

Spring

Liver/Gallbladder

Summer

Heart/Small intestine/
Pericardium/Sanjioa

EARTH

SPLEEN/STOMACH

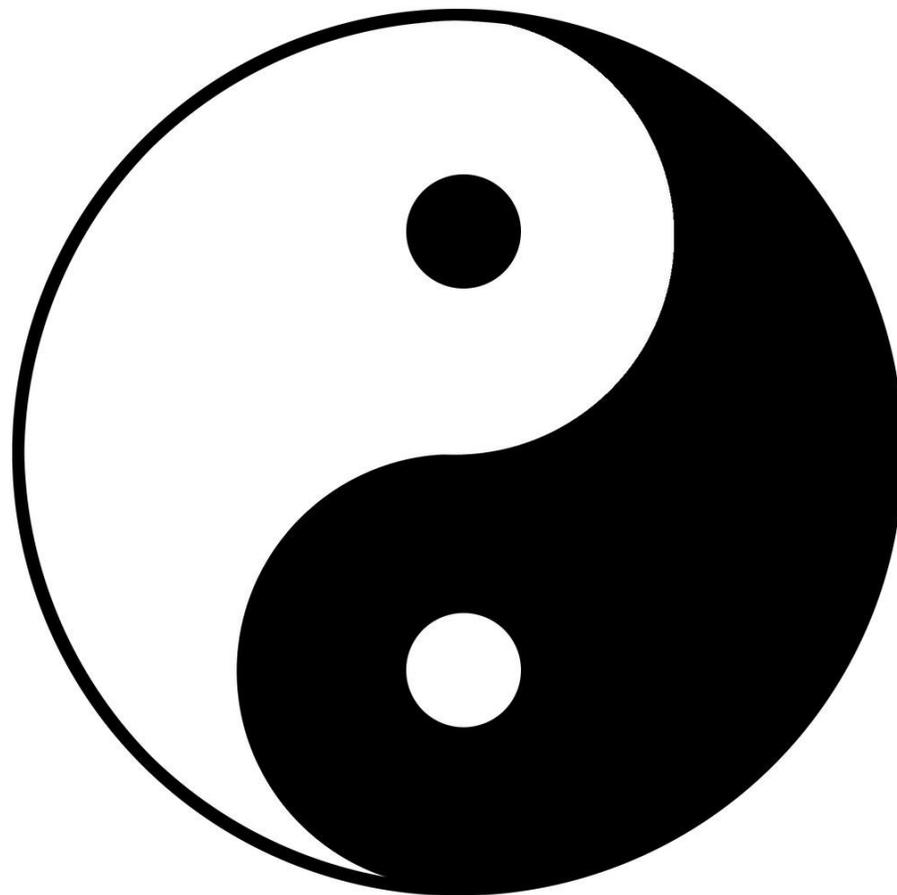
Winter

Kidneys/Bladder

Autumn

Lungs / Large Intestine

How Many People Live Inside of You?



Yin / **YANG** Principle

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The Five Elements

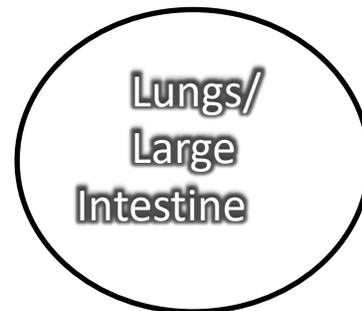
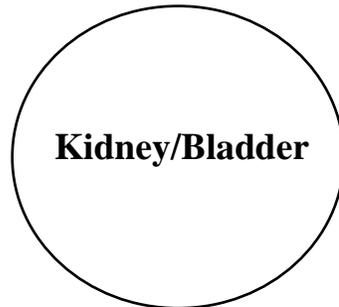
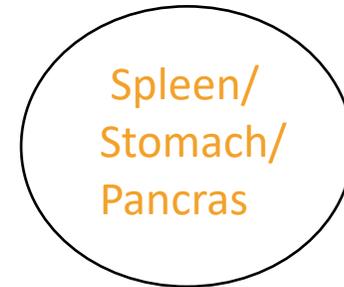
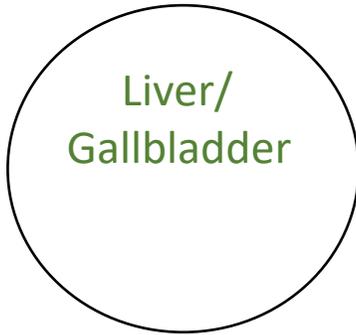
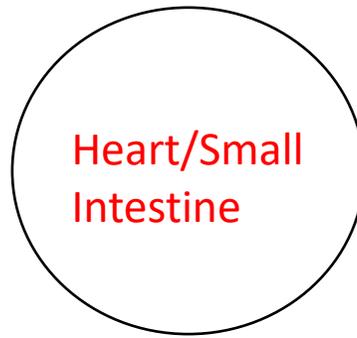
The Nourishing Cycle

Within the five elements there are two phases, which govern over how each element maintains its energy balance with another element. These two phases are referred to as the Nourishing /Shen Phase and the Controlling/Destructive Phase.

