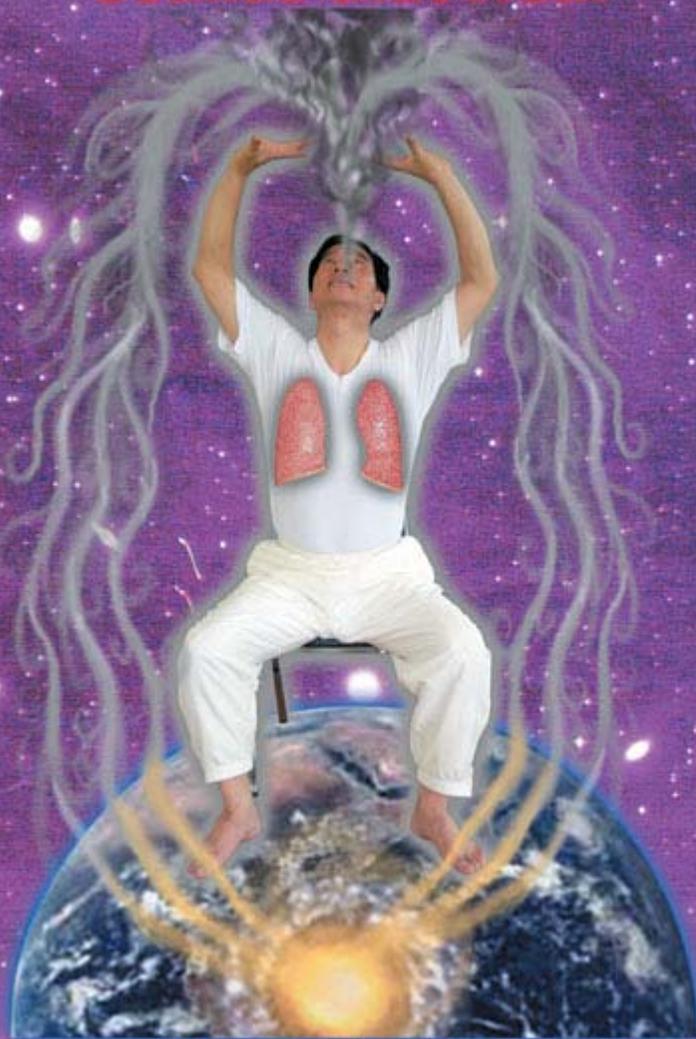


# **Cosmic Sounds**

## **Sounds that Heal**



**Mantak Chia**

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***Mantak Chia***

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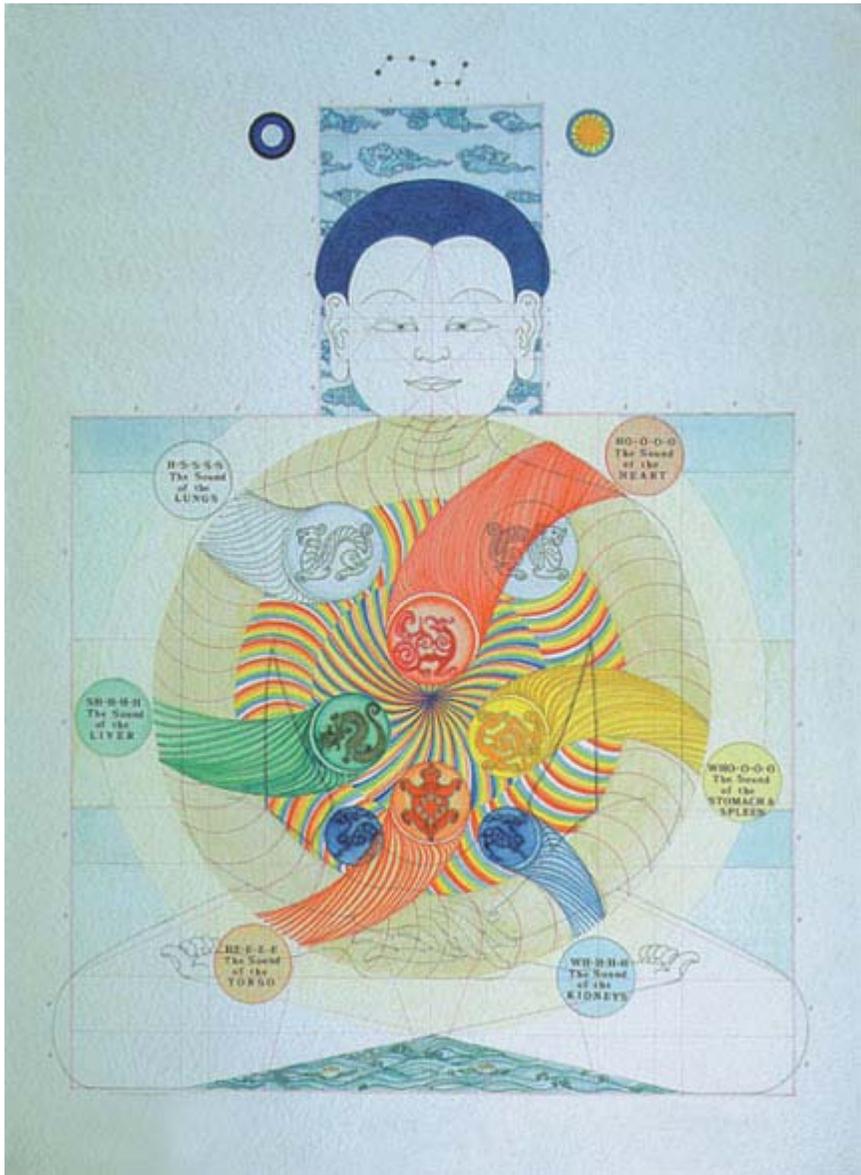
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# Contents

<b>Six Universal Sounds</b> .....	1
Theory .....	1
Practice .....	3
A. Lung Sound .....	3
B. Kidney Sound .....	10
C. Liver Sound .....	16
D. Heart Sound .....	22
E. Spleen Sound .....	30
F. Triple Warmer Sound.....	36
Daily Practice .....	43

The meditations, practices and techniques described herein are **not** intended to be used as an alternative or substitute for professional medical treatment and care. If any readers are suffering from illnesses based on mental or emotional disorders, an appropriate professional health care practitioner or therapist should be consulted. Such problems should be corrected before you start training. This booklet does not attempt to give any medical diagnosis, treatment, prescription, or remedial recommendation in relation to any human disease, ailment, suffering or physical condition whatsoever.



*Cosmic Healing Sounds as taught by Mantak Chia  
Artist: Juan Li*

# Cosmic Six Healing Sounds

## Theory

Having accessed the knowledge of the universe through internal practices, the Taoist masters discovered that each healthy organ is associated with a particular sound, color, and quality of energy. Emotional problems, pollution, poor food, injuries, and overly strenuous exercise can overheat the internal organs, causing them to weaken. This changes the state of each organ's sound frequency, color, and energetic quality. The Six Healing Sounds practice help to restore, balance, and cleanse the vital organs by correcting these factors. They also stimulate the Chi flow throughout the body to enhance one's overall health and vitality.

