

jacki katzman



MOVEMENT MENTOR

Universal Healing Tao – Six Healing Sounds

ORGAN	LUNGS / LARGE INTESTINE	KIDNEYS/ BLADDER	LIVER/ GALL BLADDER	HEART/ SMALL INTESTINE	SPLEEN/ STOMACH	TRIPLE WARMER
SOUND	Ssssss Wind in the dry grass	Choooo Blowing out a candle	Shhhhhh Be quiet	Haaaaaa Sigh or laughter	Hawwwwww Wind in a canyon	Heeeeeee
SEASON	Fall	Winter	Spring	Summer	Indian Summer	
COLOR	White	Dark Blue/Black	Grass Green	Red	Gold	
IMBALANCE/NEGATIVE EMOTION	Grief Sadness	Fear	Anger	Hate Impatience Indifference	Anxiety Worry	
BALANCE/POSITIVE EMOTIONS	Courage Strength	Gentleness Will power	Kindness Clear Action	Love Warmth Vitality	Balanced Centered Open Grounded	Integrated
SENSORY ORGAN	Nose/Skin	Ears/Bones	Eyes/Nerves	Tongue/Blood Vessels	Mouth/Lips Muscles	
ELEMENT	Metal	Water	Wood	Fire	Earth	Fire

Jacki Katzman, Your Movement Mentor, GCFP®

Associate Teacher Boston Healing Tao

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Learn more about [Master Chia and the Universal Healing Tao](#)

Learn more about the [Six Healing Sounds](#) (video)

Learn more about [Universal Tao Boston](#)

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