

# Sound Healing and the 5 Element Theory

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# 5 Elements

In Traditional Chinese Medicine (TCM), Five Element theory (Wu Xing) is a powerful, foundational lens through which our bodies, and the world at large can be viewed. In TCM, we understand the 5 elements as **Fire, Earth, Metal, Water, and Wood**.

Each element contributes to one's **Qi/ Chi/ Ki** (life force energy, a subtle energy that flows through the body along or in meridians).

**Qi** is made up of **Yin**(earth) and **Yang**(heaven).

Each element has a Yin associated organ and Yang associated organ.

# 5 Elements

In addition to the Five Element Theory...

The ancient Greeks used the five elements of earth, water, air, fire, and aether/space as guiding principles to better understand the universe.

Ancient Egyptians and Buddhists and western astrology understood the elements as fire, water, air, and earth.

Hinduism utilizes the five elements (earth, water, fire, wind, and aether) as well. The seven chakras pair with Hindu and Buddhist five element theory.

# Yin | Yang

1. All things have two aspects, a yin aspect and a yang aspect
1. Any yin or yang can be further divided into yin and yang
1. Yin and yang mutually create each other
1. Yin and yang control each other
5. Yin and yang transform each other

# Yin

Earth  
Feminine  
Space  
Stillness  
Night  
Darkness  
Cold

Contraction  
Interior  
Falling  
Condensation  
Wetness

Solid organs (vital organs in the  
body- heart, lungs, kidneys..)

**Pure tones**



# Yang

Heaven  
Masculine  
Time  
Activity  
Day  
Light  
Heat

Expansion  
Exterior  
Rising  
Distillation  
Dryness

Hollow organs (small intestine,  
large intestine, stomach...)

**Overtones**

# Earth

**Season:** Late Summer

**Color :** Yellow

**Time:** 7 - 11 AM

**Environment:** Damp

**Taste:** Sweet

**Emotion:** Worry

**Sense Organ:** Mouth

**Bodily Tissue:** Muscles

**Organs (yin|yang):** Spleen | Stomach

# Earth

## Excess

Overthinking

Worry

Selfish

Overbearing

## Balanced

Compassion

Thoughtful

Empathy

Self-secured

## Deficient

Neediness

Low self-esteem

Shame

Draining

## Symptoms

**Spleen** - poor appetite, fatigue, weak muscles, bruising, excessive bleeding, prolapse, varicose veins, obesity or weight loss, poor circulation in limbs, pale gums

**Stomach** - stomach ache, belching, acid tummy, overeating, lack of mobility in muscles, halitosis, craving for cold liquids

# Earth Healing Sounds

**Sound:** Singing / Humming

**Healing sound:** Whooo (throat)

**Harmonic tone-** 5th (E - fundamental C) Crystal bowls/ tuning forks

**Instruments:** Didgeridoo, drone, tanpura

Instruments made of clay - ocarina, clay pots

Percussion - shaman drum, steady rhythms

**Source points:** SP 3 - ST 42 - tuning forks



# Metal

**Season:** Fall

**Color :** White

**Time:** 3 - 7 AM

**Environment:** Dry

**Taste:** Pungent

**Emotion:** Greif

**Sense Organ:** Nose

**Bodily Tissue:** Skin

**Organs (yin | yang):** Lung | Large Intestine

# Metal

## Excess

## Balanced

## Deficient

Vanity

Inspiration

Sadness

Perfection

Self-worth

Self- deprecation

Dogmatic

Courage

Longing

## Symptoms

**Lung** - Asthma, bronchitis, shortness of breath, nasal congestion, cough, compromised immune system, fatigue, stiff neck

**Small Intestine** - Sinusitis, toothache, dry itchy skin, eczema, adult acne, distension, constipation, shivers

# Metal Healing Sounds

**Sound:** Weeping

**Healing Sound:** Sssss (tongue behind teeth)

**Harmonic tone:** 9th (D fundamental - C)

**Instruments:** Tubular bells, instruments connected to the lungs, flute, Tibetan bowls, chimes, crystal bowls

**Source points:** L9 - LI 4 - tuning Forks

# Water

**Season:** Winter

**Color :** Black | Blue

**Time:** 3-7pm

**Environment:** Cold

**Taste:** Salty

**Emotion:** Fear

**Sense Organ:** Ear

**Body Tissue:** Bones

**Organs (Yin | Yang):** Kidneys | Urinary Bladder

# Water

## Excess

Phobic

Paranoid

Vigilant

Fear

## Balanced

Wisdom

Gentleness

Awareness

Prepared

## Deficient

Withdrawn

Unable to let go

Lack of trust

Guilt

## Symptoms

**Kidney:** Hearing issues- tinnitus, hearing loss, hair loss, hormone issues/ irregularity, low libido, sexual dysfunction, depression, painful menstruation

