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| --- | --- | --- | --- | --- | --- |
|  | **FIRE** | **EARTH** | **METAL** | **WATER** | **WOOD** |
| SEASON | Summer | Seasonal Transition | Autumn | Winter | Spring |
| YIN ORGAN | Heart / Pericardium | Spleen | Lung | Kidney | Liver |
| YANG ORGAN | Small Intestine / San Jiao | Stomach | Large Intestine | Urinary Bladder | Gall Bladder |
| TASTE | Bitter | Sweet | Spicy / Pungent | Salty | Sour |
| TISSUE | Blood Vessels | Muscles | Skin | Bone | Sinews / Tendons |
| SENSE ORGAN | Tongue | Mouth | Nose | Ears | Eyes |
| EMOTION | Joy / Shock | Worry | Sadness | Fear | Anger |
| WEATHER / CLIMATE | Heat | Damp | Dryness | Cold | Wind |
| SOUND | Laughing | Singing | Crying | Groaning | Shout |
| COLOUR | Red | Yellow | White | Blue | Green |
| DIRECTION | South  Midday | Centre  Transition | West  Dusk | North  Midnight | East  Dawn |
| DEVELOPMENT | Growth / young Adult | Transformation / Adult | Reaping Harvest / Old Age | Storage / Death | Birth / Infant |
| YIN AND YANG | Full Yang | Yin Yang Balance | New Yin | Old Yin | New Yang |
| OTHER EMOTIONAL ELEMENTS (5) | Over excitation; Unbalanced easily; Fun; Mischievous; Impatient; Elation; Hurting; Hysteria; Self-Doubt; