



Six Healing Sounds: Nurturing Life Qigong (Paperback)

By MR Simon Blow

Genuine Wisdom Centre, 2017. Paperback. Condition: New. Language: English . Brand New Book **** Print on Demand ****. The Six Healing Sounds or Liu Zi Jue as its known in China is an ancient health cultivation practice, with a rich proud history of over 2000 years. It has been passed down through many generations and is used today as it has from ancient times as a way of restoring health and gaining longevity. The classics say: there is one way to breathe in and six ways to breathe out . Learn gentle movements and mantras for the internal organs of the body: Liver, Heart, Spleen, Lungs, Kidney and San Jiao (Triple Heater). The Six Healing Sounds gently vibrates and massages the internal organs, clears stagnation and stale energy from the body, this releases stress and anxiety, and harmonises the emotions to create a state of inner peace.

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