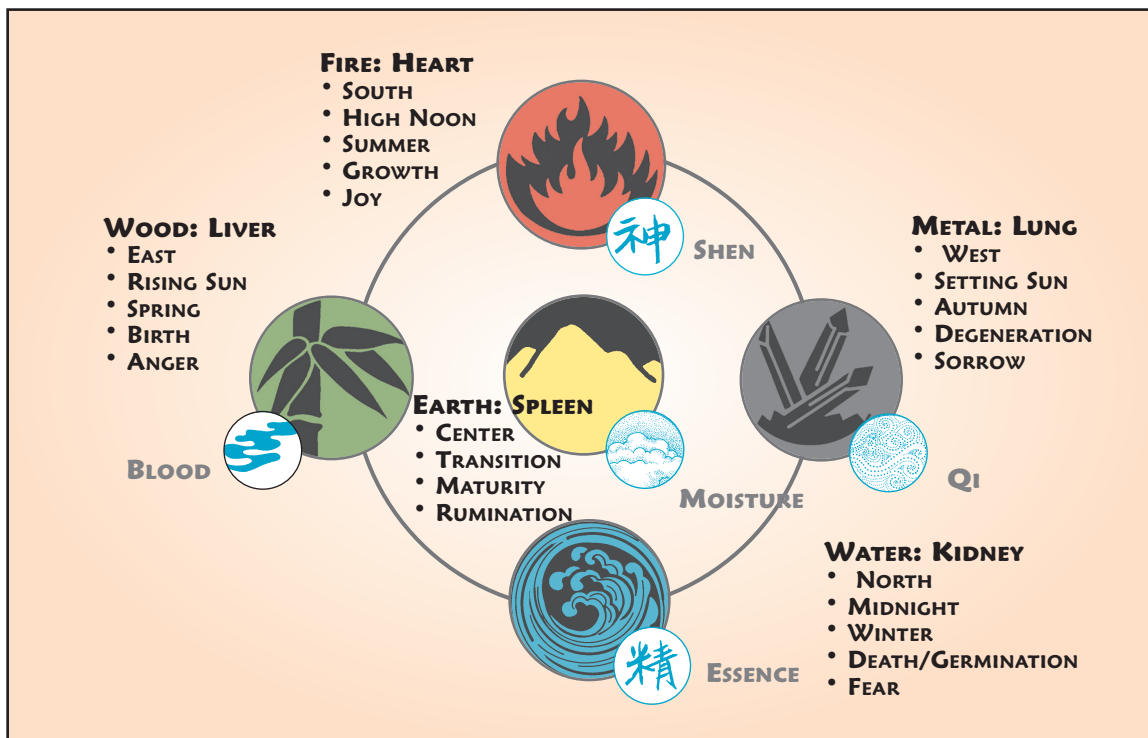


WHO AM I?

FIVE PHASE TYPES

Chinese cosmology sees the world as arising from the dynamism of yin-yang and the five primordial powers (wu de) or phases (wu xing). From the macrocosm to the microcosm, the organization of all natural phenomena is described by the five phase theory of systematic correspondence: as above, so below. The seasons, internal organs, body substances, mental faculties, and emotions mirror each other according to five lines of correspondence. People embody the same relationships within them that prevail in the universe at large. Just as the phases of Wood, Fire, Earth, Metal and Water organize Nature, so the five organ networks of the Liver, Heart, Spleen, Lung, and Kidney organize human life.

The ancient rudiments of psychological inference exist in correspondence thinking in the sensory, mental, and emotional manifestations of organ network function as well as in the dynamic activity associated with the seasons. For example, Wood corresponds to both the Liver and spring. The Liver governs visual clarity, purposeful thinking, and intensity of feeling. Physiologically, the Liver governs the upward and outward movement of blood and the ability of the body to mobilize for action. The Liver shares the initiatory, arousing, surging, and the unpredictable qualities of spring.



This model describes how the life force pulsates, inspiring and expiring, generating and degenerating, charging and discharging. Just as the magnetic needle of a compass always represents North and South, so Water always represents the force that stores, accumulates and germinates; and Fire always symbolizes the endpoint of expansion, consummation. Metal represents contraction, centripetal inward motion; and Wood represents expansion, centrifugal movement outward; and Earth represents the balance point, the axis around which the other forces revolve.



Five phase theory, modified and reinvented to conform to our culture, affords a particularly comprehensive schema for self-understanding. Our expansion of five phase theory into a typology postulates that each of us is organized by a core phase--Wood, Fire, Earth, Metal, or Water--which we know as our type. This core phase characterizes each of us and is the source of our deepest impulses. It functions like the hub of our wheel, while the others serve as the spokes. One phase fashions the context within which we evolve and acts as our primary frame of reference, guiding our instincts and how we live them. In short, it organizes us, body and mind.

FROM COSMOLOGY TO TYPOLOGY

Our typology derives from yin-yang and five phase theories. This provides a framework for linking the disparate components of biology, temperament, emotion, character, and symptoms into one unified picture. Rather than relying solely upon a pathological premise of inherited or acquired predispositions to dysfunction and disease, we subscribe to an ontological premise that there is an intrinsic formative power called li

By learning to recognize our organizing force--how our soma and psyche are expressed--our nature is revealed. When we know ourselves, we can behave accordingly. The language of five phase theory shines a light upon existential issues of identity (Who am I--how am I put together?), of purpose (What am I here to do?), and of destiny (who will I become, and how can I make the best of it?)

that engenders personal identity. This li, or the inborn pattern of a person's true nature, is embodied in the five viscera (wu zang) of the Liver, Heart, Spleen, Lung, and Kidney. The concept of li suggests that the primary intent or mission of a human being is teleological: to shape itself and its environment in such a way that its life is both an expression of its imagination and intelligence (shen) and an engine for actualizing its purposes and destiny (ming).

Constitutional typing classifies people according to an established set of criteria, incorporating and synthesizing knowledge about such categories as the composition, structure, formation, and organization of human mental and physiologic processes. Formulations of human typologies have been a part of many medical systems, including Ayurvedic, Unani, Hippocratic, Galenic, Homeopathic as well as Japanese, Korean and Chinese variants of Chinese traditional medicine. Modern Western typologies include Jung's psychologically based archetypes and Kretchmer's somatic types.

KNOWING YOUR TYPE

Our typology suggests that there are five distinct constitutional patterns that represent five basic styles of being in the world. To know our type is to gain insight into the goals we set, the risks we take, the competence we manifest, the postures we adopt toward people and projects, the expectations we hold, the things that most threaten us, and the satisfactions from which we derive the greatest rewards. To learn about our patterns and identify our type is to increase our capacity to forestall ailments, upsets and quandaries.

Each type has physical, mental, emotional predispositions. For example, the Wood type does well under the intense competitive pressure that upsets the Earth type and paralyzes the Water type. Water types prefer to have time to think things through, and the Earth type feels most comfortable when people are cheerfully working together. So the Wood type thrives on the challenge and fast pace that threatens the Water and Earth types. The Metal type appreciates the same order that can hastily be cast aside by the impulsiveness of the Wood type and the excitability of the Fire type. Earth types can be hurt and discouraged in attempts to be warm and friendly with Metal and Water types who remain detached and withdrawn. Yet Earth types may also be just the animated, imposing social force these types need to be included in events that would otherwise pass them by.



