

# BiomeTech

**Five Element Tools**  
**for**  
**Clearing the Emotional Path**

<b>ORGAN</b>	<b>SEASON</b>	<b>OPENING</b>	<b>EMOTION</b>	<b>SOUND</b>
<b>KIDNEYS</b>	Winter	Ears/Hearing	Fear/Gentleness	“Whooo”/ Groaning
<b>LIVER</b>	Spring	Eyes/Seeing	Anger/Kindness	“Shh”/ Shouting
<b>HEART</b>	Summer	Tongue/ Taste	Hate/Joy	“Haww”/ Laughing
<b>SPLEEN</b>	Mid-Summer	Lips/Touch	Worry/Fairness	“Hhaugh”/ Singing
<b>LUNGS</b>	Autumn	Nose/Smell	Sadness/Courage	“Sssss”/ Weeping



# KIDNEY

**Associated organ: BLADDER**

Sound: *Whooooo "like wind"*  
**WOOOOOOOO**

Finger: **PINKY**

Element: **WATER**

Season: **WINTER**

Taste: **SALTY**

Senses: **HEARING, EARS, BONES**

Color: **BLACK or DARK BLUE**

Body Sound: **GROANING**

Negative Emotion: **FEAR**

Positive Emotions: **GENTLENESS, ALERTNESS, STILLNESS**

Parts of the body: **SIDE OF THE FOOT, INNER LEG, CHEST**



# LIVER

Associated organ: GALL BLADDER

Sound: SHHHHHH

Finger: RING

Element: WOOD

Season: SPRING

Taste: SOUR

Senses: SIGHT, TEARS, EYES

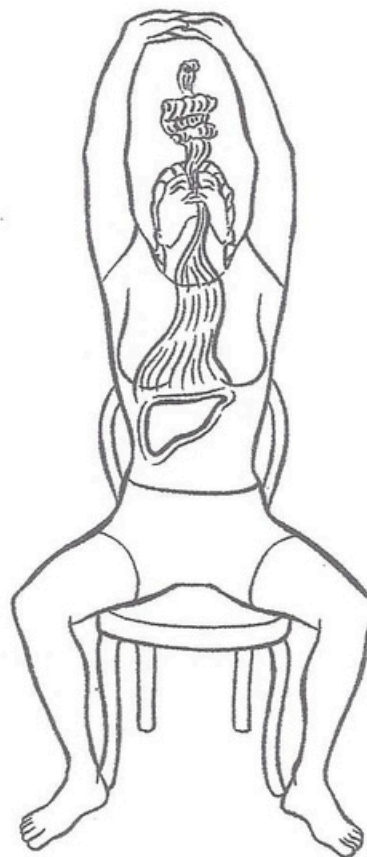
Color: GREEN

Body Sound: SHOUTING

