

| Organ | Sound | Color | Notes |
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| Liver | Xu (Hsu) | Green | Pull sides of mouth out, roll tongue edges slightly inward, open eyes imagine looking at your LV. |
| Heart | Ke (Cuh) | Red | Tongue to floor of mouth, eyes closed. On the exhalation, spread arms (palms up), circle the arms up, over the head and bring them down (pams down) to dantien during sound. |
| Spleen | Hu (Hoo) | Yellow | Begin by raising hands to chest level, palms facing up, breathing in. Turn left palm outward and up, push to ceiling, simulatenously turn right palm downward and push to the floor during the sound and exhale. Both hands are dorsi-flexed and flat, finger tips facing center plane. Turn both palms inward and bring to chest during inhale. On exhale turn right palm over and push to ceiling, left palm faces down and pushes to floor. |
| Lung | Th | White | Begin by breathing in and raising hands to chest level, palms facing up Turn palms out and push to sides, simulatenously make the sound and exhale. Both hands are dorsi-flexed, finger tips pointing upward at the end of the breath. |
| Kidney | Chui | Black | Start with arms out, in front of chest, palms down, breathing in. During the sound and the exhale, turn palms towards each other, then move them down to the knees, sweep around the knees, up the back of the legs to BL-23, then bring the hands to the front to end in the starting position. |
| San Jiao | Xi | No color | Start with arms in front, palms up, breathing in. During the sound and the exhale, turn palms outward and over to face upwards again, straighten arms and push hands overhead, fingers pointing towards each other. Inhale and, turns palms towards each other and stroke the back of the head and neck with the backs of the hands, come over the shoulders and the rub down the flanks of the body to the hips with fingers pointing down during a second exhale. |

Adjustment: Perform three adjustments at beginning of the sequence, one between each of the different sounds, and three at the end: Fully abduct arms (palms up), raise to maximum abduction, fold elbows and bring arms over and down (palms down) to dantien. Repeat each sound six to nine times.