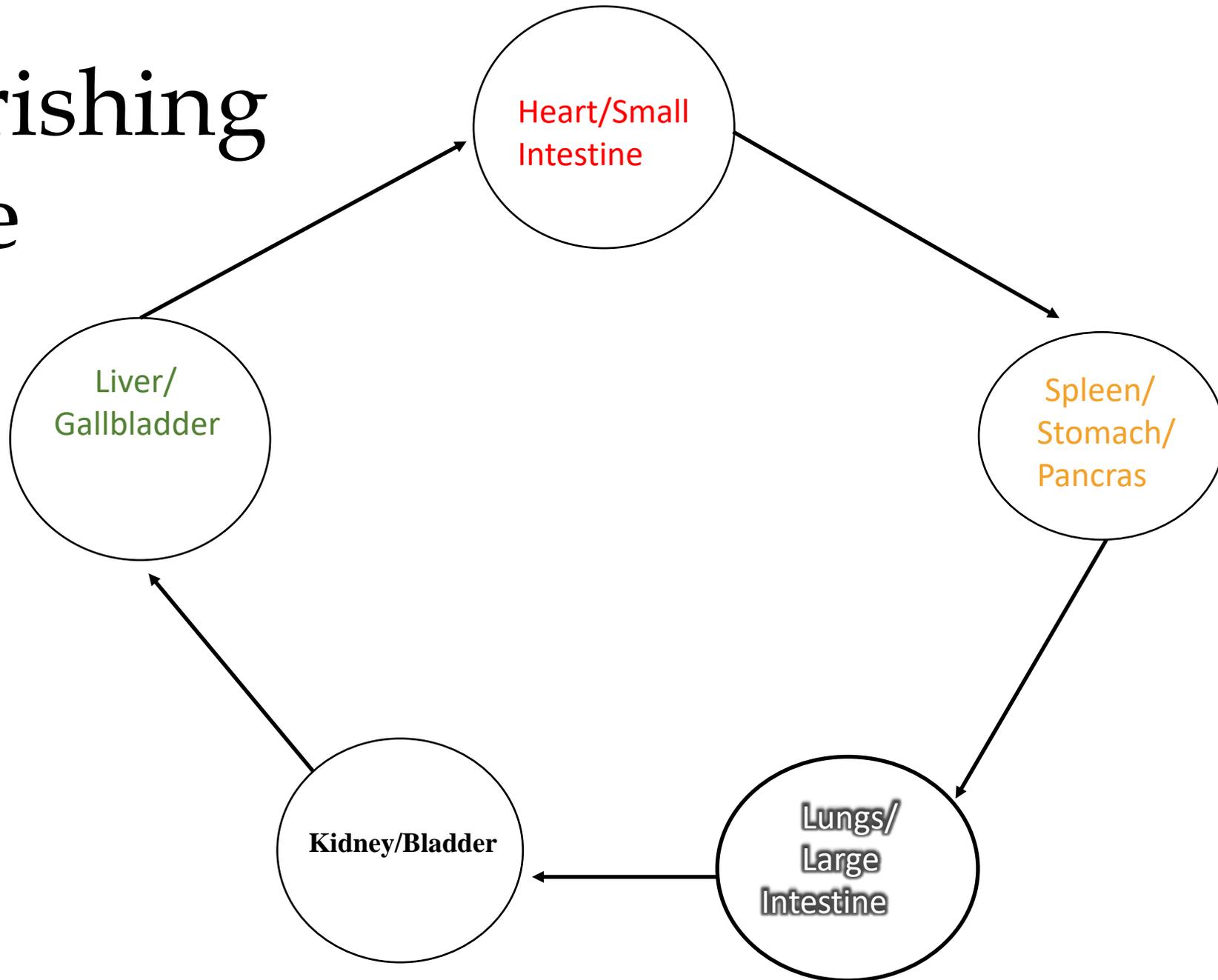
THE NOURISHING PHASE: gives birth to an element and nourishes it through its course of functions and actions. The organs in this phase act as the parents to another set of organs, for instance, your liver is the parent of your heart, which means if your heart is weak, the liver will work to strengthen your heart, etc.): in that state the parent organ nourishes the child organ. It is the same as when human parents nourish and nurture their children in life. When the child needs something, the parent works to provide the needed element to create balance. If the parent is deficient, then they could draw their needed energies on their child, which impacts them emotionally, physically, spiritually, weakening the child. The nourishing Phase works in both ways.