Just as bamboo bends readily in a stiff breeze, so the Wood type is vulnerable to the gusts of change and sudden rage. The Wood type is fiercely independent and exerts leadership easily but is at risk of being bossy and having a difficult time being a team player. Fire easily flares, so the Fire type is prone to becoming overly excited and prone to high anxiety. Earth becomes easily oversaturated, so the Earth type is subject to inertia, edema and mental quagmires. Metal cuts away and restricts, so the Metal type can excel at pruning the unnecessary but may become stiff and insensitive. Water freezes and hardens, so the Water type is dogged and patient, but prey to sclerosis and isolation.

Each type thrives under certain conditions. Whereas raw juicy fruits and salads cool and moisturize Wood, Metal, and Fire; drier, cooked foods are better for Earth and Water. Metal can barely tolerate the flamboyant intensity of Fire, and Fire feels inhibited by the controlled cool calm of Metal. Wood does well under the pressure that Earth shuns, yet Wood does not have the patience of Earth. Water has great tenacity, but less of Wood's ambition or Fire's spark. Everyone marches to one of these five drummers. Understanding these types reveals how people handle relationships, their symptoms and remedies, what foods best suit them, and areas of aptitude and weakness.

OUR VIRTUES CAN BECOME OUR FRAILTIES

Our strengths, exaggerated, can morph into our weaknesses, and our virtues can become our frailties. We gravitate toward an environment that suits our character; similarly, it's easiest to develop in areas where we have natural talent. Maslow's phrase, "When the only tool you have is a hammer, you treat everything as if it were a nail" describes typical fixations of character. For Wood it is easy to interpret any circumstance as requiring audacious action. Fire might perceive gratification as the end-goal of any situation. Metal adheres to rules and protocols even when these have become a hindrance. Water may prefer to cogitate, perhaps losing the opportunity to realize or fulfill those visions. And Earth may be so concerned with establishing balance and harmony that the dynamic tension essential for movement and change is neutralized.

The ancient medical sages were not merely attempting to communicate a set of intangible ideas, but to induce in the reader an apprehension of the nature of reality through images that evoked actual bodily experiences. Every description of natural phenomena establishes a somatic link with internal processes, and every description of internal phenomena establishes a link with external processes in which the procession of the five seasons (*wu shi*) and the movement of the five viscera (*wu zang*) are viewed as mutually interacting and intermediating via the agency of the five phases (*wu xing*) or powers (*wu de*). Accordingly, it is axiomatic that what is observed and experienced outwardly is mirrored inwardly, and vice versa.

We chose to develop a formative typology that is based on ontological and teleological principles as well as pathological patterns. The purposes of a successful typology are twofold. First, it should have prognostic power: assisting us in our capacity to make general statements about groups and individuals that are predictive of both functional and adaptive trends as well as dysfunctional and maladaptive ones. Second, it should enable us to describe groups of individuals and to some degree explain the nature of their formative process.

Pathology and ontology are both expressions of our intrinsic self-organizing process--one undermining, fragmenting, overwhelming, devolving, and the other affirming, integrating, enlivening, and evolving. That is why the five phase system can be used to simultaneously to examine not only the pathogenesis of sickness but also the ontogenesis of health.



Life depends upon the balance of the forces within us. In our culture we sometimes value one way of being more than another. It is more acceptable to be thin than fleshy; being charming and social is more valued than being shy and reflective; being shamelessly self-promoting is generally more rewarded than being selflessly generous. Learning about the five types is a tool for acquiring an appreciation of our differences.

DILEMMAS OF A TYPOLOGY

This is the dilemma of any typology: to make true generalizations about the various expressions of human nature without ignoring the individual differences that are essential in understanding each person's unique character. No typology will be able to explain all of the idiosyncrasies of a particular person: its truths are broad and relative, not specific and absolute. We come back to the statement of general semantics that the map is not the territory, rather a device to get us to the neighborhood that we wish to explore. So, within the loose categories of our five phase system of Wood, Fire, Earth, Metal, and Water types, with complex patterns of exaggeration and collapse, we are able to make some useful statements about people which are both explanatory and predictive about the general nature of their formative process in health and disease and what kinds of predicaments they are likely to encounter in the future. This is not a method of divination--it is much more like a roadmap that indicates cities, towns, and intersections along your route of travel, or like an almanac that indicates probable seasonal weather conditions, flora and fauna that you may encounter along the way.

The Five Phases are not "things" but rather descriptions of primal forces within a universe of larger and smaller, contracting and expanding, interacting and co-generating systems. This relational continuum is bounded at one end by more dense and tangible forms (Yin), and at the other by less tangible, more amorphous and diffuse forms (Yang). These five forces trace process--from its inception through the phases: consolidation and potentiation belongs to Water, expansion and initiation to Wood, completion and fulfillment to Fire, contraction and release to Metal, and stability and poise to Earth. The cosmos, as does each human being and process, embodies all the phases. Every individual swirls like a planet, enveloping a hidden core (Water) and displaying a surface terrain (Fire), represented in the body by the magnetic poles of Kidney (Yin) and Heart (Yang). Rotational movement occurs within the context of opposition between the centripetal forces of Metal and Lung (contractive) and the centrifugal forces of Wood and Liver (expansive). The axis of revolution and the center of gravity and mass is represented by Earth, the Spleen, holding all other forces in harmonic tension.

EXAGGERATION AND COLLAPSE: KE AND SHENG

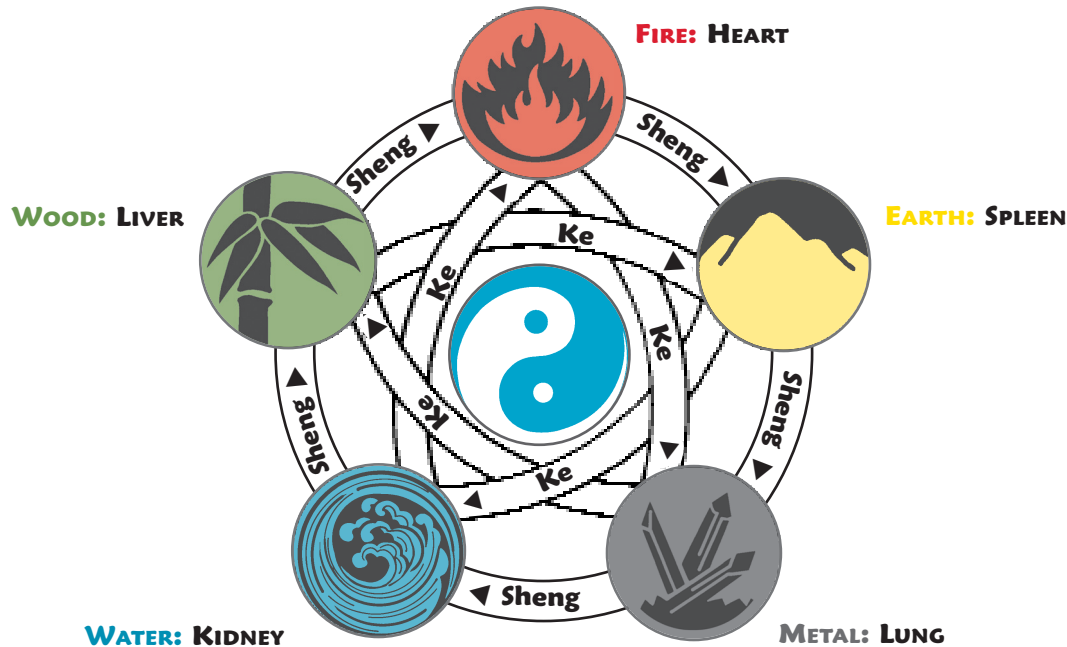
Each of the phases can subjugate or inhibit parts of ourselves that are less developed. Our core phase can be a bully, injuring other phases by its domination. Or it can become weak, neglecting to provide the leadership we rely upon for direction and guidance, and in turn be encroached upon by the phase that controls it.

The phases that restrain or are restrained by our core phase are the ones likely to manifest the gross distortions of our structure and character. Oftentimes our most obvious and dramatic symptoms are located in the two phases along the restraining, control or ke sequence.

Signs of conflict are likely to appear along the ke sequence in exaggerated patterns; and signs of weakness within the predominant organ network and along the sheng sequence in collapsed patterns. An exaggerated organ network overwhelms and oppresses others. In collapse, its force becomes dissipated, creating an unstable void. When the predominant organ network is exaggerated it needs to be subdued;



when collapsed it needs to be nourished. Exaggerated and collapsed patterns can and often do coexist, as do excess and deficiency, heat and cold. Harmony is restored when appropriate measures restore stability by easing conflict and correcting inequities.



When a strident and assertive Wood type needs restoration, he retreats from projects and commitments, preferring to spend hours in solitary reading, studying, and going to the movies like a reclusive Water type. When at his peak, he burns hot like a flamboyant Fire type, open, charismatic, demonstrative, and exciting, a magical communicator. This illustrates that when the organizing phase (Wood) is in collapse, it gravitates toward its parent (Water), and, in exaggeration, it becomes like its child (Fire).

Ke represents dynamic tension, while *sheng* represents capacity. The *sheng* triad generates our resources, our creative potential and our adaptive reserves. Without tension, potential has no spring, no motivating impulse, no egress; and without resources, motivation has no foundation, no source, no utility. Equilibrium is the outcome of poise between opposing forces. When the organizing pattern we call our type is harmonic, there is a satisfying complementarity between the nurturance of our potential and the intensity that brings it forth.

KE TRIADS

Usually the first problems that people complain about are a result of *ke* sequence conflicts, an escalation of tension between the primary phase, the one it controls, and the one that controls it. This is how the exaggerated pattern develops. When the equilibrating mechanism of the organism has been overwhelmed by exaggeration, collapse ensues and problems along the *sheng* sequence become more apparent.

For example, for an Earth type, disturbances are likely to show up in Water (restrained by Earth) and in Wood (which restrains Earth). Exaggerated Earth oppresses Water and antagonizes Wood. When the Spleen is dominant, Dampness and the stagnation that occurs with it, inhibit the function of the Kidney and Liver.



An Earth type might experience a sore low back, swollen ankles, and premenstrual water retention, all indications of Kidney disturbances, along with fullness in the head and pressure behind the eyes which reflect Liver disturbance. When Dampness in the Spleen hampers the capacity of the Liver to make decisions and initiate action, a person feels obsessed with small changes and decisions, reluctant to commit to big decisions and their consequences.

The effect on the Kidney is to create an unsettling feeling of doubt and insecurity, as if one's source or identity is never firmly grasped. Thus, the characteristic affability and gregariousness of the Earth type may be hemmed in by an undercurrent of irritability and vulnerability.

This illustration emphasizes that when determining someone's type, it is central to evaluate the interactions and relationships of the phases within you. For example, if you suspect that you are a Metal type, your pattern of affinities, aversions, symptoms, and emotional styles should reflect stronger tensions with Wood and Fire than with Earth and Water.

TYPE DIFFERENTIATION: IT'S NOT WHAT YOU DO, BUT HOW AND WHY YOU DO IT

In reflecting upon your type, it's not what you do that matters, but how and why you do it. Evie, Ed, and Susanne, all spend a great deal of time cooking. Evie manages a restaurant, Ed teaches cooking classes, and Susanne frequently feeds her large extended family.

Evie describes her attraction to this work, "I thrive on the challenge of getting my staff to function at a hum--everything planned just right so that the energy and the product are in a flow. I enjoy the constant demand for problem-solving--when it gets too easy, I get bored."

When Ed is asked what he likes about food, he offers a frugal, droll reply, "I like eating it." Then he continues to say that what concerns him is the form, "People seem to think I cut vegetables in interesting ways. I like to take ingredients and combine them in just the right way. I don't really care whether anybody else likes it or not. It's important to me to have room to move around and a clean and orderly space in which to work."

Susanne, on the other hand, cooks specifically to please her diners, "What I love is looking down a long table full of people I care about and having them feel good about eating food I've prepared specially for them."



Evie is a Wood type, Ed is Metal, and Susanne is Earth. Evie is also a perfectionist (a Metal characteristic) and often feeds her friends (Earth), Ed takes pleasure in getting things done (Wood), and Susanne works as a graphic designer, spending most of her time doing solitary, creative work (Water). They each embody traits of all the phases but are most motivated and characterized by one.

WE CHANGE -- OUR TYPE REMAINS CONSTANT

When deciding which clothes to wear, there are usually many garments to choose from, but you select one outfit based on how it fits and whether it truly suits you. Similarly, you have to try on different types to see how they fit.

But unlike clothing, you can no more change your type than you can your parents. Your organizing force—your li—like your blood type, is with you for life. You can alter your hair color and your weight but not your height or chromosomes. You can raise your hemoglobin but it is to no avail to wish your blood were AB-positive when you were born O-negative.

The rocks in the river can shift, redirecting the water's course, altering the shape of the riverbanks, but inexorably the river, twisting and turning, follows the gravitational pull from the mountains to the sea. In that sense, our identity, like the river, does not change its fundamental direction of flow. How we live out our lives may shift and vary, but the primacy of one phase as our core organizing force remains; we change but our type does not.

When our motion is disturbed by external forces or internal upheaval, our path becomes crooked and our movement wobbly. Allied with our organizing force, we can navigate smoothly along our path, our inner gyroscope unperturbed. Spinning freely, we feel aligned, at home in our body and right with the world. This comfortable sense of fit and freedom is what we recognize as health.

ARCHETYPES

The archetypes of the Pioneer, Wizard, Peacemaker, Alchemist, and Philosopher reflect five styles of thinking, feeling, behaving, or falling sick. While we borrow the mythological concept of archetypes from Jungian psychology, we employ them as a way of dressing the body of Chinese ideas in clothing that is familiar to Westerners and as a family of metaphors that evoke powerful and vivid images of general yet distinct attitudes, patterns of behavior, and life orientations.

