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

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The Six Qigong Healing Sounds are given in relation to the Five Element Theory and the related meridians and 5 organs. A video shows the movements used.

Six healing sounds of taoist practice

Hi Deb, To tell you the truth, I've been really sporadic in my practice, both of Tai Chi Chih & the Six Healing Sounds. But I'm reading Deepak Chopra's book "Quantum

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"Grand Master Mantak Chia brings together "The Six Healing Sounds" for those who are beginning training in the Taoist tradition. This informative book includes

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