

# 六字訣 Liu Zi -Jue (Six Word Verse)

The Six Syllable Formula is an ancient breathing technique developed by the Chinese to promote health. Each of the five organs – liver, spleen, heart, lungs and kidneys – are assigned an element: wood, earth, fire, metal, water. Every organ resonates with a particular sound; by pronouncing different tones during exhalation, this may correlate the breath movements with that of the mind and body. The essence of qigong is to dispel stale, congested qi and replace it with fresh qi. It also aims to prevent blockage and congestion of qi and improve physical and mental health.

Many scholars contributed to the literature of the Six Syllable Formula, most notably Tao Hongjing of the South and North Dynasties, who introduced the idea of there being “one way to inhale, six ways to exhale” (“納氣有一，吐氣有六”). Following him include Song Dynasty’s Zou Piaoan’s further analysis “Tài shàng yù zhóu liù zì qì jué” (太上玉軸六字氣訣) and Sun Simiao’s Prescriptions Worth a Thousand Gold (千金要方). Before the Ming Dynasty, ancient Chinese mainly practiced qigong by simple inhalation and exhalation. After the Ming Dynasty, actions were introduced to be carried out in tandem with the breathing actions of qigong. Each word in the Six Syllable Formula specifically addressed a particular organ or body part.

The original Six Syllable Formula is as follows:

嘘 *Hui*

呵 *Hall*

呼 *Full*

呬 *See*

吹 *Chui*

嘻 *Hay*

## **Preparatory Position:**

Spread feet to shoulder’s width, with head facing squarely forward. Straighten neck and back while tucking in stomach. Relax the shoulders and elbows; allow them to rest naturally at the sides. Slightly bend knees and breathe naturally. Keep your mind clear of any distractions.

## **Breathing Method:**

Follow diaphragmatic breathing: first exhale then inhale. During exhalation, recite one of the six words, while at the same time contracting the anus and kidney muscles. Shift body weight to the soles of feet.

## **Pranayama:**

Read every word six times, then rest for a while and allow breathing to return to normal.

A full routine consists of doing each individual word breathing exercise 6 times. Repeat full routine 3 times, preferably during morning and/or night.



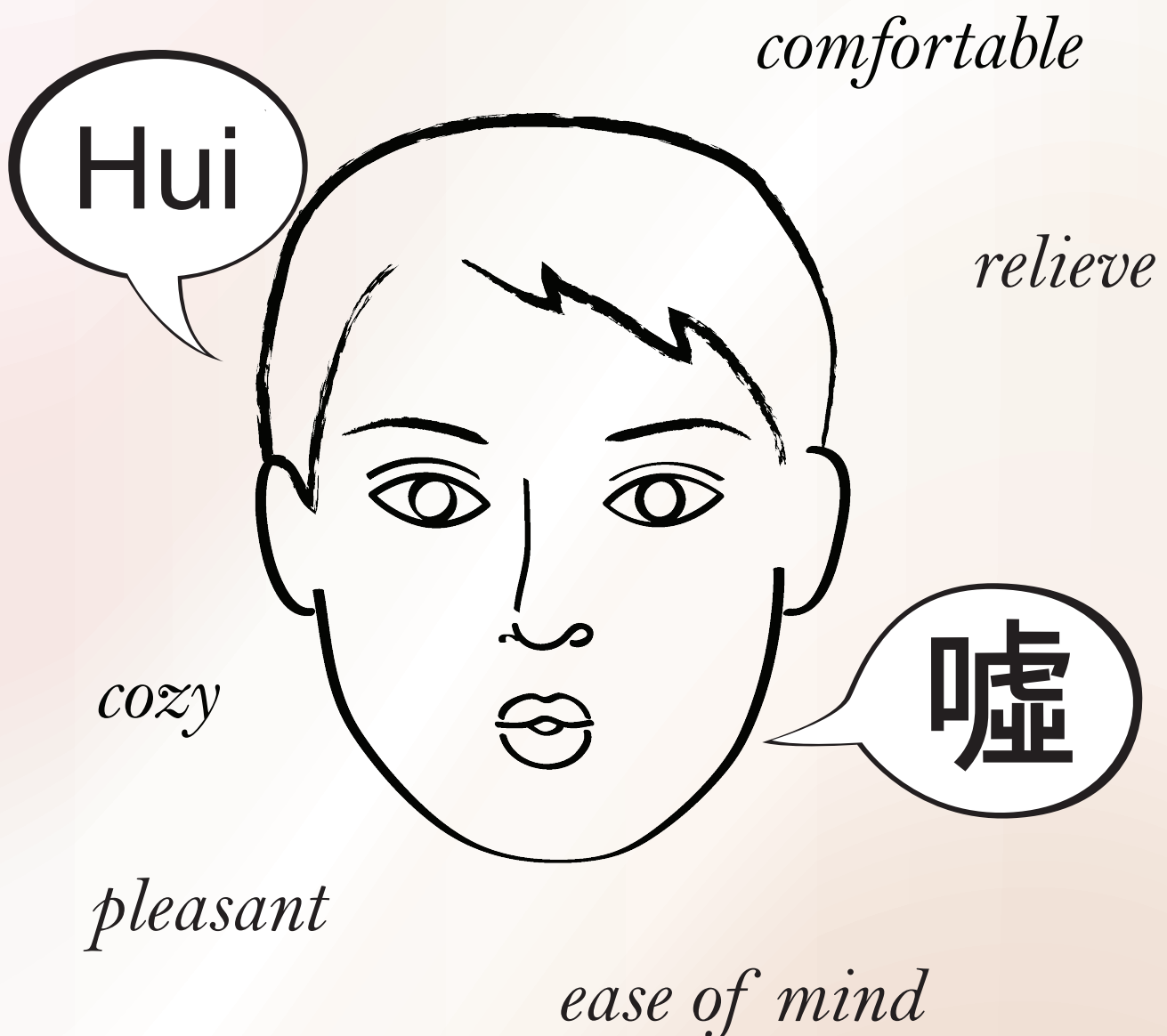
## 六字訣 liu zi jue (six word verse)

