

The Five Elements

WOOD

ORGANS

LIVER/GALLBLADDER

Yin/ YANG

EMOTIONS POSITIVE

KINDNESS

EMOTIONS NEGATIVE

ANGER /DEPRESSION/JEALOUSY/ HATE

SENSE ORGAN

EYES/LIGAMENTS

BODY PART

TENDONS

BODY FLUID

TEARS

BODY CAVITIES

EYES

FLAVOR

SOUR

SMELL

RANCID

SEASON

SPRING

TIME

11 PM/1 AM/3 AM

CLIMATE

WIND

VEGETABLE

YOUNG GREENS

GRAIN

WHEAT

DIRECTION

EAST

COLOR

GREEN

SOUND

SHOUTING - TALKING LOUD

HEALING SOUND

SHHHH

FIRE

ORGAN	HEART/SMALL INTESTINE PERICARDIUM/TRIPLE HEATER
	YIN YANG
EMOTIONS POSITIVE	LOVE, JOY, RESPECT
EMOTIONS NEGATIVE	HATE, IMPATIENCE
SENSE ORGANS	TONGUE
BODY PART	BLOOD VESSELS
BODY FLUID	PERSPIRATION
BODY CAVITIES	TONGUE
FLAVOR	BITTER
SMELL	BURNED, SCORCHED
TIME	11AM-1PM, 1PM -3PM , 7PM-9PM, 9PM-11PM
SEASON	SUMMER
CLIMATE	HEAT
VEGETABLE	BITTER GREENS
GRAINS	CORN
DIRECTION	SOUTH
COLOR	RED
SOUND	LAUGHING
HEALING SOUND	HAWWWW

EARTH

ORGAN	SPLEEN/PANCREAS/STOMACH
	YIN YANG
EMOTIONS POSITIVE	FAIRNESS, OPENESS
EMOTION NEGATIVE	SYMPATHY/WORRY/ANXIETY
SENSE ORGANS	MOUTH (TASTE)
BODY PARTS	MUSCLE
BODY FLUIDS	SALIVA
BODY CAVITIES	MOUTH/LIPS
FLAVOR	SWEET
SMELL	FRAGRANT
TIME	9AM-11AM, 7AM-9AM
SEASON	LATE SUMMER
CLIMATE	DAMPNESS/HUMIDITY
VEGETABLE	YAMS
GRAIN	MILLET/RYE
DIRECTION	CENTER
COLOR	YELLOW, BROWN
SOUND	SINGING
HEALING SOUND	WHOOOOO

METAL

ORGANS	LUNGS/LARGE INTESTINE
	YIN YANG
EMOTIONS POSITIVE	RIGHTEOUSNESS, COURAGE
EMOTIONS NEGATIVE	SADNESS, DEPRESSION
SENSE ORGANS	NOSE
BODY PART	BODY HAIR/SKIN
BODY FLUID	MUCUS
BODY CAVITIES	NOSE
FLAVOR	PUNGENT/SPICY
SMELL	ROTTEN & RINK
TIME	3AM-5AM, 5AM-7AM
SEASON	AUTUMN
CLIMATE	COOL & DRYNESS
VEGETABLE	ONION
GRAIN	RICE
DIRECTION	WEST
COLOR	WHITE
SOUND	WEEPING
HEALING SOUND	SSSSSS

WATER

ORGAN	KIDNEY/BLADDER
	YIN YANG
EMOTIONS POSITIVE	GENTLENESS
EMOTIONS NEGATIVE	FEAR
SENSE ORGAN	EARS
BODY PART	TOOTH, BONE MARROW HEAD HAIR, BONES
BODY FLUID	URINE
BODY CAVITIES	GENITAL, URETHRA, ANUS
FLAVOR	SALTY
SMELL	PUTRID
TIME	5PM-7PM, 3PM- 5PM
SEASON	WINTER
CLIMATE	COLD
VEGETABLE	LEEKs
GRAIN	BUCKWHEAT
DIRECTION	NORTH
COLOR	BLACK/BLUE
SOUND	GRONING
HEALING SOUND	WOOO (GUTTURAL)