



HEART & Cardiovascular system

Xin
sheen

Xian
She...ong, drawn out

Xing
sheen-g quietly

KIDNEYS & Reproductive system

Eh
quickly, sharply

Eu
ee...you, drawn out

Ying
y...ing, blend with Eu

PANCREAS & Digestive system

Gang
gaa...ong

Fu
foouu

Zhong
dz hoonng

LIVER & Purification system

Tu
like spitting out halfway

Jiu
G-e-w

Ling
rhymes with ring

LUNGS & Respiratory system

Sang
saw ong, descending

Si-si
SS-sss, out then in

Song
so oong, lips pursed



Joy, connection, sincerity

Hatred, indifference, greed

Cautious, alert, willpower

Fear, shock, fright

Thoughtfulness, open

Worry, arrogance, anxiety

Courage, positive anger

Anger, hatred, jealousy

Compassion, knowing

Grief, depression, sadness