Carl Jung identified archetypes to describe recurring themes of universal significance, synthesizing the insights of psychoanalytic thought and Eastern mysticism. Following his example, we've named five archetypes to represent the anthropomorphic qualities of each Phase, joining the insights of Western psychology with Chinese correspondence thinking. One Phase predominates, shaping and defining us as well as creating the most meaningful context for our evolution to unfold. The existential issues and questions central to our life are embodied in the symbolic archetypal figures associated with each Phase.



Five archetypes describe the virtues and potentialities of each Phase. Wood is personified by the Pioneer. A Wood type strikes out into the wilderness with a bold, adventurous spirit to break new ground, face challenges, overcome obstacles, and conquer the unknown. Fire is represented by the Wizard—magnetic and exciting, inspiring faith that dreams can be realized and desires fulfilled. Earth is embodied by the Peacemaker. An Earth type is stable, centered, and relaxed, drawn toward mediation to maintain or restore harmony and unity. Metal is exemplified by the Alchemist who observes, studies, and analyzes phenomena to extract fundamental laws and principles in the service of a universal order. Water is characterized by the Philosopher. A Water type lives in the interior, preoccupied with seeking truth and exploring hidden mysteries through the medium of imagination.

CHARACTERIZED BY ONE PHASE, YET ALL FIVE EXIST WITHIN US

Although one Phase predominates as our organizing force, we exist as a complex amalgam of all the Phases in continuous interplay--so all Five Phases exist within every person. Like our DNA, the pattern of these relationships is the dao of our individualized process, the template that molds our internal and external behavior. When action is demanded, our Wood kicks into gear. When it is time to take pleasure in the achievement of our goals, the Fire aspect takes charge. When we let go of old habits and values to prepare for a new phase of our life, the power of Metal enables us to sigh deeply and release. When our labors demand that we stop, rest, take stock of what we have done, and rededicate ourselves to a fresh purpose, our Water aspect gives us the renewed vitality and will to carry on. When the vicissitudes of our lives threaten to overturn or deflect us from our path, our Earth aspect returns us to an even keel.

THE ARCHETYPES

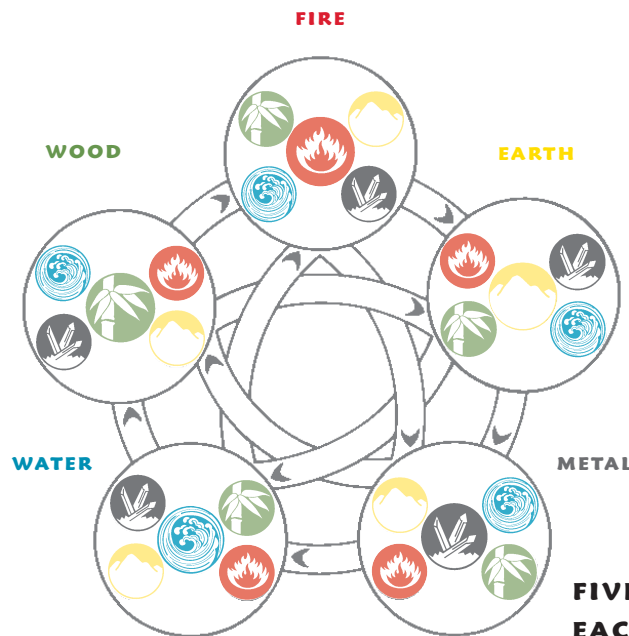
The Pioneer pushes to be on the move—her power springs from the muscles which execute action.

The Wizard evokes passion and excitement—his power tingles across the surface where sensation is experienced.

The Peacemaker sustains contact—her power spreads from the belly where nourishment is taken.

The Alchemist makes perfect order—his power sets the boundaries of breath and pulsation.

The Philosopher gives birth to new ideas—her power percolates in the deep inner chasm of the mind.



FIVE PHASES WITHIN EACH PHASE



WOOD ARCHETYPE: THE PIONEER

The **Wood** archetype is the **Pioneer** who, driven by the adventure of penetrating the unknown wilderness, is adaptive, cunning, and fiercely independent. She strikes out on her own, infatuated with what is new, curious about what is untried, eager to innovate, reform, and revolutionize. Action compels the **Pioneer** who vanquishes resistance with great determination.

KEYS TO WOOD

- seeks challenge and pushes to the limit
- enjoys and does well under pressure
- loves action, movement, and adventure
- likes to be first, best, and only

TYPICAL PROBLEMS

- intolerance and impatience
- volatile emotions
- vascular headaches, muscle spasms, high blood pressure, nerve inflammations, migratory pain
- abuse of stimulants and sedatives

A FRIENDLY REMINDER

The power of **Wood** comes from the capacity to rapidly expand and build up pressure.

Wood types need to modulate their intensity and stay flexible, to be able to retreat and yield as well as surge forward and be undaunted.

FIRE ARCHETYPE: THE WIZARD

The **Fire** archetype is the **Wizard** who imbues the mundane with the extraordinary, merging human aspirations with divine purpose. The **Wizard** manifests miracles by welding divergent elements into one, generating the heat of excitement so that the reaction of fusion occurs. With catalytic energy, he brings the transforming power of light, love, and awareness into the world. Enchanting and persuasive, the **Wizard** uses personal magnetism and the gift of expression to assemble groups of individuals into one body, gathering us up into a shared expanse of vision and feeling.

KEYS TO FIRE

- relishes excitement and delights in intimacy
- keenly intuitive and passionately empathetic
- believes in the power of charisma and desire
- loves sensation, drama, and sentiment

TYPICAL PROBLEMS

- anxiety, agitation, and frenzy
- bizarre perceptions and sensations
- nervous exhaustion and insomnia
- palpitations, sweating, hypoglycemia, rashes, palsy

A FRIENDLY REMINDER

The power of **Fire** comes from the capacity to liberate heat and light and realize joy and fulfillment.

Fire types need to temper their chemistry and contain their fervor, conserving as well as sharing their resources, withdrawing and separating as well as embracing and merging.



EARTH ARCHETYPE: THE PEACEMAKER

The **Earth** archetype is the **Peacemaker** who, through her power to establish and sustain relationships, nurtures and promotes our connectedness to each other and our world. The **Peacemaker** values serenity and stability, mediating conflict through her gift of focusing on what is mutually shared, converting discord into harmony. Chameleon-like, she can assume and enhance the attributes of those around her, putting people at ease in an environment of trust. The **Peacemaker** embodies sympathy and caring, a ready advocate for those in greatest need—of friendship, sustenance, and recognition.

KEYS TO EARTH

- wants to be involved and needed
- wants to be all things to all people
- seeks harmony and togetherness
- insists upon loyalty, security, and predictability

TYPICAL PROBLEMS

- worry, obsession, and self-doubt
- meddling and overprotective
- over-extended and inert
- lethargy, indigestion, unruly appetites, water retention, muscle tenderness

A FRIENDLY REMINDER

The power of **Earth** comes from the capacity to link, nurture, and sustain. **Earth** types need to balance their devotion to relationship with solitude and self-expression, developing self-reliance as well as building community.

