



## Six Healing Sounds: A Holistic Practice (Paperback)

By Hendrik Santo, Robert Chu

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Six Healing Sounds has a long history in China. Used as a self-cultivation tool, it is based on the principles of Chinese Medicine where sounds have a connection to the internal organs. The Chinese name is Liu Zi Jue, meaning, literally, six characters knock or secrets. The real meaning behind them is to use the sound syllable to vibrate and massage the internal organs to maintain health, or to heal if one is sick. To the Chinese, to heal means to be in harmony or balance. In fact, that is the goal of all the Chinese healing arts - to bring one into balance. The Six Healing Sounds will strengthen what is deficient, and will sedate what is excess. Six Healing Sounds Made Simple is a bold step to introduce the art to the West in its authentic form. Although there are many schools of Six Healing Sounds that are taught here, most are focusing on making loud sounds with the throat alone, and do not address the intricacies and practice of a healing nature. Hendrik Santo has...

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