

(Six Healing Sounds)

Transform negative emotions to positive emotions.

By Mantak Chia, Universal Healing Tao Center

Lung

The Lung sound is a metal sound. It sounds like the vibration of a bell and activates the Lung Chi.

Sound: **Sssssss** (Tongue behind Teeth)

Color: White

Emotions: Grief and Sadness

Virtues: Courage and Righteousness

Associated Organ: Large Intestine

Senses: Smell (Nose) and Touch (Skin)

Element: Metal

Season: Fall



Liver

The Liver sound is a wood sound and it activates the Liver Chi.

Sound: **Shhhhhh** (Tongue near Palate)

Color: Green

Emotion: Anger

Virtue: Kindness

Associated Organ: Gall Bladder

Senses: Sight (Eyes)

Element: Wood

Season: Spring



Spleen

The Spleen sound is the earth sound, activating the energy of the stomach, the pancreas, and the spleen.

Sound: **Wheoooooo** (From the Throat, Coughing)

Color: Yellow

Emotion: Worry

Virtues: Fairness, Openness

Associated Organs: Pancreas, Stomach

Senses: Taste (Lips, Mouth)

Element: Earth

Season: Indian Summer



Kidney

The Kidney sound is a water sound and it activates the Kidney Chi.

Sound: **Choooooooo** (As when blowing out a candle; lips forming an "O")

Color: Dark Blue

Emotion: Fear

Virtue: Gentleness,

Calmness and Stillness

Associated Organ: Bladder

Senses: Hearing (Ears)

Element: Water

Season: Winter



Heart

The Heart sound is the fire sound and activates the heart energy.

Sound: **Haaaaaaa** (Mouth wide Open)

Color: Red

Emotions: Hesitance, Arrogance, Cruelty

Virtues: Joy, Honor, Simplicity

Associated Organ: Small Intestine

Senses: Tongue, Speech

Element: Fire

Season: Summer



Triple Warmer

The Triple Warmer sound "**Hoaaaaaa**" (From the Throat past through upper and lower teeth). It serves to balance the temperature of the three levels by bringing hot energy down to the lower center and cold energy up to the higher center. Specifically, hot energy from the area of the heart is moved to the colder sexual region, and cold energy from the lower abdomen is moved up to the heart's region.



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Sound Healing With The Five Elements

Christian Drosten

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