

Six Healing Sounds in Qigong



	Wood 木	Fire 火	Earth 土	Metal 金	Water 水	Triple Burner 三焦
Sound	Shhhhhh	Hawwwww	Whoooo	Ssssssss	Chooooo	Heeeeee
Emotion	Anger	Happiness/Joy	Worry	Grief/Sadness	Fear	Joy/Excitement
Yin Organ	Liver	Heart	Spleen	Lungs	Kidneys	Pericardium
Yang Organ	Gall Bladder	Small Intestine	Stomach	Large Intestine	Bladder	Governing Vessel
Season	Spring	Summer	Late Summer	Autumn	Winter	Summer/Fire
Direction	East	South	Center	West	North	South
Climate Conditions	Wind	Summer Heat	Dampness	Dryness	Cold	Heat
Process	Birth	Growth	Transformation	Harvest	Storage	Regulates the passage of Chi
Taste	Sour	Bitter	Sweet	Pungent	Salty	Bitter
Body Opening	Eyes	Tongue	Mouth	Nose	Ears	Fluid exchange openings like the mouth, eyes and ears
Tissue	Sinews	Blood Vessels	Muscles	Skin/Hair	Bones	Entire body
Human Sound	Shout	Laughter	Song	Weeping	Groan	Hey

English	Chinese (Simplified)	Pinyin	Notes
Wood	木	mù	Represents growth, spring, and flexibility
Fire	火	huǒ	Symbolizes heat, summer, and transformation
Earth	土	tǔ	Represents stability, nourishment, center
Metal	金	jīn	Reflects clarity, autumn, and strength
Water	水	shuǐ	Represents flow, winter, and wisdom
Triple Burner	三焦	sān jiāo	Refers to the three energy centers (upper, middle, lower burners in TCM)