

Healing Sounds & 5 Phase (Element) Theory

I prefer 5 Phase instead of 5 Element because it is really about transformation—how one phase or element transforms or influences another.

The 5 Phases are: Metal > Water > Wood > Fire > Earth

Imagery for the 5 Phase Creation Cycle:

1. Metal precipitates or holds Water
2. Water nourishes Wood
3. Wood feeds Fire
4. Fire generates Earth (ash)
5. Earth refines into Metal

These 5 Phases all exist in relationship to one another and influence one another just as our internal organs relate to and influence one another.

Healing Sound Practice following the Creation Cycle:

1. Lung: Metal
2. Kidney: Water
3. Liver: Wood
4. Heart: Fire
5. Spleen/Pancreas: Earth

Healing Sound Associations

	Metal	Water	Wood	Fire	Earth
<i>Yin Organ</i>	Lung	Kidneys	Liver	Heart	Spleen/ Pancreas
<i>Yang Organ</i>	Large Intestine	Bladder	Gall Bladder	Small Intestine	Stomach
<i>Emotional Quality</i>	Grief to Courage	Fear to Calm & Equanimity	Anger to Kindness	Hate to Compassion & Joy	Anxiety & Overthinking to Acceptance & Empathy
<i>Mental Quality</i>	Intuition	Spontaneity	Emotional Sensitivity	Creativity & Will	Clarity
<i>Color</i>	Pearl or Silvery White	Indigo Blue or Black	Blue-Green	Red	Amber or Yellow-Brown
<i>Sound</i>	Sssiah	Chway	Shuur	Haw or Ho	Hoo