**Urinary Bladder:** Issues with the spine/posture, panic, chronic fatigue, excessive urination, cystitis, prostate problems

# Water Healing Sounds

**Sound:** Groaning

**Healing Sound:** Chooo (blowing out a candle)

**Harmonic Tone:** 6th (G fundamental - C)

**Instruments:** Percussion - lively rhythms , ocean drum , hand Drum, kalimba (fluid), rainstick, cello (fluid), crystal bowls

**Source Points:** K 3 - UB 64 - Tuning forks

# Wood

**Season:** Spring

**Color :** Green

**Time:** 11pm - 3 am

**Environment:** Windy

**Taste:** Sour

**Emotion:** Anger

**Sense Organ:** Eye

**Bodily Tissue:** Tendons, Muscles

**Organs (Yin | Yang):** Liver | Gallbladder

# Wood

## Excess

Arrogance

Judgemental

Resentment

Envy

## Balanced

Kindness

Compassion

Courage

Flexible

Humility

## Deficient

Hopeless

Indecision

Ambivalent

Defensive

## Symptoms

**Liver** - Blood deficiency, sallow complexion, dizziness, blurred vision, 'floaters', poor memory, heavy bleeding, hives, mood swings, depression, headaches, irritability, repetitive muscle strains

**Gall Bladder**- poor vision, poor muscular coordination, weak tendons, arthritis, poor mobility



# Wood Healing Sounds

**Sound:** Shouting

**Healing Sound:** Shhhh (tongue in palate)

**Harmonic tone :** 4th, 8th (C fundamental - C)

**Instruments:** Wooden blocks, wooden chimes, bamboo flute, gongs

**Source points:** LV 3, GB 40 - Tuning forks

# Fire

**Season:** Summer

**Color :** Red

**Time:** 11 AM - 3 PM, 7 -11 PM

**Environment:** Hot

**Taste:** Bitter

**Emotion:** Joy

**Sense Organ:** Tongue

**Bodily Tissue:** Blood + Blood Vessels

**Organs (yin|yang):** Heart | Small Intestine

Triple Heater | Pericardium

# Fire

## Excess

Manic

Sarcasm

Manipulative

Hate

## Balanced

Love

Happiness

Enthusiasm

Optimism

## Deficient

Apathy

Depression

Joyless

Flat

## Symptoms

**Heart-** Palpitations, poor circulation, pectoral angina, flushed face, insomnia, anxiety, abnormal sweating, tongue ulcers

