

## 5. Five Element Qigong

### 五行氣功

Wǔháng Qìgōng

## Healing Sounds of the 5 Elements

### 5.8. Liver

- 5.8.1. **Sound:** Shuuuuuuu (Xu) (like telling someone to be quiet) (sh—oe or Ssssss- huuuuu)
- 5.8.2. **Feeling into the emotion:** Rub both hands together. Put both hands on the liver, look at right side and the left side of the liver and feel if there is any anger, jealousy and frustration. Then separate the emotions and move these emotional energies from inside your liver to the outside of your body.
- 5.8.3. **Exercise:** Interlock your fingers and bring both hands up until the palms are facing the sky and lean slightly to the left feeling the stretch on your liver side. Looking up breathe in then breathe out making the liver sound, Shuuuuu. (Repeat three times) Release all anger into the sky. Bring the hands down and place them on the liver and continue releasing all remaining anger into the ground through the Youg quan (KI 1) point.
- 5.8.4. **New intention:** Then bring the new intention of perseverance, endurance and patience to your liver.
- 5.8.5. **Colour:** Bring the colour green to the liver, then bring the colour green to the whole body.