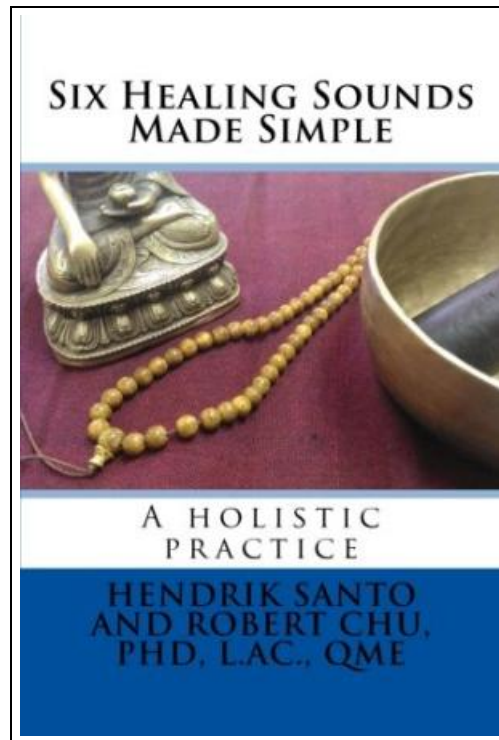


Six Healing Sounds: A Holistic Practice (Paperback)



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Reviews

The book is great and fantastic. It is written in straightforward words and phrases rather than difficult to understand. You won't really feel monotony at any time of your respective time (that's what catalogues are for regarding should you question me).
(Payton Miller)

SIX HEALING SOUNDS: A HOLISTIC PRACTICE (PAPERBACK)

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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 knack 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 made a simplified method in which the practitioner can learn and practice and immediately benefit. It is used as a method of self-healing, and can be used by anyone. Six Healing Sounds in a nutshell, can be described as almost like humming to oneself with breathing, while in meditative seating, and mental state in Samadhi. To sum it up that simply, is an over-simplification, as it takes some time to cultivate those steps. In his teachings, Hendrik Santo pays close attention to the details of mental state, physical posture, relaxation, breathing, timing, sound, mouth formation, rhythm, and duration of the...

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