

# Bone Marrow Cleansing

4 Actions of Bone Marrow Cleansings

1<sup>st</sup> part of the Qi Purification Process

2<sup>nd</sup> part: healing sounds

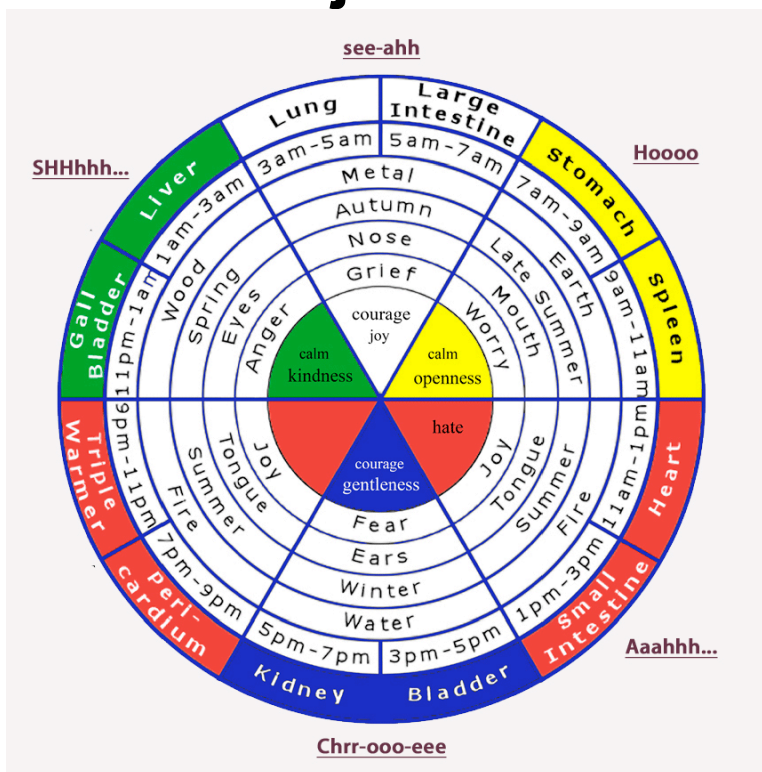
- 1) Begin with whole body breathing:
  - a. Upward flow
  - b. Downward flow
  - c. Pulse hara
- 2) Hands move into “prayer” mudra – being present with Breath (essential mindfulness) standing meditation
- 3) Hands flow out to the sides – palms out – finger tips upward – hold this mudra feeling flow out the palms
- 4) One hand on mingmen, one rising above head palm pressing upward along centerline, then turn palm facing downward along centerline feeling qi connecting to central channel and through the body energetically to the Earth... flow the hand down energetically purifying the bones – come to hara and reverse action (repeat 3-5 cycles) visualize skeleton.
- 5) Raise palms facing upward along left and right channels – at the heart turn the palms upward and continue to raise above the head – pause an moment and feel the centerline and connection with the Earth – turn the palms facing down and pass the healing energy through the bones into the Earth. (repeat 3-5)

Heaven and Earth are ageless,  
Renewed by the Breath of Tao  
If one cultivates the Life-Force  
We can be one with Heaven & Earth

~ Ancient Taoist Sage ~

# The Healing Sounds

Presented by  
Teja Bell



...are each a combination of movement, breathing, sound, color, emotion and intent:

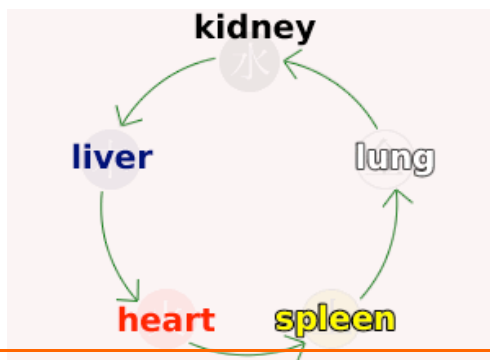
A meditation in the practice of PRESENCE.

There are six essential sounds associated with the so-called Healing Sounds Qigong, one each for the five major “yin” organs of the body, and a final one, the triple warmer sound, which moves heat down the body away from the head.

Each sound and gesture is designed to cool and detoxify and balance a specific the organ system, and transform the negative emotions associated with it while reinforcing the positive attributes.

