

# Liu Zi Jue 六字訣

## Six Healing Sounds

The **Six Healing Sounds** or **Liu Zi Jue** (六字訣) is one of the common forms of Chinese qigong, and involves the coordination of movement and breathing patterns with specific sounds.

**XU** [嘘 pronounced like 'she']

Level the Liver energy (平肝氣)



**HE** [呵 pronounced like 'huh']

Supplement the Heart energy (補心氣)



**HU** [呼 pronounced like 'who']

Cultivate [or Shore Up] the Spleen/Pancreas energy (培脾氣)



**SI** [呬 pronounced like 'sir']

Supplement the Lung energy (補肺氣)



**CHUI** [吹 pronounced like 'chwee']

Supplement the Kidney energy (補腎氣)



**XI** [嘻 pronounced like 'see']

Regulate the Triple Warmer energy (理三焦氣)



### Key Points 要領

**Liu Zi Jue** takes breathing as the mainstay with simple guiding movements accompanying the breathing routines to regulate the functions of the liver, heart, spleen, lung and kidney and triple warmer. The guiding movements must be relaxed, gentle, flexible and slow. Breathing and pronunciation cannot be disturbed by the guiding movements.

According to the theories of traditional Chinese medicine, we are just one part of the universe, integrated with nature. So our physiological function and health will be affected by nature. It co-relates and corresponds to *Zang*<sup>1</sup>, *Fu*<sup>2</sup> and the five elements that is: wood, fire, earth, gold and water.

The practitioner can expel stale air produced by *Zang Fu* in the course of uttering the six sounds and exhaling. Fresh air is then absorbed from nature in the course of the corresponding movements and inhalation. It can regulate the circulation of *Qi* (energy) and blood of the practitioner; create a balance of Yin and Yang among the five *Zang* and six *Fu*.

### Form – Posture and Movements (形—姿勢動作)

- Posture and movements should stretch generously in a slow, soft, natural, serene and smooth manner, like flowing water or floating clouds, in harmony with the Universe, reflecting the unique quiet and soft beauty of nature.
- Movements especially the elbow and knee should be relaxed as much as possible. In particular do not allow movements to affect your respiratory functions and sound phonation.
- Your Dantian should be used as a focal point in connecting individual actions with the rhythm of breathing.

<sup>1</sup> Zang 臟 refers to the yin organs - heart, liver, spleen, lung, kidney, pericardium.

<sup>2</sup> Fu 腑 refers to the yang organs - small intestine, large intestine, gall bladder, urinary bladder, stomach and triple warmer.

## Sound – Pronunciation, Shape, Breath, Phonation

### (声—读音、口型、气息、发声)

- The pronunciation, shaping and breathing of the sounds is unique to **Liu Zi Jue** in the practice of Qi Gong. Based on research and literatures from Qi Gong and traditional Chinese medicine, these 6 words can represent different states of our body.
- Steps to learning: learn the correct pronunciation first to achieve accurate shaping of the mouth, then regulate the mouth to control the breath, finally adjust the phonation to achieve low, penetrating vibration.
- For beginners, it is advised to practice out loud first, then gradually change into a low voice practice. When you achieve mastery or proficiency, you can switch into the phase of “silent” practice with breathing only without any phonation. When practicing vocalization, the essentials for phonation are low, vibrated, and penetrated, similar to the sound of the temple bell and drum.

## Breath – Inhalation and Exhalation (气—呼吸吐纳)

- The basic breathing requirements are: uniform, fine, soft, long and deep. At the same time it should be natural and not strained.
- Natural breathing through the nose is used throughout the whole set of exercises, except when making the 6 character sounds. The goal is to remain relax and pay attention to breathing slowly.
- Abdominal breathing or reverse breathing is used when pronouncing and exhaling the 6 character sounds. With reverse breathing, during inhalation using the nose, the lower abdomen contracts slightly, during exhalation using the mouth, the lower abdomen relaxes and expands. The use of this special breathing method is to allow the innate *Qi* to travel from the lower abdomen up to the chest, while the natural *Qi* from the outside is absorbed via the nostrils to the chest. This allows the innate and natural *Qi* to interact. During exhalation, turbid *Qi* is dispatched out of the body while innate *Qi* infused with nutrients from nature are sent back to the lower abdomen.

## Spirit – Vitality and Mindfulness (神—精神意念)

- Mental concentration should be directed inwards, avoid drowsiness and scattered thoughts.
- Focus on the coordination of movements with breathing and phonation.
- Do not over emphasize on the spiritual or mental aspects, it should be natural and harmonious. Too much spiritual focus disrupts the natural aspects of the exercise.
- Keep the body relaxed, once you achieve fluency with the movements, pay less attention to limb movements. Too much attention to movements may lead to stiffness or rapid breathing.

## Verve – The Charm of Qi Gong (韵—气功韵味)

- Practice to integrate Form, Sound, Breath, Spirit and Verve. It is recommended to have appropriate music to enhance the integration of emotion.
- When practicing, try to experience the atmosphere of serenity, joy and warmth.
- Pay attention to the interplay of dynamic and static features of the exercise.
- If you can achieve the integration of Form, Sound, Breath, Spirit and Verve when practicing, it is a natural demonstration of the unique and elegant charm of both the practitioner and the Qi Gong moves. It enhances the health of the practitioner from internal to external.