The Cosmic Six Healing Sounds help to release any excess heat that may be trapped in the cooling sacs which surround each organ. As you assume the postures and produce the sounds sub-vocally, their vibrations redistribute any excess heat into cooler regions of the body where this can safely be stored or used. Once the organ energies are balanced, you have a good foundation for establishing and nurturing the virtue energies. This will help to maintain the Chi balance throughout the system.

What causes an organ to malfunction? There are many causes. Urban society creates a life full of physical and emotional stresses such as overcrowding, pollution, radiation, junk food, chemical additives, anxiety, loneliness, bad posture, and sudden or overly vigorous exercise. Separately and together, these stresses produce tension and start to block the free passage of energy flow in the body, thus the organs overheat. In addition, the concrete jungle that we live in lacks the safety valves provided by nature: trees, open spaces, and running water, which give forth a cooling, purifying energy. Continued overheating causes an organ to contract and harden. This impairs its ability to function and results in illness. One of the surgeons working with the Universal Tao Center in New York reports that the hearts of patients who have died of heart attacks look as if they've been cooked! And the ancient Taoists have a saying: "Stress cooks your brain".

Chinese medicine teaches that each organ is surrounded by a sac or membrane, called fascia, which regulates its temperature. Ideally, the membrane releases excess heat out through the skin, where it is exchanged for cool life force energy from nature. An overload of physical or emotional tension causes the membrane, or fascia, to stick to the organ so that it cannot properly release heat to the skin nor absorb cool energy from the skin.

The skin becomes clogged with toxins and the organ overheats. The Sounds speed up the heat exchange through the digestive system and the mouth. The digestive system is more than 20 feet long and runs from the mouth to the anus as one pipe in the middle of the body in between all the organs. It helps release excess heat from the fascia, cooling and cleansing the organs and skin. When all the sounds and postures are done in the proper order, body heat is evenly distributed by the intestinal tract throughout the whole body, and each of the organs is at its correct temperature.

Daily practice of the Six Healing Sounds will restore and maintain calmness and good health. Greater sexual pleasure and improved digestion will occur. Minor ailments, such as cold, flu, and sore throats, can be prevented or thrown off easily. Many students of The Universal Tao have overcome their long-standing dependence on sleeping pills, tranquilizers, aspirin, and antacids. Heart attack victims have prevented further attacks. Several psychologists have taught some of their patients to use the Six Healing Sounds to relieve depression, anxiety or anger; and body work oriented healers have used the Six Healing Sounds to help speed up healing, and the healer spends less of his own life force energy.

Each of the six organs in the practice has an associate organ which responds together with it and in the same manner. When an organ is weak or overheated, its paired organ is similarly affected. Likewise, practicing the appropriate healing sound and posture improves the organ and its associate.

**Note:** Typical side effects of these practices are yawning, burping, or passing wind, all of which are beneficial as indicators of moving energy.

# Practice

## First Cosmic Healing Sound: Lung Sound

The Lung Sound is a metal sound. It sounds like the vibration of a bell and activates the lung Chi.

Associated Organ: Large Intestine

Element: Metal

Season: Autumn

Color: White

Emotions: Grief and Sadness

Virtues: Courage and Righteousness

Related Senses: Smell (Nose) and Touch (Skin)

Taste: Pungent

Related Parts of the Body: Chest, Inner Arms, Thumbs

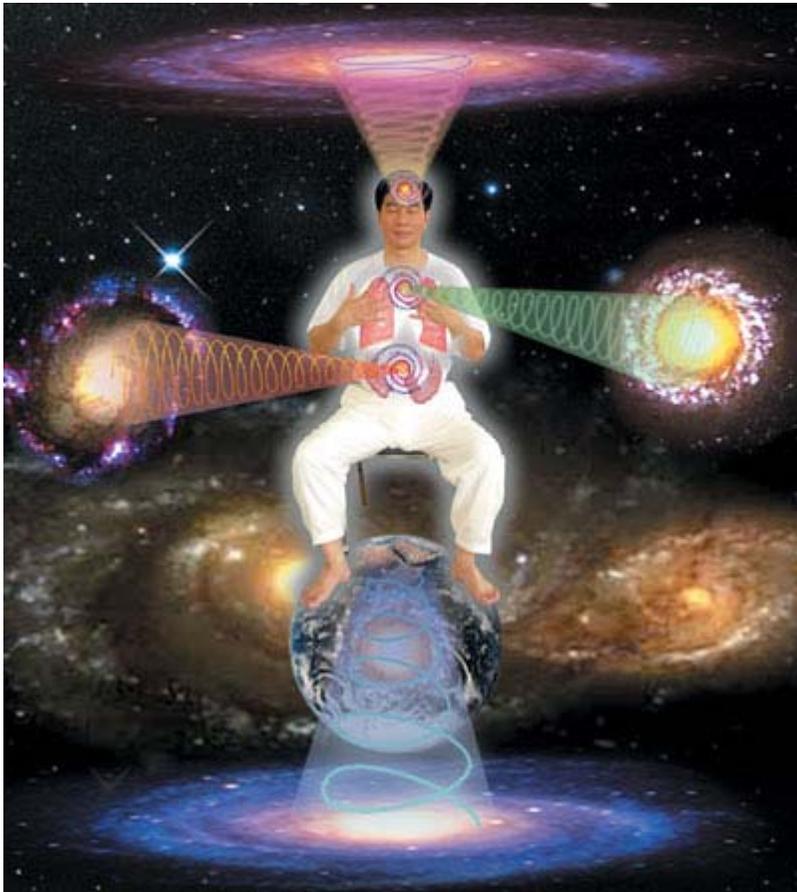
Sound: **Sssssss** (Tongue behind Teeth)

### ***Exercise:***

1. Sit with your back straight, your hands resting on your lungs, and your eyes closed. Smile down to your lungs. Be aware of the quality of the energy in the lungs. Picture a white light, fresh and pure like the energy of the mountains and hear the metal sound.

2. Take a deep breath, open the eyes and raise your arms out in front of you with the palms facing the lungs. When the hands are at eye level, begin to rotate the palms, bringing them above your head until they face up and are pushing outwards. Point the fingers toward those of the opposite hand. Keep the elbows rounded out to the sides, and do not straighten your arms.

Close the jaws so that the teeth gently meet and part the lips slightly as you slowly exhale through your teeth the sound “Sssssss”. In the beginning, you can produce the Lung Sound out loud, but eventually you should practice it sub-vocally.



*Fig. 1 Become aware of the Lungs.*

Feel that the sound starts to move the Chi in the lungs, and that any excess heat and toxins are expelled from the lungs as the sacs surrounding the lungs are compressed.



