

Five Healing Sounds

According to Mantak Chia in the Taoist tradition

(at Fourth Subplane of Etheric)

Lung Sound: Ssssss

(Tongue behind teeth)

Associated organ: Large intestine

Negative emotions: Grief, sadness, depression

Positive emotions: Courage, joy

Color: White, clear, metallic

Kidney Sound: Chooo.

(Lips forming a circle as when blowing out a candle)

Associated organ: Bladder

Negative emotions: Fear, shock

Positive emotions: Gentleness, wisdom

Color: Dark blue

Liver Sound: Shhhhhh.

Associated organ: Gall bladder

Negative emotions: Anger, frustration , resentment

Positive emotions: Loving kindness, forgiveness

Color: Green

Heart Sound: Haaaaw.

Associated organ: Small intestine

Negative emotions: Arrogance, Harshness, hatred, cruelty

Positive emotions: Honor, respect, love, happiness

Color: Red

Spleen Sound: Whoooo.

(Gutturally from the throat)

Associated organ: Pancreas, stomach

Negative emotions: worry, excess sympathy, overthinking

Positive emotions: Fairness, equanimity, balance, justice, openness

Color: yellow