

Breathing Sounds Balance FOLLOWING THE THE FIVE ELEMENTS

by Camille Mouflier

In her book *Brain Reflexology* (ref. 1) Madeleine Turgeon presents a breathing sounds skill for healing diseases. I drew my inspiration from her work and developed a breathing sounds balance following the five elements.

Test:

When you know where are the under energy and the over energy on the five elements card, find the muscle you are going to work with.

Then have the person hear the sound according to the under energy meridian (use a chromatic pitch):

Wood	La	a
Fire	Do	c
Earth	Fa	f
Metal	Sol	g
Earth	Re	d

If then the muscle tests strong, you can use this correction.

Correction:

1. "Bring out the sound" of the element of the over energy meridian which feeds

or controls the under energy meridian, as follows:

- a. The testor emits the sound with the chromatic pitch in a continued and repeated way.
- b. during the emission of the sound the testee

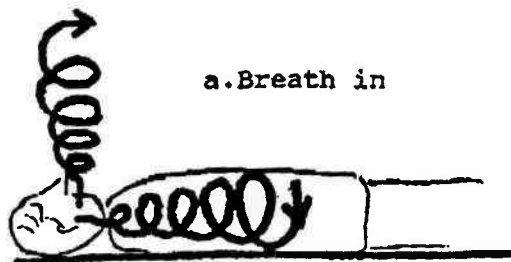
* "breathes in the sound" having it vibrate all along a spiral which brings it from the inside of the body towards the respiratory system, curling on itself on the right side (clockwise cycle, as to screw on a bottle cap).

* "breathes out the sound" having it vibrate all along a spiral which brings it from the respiratory system towards the outside of the body, uncurling itself on the left side (counter clockwise cycle, as to unscrew a bottle cap).

Repeat 3 times (or test how many times).

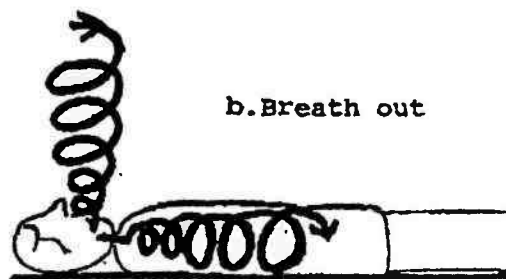
NB - If the under energy is not preceded by an over energy, ask the person to breathe out the sound of the element controlling the meridian you are working on.

b. Breath out



1. Bring out the sound

a. Breath in



2. Enter the sound

2. "Enter the sound" of the under energy meridian as follows"

a. The testor emits the sound in a continued and repeated way.

b. During the emission of the sound the testee

* "breathes in the sound" having it vibrate all along a spiral which brings it from the outside of the body towards the respiratory system, curling on itself on the right side.

* "breathes out the sound" having it from the respiratory system towards the inside of the body, uncurling itself on the left side.

Repeat 3 times (or as tested).

Control:

1. The muscle you were working on is now strong.

2. The muscle remains strong when the person hears the sound of the element the muscle is part of.

People who are more auditive than visual will take more advantages from this skill than from breathing colours balance (previously presented here at T.F. H. Meeting 1991).

It will come natural for them to breathe sounds. Not the same for visual people!

Reference

1. Madeleine Turgeon, *Brain Reflexology*, La Reflexologie du Cerveau, edited by de Mortagne, 1988.