Negative Emotion: ANGER, AGGRESSION

Positive Emotions: KINDNESS, SELF-EXPANSION, IDENTITY

Parts of the body: INNER LEGS, GROIN, DIAPHRAGM, RIBS



# HEART

**Associated organ: SMALL INTESTINES**

**Sound: HAWWWWW**

**Finger: MIDDLE**

**Element: FIRE**

**Season: SUMMER**

**Taste: BITTER**

**Senses: TONGUE, SPEECH**

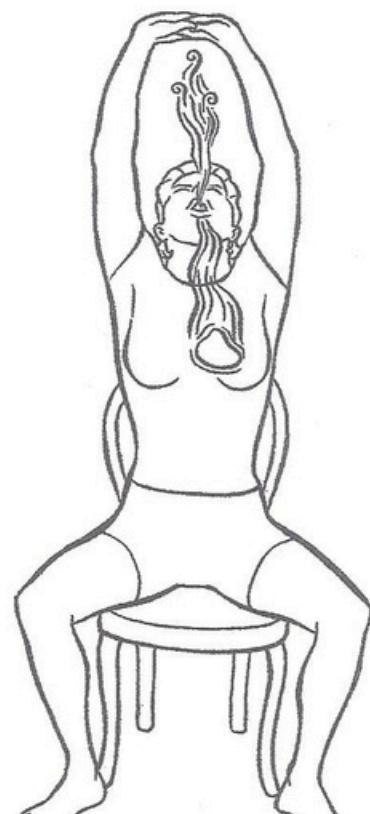
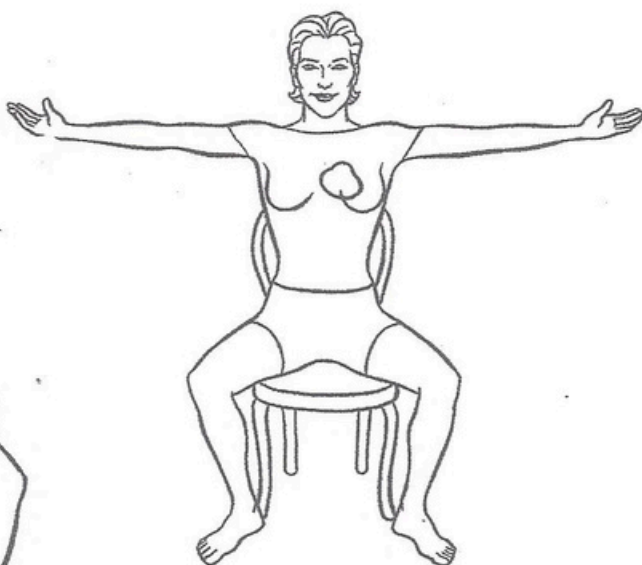
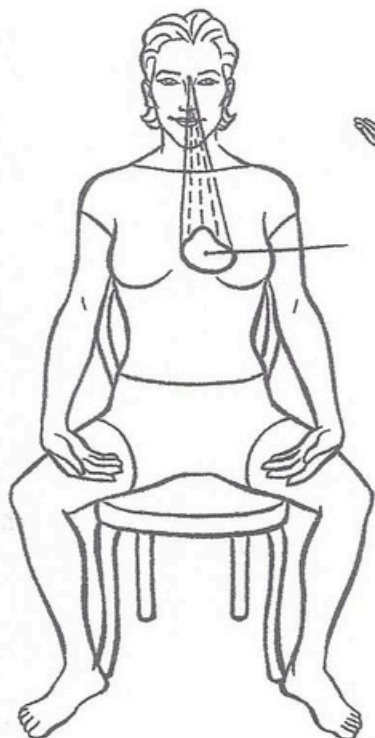
**Color: RED**

**Body Sound: LAUGHING**

**Negative Emotion: IMPATIENCE, ARROGANCE, HASTINESS, CRUELTY, VIOLENCE**

**Positive Emotions: JOY, HONOR, SINCERITY, CREATIVITY, ENTHUSIASM, SPIRIT, RADIANCE, LIGHT**

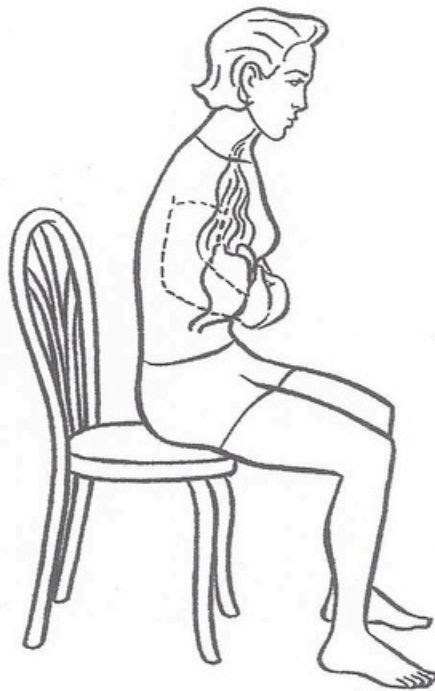
**Parts of the body: ARM PITS, INNER ARMS**



# SPLEEN

**Associated organ: PANCREAS, STOMACH**

- Sound:** <sup>Hh zung</sup> WHOOOOO (guttural)      **Finger:** THUMB
- Element:** EARTH      **Season:** INDIAN SUMMER
- Taste:** NEUTRAL      **Senses:** TOUCH
- Color:** YELLOW      **Body Sound:** SINGING
- Negative Emotion:** WORRY, SYMPATHY, PITY
- Positive Emotions:** FAIRNESS, COMPASSION, CENTERING, MUSIC MAKING



