

SOUND HEALING PROTOCOL FOR 5 ELEMENTS ENERGY SYSTEM

CREATING CONNECTION FLOW & BALANCED QI

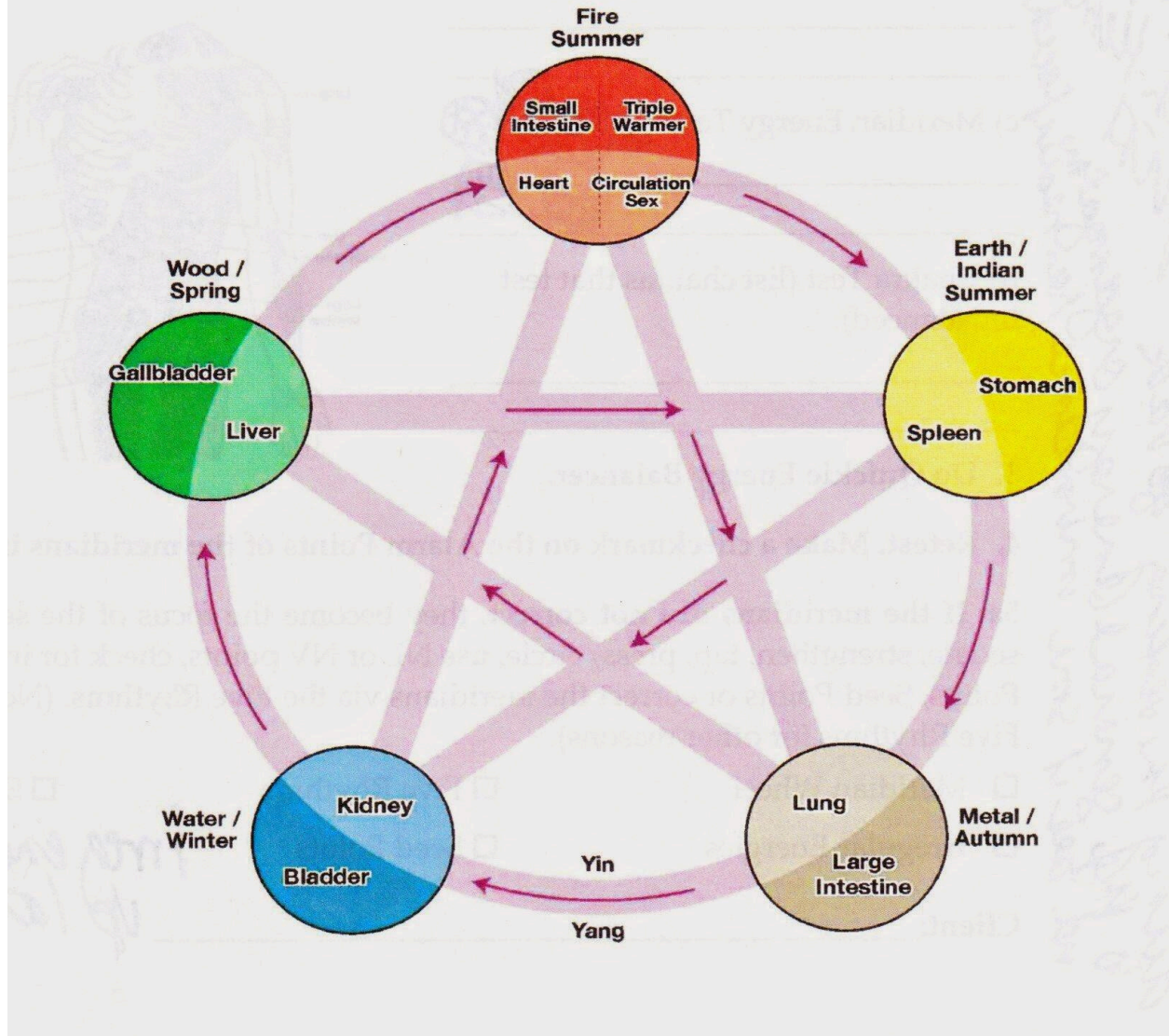
Our body is made up of 9 Subtle Energy Systems, according to Energy Medicine pioneer Donna Eden, who can see subtle energies. They are the Auric Field, Meridians, Chakras, 5 Elements/Rhythms, Electrics, Celtic Weave, Triple Warmer, Radiant Circuits and Grid. This sound healing protocol focuses on the 5 Elements also called the 5 Rhythms. This comprehensive system in TCM of Water, Wood, Fire, Earth and Metal understands the interconnectedness and constant flux of nature and life. This protocol will help to balance the 5 Elements in the body to align our physical, mental, emotional and spiritual well-being with the natural world and create health, harmony and peace.