They are particularly helpful as a cure for insomnia, and also powerful enough to alleviate other serious symptoms.

The sounds are taught in different positions (and differently in various systems), with different movements:



# #1 LUNGS

SOUND: "SEE-AHH"

A BARELY AUDIBLE PROLONGED CHANT

**Emotions:**

**Negative—grief, sadness, depression**

**Positive—courage, righteousness,  
high self-esteem**

**Color: White Clear Metallic**

**ELEMENT: METAL**

**Season: AUTUMN**

**DIRECTION: WEST**

**RELATED QUALITY: DRYNESS**

**Associated Organ: Large intestine**

**SENSE ORGAN: NOSE**

"Who takes Heaven as his ancestor, Virtue as his home,  
the Tao as his door, and who becomes change – is a Sage."

Chuang Tzu, Inner Chapters

"The Tao is very close, but everyone looks far away.  
Life is very simple, but everyone seeks difficulty."

Taoist Sage, 200 B.C.E.

## #2 KIDNEYS

SOUND: "CHRR-OOO-EEE"  
resonating

NEGATIVE EMOTION: FEAR - SHOCK

POSITIVE EMOTION: GENTLENESS - WISDOM

COLOR: DARK BLUE, INDIGO

MEDITATION COLOR: LIGHT BLUE

CYCLE: DORMANT

ELEMENT: WATER

SEASON: WINTER

DIRECTION: NORTH

WEATHER: COLD

COMPLIMENTARY ORGAN: URINARY BLADDER

SENSE: EAR



# #3 LIVER

SOUND: "SHHHHH" (AS IN HUSHHH BE QUIET)  
ALSO, "SHOOU" AS IN 'SHOE' (BRING ENERGY UP LEGS)

NEGATIVE EMOTION: ANGER FRUSTRATION RESENTMENT

POSITIVE EMOTION: LOVING-KINDNESS (METTA)  
BENEVOLENCE FORGIVENESS

COLOR: GREEN

CYCLE: GROWING

ELEMENT: WOOD

SEASON: SPRING

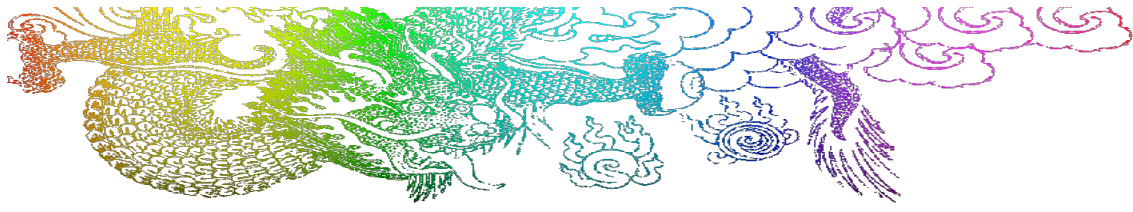
DIRECTION: EAST

WEATHER: WIND

COMPLIMENTARY ORGAN: GALL BLADDER

SENSE: EYE





## #4 HEART

SOUND: "AAAHHH..."

NEGATIVE EMOTION: IMPATIENCE CRUELTY  
ARROGANCE HARSHNESS HATRED

POSITIVE EMOTION: LOVE JOY HONOR  
RESPECT HAPPINESS

COLOR: RED

CYCLE: RIPENING FRUITFULNESS

ELEMENT: FIRE

SEASON: SUMMER

DIRECTION: SOUTH

WEATHER: HEAT

COMPLIMENTARY ORGAN: SMALL INTESTINE

SENSE: TONGUE



# #5 SPLEEN

SOUND: **HOOOO** (LIKE 'WHO')

NEGATIVE EMOTION:	WORRY OVERTHINKING EXCESS SYMPATHY
POSITIVE EMOTION:	OPENNESS FAIRNESS BALANCE EQUANIMITY JUSTICE
COLOR:	YELLOW
CYCLE:	RIPE HARVEST
ELEMENT:	EARTH
SEASON:	LATE SUMMER
DIRECTION:	STANDING IN THE CENTER LOOKING OUT IN ALL THE DIRECTIONS
WEATHER:	DAMPNESS
COMPLIMENTARY ORGAN:	STOMACH
SENSE:	LIPS, MOUTH

