

Emotion, Meridian and Sound

Emotion	Organ	Meridian	Sound
Anger / Decisiveness	Liver, Gallbladder	Liver, Gallbladder	Shhhhhhhhhh
Fear / Excitement	Kidney, Bladder	Kidney, Bladder	Chooooooooo
Shame / Aliveness	Genitals, Reproductive Organs	Conception, Governing	Heeeeeeeeeee Aspirate, breathe the sound
Worry, Anxiety / Faith	Spleen, Stomach	Spleen, Stomach	Whooooooooo Guttural sound
Sadness / Grief	Lungs, Large Intestines	Lungs, Large Intestines	Sssssssssssss
Disconnect / Love	Pericardium, Soft Tissue	Pericardium, Triple Warmer	Hawwwwww
Cruelty, Glee / Joy	Heart, Small Intestines	Heart, Small Intestines	Hmmmmm