



CHANTING

DEEPEN THE VIBRATION AND REWIRE YOUR BRAIN



It's vibration - energy – chanting can increase the effectiveness of the technique and get your busy mind out of the way.



First chant the sound six times quietly enough that only you can hear.



Then do it silently as many times as you like.

Ways to chat in S.F.Q

CHANTING: SHEEE

Pronounced like 'she'
with the e sound
lengthened

Hold your lips like you're
going to whistle and say
'sheeeee.'

This sound connects to
your liver system and is
helpful for your liver,
digestion, lymph system,
eyes and gallbladder

CHANTING: KERR

After an initial 'k' sound, pronounced like the beginning of the word 'earth' with the 'rrrr' lengthened

Purse your lips slightly when using this sound

'Kerrrr' connects to your heart, and is helpful for brain tumors, and also for relationships in general. It assists with your small intestines and helps with digestions, gas, and acid reflux.



Pronounced like the word 'who, with the 'oo' lengthened



This sound connects to your digestive system, stomach, spleen, and pancreas and is very helpful if you are involved in too much brain work.

CHANTING:
WHOOOO

CHANTING: SEEE

Pronounced like the word 'see' with the 'ee' lengthened

Put the tip of your tongue behind the back of your upper teeth (not touching them) and say, 'seeee.' The sound works with your breathing system and is helpful for healing and cleansing your lymph system. It is useful for a runny nose, congestion, shoulder pain, chest pain, and gallbladder, lung and eye problems.

Seeee helps connect with more than 80 energy points in your lips, mouth and tongue.

CHANTING: CHUEEE

Pronounced “choo-eee” with the chooo sound shorter and the accent on the lengthened ‘eee’

This sound focuses on your ears, kidneys, reproductive organs, and bladder is helpful for bone density and bone marrow issues. It also assists releasing fear and worry.