**Small Intestine-** abdominal pains, IBS, puffy or red eyes, pain in extremities

**Pericardium-** protects the heart + absorbs heat, calms and balances the mind

**Triple Heater-** regulates body fluids, transports Qi to all meridians

# Fire Healing Sounds

**Sound:** Laughter

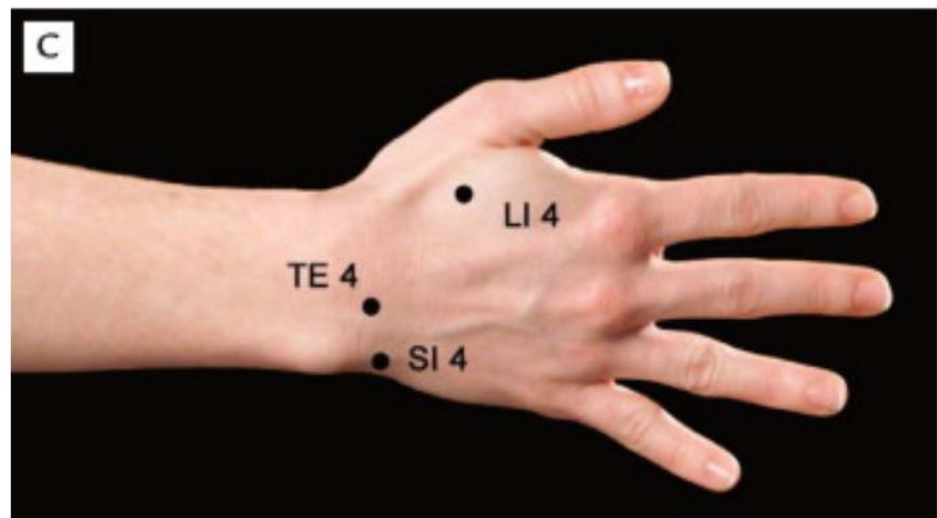
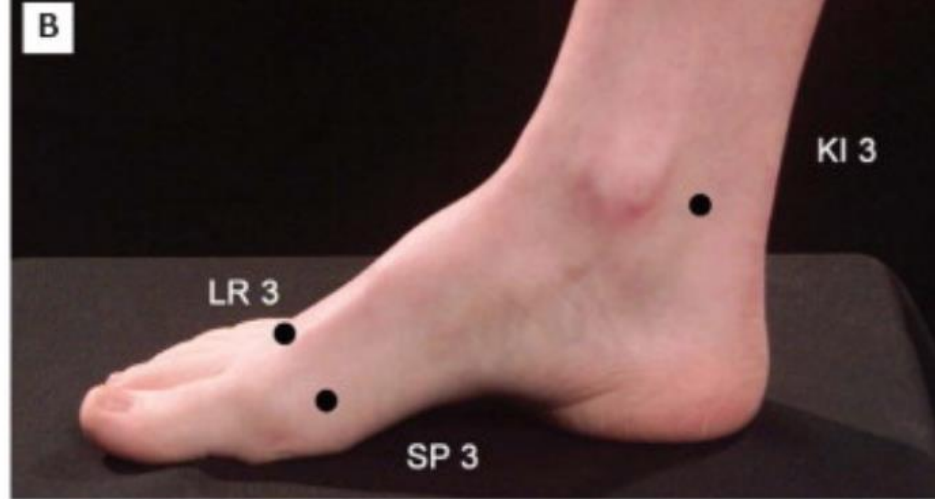
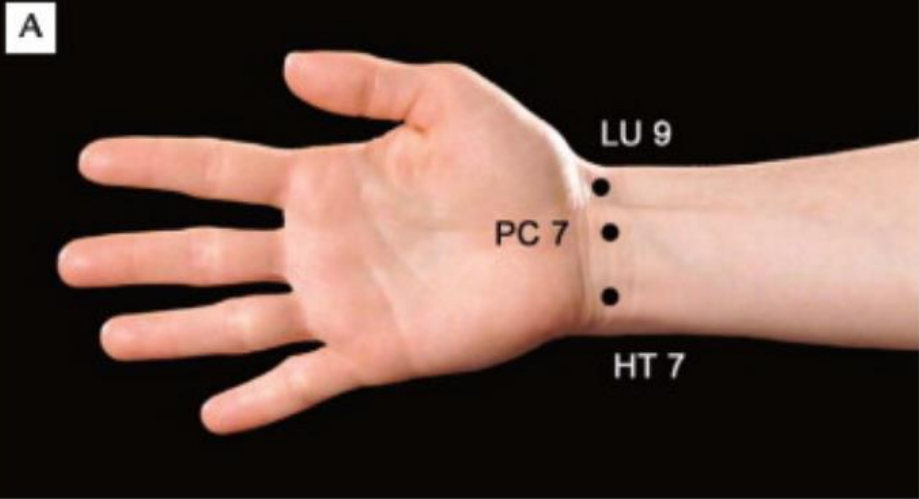
**Healing Sound:** Hawww (mouth wide open) | Heee (through teeth)

