).

And as the exhalation signifies a letting go of the moment just gone, and the inhalation signifies an embracing of the next, the lungs control your capacity for remaining present, perhaps the most important mode to achieve, as only in the here and now can you function fully and not just with bits of you.

When the lungs are balanced you're present-centered as the default – your mind doesn't feel drawn into projected futures



(as happens when the lungs overheat) on the one hand, or grieving, lamenting, regretting or longing for the past (as happens when the lungs are weak), neither of which states serve you and indeed actively impede you, health-wise and every other way. The lungs flower into the nose, so determine how life smells to you, the basis of intuition.

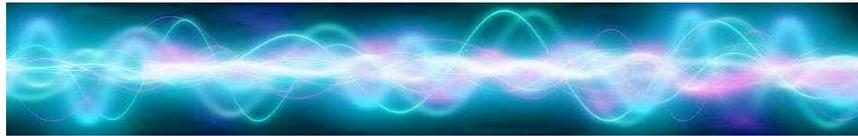
### Energy Sphere



Though there are only five vital organs there are six healing sounds – and it's not just one for luck.

The overall combined effect of all your organs processing chi is the production and maintenance of a 3D spherical protective energy field all around (and within) you.

This field neutralizes all toxic chi both incoming and outgoing, protects you from 'psychic invasion, and generally makes and keeps you strong on all levels. The sixth healing sound contains all the other five and many masters use the five merely to warm up for the sixth, which in many ways is the most important.

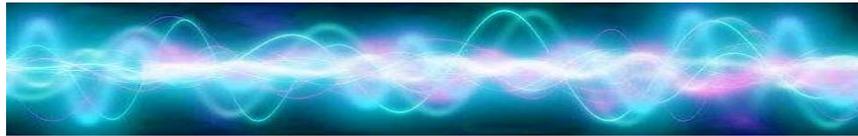


## HEALING SOUNDS & THE ORGANS

The healing sounds get the organs vibrating fully. The sounds are credited with the power to heal, based on the fact as I say that this entire cosmos is predicated on a sound-wave, hence everything is originally sonic and can therefore be effected at an intrinsic level via sound. However, when chanting the sound while thinking of the organ the mind naturally directs itself there and one basic tenet of energy healing of any sort, is that where the mind goes, the chi follows and the blood follows that.

We're also going to talk to each organ as if talking to an old friend you haven't seen for a while, to say thanks and so on. This may seem facile or plain daft, and in itself it is, but the effect which is to instigate a cognitive flow between your conscious mind and the organ thus gaining you access to normally off-limits the autonomic level of consciousness, similarly to how yogis control their pulse rate, is not facile or daft at all – to the contrary.





### Water: kidney sound – FUIIIIIIIIIIIIIIIIIIII

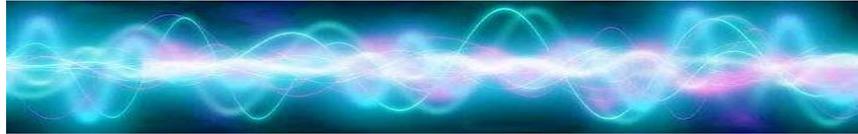
Inhale fully first and chant the sound as resonantly as possible starting in falsetto on the FU, and sliding down as deep as can be on the IIIIIIIIIIIIIIIIIII – picture diving into a warm pool. This warms the kidneys. Repeat three times. Thank your kidneys for all their hard work and tell them you love them – and wait for a message from them – usually advice on how better to conduct yourself to support their energy, but it maybe just them telling you they love you back (pardon the pun).



### Wood: liver sound – SHHHHHHHHHHHHHAH

Inhale fully first and make the shushing sound with a HA at the end, picturing a cool breeze causing the liver's 'housing' to expand and the liver to cool down. Repeat three times. Repeat the thankyou and message receiving dialoguing process.





**Fire: heart sound – HAAAAAAAAWWWWWW** (rhymes with door)

Inhale fully first and chant the sound as deeply and resonantly as you can, picturing a squad of micro-sized massage therapists massaging all tension from this vital muscle, clearing all the valves and pipes and leaving it settled and relaxed. Repeat the thankyou and message receiving dialoguing process.

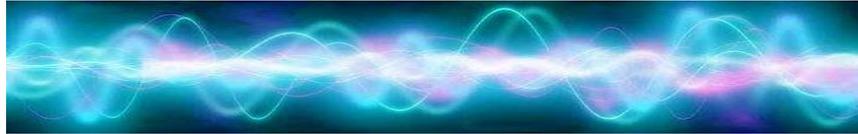


**Earth: spleen-and-pancreas (and stomach)–  
HUUUUUUUUUUUUUU** (rhymes with poo)

Inhale deeply first, chant the sound as richly, resonantly and deeply as possible, picturing the sound wrapping itself tightly round the spleen (and pancreas), like lagging or swaddling as the spleen works best compressed. Repeat the thankyou and message receiving dialoguing process.







## USE AND PRACTICE

As I say I recommend learning one sound each day, then adding it to the next day's sound and so on, until by the end of the sixth day you have them all as your own.

This is because it's worth the time to appreciate the sensation and effect of each sound before learning the next.

Once you know the sounds and are familiar with the sensation of practicing the,, practice them every day. If you feel drawn to increase the number of repetitions for any particular organ don't hold back. Use them to heal others if required by placing a hand on and toning the sound.

If practicing QIGONGO or the SUPERHEALING practice the sounds as instructed. The sounds comprise a module in each of these because they're intrinsic to all aspects of Taoist practice and not just as space fillers, incidentally.

And remember that if unable to practice them vocally, simply visualizing the sounds happening has a profound effect.

For more information about QIGONGO Barefoot Doctor's in-depth daily Qigong system go to <http://www.barefootdoctorglobal.com/qigongo-go/>

For more information about Barefoot Doctor's SUPERHEALING training online go to <http://www.barefootdoctorglobal.com/healing/>

**Thanks for reading and participating,  
your energy is important.**