METAL ARCHETYPE: THE ALCHEMIST

The **Metal** archetype is the **Alchemist**, who seeks the perfection of form and function. Through his power of discernment, he distills what is good and pure from what is coarse and primitive. In his striving to extract order from chaos, he molds situations so that people perform their tasks with elegant precision. Defining and refining, the **Alchemist** is the keeper of standards and measures, the source of aesthetic and moral values, the defender of virtue, principle, and beauty.

KEYS TO METAL

- likes definition, structure, and discipline
- respects virtue, discretion, and authority
- seeks to live according to reason and principle
- reveres beauty, ceremony, and refinement

TYPICAL PROBLEMS

- indifferent, formal, distant, and inhibited
- autocratic, strict, and persnickety
- stiff joints and muscles, dry skin and hair, shallow breathing, sensitive to climate, poor circulation
- self-righteousness and disillusionment

A FRIENDLY REMINDER

The power of **Metal** comes from the capacity to shape and define. **Metal** types need to compensate for their rationality, self-control, and meticulousness with passion, spontaneity, and social involvement.



WATER ARCHETYPE: THE PHILOSOPHER

The **Water** archetype is the **Philosopher** who brings to light that which is hidden, uncovering new knowledge, dispelling mystery, eroding ignorance. Like an old-time prospector, she sifts through the gravel of notions and beliefs, tireless in her effort to apprehend the nature of reality. Time is the pick and shovel of the **Philosopher** who exhumes the bones of culture that endure, doggedly in search of truth. Able to envision what can be, she is critical of what is. As the custodian of our ancestral memories and dreams, she articulates our aspirations.

KEYS TO WATER

- articulate, clever, self-sufficient, and introspective
- penetrating, critical, and scrutinizing
- seeks knowledge and understanding
- likes to remain hidden, enigmatic and anonymous

TYPICAL PROBLEMS

- emotionally inaccessible and undemonstrative
- isolation and loneliness
- tactless, unforgiving, and suspicious
- hardening of the arteries, deterioration of teeth and gums, back ache, chilliness, loss of libido

A FRIENDLY REMINDER

The power of **Water** comes from the capacity to conceive, concentrate, and conserve.

Water types need to offset their toughness, bluntness, and detachment with tenderness, sensitivity, and openness, risking softness and contact, exposure and attachment.



THE FIVE PRIMORDIAL POWERS AND ARCHETYPES

Wood	Fire	Earth	Metal	Water
Enjoys pressure, speed and adventure Seeks novelty	Enjoys excitement and sensuality Seeks contact and intimacy	Likes to be involved Likes to be in charge, but not the center of attention	Virtuous and upright Enjoys ritual and ceremony	Self-contained and self-sufficient Seeks knowledge Prefers anonymity
Challenging and intense	Passionate and sensitive	Loyal and dependable	Perfectionistic and refined	Enigmatic
Confident	Lively	Relaxed	Methodical	Candid
Assertive	Charismatic	Sociable	Discerning	Introspective
Competitive	Empathetic	Sympathetic	Neat	Watchful
Direct	Optimistic	Agreeable	Calm	Curious
Decisive	Alert	Poised	Reserved	Careful
Bold	Enthusiastic	Attentive	Accepting	Modest
Supple, muscular, square physique	Evenly proportioned, willowy physique	Round, firm physique	Erect, trim, symmetrical physique	Strong, dense, lean physique
Thick, coarse skin and swarthy complexion	Graceful hands and feet - long fingers and toes	Hands and feet are small relative to physique	Light, clear, dry, smooth skin	Long, large bones
Thick, strong hands, feet, fingers and toes	Soft, warm, moist, elastic skin	Soft, smooth skin	Slim fingers and toes	Long fingers and toes with round tips
Strong, slim, sinewy limbs	Long neck, arms and legs	Large, thick muscles	Delicate features with small bones and compact musculature	Deep-set eyes in sculptured, long narrow head and face
Tends to be intolerant, impatient, impulsive	Tends to be anxious, hyperactive, moody	Tends toward worry, obsession, inertia, overextension	Tends toward indifference, aloofness, self-righteousness, shyness	Tends toward isolation, reticence, tactlessness, distrust, skepticism



POWERS OF THE FIVE ARCHETYPES

	Wood	Fire	Earth	Metal	Water
Power	Expansion	Fusion	Moderation	Contraction	Consolidation
Archetype	Pioneer	Wizard	Peacemaker	Alchemist	Philosopher
Organized Around	Metamorphosis	Realization	Unification	Transmutation	Revelation
Desires	Purpose	Fulfillment	Connectedness	Order	Truth
Context	Challenge	Intimacy	Community	Organization	Mystery
Virtue	Fervor	Charisma	Loyalty	Righteousness	Honesty
Path	Action	Compassion	Service	Mastery	Knowledge
Values	Utility	Intuition	Harmony	Purity	Durability
Talent	Initiative	Communication	Negotiation	Discrimination	Imagination
Existential Issue	Goals: What to do? Strategy: How to do it?	Dimension: How broad is my scope?	Orientation: What's my role? Where am I?	Boundaries: What I am and am not	Origins/ Destiny: What is my past, my future?
Dimensions	Movement	Space	Location in time and space	Shape	Time
Nourished by	Water	Wood	Fire	Earth	Metal
Nourishes	Fire	Earth	Metal	Water	Wood
Restrains	Earth	Metal	Water	Wood	Fire
Restrained by	Metal	Water	Wood	Fire	Earth
Subject to Injury from	Wind	Heat	Damp	Dry	Cold
Injury Enters at	Head, neck, upper back	Head, upper back, nose, mouth, throat	Head, joints, lower back, abdomen	Head, skin, mouth, throat, nose	Head, upper back, hips, legs
Sexual Values	More, better, longer	Orgasm, merging	Embracing connectedness	Sacred ritual ceremony	Penetration, uncovering hidden mystery



DISTORTIONS OF FIVE POWERS

	Wood	Fire	Earth	Metal	Water
<i>Exaggerated Power</i>	Domination	Immolation	Obstruction	Restriction	Negation
<i>Collapsed Power</i>	Compression	Disintegration	Stagnation	Constriction	Petrification
Preoccupation	Work	Stimulation	Details	Rituals	Secrets
Compelled to	Win	Consume	Interfere	Control	Criticize
Dreads	Confinement	Gravity	Torpidity	Crowding	Invasion
Seeks the perfect	Cause	Lover	Family	System	Teacher
Dislikes conflicting	Purposes Choices Impulses	Needs Desires Attractions	Roles Loyalties Frames of Ref.	Mores Standards Rewards	Visions Stories Expectations
Obsessed with	Solutions Change Independence	Pleasure Intimacy Seeking Divine	Manipulation Pleasing Others Security	Perfection Order Differences	Mysteries Facing Death Facts
Aversion to	Powerlessness Bondage Dependency	Separation Boredom Pain	Change Dislocation Independence	Spontaneity Pollution Decrepitude	Exposure Distraction Dissolution
Somatic Poles	Tension - Relaxation, Starting - Stopping, Accelerated - Retarded	Containment - Dissipation, Embodied - Disembodied, Active - Reactive	Dense - Porous, Active - Passive, Filling - Emptying	Tight - Loose, Closed - Open, Thick - Thin	Hard - Soft, Cold - Warm, Retaining - Releasing
Tends to	Risk Stay Busy	Seek Excitement Make Contact	Seek Comfort Avoid Isolation	Follow Higher Order Make Judgments	Seek Solitude Avoid Exposure
Existential Doubt	What is the Purpose?	How to Express Myself?	What is My Role?	What is Right?	Where Do I Come From?
Emotional Addiction	To be Aroused	To be In Love	To be Needed	To be Right	To be Protected
Spiritual Fear	To be Helpless	To be Cut Off	To be Lost	To be Corrupt	To be Extinct



