

The Six Healing Sounds

- 1. Zzzz** - for the **LUNGS** and the **Metal** element. Color - **WHITE**
Sub Vocal **SSSS**
- 2. Chree** - for the **KIDNEYS** and the **Water** element. Color-**BLUE**
Sub Vocal **CHWOO**
- 3. Shuuu** - for the **LIVER** and the element of **Wood**. Color - **GREEN**
Sub Vocal **SHHHH**
- 4. Haaa** - for the **HEART** and the element of **Fire**. Color - **RED** Sub Vocal **HAAA**
- 5. Whooo** - for the **SPLEEN** and the **Stomach** and the element Earth. Color - **YELLOW** Sub Vocal **WHOO**
- 6. Heee** - for the **Triple Warmer**, which relates to the head, the heart, and the belly. It's purpose is to harmonize all the elements in your body. Sub Vocal **HEEE**