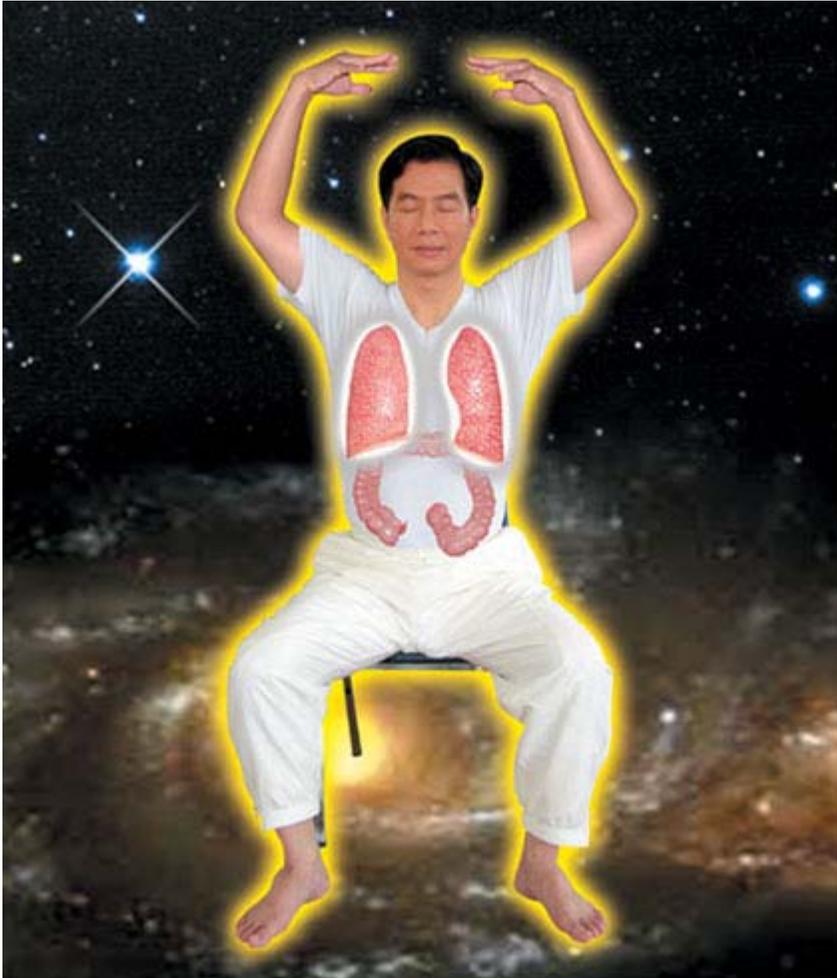
*Fig. 2 Gather the energy into the Lungs.*

**Note:** “Sub-vocally” means that you are vocalizing so softly that only you can hear the sound and feel the vibration inside the lungs. You must exhale slowly and fully. Also, the word “sacs” refers to the layers of tissue called fasciae, that surround every organ.



*Fig. 3 Do the Lung Sound.*

3. When you have exhaled completely, rotate the palms and scoop up the white light. Pour this light from the crown down into the lungs. Lower the arms and hold your hands before the lungs and radiate the bright white light, and courage into the lungs.



*Fig. 4 Bring the energy down to the Lungs.*

4. Rest, close your eyes and be aware of your lungs. Smile into them, and imagine that you are still making the Lung Sound. Feel the vibration of the sound moving and cleaning the energy in the lungs. Breathe normally, and see your lungs glowing with a bright white light. This will strengthen your lungs and activate courage in the lungs. With each breath, try to feel that fresh white metal energy is replacing the excess hot, toxic, and depressed energy.



*Fig.5 Cover the Lungs.*

5. Nurture good emotions. This is the most important part of this practice. Take as much time as you need to get in touch with the organs. When you get rid of the excess heat and let the white metal energy expand in the lungs, good emotional qualities will have room to grow. Concentrate on the feelings of righteousness and courage as you transform any sadness or grief. Sit up straight and tall so you can feel courage, and try to maintain the feeling of the Lung Sound for increasingly longer periods after each practice, and in your daily life.

6. Repeat the Lung Sound three to six times. For sadness, depression, colds, flu, toothaches, asthma, emphysema, or depression, you may repeat this exercise 6, 9, 12, or 24 times.



**Fig. 6** Mouth Position for Lung Sound. Close the jaws so that teeth meet.  
Draw the corners of the mouth back.

## Second Cosmic Healing Sound:Kidney Sound

The Kidney Sound is a water sound and it activates the kidney Chi.

Associated Organ: Bladder

Element: Water

Season: Winter

Color: Dark Blue

Emotion: Fear

Virtue: Gentleness, Calmness and Stillness, Alertness

Parts of the Body: Sides of the Feet, Inner Legs, Chest

Senses: Hearing (Ears), Bones

Taste: Salty

Sound: **Chooooooooo** (As when blowing out a candle: lips forming an "O")

### **Exercise:**

1. Sit with your back straight, your hands resting on your kidneys, and your eyes closed. Smile down to your kidneys. Be aware of the quality of the energy in the kidneys. Picture a blue light, the sun shining on the ocean.

2. Take a deep breath, open the eyes and put your legs together, ankles and knees touching. Lean forward and clasp the fingers of both hands together around your knees. Pull your arms straight from the lower back while bending the torso forward (This allows your back to protrude in the area of the kidneys). Simultaneously tilt your head up as you look straight ahead, maintaining the pull on your arms from the lower back. Feel the pull on your spine. Round the lips, and slightly exhale with the sound "**Chooooooooo**" as if you were blowing out a candle.

Simultaneously contract your abdomen pulling it in toward your kidneys. At first you can produce the Kidney Sound out loud, but eventually you should practice it sub-vocally. Feel that the sound starts to move the Chi in the kidneys; any excess heat and toxins are expelled from the kidneys as the sacs surrounding the kidneys are compressed.



*Fig. 7 Smile to the Kidneys.*

3. After you have fully exhaled, sit erect, separate the legs and move your arms up to the crown and scoop up the blue light. Pour this light over the body and into the kidneys. Lower your arms and hold the palms on the kidneys. Radiate the blue light, the gentleness, and stillness into the kidneys.



**Fig. 8** Do the Kidney Sound.

4. Return your hands to your kidneys. Rest, close your eyes, and be aware of your kidneys. Listen to your kidneys. Smile to them, and imagine that you are still making the Kidney Sound. Feel the vibration of the sound is moving and cleaning the energy in the kidneys.



*Fig. 9 Bring the energy down to the Kidneys.*

Breathe normally, and see your kidneys glowing with a cool blue light. This will strengthen your kidneys and activate the gentleness and stillness in the kidneys. With each breath, try to feel that bright blue water energy is replacing the excess hot, toxic, and fear energy.

