

## An Overview of the Six Healing Sounds: From KungFu.Life

- 1. Sound "Xu" [Shuu] to Strengthen Liver (Wood | Spring) [Color Green]**  
Transform the negative emotion of **Anger & jealousy** to **Kindness & Forgiveness** .
- 2. Sound "He" [Haaa] to Strengthen Heart (Fire | Summer) [Color Red]**  
Transform the negative emotion of **Restlessness, Hatred, & Arrogance** to **Joy, Compassion & Gratitude & Respect**.
- 3. Sound "Hu" to strengthen Spleen (Earth | Late Summer) [Color Yellow]**  
Transform the negative emotion of **Worry, Anxiety, low self-esteem** to **Openness, Fairness and Self-Trust**.
- 4. Sound "Si" to strengthen Lungs (Metal | Autumn) [Color White]**  
Transform the negative emotion of **Sadness & Sorrow** to **Courage & Justice**.
- 5. Sound "Chui" [Chree] Strengthen Kidney (Water | Winter) [Color Dark Blue]**  
Transform the negative emotion of **Fear, Stress & Tension** to **calmness, peacefulness and wisdom**.
- 6. Sound "Xi" [Shee] to regulate Triple Warmer. [No Color]**  
In Chinese Philosophy, The Triple Warmer is your 'internal system' that regulates the coordination of the above organs, allowing it to work in harmony and balance.  
In Chinese it is called 'San Jiao', interpreted to english to mean the 'three burning activities' or the 'triple Burner'.

When your Triple Burner is working in harmony, it allows the smooth flow of all the positive energies (Qi) activated by the practice of the Six Healing sounds, to go around your whole body, nourishing your vital organs , leading to Health and Longevity.

