

# TAOIST HEALING SOUNDS



*Discover how to release  
blocked emotions and  
restore emotional  
balance*



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# **THE HEALING SOUNDS**

## ***Taoist Meditation for Emotional Reset***

**The Taoist healing sounds cleanse blocked emotions, rebalance your life energy and provide an emotional reset.**

**According to Chinese Medicine, each of the six healing sounds corresponds to specific organs (both Yin and Yang), elements and emotions.**

**These vocal tones vibrate through the body at unique frequencies, activating and harmonizing the associated organs and emotional energies.**

# THE HEALING SOUNDS

## ***How to Practice:***

**1**

**Inhale deeply and visualize the healing color associated with the organ you are working with, allowing it to fill and nourish that area.**

**2**

**Exhale using the healing sound associated with each organ.**

**Repeat each sound for 3 to 6 rounds.**

**3**

**Feel the vibration as it clears blocked emotions, transforms negativity and stress into calm, clarity, and inner balance.**



# **LUNGS/ LARGE INTESTINE**

## **Healing Sound: “Sssss”**

When we are in disharmony, grief and sadness arise. But through the practice of healing sound, we can transform grief into acceptance, sadness into strength and find the courage to move with life's ever-changing flow.

**Element: Metal**  
**Color: White**

**Element  
in harmony:**  
**Structure, precision,  
clear boundaries**

# KIDNEYS/ BLADDER

## Healing Sound: “Chwooo”

When we are in disharmony, fear and disconnection from self may arise. Practice this healing sound to transform fear into a deep sense of safety, inner stillness and trust in life.

**Element: Water**  
**Color: Dark Blue**

**Element  
in harmony:  
Intuition and  
Willpower**

# **LIVER/ GALLBLADDER**

**Healing Sound: “Sshhh”**

When we are in disharmony, anger and frustration may arise. Practice this healing sound to transform anger into compassion, calm, and kindness.

**Element: Wood**  
**Color: Green**

**Element  
in harmony:  
Purpose and growth**

# HEART/ SMALL INTESTINE

## Healing Sound: “Haaa”

When we are in disharmony, anxiety, overexcitement, and sleeplessness may arise.

Practice this healing sound to transform anxiety and self-doubt into inner peace, love, connection, joy, and gratitude.

**Element: Fire**  
**Color: Red**

**Element**  
**in harmony:**  
**Joy, Love,**  
**Connection**

# **SPLEEN/ STOMACH**

## **Healing Sound: “Whooo”**

When we are in disharmony, worry and overthinking may arise. Practice this healing sound to transform worry into calmness and return to a grounded sense of trust and stability.

**Element: Earth**  
**Color: Orange**

**Element  
in harmony:  
Nurturing and  
Grounding**



# TRIPLE WARMER

**Healing Sound: “Heeee”**

Chinese Medicine healers viewed “Triple warmer” as a full body organ – most closely related to the lymphatic system and the immune system. The vibration of this sound brings healing, peace, harmony and balance to whole self.

**Color: Purple**

**In harmony:  
Peace and balance**

# WOULD YOU LIKE TO LEARN MORE?



Book a 1:1 session to explore  
mindfulness meditation,  
Taoist meditation with  
healing sounds and learn  
how to practice 15 powerful  
yogic breathing techniques  
for inner balance.

Bookings at [bestedolanay@gmail.com](mailto:bestedolanay@gmail.com)

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