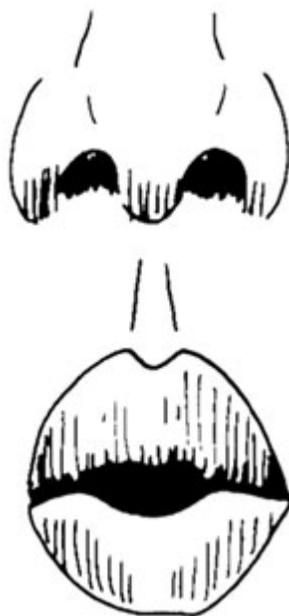


*Fig. 10 Gather the energy into the Kidneys.*

5. Nurture good emotions. This is the most important part of this practice. Take as much time as you need to get in touch with the kidneys. When you get rid of the excess heat and let the cool blue water energy expand in the kidneys, good emotional qualities will have room to grow.

Concentrate on the feelings of gentleness, stillness, and alertness as you transform any fear. Feel the gentleness relaxing also the lower back. Try to maintain the sensation of this energy for increasingly longer periods after each practice, and in your daily life.

Repeat the steps from three to six times. You may repeat this exercise more times to alleviate fear, fatigue, dizziness, ringing in the ears, or back pain.



*Fig. 11 Round the lips, making the sound one makes when blowing out a candle.*

## Third Cosmic Healing Sound: Liver Sound

The Liver Sound is a wood sound and it activates the liver Chi.

Associated Organ: Gall Bladder

Element: Wood

Season: Spring

Color: Green

Emotion: Anger

Virtue: Kindness

Parts of the Body: Inner Legs, Groin, Diaphragm, Ribs

Senses: Sight (Eyes), Tears

Taste: Sour

Sound: **Shhhhhh** (Tongue near Palate)

### **Exercise:**

1. Sit comfortably with your back straight, your hands resting on your liver and your eyes closed. Smile down to your liver until you feel you are in touch with your liver. Be aware of the quality of the energy in the liver. Picture a forest, a big green forest. See the sun shining on the forest creating life force and green light.

2. Take a deep breath, open the eyes and extend your arms out to your sides, palms up. Slowly raise the arms from the sides to the crown, following this action with your eyes. Intertwine the fingers, and rotate your joined hands over to face the ceiling, palms up. Push up and out with the heels of the hands and stretch the arms out from the shoulders; the elbows should be pushing to the back.

Bend slightly to the left, exerting a gentle pull on the liver. Open your eyes wider because they are the openings of the liver. Slowly exhale out the sound “**Shhhhhh**” loud and eventually sub-vocally. Feel the sound start to move the energy in the liver and that all excess heat and toxins are expelled from the liver as the sac around it is compressed.



*Fig. 12 Smile to the Liver.*

3. After you have fully exhaled, sit erect, separate the hands and scoop up the green light. Pour this light over the body and into the liver. Slowly bring your arms down, palms facing out, and scoop up more green light and hold both hands before your liver. Radiate the green light, the forest energy, and kindness in the liver.



*Fig. 13 Do the Liver Sound.*

4. Return your hands to your liver. Rest. Close your eyes and be aware of your liver. Smile and look in your liver and imagine that you are still making the Liver Sound. Feel the vibration of the sound is moving and cleaning the energy in the liver.



*Fig. 14 Scoop green light as the hands return to the Liver.*

Breathe normally, and see your liver glowing with the green rejuvenating light. This will strengthen your liver and activate kindness in the liver. With each breath, try to feel that bright green wood energy is replacing the excess hot, toxic, anger, aggression and frustration energy.



*Fig. 15 Gather energy into the Liver.*

5. Nurture good emotions. This is the most important part of this practice. Take as much time as you need to get in touch with the liver. When you get rid of the excess heat and let the warm, moist, green wood energy expand in the liver, kindness will have room to grow.

Concentrate on the virtue of kindness and forgiveness as you transform any anger and aggression. Feel warm and energetic, and maintain this feeling for as long as you can after practice.

6. Repeat the steps from three to six times. Practice more to expel anger, to clear red or watery eyes, to remove a sour or bitter taste, and to detoxify the liver.



*Fig. 16 Exhale on the sound "Shhhhhh"*

## Fourth Cosmic Healing Sound: Heart Sound

The Heart Sound is the fire sound and activates the heart energy.

Associated Organ: Small Intestine

Element: Fire

Season: Summer

Color: Red

Emotions: Hastiness, Arrogance, Cruelty

Virtues: Joy, Honor, Sincerity

Parts of the Body: Armpits, Inner Arms

Senses: Tongue, Speech

Taste: Bitter

Sound: **Hawwwwww** (Mouth wide Open)

### ***Exercise:***

1. Sit comfortably with your back straight, your hands resting on your heart, and your eyes closed. Smile down to your heart until you feel you are in touch with your heart. Be aware of the quality of the energy in the heart. Picture a sunset on the ocean, a red light.

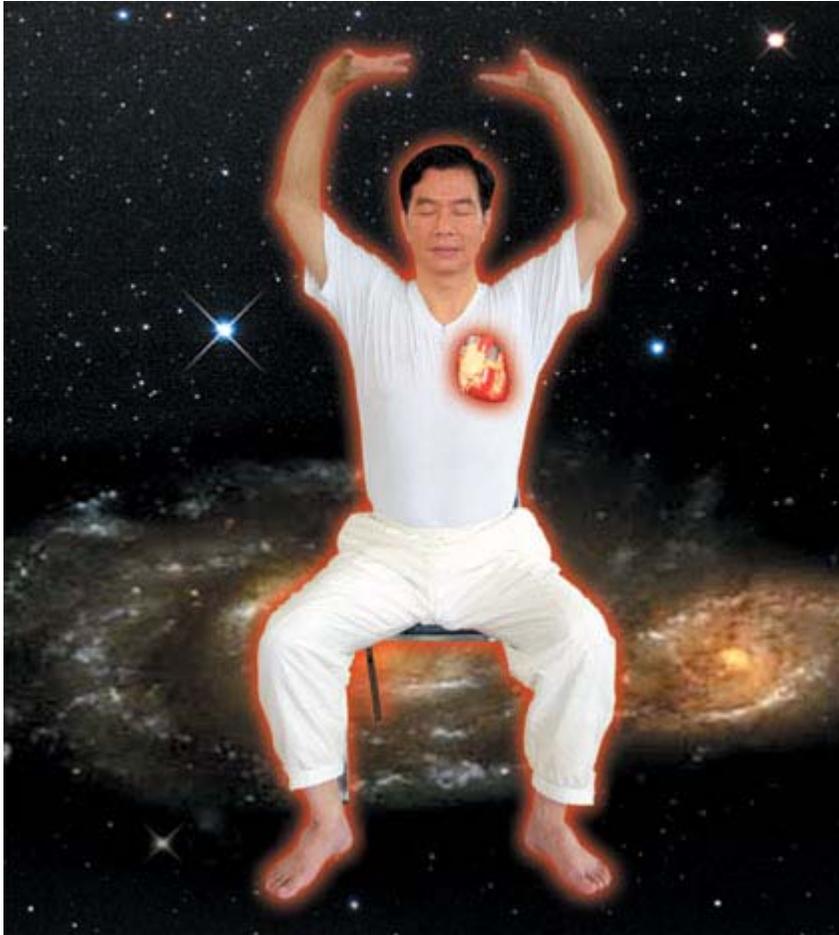
2. Take a deep breath, open the eyes and take the same position as for the Liver Sound. Unlike the former exercise, however, you will lean slightly to the right to pull gently against the heart, which is located just left of the center of your chest.