Thousands of years ago, the Chinese discovered that five naturally occurring elements: Water, Wood, Fire, Earth and Metal represent a dynamic cycle of interaction and transformation, where each element supports and controls the others. Organs, emotions, seasons, colors and various aspects of life are all interconnected, with each element having Yin and Yang characteristics. Imbalances in the 5 elements are believed to be the root cause of disease and disharmony.

Donna Eden's work expands on the TCM framework and explores how understanding the five elements can enhance self-awareness, relationships and emotional balance. By recognizing one's dominant element and how it interacts with others, individuals can cultivate better communication, collaboration, and overall well-being.

The study of the 5 Elements is multi-faceted, intensive and all encompassing, just like the Chakra system. The information, charts and protocol enclosed are a beginning towards understanding this brilliant system, and learning more about how to relate to the world around you.

The 5 Rhythm Cycle



Enjoy my accompanying video demonstrating the 'Sound Healing Protocol To Balance the 5 Elements.' **Please note around 2:10 into the video I misspoke when naming the Elements in the Control Cycle.** I meant to say Water flows to Fire, Fire flows to Metal, Metal flows to Wood, Wood flows to Earth and Earth flows to Water.

WATER FEAR / HOPE

Associated with creativity, intuition, and philosophical thinking. Water types are often introspective and value depth of understanding. If the imbalance is in Water element, it will be characterized by fearfulness, avoidance, isolation, or procrastination.

WOOD ANGER-FRUSTRATION / ASSERTIVE - PURPOSEFUL

Linked to ambition, leadership, and a driven nature. Wood personalities are often goal-oriented and enjoy challenges. If imbalance in Wood, it will be a persistent sense of frustration, anger, rage, or behaviours involving manipulation or dominance in place of healthy leadership and assertiveness.

FIRE PANIC-DISTRACTION / JOY-LOVE

Characterized by enthusiasm, social connection, and a love for entertainment. Fire types are often energetic and expressive. If imbalance in Fire, you may be panicky, indecisive or unfocused.

EARTH WORRY / COMPASSION - SELF-CARE

Represents nurturing, stability, and compassion. Earth personalities are often grounded, supportive, and enjoy caring for others. If Earth is out of balance, you may be worrying constantly, You may be struggling with unhealthy boundaries.

METAL GRIEF / INSPIRATION

Associated with refinement, structure, and spiritual seeking. Metal types are often detail-oriented, organized, and value integrity. If Metal is out of balance, you may be unable to move out of grief, you may have difficulty letting go, or you may have become rigid in your thinking and habits.

Cycles of change: The Five Elements are not static but are in a constant state of transformation and interaction through two main cycles. The **FLOW CYCLE** which flows clockwise and promotes or creates the next in the sequence like Water nourishes Wood, Wood fuels Fire, Fire produces Earth (ash), Earth bears Metal, Metal collects Water. The **CONTROL CYCLE** controls or limits another to maintain balance like Water controls Fire, Fire controls Metal (melts it), Metal controls Wood (cuts it), Wood controls Earth (roots hold soil), Earth controls Water (riverbanks).

