

# The Six Healing Sounds: Taoist Techniques For Balancing Chi By Mantak Chia

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Mantak Chia founded the Healing Tao System in North America in 1979 and developed it Taoist Techniques for Rejuvenating the The Six Healing Sounds.

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Master Chia states the practice of the Six Healing Sounds is vital to restore and maintain your calmness and good health by restructuring the cooling system of the body.

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