



# Qigong Fundamentals [available winter 2009]

## Albany Qigong

Call 518.698.2400 to reserve  
a place in a group class or  
private session

### 6 Healing Sounds | 4 Season Qigong

**The Six Healing Sounds** practice is a simple yet powerful tool to promote physical, energetic, and emotional healing and balance. Regular daily practice of the Six Healing Sounds will help you keep in touch with the energetic and emotional state of your internal organs. Practice this exercise in the evening before you go to sleep. By clearing out negative emotions before sleeping, you allow the night's rest to recharge your energy positively. The sounds are used to generate certain frequencies for specific healing. Each sound can generate different energy for the healing of different organs. Growing the good virtue of the organs is essential so that the negative or sick energy has less room to grow.

The "Inner Smile" and "Six Healing Sounds" exercises focus on five organs or organ systems: the heart, the lungs, the kidneys, the liver/gall bladder, and the stomach/spleen.

In the Taoist tradition, positive and negative emotions are associated with the internal organs.

One of the keys to good health is to become aware of the emotional energies that reside in the organs, and to transform the negative emotional energies into positive virtues.

**Four Seasons Qigong** is a well-known traditional medical Qigong practice in which one learns how to regulate the body from one season to the next to avoid common illnesses. This Qigong specializes in training the five internal Yin organs; heart, lungs, liver, kidneys, and spleen, which correspond to the four seasons the year.

It is believed that when we get sick it is often due to the body's difficulty in adapting to the changes from one season to another. For example, when Fall arrives, it is easier to catch a cold, and when Summer comes, the heart can be too excited. By practicing Four Seasons Qigong, you are able to adjust your body's Qi during the change of seasons so your health can be maintained.



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Visit the Albany Qigong website at: <http://www.albanyqigong.com>

