

## TCM 5 Element Theory Seasons

Wood - Spring

Fire - Summer

Metal - Fall

Water - Winter

The 5th Season

The *Lei Jing*, Zhang Jie Bin states

“The Spleen belongs to **Earth** which pertains to the Center, its influence manifests for **18 days at the end of each of the four seasons and it does not pertain to any season on its own**”.

These last 18 days are similar the yin moon phases, or the yin months but instead of being yin in the ways Metal and Water are about rest and nourishment, these 18 days are about returning to your core. And you return to your center every season.

This means that the fifth “season” occurs (approximately):

- January 15th – February 1st
- April 13th – April 30th
- July 14th – July 31st
- October 13th – October 30th

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2021

Beginning of Spring - February 3-4

Beginning of Summer - May 5

Beginning of Autumn - August 7

Beginning of Winter - November 7