

Your Organs and their Healing Sounds

	Associated Organ	Element	Season	Emotions	Healing Sound
(white) Lungs	Large Intestine	Metal	Fall	Negative: sadness, grief Positive: courage, letting go, righteousness	SSSSSSSS
Kidneys	Bladder	Water	Winter	Negative: fear Positive: stillness, gentleness	WOOOOO
Liver	Gall bladder	Wood	Spring	Negative: anger, aggression Positive: Kindness, self-expansion, identity	SHHHH
Heart	Small Intestine	Fire	Summer	Negative: impatience, arrogance, cruelty, violence Positive: joy, honor, radiance, sincerity, spirit,	HAWWWW
Spleen	Pancreas Stomach	Earth	Indian Summer	Negative: worry, anxiety Positive: peace, harmony, fairness, centering	WHOOOO