FIVE TYPES: AFFINITIES AND AVERSIONS

Affinities: Desires and Values

Wood	Fire	Earth	Metal	Water
Struggle	Excitement	Relationships	Order	Solitude
Action	Intimacy	Stability	Purity	Mystery
Arousal	Sensuality	Family	Reason	Continuity
Practicality	Spontaneity	Sharing	Aesthetics	Originality
Uniqueness	Expression	Harmony	Definition	Toughness
Challenge	Yielding	Loyalty	Simplicity	Self-sufficiency
Achievement	Merging	Commitment	Quality	Privacy
Agility	Passion	Diplomacy	Correctness	Anonymity
Independence	Self-exposure	Involvement	Standards	Caution
Contest	Performing	Inter-dependence	Precision	Conservation

Aversions: Fears and Difficulties

Wood	Fire	Earth	Metal	Water
Slowness	Inactivity	Separateness	Intimacy	Sharing
Clumsiness	Separation	Disloyalty	Complexity	Rashness
Ambiguity	Confusion	Conflict	Chaos	Vulnerability
Interference	Roughness	Change	Nonsense	Ignorance
Authority	Boundaries	Aloneness	Spontaneity	Dishonesty
Compromise	Deliberation	Impermanence	Carelessness	Superficiality
Frustration	Dullness	Greediness	Impropriety	Faith
Constancy	Ordinariness	Insecurity	Intemperance	Exposure
Submitting	Conservation	Emptiness	Vagueness	Waste
Confinement	Suspicion	Displacement	Shapelessness	Softness



WOOD

PIONEER

LIVER

Mental Faculties	Biological Functions	Organs - Tissues - Fluid
Clarity Judgment Foresight Decision	Filling Arousal Expansion Acceleration	<i>Liver and Gallbladder</i> Eyes and Eyebrows Tendons and Nerves Nails, Bile, Tears

Exaggerated patterns arise from:	Collapsed patterns arise from:	Aggravations occur with:
Congestion of <i>Qi</i> and <i>Blood</i> Accumulation of Heat and Dampness Generation of <i>Internal Wind</i> Disharmony of <i>Liver-Spleen</i> , <i>Liver-Lung</i>	Depletion of <i>Blood</i> and <i>Moisture</i> Accumulation of <i>Heat, Wind</i> , and <i>Dryness</i> Weakness of <i>Spleen, Kidney</i> , <i>Liver</i>	Spring and Summer <i>Wind</i> and <i>Heat</i> Sour, greasy and spicy food Alcohol, opiates, amphetamines 11p.m. - 3 a.m. and 11 a.m. - 3 p.m.

Characteristic Features of Wood Psyche

Undistorted	Exaggerated	Collapsed	Difficulty With
Confident Assertive Bold Ambitious Competitive Powerful Direct Committed Decisive	Arrogant Aggressive Reckless Driven Antagonistic Tyrannical Confrontational Compulsive Impulsive	Pretentious Peevish Erratic Premature Contrary Ineffectual Devious Fickle Ambivalent	Intensity Restraint Equality Sharing Cooperation Ambiguity Obstacles Anger



Characteristic Features of Wood Soma

Undistorted	Exaggerated	Collapsed	Difficulty With
<p>Supple, muscular, square physique</p> <p>Thick, coarse skin and swarthy complexion</p> <p>Strong, slim, sinewy hands and feet</p>	<p>High blood pressure</p> <p>Oily skin/hair</p> <p>Boils</p> <p>Cramps of long muscles, hands, feet</p> <p>Vertigo</p> <p>Ringing in the ears</p> <p>Constipation with cramps/spasms</p> <p>Sciatica</p> <p>Pain in ribs</p> <p>Heartburn</p> <p>Diffucult swallowing</p> <p>Eye/ear pain</p> <p>Shingles</p> <p>Awkward and accident-prone</p> <p>Hard, thick nails</p> <p>Breast pain</p> <p>Tendon injuries</p>	<p>Labile blood pressure</p> <p>Hypoglycemia</p> <p>Blurry vision</p> <p>Sensitivity to light or sound</p> <p>Cystitis, urethritis</p> <p>Itchy eyes, urethra, anus</p> <p>Tendonitis</p> <p>Dry, brittle nails</p> <p>Lax joints and tense muscles</p> <p>Irritable colon</p> <p>Chronic tension in and across shoulders</p>	<p>Occipital/lateral headaches</p> <p>Migraine</p> <p>TMJ syndrome</p> <p>Facial nerualgias</p> <p>Peripheral nerve dysfunction</p> <p>Hypertension</p> <p>Sexual dysfunction</p> <p>Painful menses</p> <p>PMS</p> <p>Substance abuse</p>



FIRE

WIZARD

HEART

Mental Faculties	Biological Functions	Organs - Tissues - Fluid
Impression Communication Intuition Comprehension	Dilation Sensation Perfusion Extension	<i>Heart/Small Intestine</i> Tongue and external ear Arteries and arterioles <i>Blood</i> and perspiration

Exaggerated patterns arise from:	Collapsed patterns arise from:	Aggravations occur with:
Congestion of <i>Blood</i> Accumulation of <i>Heat</i> Depletion of <i>Moisture</i> Disharmony of <i>Heart-Lung</i> , <i>Heart-Kidney</i>	Depletion of <i>Blood</i> Loss of <i>Heat</i> Weakness of <i>Liver, Heart</i> and <i>Spleen</i>	Hot weather and Summer Hot, spicy and sweet food Alcohol and psychedelics 11 a.m. - 3 p.m. and 11 p.m. - 3 a.m.