### Hui · To soothe Liver's Qi

噓 read as Hui. The lips are tense and pressed together to form an "O" shape. The tongue should be slightly extended forward, and there should be a gap between the upper and lower rows of teeth.

During exhalation, press toes lightly to the floor. Spread the arms, with both palms facing upwards, and start to raise them upwards. While raising the arms, start to exhale and recite the word Hui. Afterwards, relax and inhale, allowing both arms to fall back to sides of the body. Rest and then repeat.

Hui Qigong exercise can be use to cure eye diseases, and alleviate the symptoms of poor appetite, indigestion, eye dryness, hepatomegaly, and liver vacuity.



## 六字訣 liu zi jue (six word verse)

Hall · To nourish heart's Qi

呵 read as Hall. Part the mouth slightly, draw the corners of the mouth slightly backwards and point the tip of the tongue downwards.

Vocalize the word Hall while exhaling. At the same time, lightly touch the toes to the floor. Raise both hands, with palms facing inwards, from the sides of the body pass the lower abdomen. Continue raising the hands to the height of the centre of the sternum, at which point the palms should be turned to face outwards. Raise the hands to eye level. After exhaling, turn the palms inwards and downwards, passing face, chest and abdomen, and finally to rest at the sides of the body. Rest and repeat.

Hall Qigong may cure forgetfulness, excessive sweating, impairment of language, tongue erosion and stiffness, palpitations, and insomnia.



## 六字訣 liu zi jue (six word verse)

### Full · To culture Spleen's Qi

呼 read as Full. Shape the mouth as though forming a long tube. The lips should form the shape of an "O", and the tongue should be slightly curled. As the Full sound is produced in the larynx, tighten the lips and curl the tongue during recitation to form a straight channel in the oral cavity such that the air from the lungs can be expelled smoothly.

Inhale naturally, press toes lightly to the floor and raise hands from the sides of the body to the abdomen. Lift left hand above the head, and press right hand downwards and inwards to the Chongmen point. Exhale.

As you prepare to inhale again, lower left arm until left palm is facing inwards, positioned in front of the face. At the same time, lift the right arm upwards with palm facing inwards until the two hands are placed one on top of the other. Press both hands downwards pass the abdomen and then allow both arms to rest naturally at each side of the body.

Full Qigong can treat poor appetite, indigestion, fatigue, skin edema, spleen vacuity, abdominal distension and diarrhea. It may also alleviate the symptoms of hematochezia and irregular menstruation.



## 六字訣 liu zi jue (six word verse)

See · To nourish Lung's Qi

呬 read as See. Draw lips backward, with a slight gap between the upper and lower rows of teeth. Lightly press the tip of the tongue between upper and lower teeth, so that air may still be expelled through the gap.

During inhalation, raise both hands from the sides of the body upwards and outwards to reach chest level. Then spread arms out wide like a bird spreading its wings, while drawing air into the lungs. Exhale and vocalize the word See, touching the toes lightly to the floor. Relax the arms and allow them to fall to the sides of the body.

See Qigong may treat common colds, fevers and coughs, as well as address phlegm accumulation, shortness of breath and backaches.