Focus on your heart, and feel the tongue's connection to the open mouth, round the lips, and slowly exhale the sound "**Hawwwwww**" out loud and eventually sub-vocally. Feel the sound start to move the energy in the heart and that excess heat and toxins are expelled from the heart as the sac around it is compressed.



*Fig. 17 Do the Heart Sound.*

3. After you have fully exhaled, sit erect, separate the hands and scoop up the red light. Pour this light over the body and into the heart. Slowly bring your arms down, palms facing out. Scoop up more red light and hold both hands before your heart. Radiate the red light, the love, and inner joy into your heart.



*Fig. 18 Gather energy into the Heart.*

4. Return your hands to your heart. Rest, close your eyes and be aware of your heart. Smile to your heart and imagine that you are still making the Heart Sound. Feel the vibration of the sound is moving and cleaning the energy in the heart. Breathe normally, and see your heart glowing with a red fire light.



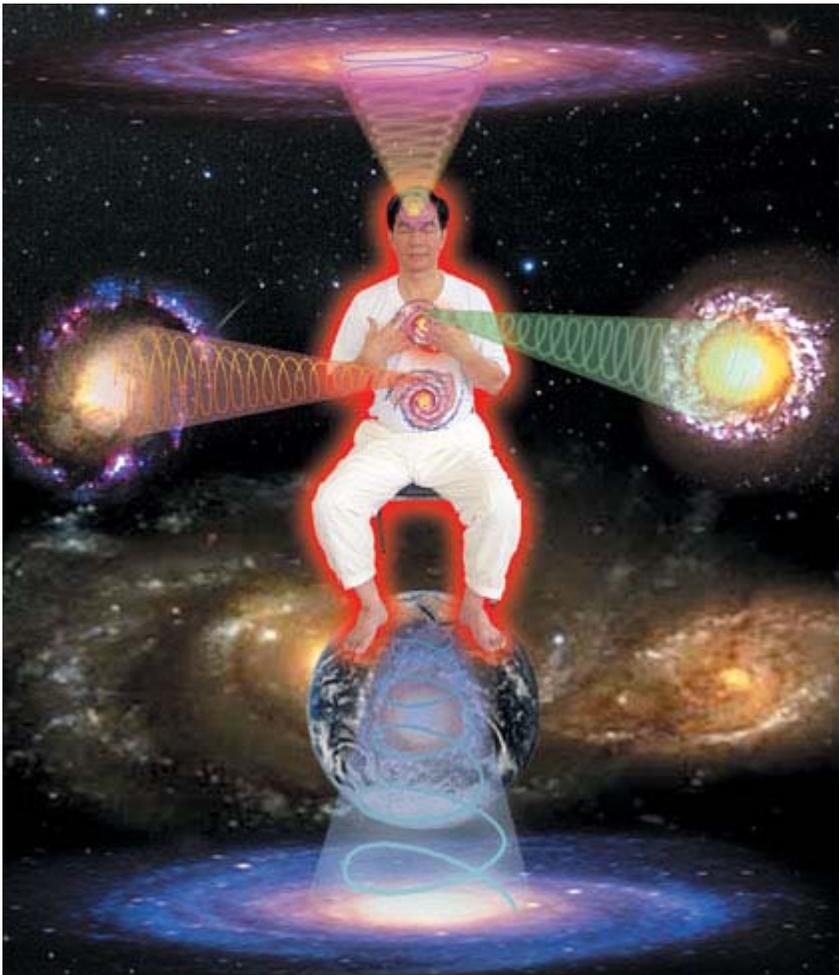
*Fig. 19 Smile into the Heart.*

This will strengthen your heart and activate love, inner joy, and sincerity in your heart. With each breath, try to feel that the warm red light is replacing the excess hot, toxic energy and any hastiness, arrogance, and hate in the heart.



*Fig. 20 Turn the senses into the Heart.*

5. Nurture good emotions. This is the most important part of this practice. Take as much time as you need to get in touch with the heart.



*Fig. 21 Loving energy grows in the Heart.*



*Fig. 22 When the heart is relieved of its daily load and stress, all the organs smile!*

When you get rid of the excess heat and let the red fire energy expand in the heart, good emotional qualities will have room to grow. Feel love, joy, honor, and respect radiate outwards.

Feel any hatred, arrogance, or impatience transform into loving energy as sincerity, honor, and respect grow in your heart. Try to maintain the feeling of the Heart Sound as long as you can after practice.

6. Repeat the steps from three to six times. Practice more to relieve sore throats, cold sores, swollen gums or tongue, jumpiness, moodiness, and heart disease.



*Fig. 23 "Hawwwwww" Sound*

## Fifth Cosmic Healing Sound: Spleen Sound

The Spleen Sound is the earth sound, activating the energy of the stomach, the pancreas, and the spleen.

Associated Organs: Pancreas, Stomach

Element: Earth

Season: Indian Summer

Color: Yellow

Emotion: Worry

Virtues: Fairness, Openness

Parts of the Body: Lips, Mouth

Senses: Taste

Taste; Sweet, Neutral

Sound: **Whoooooo** (From the Throat, Guttural)

### ***Exercise:***

1. Sit comfortably with your back straight, your hands resting on your spleen, and your eyes closed. Smile down to your stomach and spleen until you feel you are in touch with them. Be aware of the quality of the energy in the stomach and the spleen. Picture a yellow light, the golden satiated light of the Indian Summer, a stable light.

2. Take a deep breath, open the eyes, move the arms to the front and place the three middle fingers of both hands just beneath the sternum on the left side of the rib cage.

Look up and gently press your fingers under the rib cage, pushing your stomach or spleen to the back and your middle back out wards you exhale out loud, eventually sub-vocally, the sound “**Whoooooo**” This is more guttural, or “throaty” than the kidney Sound. Unlike blowing out a candle, this sound originates from with in the chest, rather than from the mouth.



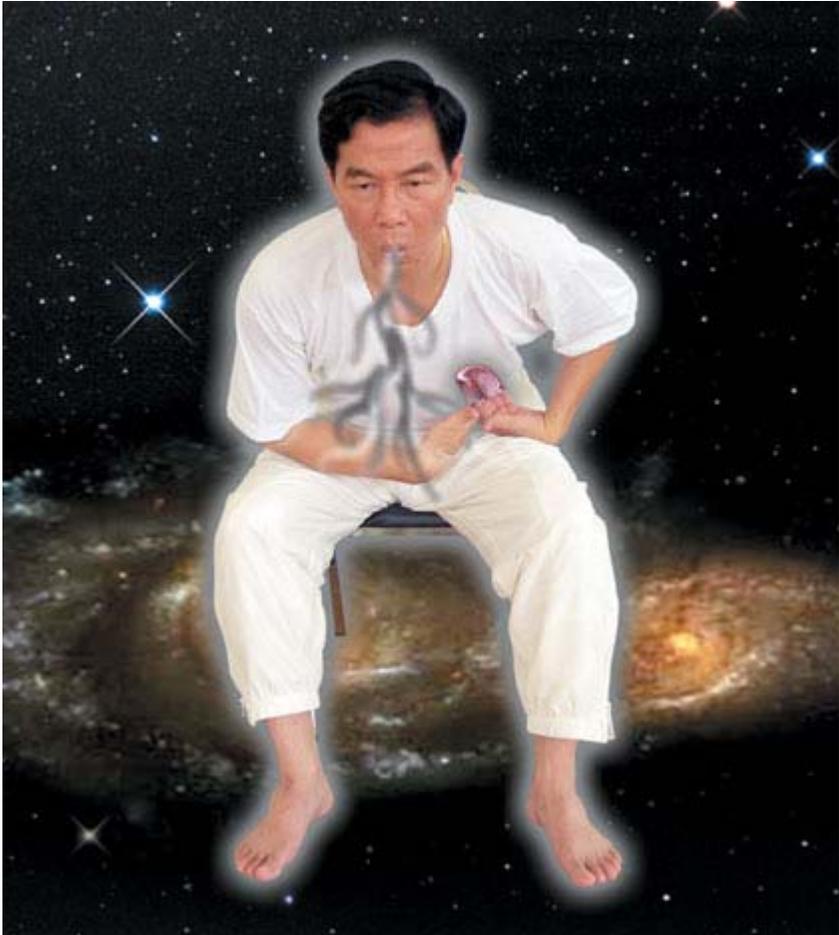
*Fig. 24 Smile to the Spleen.*

Feel the Spleen Sound vibrate the vocal cords. Feel the sound start to move the energy in the stomach and the spleen and that all excess heat and toxins are expelled from the stomach and the spleen as the sac around them is compressed.



*Fig. 25 Fingers under the left Rib Cage Preparing to press on Spleen, Pancreas and Stomach.*

3. After you have fully exhaled, move the arms outwards, embracing the earth and scoop up the yellow light. Pour this light into the stomach and spleen. Bring the arms and the hands to the stomach and/or the spleen. Radiate the yellow light, the fairness, openness, and stability into the stomach and the spleen.



*Fig. 26 Feel the Spleen Sound Vibrate.*

4. Rest, close your eyes and be aware of your stomach and spleen. Smile to them and imagine that you are still making the Spleen Sound. Feel the vibration of the sound is moving and cleaning the energy in the stomach and the spleen.



*Fig. 27 Openesss and Fairness Grow in the Spleen.*

Breathe normally, and see your stomach and spleen glow with a yellow light. This will strengthen these organs and activate openness, fairness, and stability in your stomach and spleen. With each breath, try to feel that the warm yellow light is replacing the excess hot, toxic energy and any worries in these organs.

5. Nurture good emotions. This is the most important part of this practice. Take as much time as you need to get in touch with the stomach and the spleen.

When you get rid of the excess heat and let the yellow earth energy expand in the stomach and the spleen, good emotional qualities will have room to grow. Feel the fairness, openness, balance, and harmony grow in these organs, transforming any worry in them. Try to maintain the feeling of the Spleen Sound as long as you can after practice.

6. Repeat the steps from three to six times. Practice more to eliminate indigestion, nausea, and diarrhea.



*Fig. 28 Exhale on the sound "Whoooooo"*

## Sixth Cosmic Healing Sound: Triple Warmer

The Triple Warmer refers to the three energy centers of the body: The upper section (brain, heart, and lungs) is hot; the middle section (liver, kidneys, stomach, pancreas, and spleen) is warm; and the lower section (large and small intestines, bladder, and sexual organs) is cool.

The sound "**Heeeeeee**" serves to balance the temperature of the three levels by bringing hot energy down to the lower center and cold energy up to the higher center. Specifically, hot energy from the area of the heart is moved to the colder sexual region, and cold energy from the lower abdomen is moved up to the heart's region.

### **Exercise:**

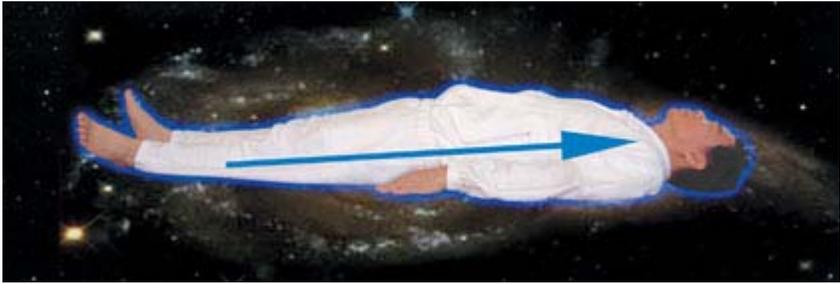
1. Lie on your back or lean back in the chair. Smile, move your arms up and gather the Chi, and bring your arms and hands to your face. As you make the "**Heeeeeee**" sound on exhalation, let the arms slowly move down the body bringing the energy down from the crown to the feet.

2. Inhale fully into all three cavities: chest, solar plexus, and lower abdomen, and then exhale completely. Exhale with the sound "**Heeeeeee**" sub-vocally, first flattening your chest, then your solar plexus, and finally your lower abdomen. Imagine a large, roller pressing out your breath and move the hot energy down as the arms move from your head down to your lower Tan Tien.

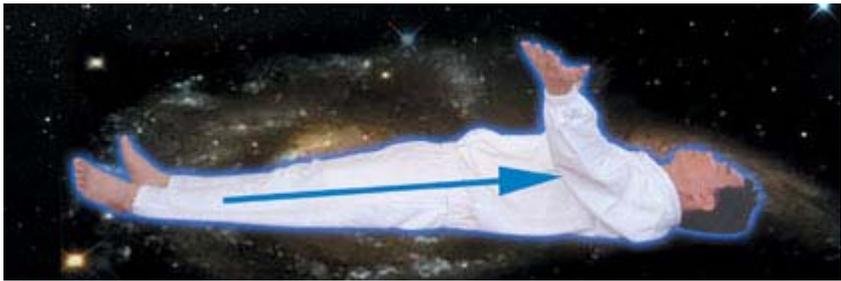
3. Rest, and concentrate. When you have fully exhaled, focus on the entire digestive tract.

4. Repeat the steps from three to six times. Practice more to relieve insomnia and stress.

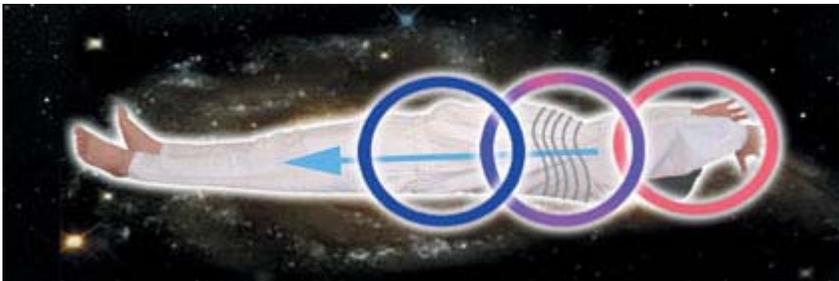
**Note:** The Triple Warmer can be done lying down to facilitate falling asleep.



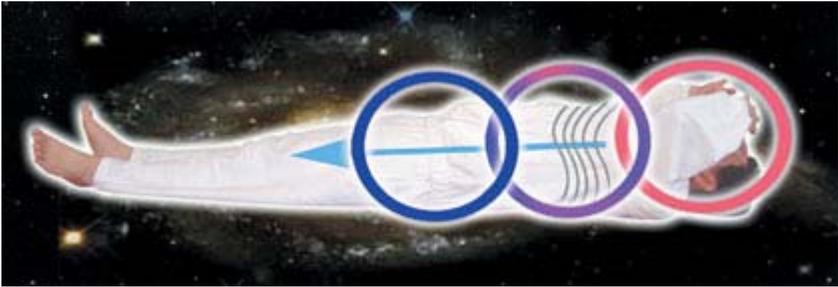
*Fig. 29 Rest by breathing normally and focus on the Triple Warmer Sound.*



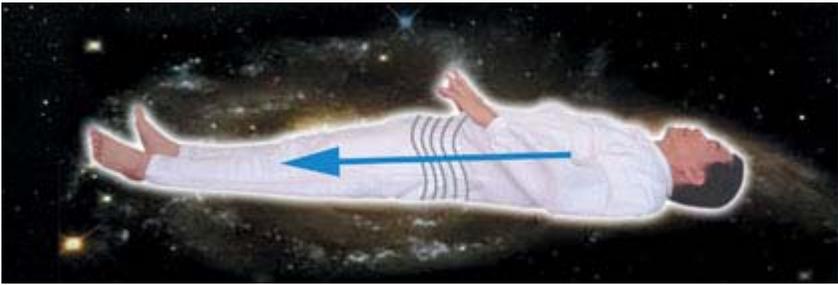
*Fig. 30 Gather the energy from all three Levels.*



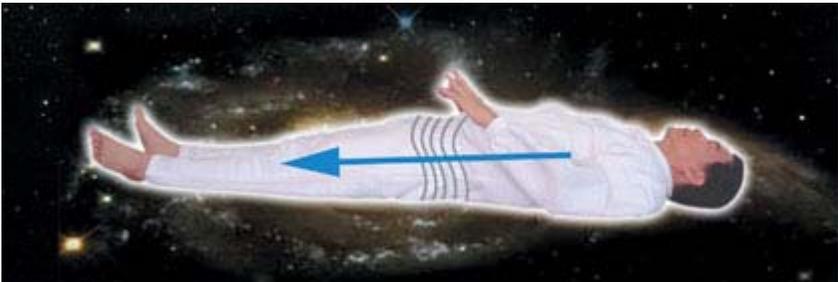
*Fig. 31 Send the energy down the body.*



*Fig. 32 Upper Level*



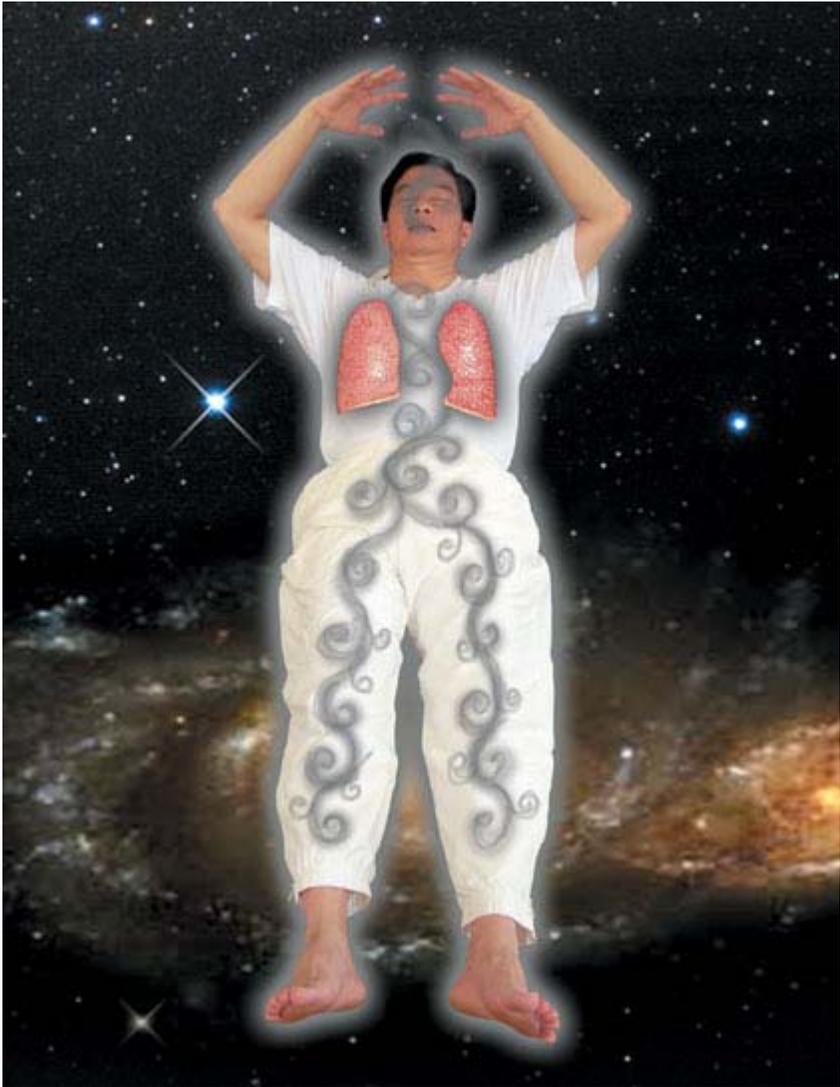
*Fig. 33 Middle Level*



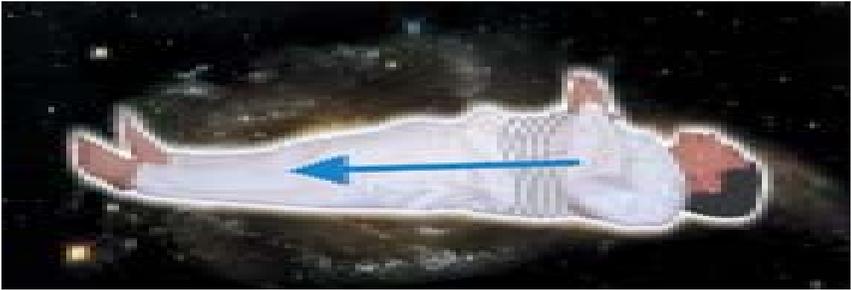
*Fig. 34 Lower Level.*



*Fig. 35 Excess heat flows out of the fingertips and toes into the Earth.*



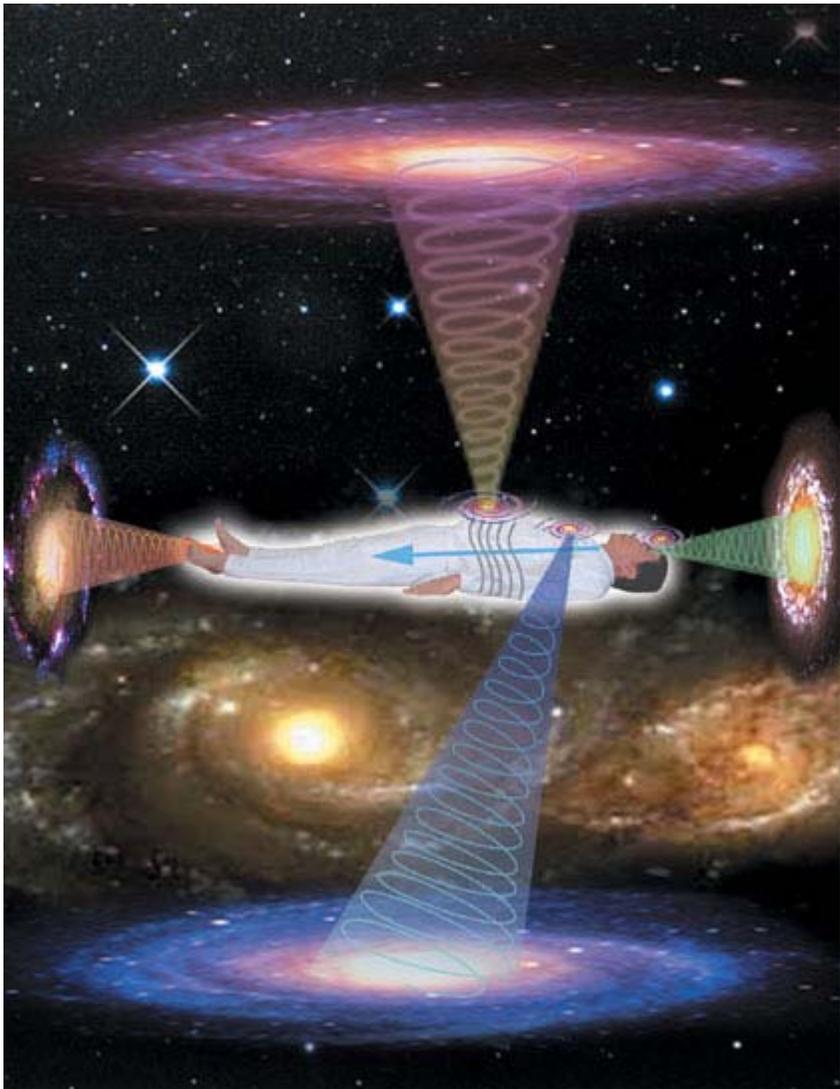
*Fig. 36 Do the Triple Warner Sound.*



*Fig. 37 All the way down the body with the “Heeeeeee” Sound.*



*Fig. 38 “Heeeeeee” Sound*



*Fig. 39 Rest and absorb the Cosmic Forces.*

## Daily Practice

1. We recommend that you practice the Six Healing Sounds before going to bed at night to relax the body, promote good sleep, and cool down any organs that are overheated. You may also do these sounds to enhance any of the other Taoist exercises whenever you feel like practicing. Do three rounds of each sound to prevent illness and maintain good health. Once learned, the procedures take only ten to fifteen minutes to complete.

2. Clear out any negative emotions, and let positive emotions grow before you go to sleep. You may feel a sense of emptiness as you disengage from your own mental activity to connect with the Universal Consciousness. This will also help you to avoid bad dreams while sleeping, as your body recharges through its connection with the Universal Force. If you have any problems, stress, or illnesses this is the best time to allow the Universal Consciousness to help you find the solution or cure. When you awaken after sleep, smile inwardly, and look for answers within.

3. You can devote extra time to an organ when you feel troubled by it or its associated emotions. You may also emphasize extra practice for an organ during its particular season. For example, in spring you would spend more time on the Liver Sound.

4. The order of the Six Healing Sounds follows the progression of the seasons.

Starting with autumn, practice the Lung Sound, followed by the sounds of the kidneys, liver, heart, and spleen. Finish with the Triple Warmer Sound.

5. When you are feeling tired or depressed at work, practice the Six Healing Sounds. If you do not have time to do them all, just practice the Lung Sound and the Kidney Sound.

***For further information about Universal Tao Centers,  
courses, or other resources, contact:***

## ***Universal Tao Instructor Associations***

### ***North America Instructors Association (NAIA)***

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### ***European Instructors Association (EIA)***

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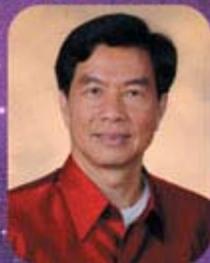
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# **Cosmic Sounds**

## **Sounds that Heal**

**Mantak Chia**

Illustrations by Udon Jandee

### **Cosmic Six Healing Sounds**

*The Sounds that Heal are the Six Healing Sounds and related postures helping to restore, balance, and cleanse the vital organs. They also stimulate the Chi flow throughout the body to enhance one's overall health and vitality. The Cosmic Six Healing Sounds and their postures help to release any excess heat that may be trapped in the cooling sacs which surround each organ. This booklet will show you how to assume the postures and produce the sounds sub-vocally; their vibrations redistribute any excess heat into cooler regions of the body where it can safely be stored or used. Once the organ energies are balanced, you have a good foundation for establishing and nurturing the virtue energies. This will help to maintain the Chi balance throughout the system.*

*Practice of the Cosmic Six Healing Sounds will restore and maintain your calmness and good health. Greater sexual pleasure and improved digestion will occur. Minor ailments, such as colds, flu, and sore throats, can be prevented or thrown off easily. Several psychologists have taught some of their patients to use the Cosmic Six Healing Sounds to relieve depression, anxiety or anger; and body work oriented healers have used the Six Healing Sounds to help speed up healing, and the healer spends less life force energy.*



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