

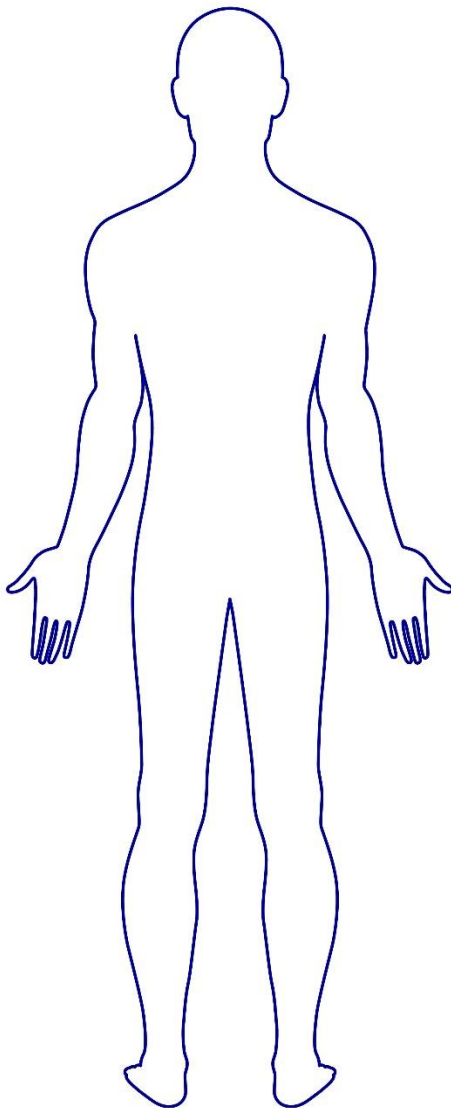


Spring Forest Qigong Level One for Health

Six Word Chant

Ong Ma Lee Bae Mae Hong

From *Born A Healer* – Chunyi Lin



ONG

“Ong” means the heart of wisdom. This is the wisdom of the Universe. This sound can help with problems in the eyes, the ears, nose and all kinds of headaches and head problems.

MA LEE

“Ma Lee” means a person’s heart, which is full of changes. This sound can help with problems in the throat, shoulders, elbows, and the heart and lungs.

BAE MAE

“Bae Mae” means the purity of the heart, the emptiness. This sound can help with problems in the spine, back kidneys, stomach, and intestines.

HONG

“Hong” means the enlightenment of a person with the wisdom of the universe, or with the power of God. This Sound can help heal the problems in the joints of the body and the legs.