# LUNGS

**Associated organ: LARGE INTESTINES**

**Sound: SSSSSSSSSSSS**

**Finger: INDEX**

**Element: METAL**

**Season: AUTUMN- dryness**

**Taste: PUNGENT**

**Senses: SMELL, SKIN**

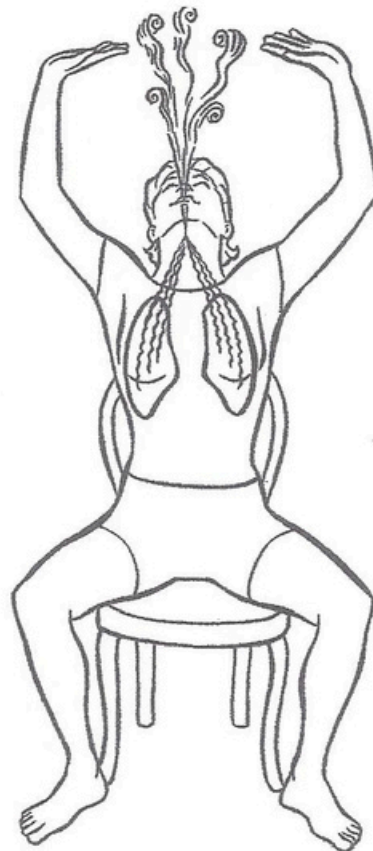
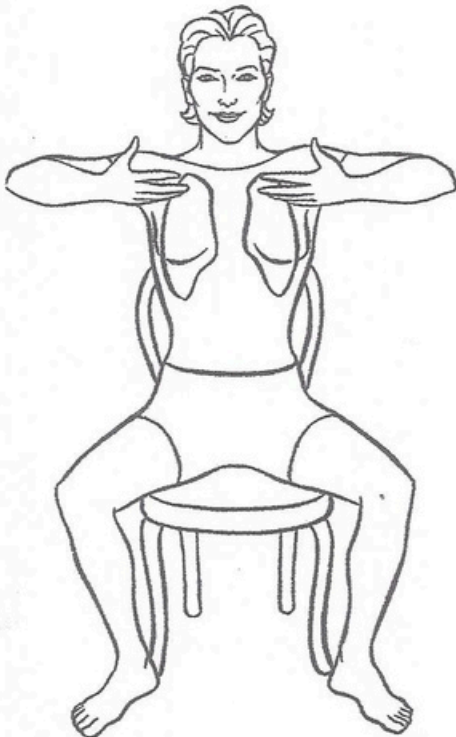
**Color: WHITE**

**Body Sound: WEEPING**

**Negative Emotion: SADNESS, GRIEF, SORROW, DEPRESSION**

**Positive Emotions: RIGHTEOUSNESS, SURRENDER, LETTING GO, EMPTINESS, COURAGE**

**Parts of the body: CHEST, INNER ARMS, THUMBS**

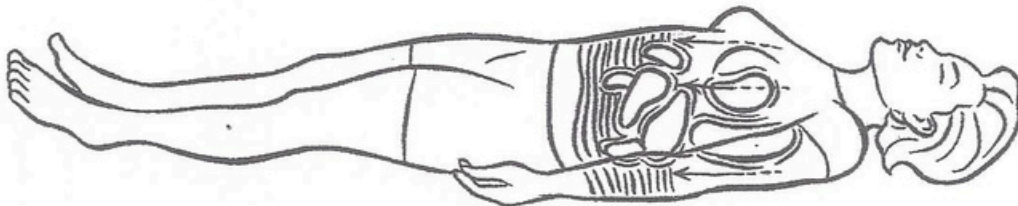
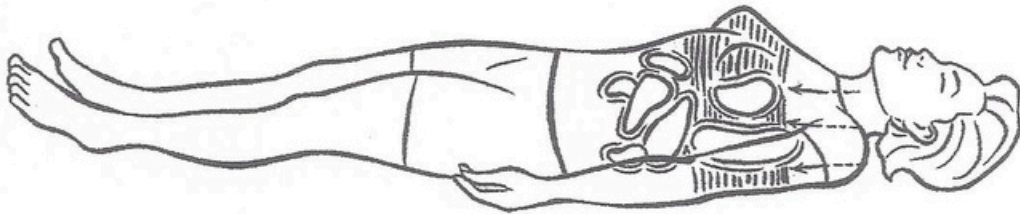
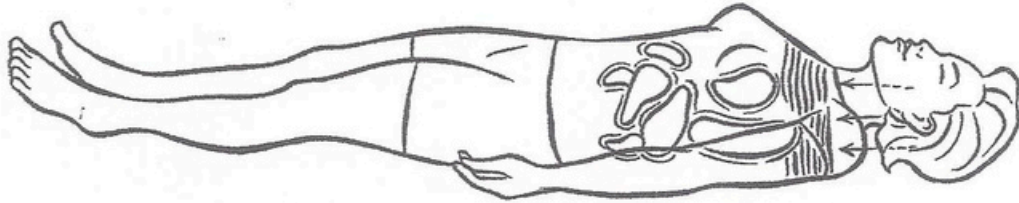


# TRIPLE WARMER EXERCISE

(Circulation Sex)

The sixth healing sound:  
Position:

HEEEEEEEEEEEEEEEEEEE  
Laying down



Then, rest by breathing normally.



## THE FIVE ELEMENTS

