

Healing Sound	Healing Sound	Healing Sound	Healing Sound	Healing Sound	Healing Sound
1	2	3	4	5	6
lungs	kidneys	liver	heart	spleen	triple warmer
nose	ears	eyes	tongue	mouth	
SSSSS H-S-S-S-S	"O" W-H-H-H-H	SCHHHH SH-H-H-H	HHAAAAA H-O-O-O-O	HHUUUUU WHO-O-O-O	HHIIIII HE-E-E-E
venus *	mercury *	jupiter *	mars *	saturn *	*
metal	water	wood	fire	earth	
sadness grief depression sorrow	fear anxiety horror shock	anger hate aggression	impatience hastyness arrogance cruelty violence	blocked unbalanced insecure undecided worry sympathy pity	stress temper hot & cold
WEST	NORTH	EAST	SOUTH	CENTER	
courage righteousness justice surrender letting go emptiness	gentleness stillness alertness	kindness self-expansion identity generosity	honour respect peace wisdom spirit radiance light joy happiness love creativity enthusiasm	openness fairness center harmony compassion musicality	calming balancing relaxation healing reconstruction
white *	blue *	green *	red *	yellow *	*
tiger	turtle/deer	dragon	pheasant	phoenix	