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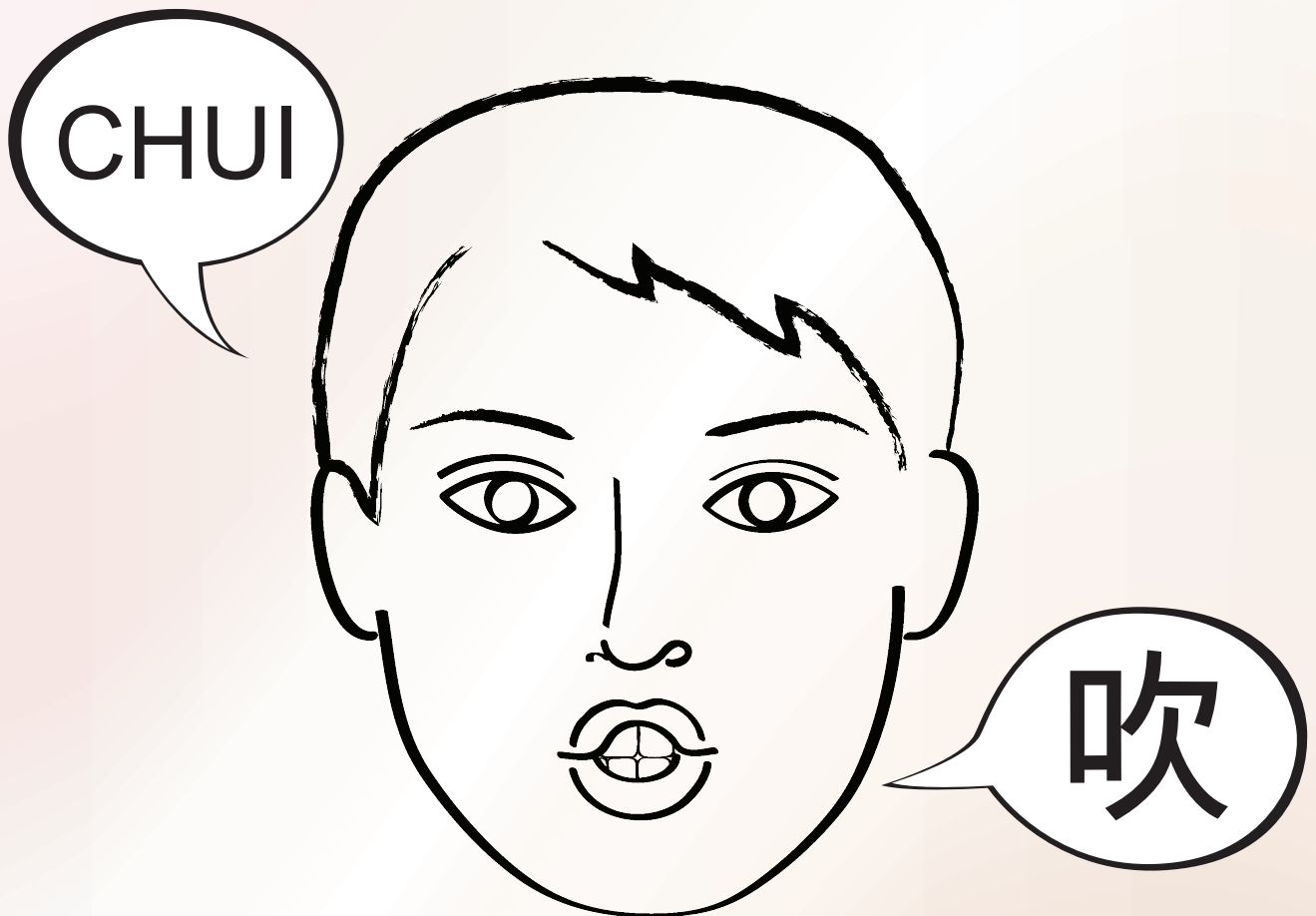
### Chui · To nourish Kidney's Qi

吹 read as Chui. Start with the mouth slightly open in a round circle. During exhalation and recitation, draw the corners of the mouth backward, keeping the lips tense and the upper and lower teeth separate, allowing air to exit via the gap.

Inhale, then exhale while vocalizing the word Chui. Fan out your toes on the floor and raise your arms from the sides of the body, around the Changqiang and Shenshu acupuncture points, drawing an arc towards the front of your body. Position arms in a way you would if you were holding a ball, with fingertips touching. Keep the body upright while squatting and tighten the muscles around the anus. Drop the body into a squatting position, with arms over knees, at the end of exhalation.

After exhalation, stand up slowly with inhalation, and allow arms to drop to the sides.

Chui Qigong may cure sore knees, treat premature ejaculation, impotence, tinnitus, teeth and hair loss, tidal fever and night sweating.



## 六字訣 liu zi jue (six word verse)

Hay· To recuperate the Triple Energizers (Sanjiao, 三焦)

嘻read as Hay. Keep lips slighted parted and tense, while extending the tongue with the tip pointed downwards. During pronunciation, draw the corners of the mouth backwards and expel air through the gap between the upper and lower teeth.

Vocalize the word Hay during exhalation. Touch the fourth and fifth toes to the floor. Lift both arms to the front of the body and shape them as if holding a ball. Turn the arms outwards, with palms facing outwards.

During inhalation, turn the arms inwards and downwards. Mentally guide the Qi in the body down towards the ends of the fourth toes.

Hay Qigong may cure dizziness, tinnitus, chest stiffness, sore throat, vertigo, abdominal distension and urinary problems.

