

# Color Sound Qigong

In the Color Sound Qigong practice we visualize a different color within each organ, use special sounds to cleanse the organ, and facilitate a transformation of negative emotional energies into positive ones. We also use an inner smile to dissolve emotional blocks. These powerful practices are all done in a comfortable sitting position. Color Sound Qigong helps balance and integrate our sympathetic and parasympathetic nervous systems, promoting health, resilience, and vitality.



## Transforming Negative Emotions to Positive: Sound, Color, and Movement

The Healing Sounds and Color practice combines Sound, Color, and an Inner Smile to heal the organs and dissolve associated emotional blockages. The healing sounds themselves are essentially a breathing exercise, which can be vocalized, whispered, or made internally (sub vocally). Vocalizing the sounds affects the physical organ directly, while whispered sounds have a greater effect on the emotional patterns associated with the organ.

**The healing sounds** have the effect of detoxifying the organs, while the visualization of associated colors tonifies and energizes the organs once the detoxification is completed.

The healing sounds bring healing energy into the internal organs by balancing the five elements in the body. Each sound resonates to a particular element and a particular organ. Sound is one of the most potent forms of energy in the universe, and therefore it's also a very effective way of working with energy in qi gong. Sound is a vibration, a form of energy that resonates and creates an effect through the mind and body. It is a powerful way to transform energy and shift emotions. The Taoists, being ever practical, used the power of sound for self-healing and spiritual awakening.

According to Taoist thought, particular frequencies and wave patterns in sound produce particular pulses of electromagnetic current, each with its own natural affinity for particular glands, organs, and tissues of the body. Therefore, certain sound may be used to heal the liver, stimulate the heart, balance the adrenals, activate digestion, and even lower blood pressure. When combined with deep, diaphragmatic breathing and slow, rhythmic movement of the body, their effects are even more powerful.

The six healing sounds have an astonishing ability to transform negative emotions into positive life force or qi.

Although subtle in nature, each **color** in the spectrum has its own vibratory frequency as well. Visualizing a specific color with a particular organ has the effect of tonifying and strengthening that organ. The negative emotion associated with a particular organ then easily transforms to its more positive counterpart.

This practice also uses the **inner smile**, a technique for sending love and appreciation to various systems of the body, thus also transforming negative emotions into positive ones. The inner smile is a magical practice of self-development. By smiling inwardly, the body begins to work with much more efficiency. It not only delivers health benefits to the body, but it also a Taoist tool to transform negative emotions. The inner smile is a way to dissolve emotional blocks, held emotional patterns, and emotional pain. Energetically, negative emotions become a block or a stagnant area in the body.

In practice, we successively visualize the color within each organ, use the sound to cleanse the organ, and facilitate a transformation of negative emotional energies into positive ones. We also use an inner smile to dissolve emotional blocks. This practice helps balance and integrate our sympathetic and parasympathetic nervous systems, promoting health, resilience, and vitality.

## LUNG EXERCISE: FIRST HEALING SOUND

SOUND: Ssssssss

NEGATIVE EMOTIONS: Depression, sadness, grief, sorrow

POSITIVE EMOTIONS: Confidence, inspiration, righteousness, courage

COLOR: White

### POSITION AND PRACTICE

Become aware of the lungs. Take a deep breath and, letting your eyes follow, raise the arms up in front of you. When the hands are at eye level, begin to rotate the palms and bring them up above the head. Keep the elbows rounded, you should feel a stretch that extends from the heels of the palms, along the forearms, over the elbows, along the upper arms, and into the shoulders. The lungs and chest will feel open, and breathing will be easier. Close the jaw so that the teeth meet gently, and part the lips slightly. Draw the corners of the mouth back, exhale, and allow your breath to escape through the spaces between the teeth, making the sound “Ssssss” (like steam coming out of a radiator) sub vocally, slowly, and evenly on one breath.

As you do this, picture and feel the pleura (the sac that covers the lungs) as being fully compressed, ejecting the “excess heat,” sick energy, sadness, sorrow, and depression.

When you have exhaled completely (without straining), rotate the palms down, close the eyes, and breathe into the lung to strengthen them. Imagine a pure, white light and a quality of righteousness entering your lungs. Float the arms down by gently lowering the shoulders. Slowly lower your hands to you lap so that they rest there, palms up. Feel the energy exchange in the hands and palms.

Close the eyes, breathe normally, smile down to the lungs, and visualize white light radiating through the front, back, and sides of the organs. Pay attention to any sensations you may feel. Try to feel the exchange of cool, fresh energy replacing hot, irritated energy.

Repeat the sequence three to six times. For colds, flu, mucus, toothache, smoking, asthma, emphysema, or depression, or if you want to increase the range of movement of the chest and the inner arms, or for detoxifying the lungs, you can repeat the sound nine, twelve, eighteen, twenty-four, or thirty-six times.

## KIDNEY EXERCISE: SECOND HEALING COLOR / SOUND

SOUND: “Chwooo”

NAGATIVE EMOTIONS: Fear, insecurity

POSITIVE EMOTIONS: Tranquility, peace, gentleness, stillness

COLOR: Dark Blue

### POSITION AND PRACTICE

Become aware of the kidneys.

Place the legs together, ankles and knees touching. Take a deep breath as you bend forward, and clasp one hand in the other; hook the hands around the knees and pull back on the arms. With the arms straight, feel the pull at the back where the kidneys are. Look up, and tilt the head back without straining.

