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Loretta Wollering's Qigong Workshop

Violet Li

During this year's [Tai Chi](#) Gala, held last month in Albany, New York, Sifu Loretta Wollering hosted a very interesting workshop on "Secrets of [Qigong](#) Sounds and Mantras". With diligent practice of Qigong sounds, Tai Chi practitioners can manifest their Qi much faster.



Violet Li

In the workshop, **Sifu Loretta Wollering**, a senior disciple of Grandmaster **Jou Tsung-Hwa**, dissected the Chinese character Qi. She explained that Qi consists of two parts: one is rice and the other is steam and Qi which represents the idea that rice is the source of energy and is cooked through steam which has been a staple for the Chinese for thousands of years. Sifu Wollering explained that in a human body, the energy source is the Dan (elixir) Tian (rice field in Chinese). Qigong is the work we do to grow the vital energy.

Loretta stated that sound is a form of energy. We can use sound to enhance Qigong or Tai Chi practice. When we utter sound, there is vibration of the air. If we move the vibration from the throat deep down to the Dan Tian, it works like an ultra-sound to invigorate the energy. Loretta said Taoists talk about backward energy flowing and an easy way to do it is reversing the sound from the throat down to the Dan Tian area. She said it takes practice to move the vibration down gradually from the throat to Dan Tian. People should pay attention to their body and feel how the vibration moves when they practice Qigong sounds.

Six Healing Sounds are widely practiced Qigong sounds. Each sound is designed for strengthening or healing one specific organ. Sifu Loretta urged practitioner to make the sound go down to the Dan Tian before reaching the designated organ.

For this workshop, Loretta introduced the Han (or Heng) and Ha sounds. Loretta said Han and Ha are names of two guardians for stores or other establishments and the sounds of Han and Ha are guardians of our health and have profound effects on enhancing energy level. She instructed attendees to use a humming technique when make Han or Ha sound and the tongue should touch the

roof of the mouth so the sound vibration will be more internal. Han is the sound going in while Ha is the sound going out.

She also introduced five movements that she learned from Grandmaster Jou to go with Han and Ha sounds. According to her, those movements were originally from the Chen Style Tai Chi.

Shifu Loretta Wollering said that Qigong sounds are very effective. She encouraged people to experiment with the sounds and vary pitches and practice them often.

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