

5 ELEMENT CHART

ELEMENT	WOOD	FIRE	EARTH	METAL	WATER	
SEASON	Spring (Rebirth)	Summer (Transformation)	Late Summer (Transitioning)	Autumn (Refinement)	Winter (Reflection)	
ELEMENT FEEDS	Water	Wood	Fire	Earth	Metal	
ELEMENT RESTRICTS	Metal	Water	Wood	Fire	Earth	
YIN ORGAN	Liver	Heart	Spleen	Lung	Kidney	Pericardium
YANG ORGAN	Gall Bladder	Small Intestine, Sm. Intestine, Triple Warmer	Stomach, Pancreas	Large Intestine	Bladder	Triple Warmer
BODY SYSTEM	Tendons, Ligaments, Joints, Nails, Tears	Cardiovascular System	Muscles, Digestion, Saliva, Energy Production	Skin, Hair Respiration, Elimination	Bones, Bodily Fluids, Endocrine System	
SENSE ORGAN	Eyes	Tongue	Mouth	Nose	Ears	
SENSE	Sight	Speech	Taste	Smell	Hearing	
TASTE	Sour	Bitter	Sweet	Spicy	Salty	
COLOR	Green	Red	Yellow	White	Black, Deep Blue	
TIME	11pm - 3am	11am - 3pm	7am - 11am	3am - 7am	3pm - 7pm	
DIRECTION	East	South	Center	West	North	
IN BALANCE	Rooted, Firm & Steady	Light & Expansive, Overseer of the Body	Supports & Sustains All Other Elements	Power, Strength & Sharpness	Calm, Quiet Strength, Fluidity ("wuwei"), Effortless Effort	
WHEN IN ALIGNMENT	Feel Content, Deeper Trust in the Wholeness of Life	Universally Given Love, Openness	Smooth Transitions, Trust	Determined, Forceful, Self-Reliant, Compassionate, Healthy Attention to Detail	Clear Minded, Immersed & Able to Enjoy What We Do, Ability to Listen	Balanced Mind, Body & Spirit
ANIMAL	Green Dragon	Pheasant	Phoenix	White Tiger	Tortoise	
CHINESE ZODIAC Yang/Yin	Tiger/Rabbit	Horse/Snake	Dragon/Ox	Monkey/ Rooster	Rat/Pig	