**FIVE ANIMAL FROLIC WITH HEALING SOUNDS**

*Tonify organs; improve balance; harmonize with nature; let go negative emotions, and cultivate inner strengths/positive emotions*

**TIGER for the LUNGS Element-metal; season-fall; color-white *THE ALCHEMIST***

* **Healing sound** *sssssssssssssssss Energetics-sinking and letting go*
* **Parts of the Body** *nose, sinuses, bronchi, skin* **Acupuncture points** *thumb and forefinger*
* **Movement-Breathe in & gather energy into a ball at your dantien & circle/pull the ball up your core channel; breathe out as you leap forward & pounce down.**
* **Negative Emotions** *Sadness, grief*
* **Positive Emotion/Inner Quality** *Strength*

**BEAR for the KIDNEYS Element-water; season-winter; color-blue *THE PHILOSOPHER***

* **Healing sound** *chuuuuuuuuuuuuuu Energetics-gathering, wave-like, absorbing*
* **Parts of the Body** *sexual organs, spinal column, bones* **Acupuncture point** *ball of foot*
* **Movement-Breathe in as you step back, drawing an arc to the side and back with foot ; breathe out as you rotate toe of your now forward foot inwards; letting your arms flow with your movements.**
* **Negative Emotions** *Fear*
* **Positive Emotion/Inner Quality** *Wisdom, gentleness, will power*

**DEER for the LIVER Element-wood; season-spring; color-green *THE PIONEER***

* **Healing sound** *shhhhhhhhhhhhhhh Energetics-generating, rising, expanding*
* **Parts of the Body** *tendons, ligaments, small muscles, eyes* **Acupuncture points-***sides of eyes*
* **Movement-Breathe in as you place the forefingers of both hands on your temples & squat ; breathe out as your arms arc straight up, then down on forward foot side; follow arm movements and arc with your eyes.**
* **Negative Emotions** *Anger*
* **Positive Emotion/Inner Quality** *Kindness, reaching out to help, creativity*

**CRANE for the HEART Element-fire; season-summer; color-red *THE WIZARD***

* **Healing sound** *haaaaaaaaaaaaaaa Energetics-radiating, dispersing*
* **Parts of the Body** *arteries, tongue* **Acupuncture points-***center of chest; middle, ring, & little fingers*
* **Movement-Breathe in as you bring both arms out to your sides level & up to level with your shoulders; breathe out as you step forward & cross your hands over your chest.**
* **Negative Emotions** *Self judgment, self-criticism, blame*
* **Positive Emotion/Inner Quality** *Unconditional love for self and others*

**MONKEY for the SPLEEN Element-earth; season-indian summer; color-yellow *THE PEACEMAKER***

* **Healing sound** *hooooooooooooooo Energetics-stabilizing, grounding, centering*
* **Parts of the Body** *nose, sinuses, bronchi, skin* ***Acupuncture points*** *legs & feet*
* **Movement-Breathe in as you face right & bring your “banana” to your mouth; breathe out as you turn forward foot out and swing your back forward, throwing your banana peel on the ground.**
* **Negative Emotions** *Worry, anxiety, over-thinking*
* **Positive Emotion/Inner Quality** *Trust, hope, peace, calm*

**BUTTERFLY for the TRIPLE WARMER MERIDIAN Color-white or rainbow**

* **Healing sound** *heeeeeeeeeeeeeeeee Energetics-soothing*
* **Parts of the Body** *sympathetic/parasympathetic nervous system* **Acupuncture points** *arms, shoulder, neck*
* **Movement-Breathe in as you bring both arms up, palms up, from your sides to above your head; breathe out as you bring both hands down your core channel, palms down, to your dantien.**
* **Negative Emotions** *stress, panic, fight or flight*
* **Positive Emotion/Inner Quality** *calm, peace, rest & digest*

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