Round the lips and whisper a sound similar to the one you make when blowing out a candle: “Chwooo.” At the same time, press the middle abdomen, between the sternum and navel, toward the spine. Imagine the “excess heat,” the wet, sick energy, and the fear being squeezed out from the membrane around the kidneys.

When you have exhaled completely, sit up and slowly breathe into the kidneys, imagining a deep-blue energy as the quality of gentleness enters the kidneys. Separate the legs to hip’s width and rest the hands, palms up, on the thighs or over the kidneys themselves.

Close the eyes and breathe normally. Smile to the kidneys. Pay attention to sensations. Be aware of the exchange of energy around the kidneys, hands, head, and legs. Visualize bright-blue light radiating in and through the kidneys.

Repeat three to six times. For back pain, fatigue, dizziness, ringing in the ears, or detoxifying the kidneys, repeat nine to thirty-six times.

## LIVER EXERCISE: THIRD HEALING SOUND

SOUND: Shhhhhh

NEGATIVE EMOTIONS: Anger, stress, aggression, frustration

POSITIVE EMOTIONS: Kindness, generosity, creativity

COLOR: Green

### POSITION AND PRACTICE

Become aware of the liver.

Place your arms at your sides, palms out. Take a deep breath as you slowly bring the arms up and over the head. Interlace the fingers and rotate the palms to face the ceiling. Push out at the heels of the palms and feel the stretch through the arms and into the shoulders. Bend slightly to the left, exerting a gentle pull on the liver.

Exhale on the sound “Shhhhh” (like telling someone to be quiet). Again, envision and feel that a sac encloses the liver and is compressing the expelling the “excess heat” and anger.

When you have exhaled completely, unlock the fingers, and, pressing out with the heels of the palms, breathe into the liver slowly; imagine a bright-green color-quality or kindness entering the liver. Gently bring the arms back to the sides by lowering the shoulders. Place your hands on your lap, palms up, and rest.

Close the eyes, breathe normally, smile down to the liver, and imagine you’re still making the sound. Be aware of sensations. Sense the energy exchange.

Repeat three to six times. For anger, red and watery eyes, alcohol detoxification, a sour taste, and for detoxifying the liver, repeat nine to thirty-six times.

## HEART EXERCISE: FOURTH HEALING SOUND

SOUND: Hawww

NEGATIVE EMOTIONS: Impatience, arrogance, hastiness, cruelty, violence, hatred

POSITIVE EMOTIONS: Joy, honor, sincerity, love, enthusiasm, happiness

COLOR: Red

### POSITION AND PRACTICE

Become aware of the heart

Take a deep breath and bring both hands up over the head, interlocking the fingers. Lean slightly to the right. It's the same position as the liver, but leaning slightly right instead of left.

Open the mouth, round the lips, and exhale on the sound "Hawww." Picture the pericardium, the protective sac around the heart, releasing heat, impatience, arrogance, and hastiness.

Focus attention on your heart, and imagine a bright-red color and qualities of joy, love, happiness, and honor entering the heart.

Repeat three to six times. For a sore throat, cold sores, swollen gums or tongue, heart disease, heart pains, jumpiness, moodiness, and for detoxifying the heart, repeat nine to thirty-six times.

## SPLEEN EXERCISE: FIFTH HEALING SOUND

SOUND: Whoooo (from the back of the throat)

NEGATIVE EMOTIONS: Worry, anxiety, foggy thinking

POSITIVE EMOTIONS: Balance, fairness, centering, clear thinking

COLOR: Yellow

### POSITION AND PRACTICE

Become aware of the spleen and stomach.

Take a deep breath as you place your hands on the left side of the rib cage with the fingers pressing under the ribs.

Exhale on the sound “Whoooo.” Remember this is a guttural sound, made at the back of the throat. This way the vibration gets into the digestive organs. Expel the “excess heat,” wetness, and dampness as well as worry and anxiety.

Breathe into the spleen, pancreas, and stomach, or imagine a bright-yellow light, and the qualities of balance, centering, and focus. Lower the hands slowly to your lap, palms up or facing over the left side of the rib cage. Close the eyes, breathe normally, and become aware of sensations and the exchange of energy.

Repeat three to six times. Repeat nine to thirty-six times for indigestion, nausea, and diarrhea, and for detoxifying the spleen. This sound, done in conjunction with the others, is more effective and healthier than using antacids. This sound can be done immediately after eating.



## TRIPLE WARMER EXERCISE: SIXTH HEALING SOUND

SOUND: Heeeeee

The Triple Warmer refers to the three energy centers of the body. The upper level, consisting of the brain, heart, and lungs, is hot. The middle section, consisting of the liver, kidneys, stomach, pancreas, and spleen, is warm. The lower level, consisting of the large and small intestines, the bladder, and the sexual organs, is cool. The Triple Warmer sound balances the temperature of the three levels through the digestive tract by bringing hot energy down to the lower center and cold energy up to the upper center. This induces a deep, relaxing sleep. It's also very effective for relieving stress.

There is usually no color or emotion associated with the Triple Warmer. However, some Qigong practitioners assign the color violet to the Triple Warmer and allow this color to saturate all three levels.

### POSITION AND PRACTICE

Sit comfortably with palms face up in your lap. Take a deep breath and bring your arms up over your head. With the palms face down, exhale with the sound.

Make the sound "Heeeeee," feeling the breath rolling down from the top of the chest, through the ribs, and ending at the lower abdomen. (An option is to imagine a bright violet light descending down through the body as you make the sound.)

Repeat three to six times. This sound is excellent for insomnia, calming the mind, clearing energy, and hypertension.