Five Rhythms and Emotional Resonances		
Rhythm/Element	Balanced Emotion	Imbalanced Emotion
WATER	Hope	Fear
WOOD	Industry	Anger/Frustration
FIRE	Joy	Panic/Distraction
EARTH	Compassion	Over-compassion/Worry
METAL	Inspiration	Grief

Yin Meridians

Kidney (Water)	Hope	Fear
Liver (Wood)	Transformation, Conscientiousness	Anger
Circulation Sex (Fire)	Happiness, Joy	Depression, lack of emotion
Heart (Fire)	Love, Excitement	Panicky, Manic
Spleen (Earth)	Caring, Compassionate	Low Self-esteem
Lung (Metal)	Inspiration	Grief

Yang Meridians

Bladder (Water)	Tranquility	Frozen Will
Gallbladder (Wood)	Forgiveness, Kindness	Resentment
Triple Warmer (Fire)	Patience, Relaxation	Disorientation, Irritation, Alarm
Small Intestine (Fire)	Discernment, Contentment	Vulnerability, Confusion
Stomach (Earth)	Nurturing	Oversensitive
Large Intestine (Metal)	Refinement, Faithfulness,	Controlling, Rigid, Obsessive

SOUNDS of the RHYTHMS

WATER - Whoooo

WOOD - Shhhh

FIRE - Haaaa

EARTH - Eghhhh

METAL - Ssssss



5 RHYTHMS BALANCING PROTOCOL- Session 30-45 minutes

*DO CLIENT INTAKE- MAKE NOTE OF PHYSICAL OR EMOTIONAL ISSUES...

*SET INTENTION FOR SESSION

*CONNECT ENERGETICALLY

CLOSE EYES ...BREATHE OR CHANT TOGETHER 3X...YOUR PERSONAL CENTERING PRACTICE ETC.

*DO SOUND ASSESSMENT OVER EACH RHYTHM IN FLOW CYCLE

*ALWAYS START ON **WATER** AND FINISH ON **WATER**...MAKE NOTE OF WHERE SOUND BROKE OFF ... OR SILENTLY TUNE IN TO YOUR AWARENESSES*

*SOUND GROUNDING BOWL 3x - PLACE BY ROOT CHAKRA

*START 3 ROUNDS ON FLOW CYCLE

LISTEN FOR ANY SHIFTS, CHANGES IN RESONANCE, TONE OR VOLUME EACH TIME YOU STRIKE THE BOWL - BE AWARE OF CLIENT'S BREATH

1st ROUND - SOUND BODY BOWL 3x ON EACH RHYTHM

WATER..WOOD..FIRE..EARTH..METAL

2nd ROUND- ADD SOUNDS OF THE RHYTHMS WITH BODY BOWL

WHOOOO SHHHHH HAAAA EGHHHH SSSSSS

3rd ROUND- ADD CREATIVITY... INNER GUIDANCE...*TAP INTO THESE AMAZING RHYTHMS...WHAT INFORMATION ARE THEY SHARING...CAN YOU SOUND THEIR MESSAGE...HAVE CLIENT MAKE SOUNDS WITH YOU...GO WITH THE FLOW*

*TRACE CONTROL CYCLE 3x

*SOUND GROUNDING BOWL 3x

* **TO FINISH/CLOSING** – USE TINGSHA OR KOSHI BELLS, SANSULA ETC.

*LET CLIENT REST \ GET FEEDBACK

*SHARE YOUR THOUGHTS

*REDO SOUND ASSESSMENT

*PROVIDE SELF CARE TIPS

RESOURCES

- [“Energy Medicine” by Donna Eden with David Feinstein](#)
- The [EdenMethod.com](#)
- [“The Five Elements of Healing: A Practical Guide to Making Sense of Your Symptoms” by Warren King](#)
- [“Wood Becomes Water: Chinese Medicine in Everyday Life – 20th Anniversary Edition” by Gail Reichstein](#)
- [“The Five Elements - Personality Type System” by Dondi Dahlin](#)
- [“The Five-Element Solution: Discover the Spiritual Side of Chinese Medicine to Release Stress, Clear Anxiety, and Reclaim Your Life” by Jean Haner](#)
 - [The Five Elements: In Classical Chinese Texts by Elisabeth Rochat de la Vallee](#)
 - [Between Heaven and Earth: A Guide to Chinese Medicine by Harriet Beinfield and Efrem Korngold](#)
 - [Five Elements Quiz](#) by Dondi Dahlin

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