The element relationship is, Wood nourishes Fire, Fire nourishes Earth, Earth nourishes Metal, Metal nourishes Water, Water nourishes Wood. Each one of these elements corresponds to a season, and a time of day.

Organ Network



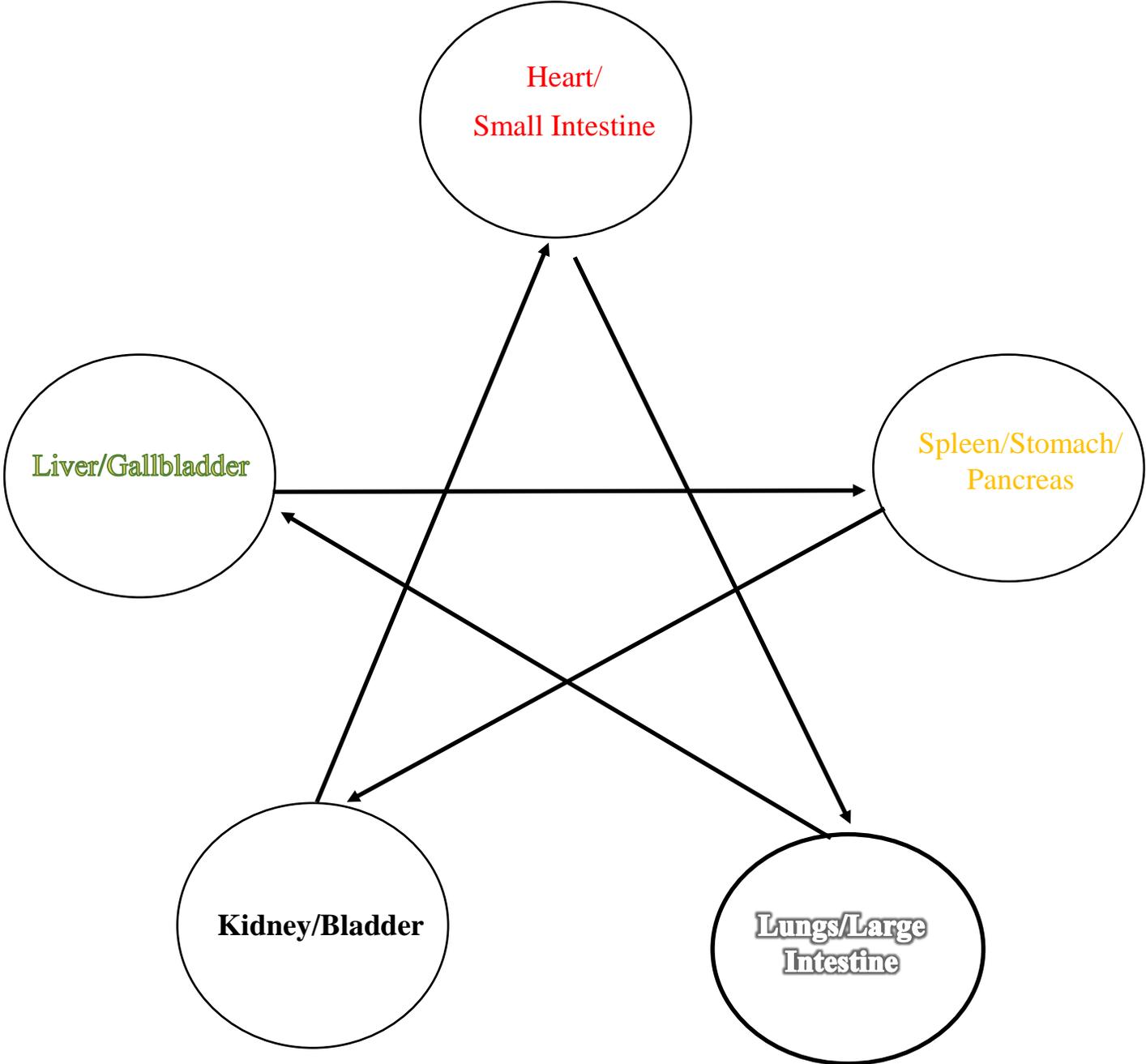
Nourishing Cycle



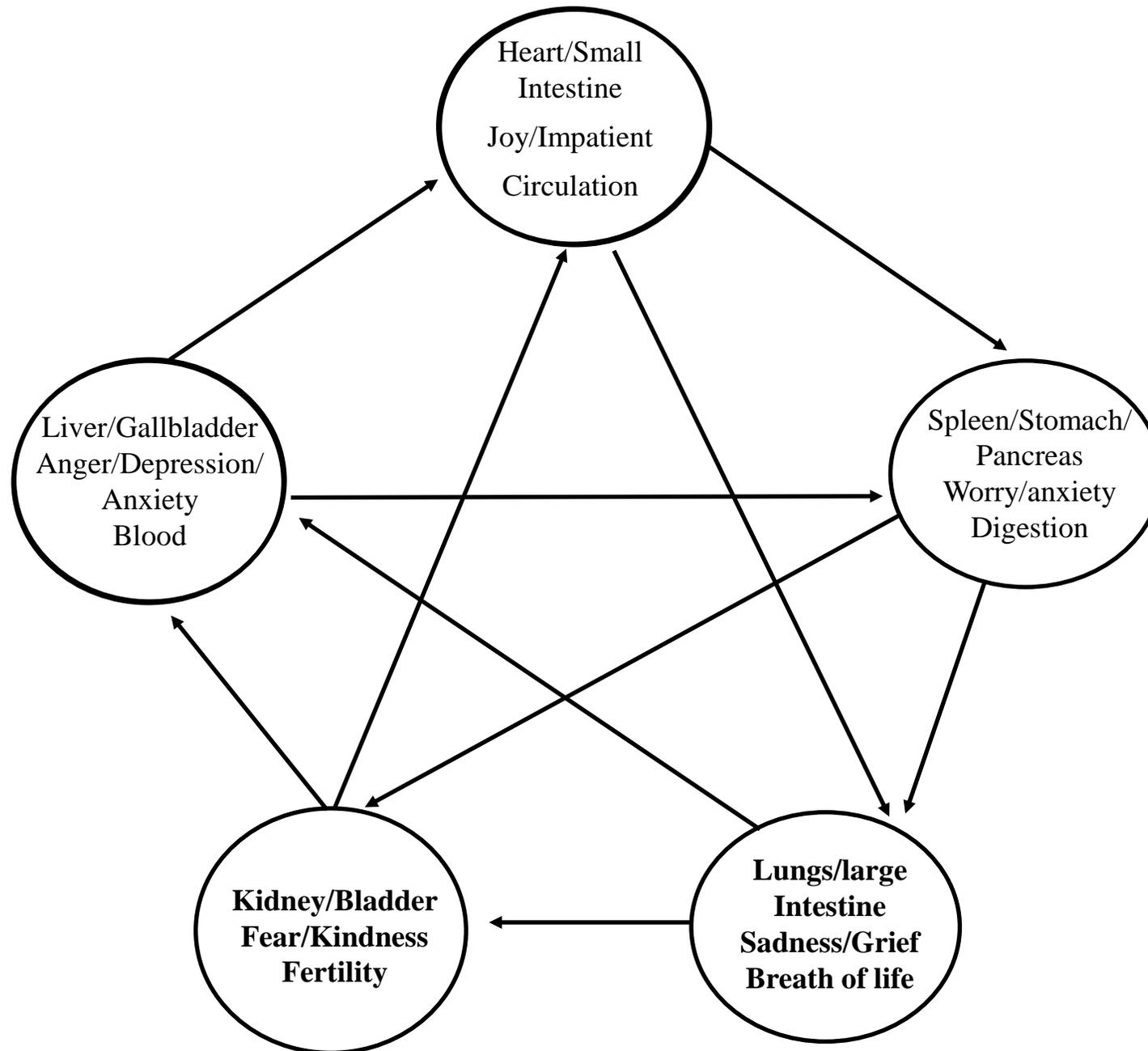
The Controlling Cycle

THE CONTROLLING CYCLE: consists of nature's checks and balance system. The controlling factor means that one set of organs control the activities of another set. If for some reason this does not happen, then the controlling set of organs will attack the set they are controlling and make them weak. Wood controls earth, earth controls water, water controls fire, fire controls metal, and metal controls wood.

Controlling Cycle



Emotional Cycle



Emotions

What Type of emotions

What is it you do with your emotions?