**Harmonic tone:** 7th (Bb/A - fundamental C)

**Instruments:** Chimes, Strings - nylon guitar, violin(staccato), lithophones, shakers, cymbals

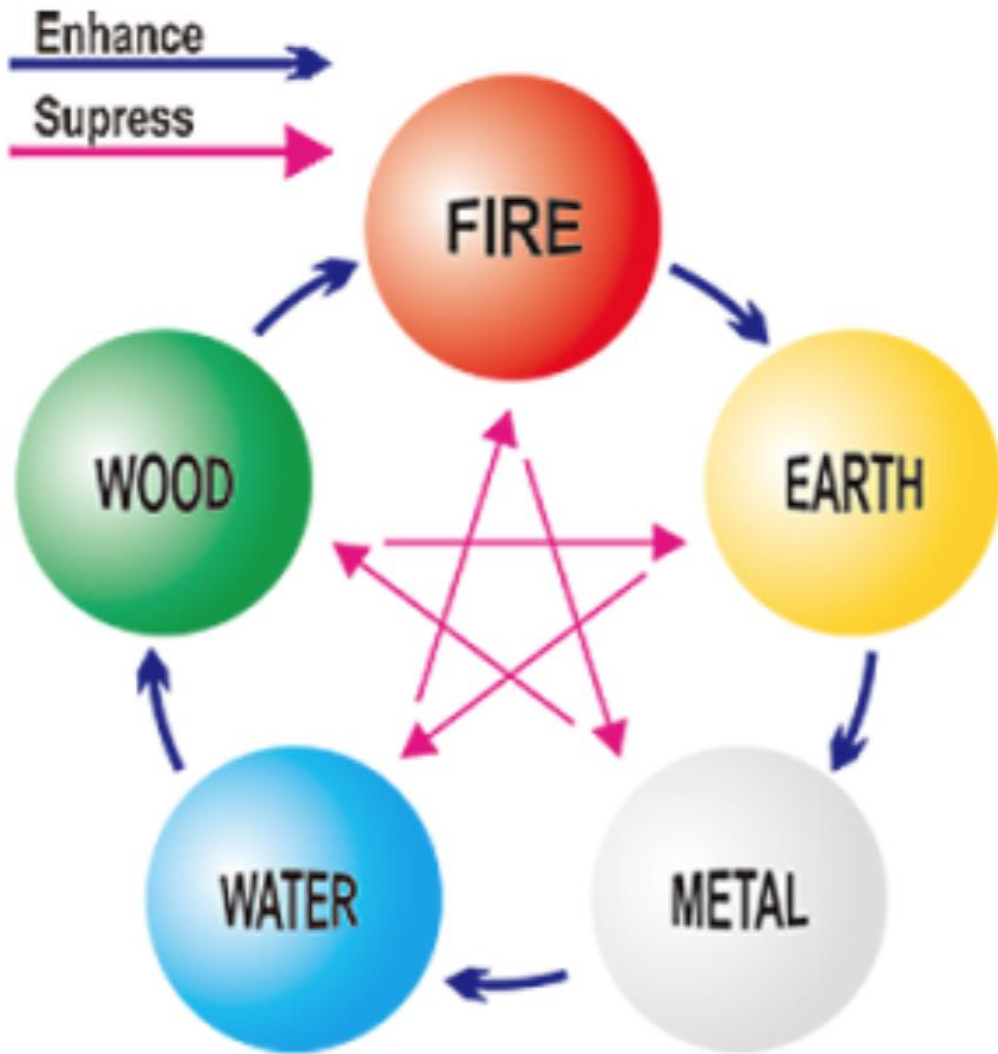
**Source points:** Ht 7 , SI 4 , PC 7, TH 4

[Fire Element](#)









### Sheng/Generation Cycle

Wood promotes Fire

Fire promotes Earth

Earth promotes Metal

Metal promotes Water

Water promotes Wood

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### Ko/Control Cycle

Wood controls Earth

Earth controls Water

Water controls Fire

Fire controls Metal

Metal controls Wood

<https://blog.aoma.edu/blog/bid/307306/Chinese-Medicine-School-Basic-Five-Element-Theory>

<https://www.acupuncturetoday.com/mpacms/at/article.php?id=28417>

<https://acupunctureandnutritionarts.com/how-to-get-ready-and-what-to-expect/5-elements/>

<https://www.mosherhealth.com/mosher-health-system/chinese-medicine/yin-yang/five-elements>

<https://www.kevalahealth.com.au/yin-yoga-5-elements>

<https://www.rennwellness.com/acupuncture/emotional-health-acupuncture.html>

<https://drkimfilkins.com/organ-sound-vibration-qigong/>

<http://www.anneangelone.com/5-element-sound-healing/>

Books

Shiatsu Theory and Practice 3rd Edition Carola Beresford - Cooke

Sound Healing with the Five Elements Sound Instruments Sound Therapy Sound Energy Daniel Perret 1st Edition

Acutonics There's No Place Like Ohm Sound Healing, Oriental Medicine, and the Cosmic Mysteries Donna Carey, PhD, LAc & Marjorie de Muynck, MA, LMP 1st Edition