Characteristic Features of Fire Psyche

Undistorted	Exaggerated	Collapsed	Difficulty With
Lively Communicative Charismatic Optimistic Sanguine Aware Tender Empathetic Devoted Enthusiastic Alert	Excitable Garrulous Seductive Grandiose Pollyanna Hypersensitive Sentimental Merging Adoring Avid Anxious	Startled Mute Flirtatious Credulous Giddy Confused Sensitive Lost Infatuated Selfish Panicky	Boundaries Space Separation Stimulation Future Unknown Dreaming Expression Sleep Thinking Pleasure and Pain



Characteristic Features of Fire Soma

Undistorted	Exaggerated	Collapsed	Difficulty With
<p>Soft, willowy physique</p> <p>Graceful hands and feet</p> <p>Soft, warm, moist, stretchy skin</p> <p>Long neck, arms, and legs</p>	<p>Enlarged <i>Heart</i></p> <p>Profuse/frequent perspiration</p> <p>Flushed face</p> <p>Irregular/rapid heartbeat</p> <p>Chest pain</p> <p>Painful urination</p> <p>Strong, erratic pulse</p> <p>Overheats easily</p> <p>Sores of mouth, tongue, lips</p> <p>Pulmonary hypertension</p> <p>Dry, painful eczema</p> <p>Easy sexual excitement but difficult to please</p>	<p>Slow, irregular pulse</p> <p>Weak <i>Heart</i></p> <p>Chills or overheats easily</p> <p>Low blood pressure</p> <p>Faints or gets dizzy easily</p> <p>Anemic</p> <p>Pale with flushed cheeks</p> <p>Tires easily from excitement</p> <p>Cannot sustain sexual excitement</p> <p>Premature orgasm</p>	<p>Disturbed sleep</p> <p>Disorders of <i>Heart</i>/arteries</p> <p>Disturbances of heart rate and rhythm</p> <p>Disturbances of speech and sensation</p> <p>Disorders of blood pressure and circulation</p>



EARTH

PEACEMAKER

SPLEEN

Mental Faculties	Biological Functions	Organs - Tissues - Fluid
Remembering Intention Ideation Attention	Balancing Transforming Absorbing Distributing	<i>Spleen and Stomach</i> Lips, mouth, eyelids, muscles Saliva, lymph, chyle

Exaggerated patterns arise from:	Collapsed patterns arise from:	Aggravations occur with:
Congestion of <i>Qi</i> and <i>Moisture</i> Accumulation of <i>Heat</i> and <i>Dampness</i> Generation of <i>Internal Wind</i> Disharmony of <i>Spleen-Liver</i> , <i>Spleen-Kidney</i>	Depletion of <i>Qi</i> and <i>Blood</i> Accumulation of <i>Damp</i> and <i>Cold</i> Weakness of <i>Liver, Spleen</i> , <i>Kidney</i>	Late Summer and change of season Humidity, <i>Heat</i> , and <i>Cold</i> Sweet, sticky, and cold food 7 a.m. - 11 a.m. and 7 p.m. - 11 p.m.

Characteristic Features of Earth Psyche

Undistorted	Exaggerated	Collapsed	Difficulty With
Nurturing Supportive Relaxed Oriented Sociable Sympathetic Considerate Agreeable Poised Attentive	Overprotective Meddlesome Inert Stuck Crowding Involved Worried Conforming Lugubrious Overbearing	Spoiling Clinging Amorphous Vacillating Ingratiating Attached Scattered Wishy-Washy Precarious Fawning	Change Disorientation Self-sacrifice Efficiency Ambivalence Identity Independence Concentration



Characteristic Features of Earth Soma

Undistorted	Exaggerated	Collapsed	Difficulty With
<p>Round, firm physique</p> <p>Large, thick, musculature</p> <p>Soft, smooth, peachy skin</p> <p>Hands and feet seem small</p> <p>Broad hips and shoulders</p>	<p>Conjunctivitis</p> <p>Excess appetite</p> <p>Water retention</p> <p>Irregular bowels and urination</p> <p>Swollen prostate</p> <p>Tender gums</p> <p>PMS with lethargy, aching, hunger, and swelling</p> <p>Sores on scalp</p> <p>Heavy, aching head and eyes</p> <p>Sticky, puffy eyelids</p> <p>Sticky mucus in nose and throat</p> <p>Sticky saliva and perspiration</p> <p>Swollen, sensitive <i>Spleen or Liver</i></p>	<p>Tends to form soft lumps and swollen glands</p> <p>Sore, weak lumbar region</p> <p>Weak ankles and wrists</p> <p>Hunger, but can't decide what to eat</p> <p>Prolapse of Stomach, Intestine, Uterus</p> <p>Varicose veins</p> <p>Slow healing of cuts</p> <p>Bruises easily</p> <p>Spongy, tender muscles</p> <p>Bleeding gums</p> <p>Tooth decay</p> <p>Hard to lose weight</p> <p>Bloats easily</p> <p>Poor muscle tone</p>	<p>Metabolic, muscle and lymphatic dysfunction</p> <p>Venous disorders</p> <p>Digestive disorders</p> <p>Weight management</p> <p>Fluid balance</p>



METAL

ALCHEMIST

LUNG

Mental Faculties	Biological Functions	Organs - Tissues - Fluid
Analysis Definition Discrimination Synthesis	Emptying Inhibiting Contracting Descending	<i>Lung/Large Intestine</i> Nose/skin/membranes Body hair Mucus secretions

Exaggerated patterns arise from:	Collapsed patterns arise from:	Aggravations occur with:
Congestion of <i>Qi</i> and <i>Moisture</i> Depletion of <i>Moisture</i> Accumulation of <i>Heat</i> Disharmony of <i>Lung-Liver</i> , <i>Lung-Heart</i>	Depletion of <i>Qi</i> and <i>Moisture</i> Accumulation of <i>Damp</i> and <i>Cold</i> Invasion of <i>Wind</i> Weakness of <i>Spleen, Lung,</i> <i>Kidney</i>	Fall and Spring Wind and Heat-Cold Cold, dry, spicy, and bitter food Sweet, sticky, and cold food 3 a.m. - 7 a.m. and 3 p.m. - 7 p.m.

Characteristic Features of Metal Psyche

Undistorted	Exaggerated	Collapsed	Difficulty With
Methodical Discerning Scrupulous Accepting Neat Calm Disciplined Honorable Precise Reserved	Ritualistic Prejudiced Perfectionistic Stoical Austere Indifferent Strict Self-Righteous Dogmatic Cool	Ceremonious Dilletante Petty Resigned Sloppy Numb Complaint Hypocritical Lacks conviction Elusive	Control Dissapointment Emotional expression Intimacy Authority Relativity Disorder Spontaneity



Characteristic Features of Metal Soma

Undistorted	Exaggerated	Collapsed	Difficulty With
<p>Erect, trim, symmetrical physique</p> <p>Light, clear, dry, smooth skin</p> <p>Delicate features with small bones and compact muscles</p>	<p>Overexpanded chest</p> <p>Dry cough with tight chest</p> <p>Sinus headache</p> <p>Nasal polyps</p> <p>Dry hair, skin, and mucous membranes</p> <p>No perspiration</p> <p>Stiff spine, neck, and posture</p> <p>Coarse skin with large pores</p> <p>Constipation with tense intestine</p> <p>Inhibited peristalsis</p> <p>Dry, cracked nails and lips</p> <p>Scanty urine</p> <p>Dry nose-throat</p> <p>Tight muscles</p> <p>Intermittent pulse</p>	<p>Narrow chest</p> <p>Frail physique</p> <p>Delicate skin</p> <p>Short of breath</p> <p>Stress incontinence</p> <p>Congested nose, throat, sinuses</p> <p>Moles and warts</p> <p>Headaches from sadness and disappointment</p> <p>Loss of body hair</p> <p>Clammy hands-feet</p> <p>Easy perspiration</p> <p>Varicose veins</p> <p>Cracked, dry or soft nails</p> <p>Soft, enlarged lymph nodes</p> <p>Sneeze or cough with changes in temperature and humidity</p>	<p>Respiratory disorders</p> <p>Skin ailments</p> <p>Dehydration</p> <p>Elimination</p> <p>Lubrication</p> <p>Venous circulation</p> <p>Lymphatic circulation</p>