What are the negative emotions in my life?

How does the emotion make me feel?

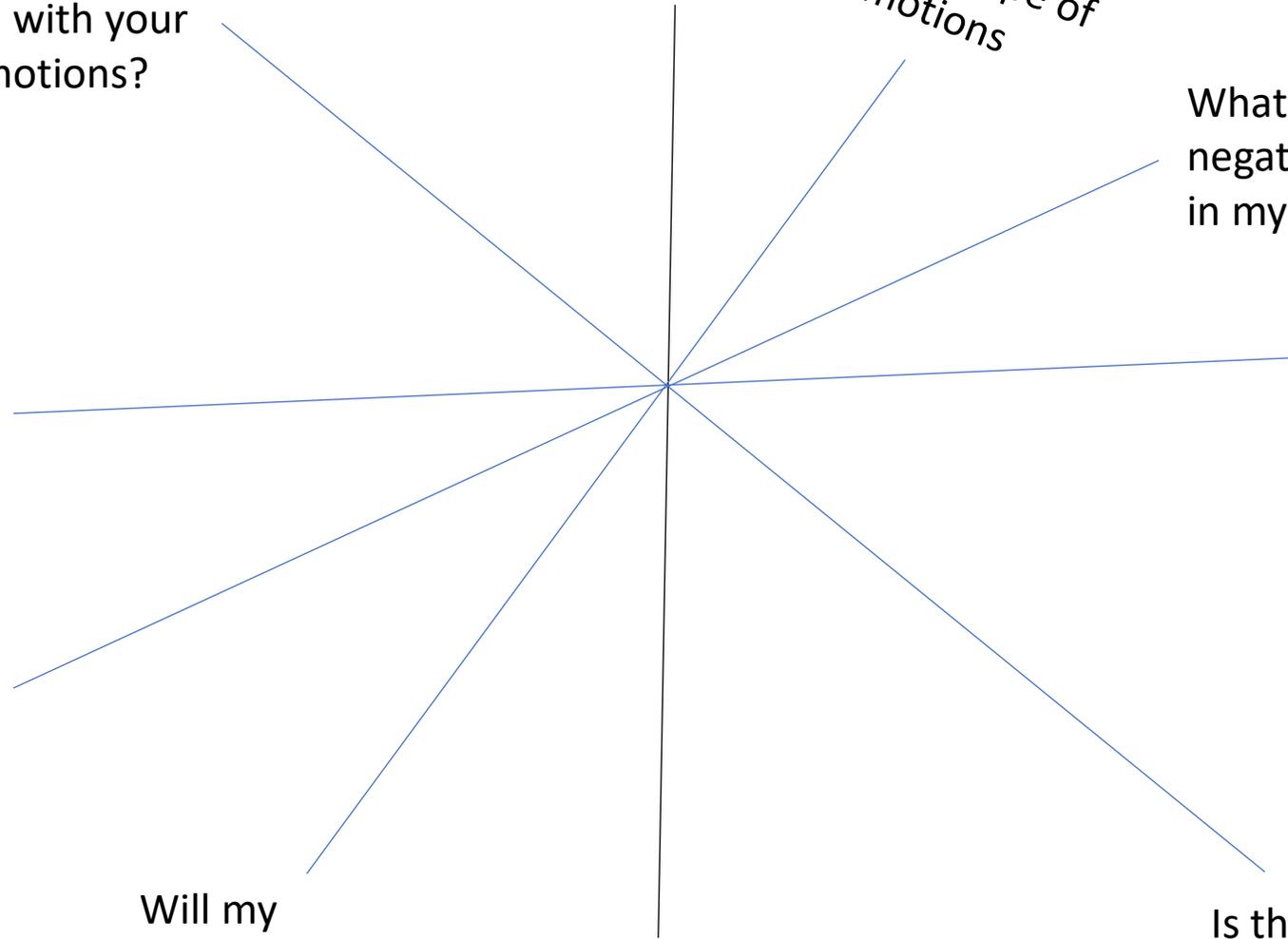
How will my health be with positive emotions.?

How do I adjust to live my life with positive emotions?

Will my positive emotion over power then negative?

What are my positive emotions?

Is the emotion one I created ?



How Many People Live Inside of You?

- The people who live inside of you are your personalities. Each one of them has their own attributes, ways, thoughts, body language, emotions, feeling, temperament, likes, dislikes and attitudes, etc..
- How many of these persons can you identify?
- Do you know which person balances the other?
- Do they have names, if so which ones?