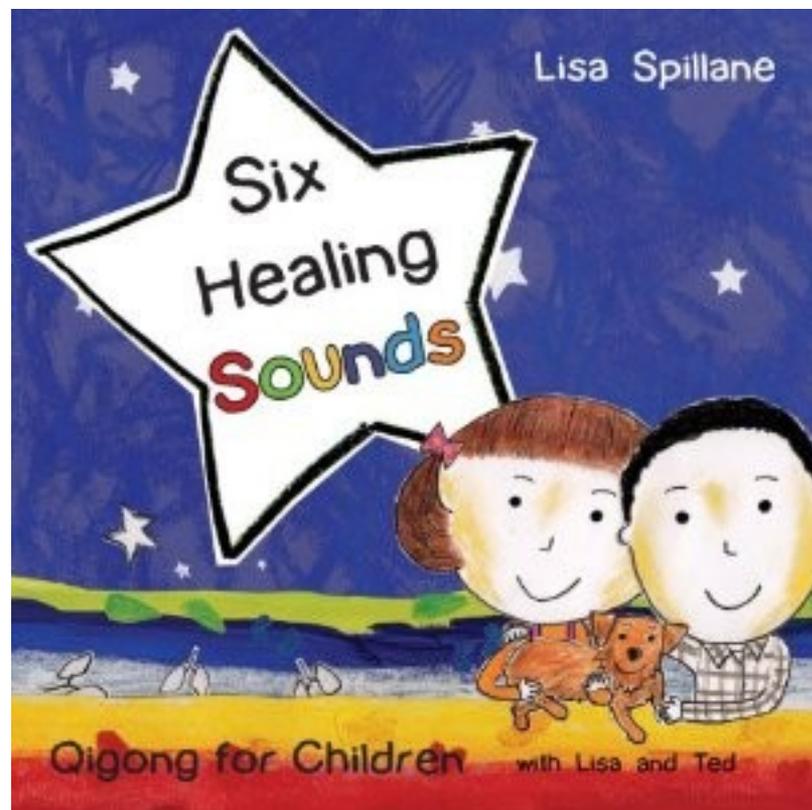


An adorable book: **Six Healing Sounds** by Lisa Spillane

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Book Cover of Six Healing Sounds: Qigong for Children
Singing Dragon

[Singing Dragon](#) sent me a copy of Lisa Spillane's [Six Healing Sounds: Qigong for Children with Lisa and Ted](#) for review.

This 8 ¼” by 8 ¼” book has only 24 pages, but each page is printed nicely in full rich colors with lovely illustrations that depict two young siblings’ (Lisa and Ted) lives, and also demonstrate how [Qigong](#) exercises can be done to make their heart happy or soothe their stomach. Parents or care takers can read it to young children and do the exercise with the kids by playing together. It is also suitable for younger elementary students to read out loud and practice the Six Healing Sounds by themselves. It is a great concept to introduce a healthy routine to youngsters in a very fun way. According to Chinese Medial Qigong, the [Six Healing Sounds](#) is an ancient health practice and breathing exercise. Actually anyone with a young heart can benefit from reading it.

Born in New York in 1965, Lisa Spillane qualified as a teacher of Art and Design at the National College of Art & Design in Dublin, Ireland and she has a master's degree in education. She is a co-founder and

former director of [Artlink Ltd.](#), a charitable company promoting access to art in the Northwest of Ireland. Lisa has taught at a number of schools and also worked several years in Northern Ireland on community projects with children and young people. She learned Qigong [meditation](#) from attending classes taught by [Grandmaster Mantak Chia](#) three years ago and continues studying with other local trainers and through self-research. To learn more about her book, I was able to interview her; below is an excerpt from the interview.

“ Violet: Are Ted and Lisa really brother and sister like the ones in the book?

Lisa: I have a brother Ted and my name is Lisa but the stories aren't autobiographical. As far as I know, he's never tried Qigong but I hope my little book will get him and his family started on it. I was born in New York and lived there until my father died shortly before my eighth birthday. After that we moved to Ireland, where my parents were from. My father died from a brain tumor which he suffered with for two years and the trauma of dealing with that and subsequently moving to a new and very different country was a lot to take on board for a little girl. Those experiences have given me a desire to help children and I see this book as something that can show them ways to **transform negative feelings to positive ones** -- to smile inside and release the anxieties and hurts that would otherwise be stored in their bodies.

“ Violet: Why write a Qigong book for kids? I love the concept but was curious for your reason. When and where did the idea come from?

Lisa: When Mantak Chia showed me how to warm my liver and smile into it I was struck by the realization that previous to that moment I hadn't given much thought to the location of it in my body. It was almost as if I thought of my internal organs as abstract objects. I knew about them but had only a very superficial relationship with them. It dawned on me how ridiculous it was that having had this body for so many years I couldn't with confidence point to my spleen, pancreas or liver. And I'm someone who has always had an interest in health and nutrition! I wished I'd learned how to do this as a child

and thought how great it would be to grow up with these techniques that use the body-mind connection to promote good physical and mental health. Another thing that pointed me in the direction of writing a children's book on the subject was when a friend of mine suffered a heart attack. I wrote to him and tried to explain how to do the Inner Smile and Six Healing Sounds but it all sounded a bit complicated (even though it's not) and so he didn't try it. My thinking was that if I could make it simple enough for young children to learn then more adults would try it.

While there are complex scientific reasons for why the exercises work, they are very easy to learn and do. Firing up the imagination with colors and beautiful imagery, smiling and making different sounds are all things that I knew would appeal to children.

In addition to the stories demonstrating how to do the different sounds they also **encourage children to accept that emotions come and go** and that there are things that they can think and do that will help them to be calm and keep a positive outlook. Children will enjoy the experience of learning these techniques. They will be able to empathize with Lisa and Ted and relate their challenges to their own lives. The illustrations draw attention to the beauty of the world with the aim of inspiring feelings of awe, wonder and appreciation. Research has shown that these feelings are so good for us. Smiling is a vital component of the exercises so the book aims to make children feel happy and laugh too. Bingo the dog is good at that.

“ Violet: Normally we say *Spline and Triple Energizers* instead of *Stomach and Head*. What are the reasons for the substitution?

Lisa: It was important for me to write this in a way that would be faithful to the exercises but I also had to make it simple enough for young children to follow and not be overwhelmed by too many new words. When I learned the Inner Smile and Six Healing Sounds from Mantak Chia, the Spleen, Stomach and Pancreas were done together but I chose to focus solely on the Stomach for this book as children can relate easily to that organ. It's also such an important one for children because it will help them to see that there are alternatives to trying to numb away their feelings of worry with food.

Not all of the emotions associated with each organ have been included because that would be too confusing for young minds. The seasons and some of the elements for the different organs are suggested by the illustrations and the stories.

My narrative license was used again by choosing the brain as the organ for the Triple Warmer (or Energizers) exercise. Out of all the exercises this is the best one for relaxation and helping children to go to sleep. Because the Triple Warmer aims to even out the body temperature by bringing hot energy down from the head and cooler energy up from the feet it made sense to me to describe the hot energy from the brain as the chattering busy thoughts that keep children from sleeping. The exercise ends with Ted resting his hands on his stomach which is roughly the Dan Tian area.

“ Violet: Lastly, who did the lovely drawings in the book?

Lisa: I did the illustrations. I'm so pleased that you like them!

SUGGESTED LINKS

- [Managing Stress with Qigong](#)
- [I got my husband back](#)
- [Spring Forest Qigong's Annual Conference Featured Feminine Divine](#)



Violet Li

Tai Chi Examiner