WATER

PHILOSOPHER

KIDNEY

Mental Faculties	Biological Functions	Organs - Tissues - Fluid
Imagination Perception Retention Reflection	Consolidation Retention Germination Regeneration	<i>Kidney and Bladder</i> Brain and bones Spinal cord and fluids Ovaries and testes Sexual secretions Urethra, anus, inner ear, head pubic hair

Exaggerated patterns arise from:	Collapsed patterns arise from:	Aggravations occur with:
Congestion of <i>Moisture</i> and <i>Blood</i> Accumulation of <i>Heat</i> and <i>Cold</i> Disharmony of <i>Kidney-Heart</i> , <i>Kidney-Spleen</i>	Depletion of <i>Moisture, Blood, Essence</i> Congestion of <i>Moisture</i> and <i>Blood</i> Accumulation of <i>Cold</i> Weakness of <i>Spleen, Lung, Kidney</i>	Winter and Summer Cold, Dampness, dryness Cold, sweet, raw, salty foods and beverages 3 p.m. - 7 p.m. and 3 a.m. - 7 a.m.

Characteristic Features of Water Psyche

Undistorted	Exaggerated	Collapsed	Difficulty With
Candid Introspective Modest Watchful Objective Curious Ingenious Careful Particular Thrifty Sensible Lucid	Blunt Withdrawn Reticent Penetrating Detached Scrutinizing Eccentric Suspicious Demanding Covetous Cynical Preoccupied	Sarcastic Catatonic Anonymous Voyeuristic Cut off Critical Fanciful Phobic Fussy Miserly Pessimistic Absentminded	Sociability Introversion Conformity Generosity Hypochondria Isolation Communication Exposure Trust Confidence



Characteristic Features of Water Soma

Undistorted	Exaggerated	Collapsed	Difficulty With
<p>Strong, dense, lean physique</p> <p>Long, large bones</p> <p>Sculptured face</p> <p>Long, narrow head and face</p> <p>Deep-set eyes</p> <p>Narrow shoulders, wider hips</p> <p>Long fingers and toes</p>	<p>Hypersensitive vision, hearing</p> <p>Headaches above eyes and vertex</p> <p>Lack of sweat and urine</p> <p>Hardening of blood vessels and cartilage</p> <p>Rigidity of joints-muscles</p> <p>Kidney and bladder stones</p> <p>Bony tumors</p> <p>Precocious sexuality</p> <p>Weak digestion</p> <p>Shrinking gums</p> <p>Needs little sleep</p> <p>Atonic constipation</p> <p>Dark or bronze complexion</p> <p>Hypertension</p>	<p>Dulled vision, hearing</p> <p>Ringing in ears</p> <p>Weak and stiff spine, lower body, joints</p> <p>Degeneration of disks-cartilage</p> <p>Cold buttocks, legs feet</p> <p>Frequent urination</p> <p>Osteoporosis</p> <p>Prematurely gray, thin hair, wrinkled skin</p> <p>Infertility, frigidity, impotence</p> <p>Lacks stamina</p> <p>Hard to wake up</p> <p>Loss of appetite</p> <p>Weak abdominal muscles</p> <p>Dark, pasty skin</p>	<p>Memory and alertness</p> <p>Disturbances of sensory and motor function</p> <p>Distorted shape of bones, joints, teeth</p> <p>Disturbed growth and reproduction</p> <p>Inefficient excretion or conservation of fluids</p> <p>Cysts, swellings, sclerosis of reproductive and urinary organs</p> <p>Disrupted cycles of sleeping and waking</p>





ARCHETYPE SELF-ASSESSMENT PROFILE

Check the qualities that apply to you

WOOD ARCHETYPE: *The Pioneer*



- ___ feel confident, act assertively
- ___ ambitious & enjoy competition
- ___ openly discuss abilities and achievements
- ___ comfort with challenges, conflict, pressure
- ___ enjoy being first, best, unique
- ___ right, even if others disagree or disapprove
- ___ can be pushy or provocative
- ___ pleasure in public recognition
- ___ comfortable directing or leading others
- ___ follow my own hunches, take initiative
- ___ comfortable with bold, decisive action
- ___ tend to argue with opinions, especially of me

FIRE ARCHETYPE: *The Wizard*



- ___ enjoy the pleasure of my senses
- ___ intuitive about what others think or feel
- ___ seek physical contact, emotional intimacy
- ___ seek excitement & stimulation
- ___ easily share innermost feelings & desires
- ___ tend to live in the here-and-now
- ___ see the humorous side of life
- ___ get involved easily, moved emotionally
- ___ optimistic & hopeful no matter what
- ___ identify with another's joy & pain
- ___ unabashed affection, enthusiasm & excitement
- ___ enjoy being attractive & magnetic

EARTH ARCHETYPE: *The Peacemaker*



- ___ agreeable and accommodating
- ___ nurturing, putting other's needs first
- ___ seek socializing with friends and family
- ___ seek being relied upon for reassurance & help
- ___ the hub of my social and family networks
- ___ mediate disputes so that all are satisfied
- ___ involved in other peoples' lives
- ___ create comfortable environment for others
- ___ loyal & accessible
- ___ diplomatic and tactful—a consensus builder
- ___ happy to rely on skills & intelligence of others
- ___ like getting close & being needed
- ___ comfortable & open, even with strangers

METAL ARCHETYPE: *The Alchemist*



- ___ prefer a neat & orderly lifestyle
- ___ enjoy convivial but undemanding social life
- ___ committed to moral principles & conduct
- ___ enjoy logical, systematic problem-solving
- ___ meticulous, tasteful, discriminating
- ___ self-contained
- ___ appreciate well defined goals and guidelines
- ___ accept authority of those with more competence
- ___ enjoy solving puzzles and mysteries
- ___ virtue & principle before pleasure & fulfillment
- ___ temperate & moderate
- ___ likes things to run calmly & smoothly

WATER ARCHETYPE: *The Philosopher*



- ___ cautious, sensible, self-sufficient
- ___ enjoy solitude, cherish privacy
- ___ curious & imaginative
- ___ keep feelings, thoughts, opinions to myself
- ___ content being anonymous
- ___ don't mind being unusual or eccentric
- ___ excited by intellectual pursuits
- ___ careful about what I reveal to others
- ___ stubborn defender of the truth as I see it
- ___ patient & persevering in spite of defeats
- ___ objective & fair, regardless of others
- ___ content figuring things out for myself

