

Some Five Elements Correspondences

	Wood	Fire	Earth	Metal	Water
Color	Green	Red	Yellow	White	Black/Dark Blue
Season	Spring	Summer	Late Summer	Autumn	Winter
Direction	East	South	Center	West	North
Yin Organ & Time of Day	Liver 1-3 AM	Heart 11 AM – 1 PM	Spleen 9-11 AM	Lungs 3-5 PM	Kidneys 5-7 PM
Yang Organ & Time of Day	Gallbladder 11 PM – 1 AM	Small Intestine 1-3 PM	Stomach 7- 9 AM	Large Intestine 5-7 AM	Bladder 3-5 PM
Sense Organ	Eyes	Tongue	Lips	Nose	Ears
Flavor	Sour	Bitter	Sweet	Spicy	Salty
Positive Emotion	Clarity	Joy	Concentration	Caring	Courage
Negative Emotion	Anger	Hate	Worry	Grief	Fear
Climate	Wind	Heat	Dampness	Dryness	Cold
Zodiac Animal	Tiger/Rabbit	Snake/Horse	Ox/Dragon Sheep/Dog	Monkey/Rooster	Rat/Pig
Heavenly Creature	Green Dragon	Red Phoenix	Yellow Dragon	White Tiger	Black Tortoise
Developmental Stage	Birth	Growth	Transformation	Harvest	Storage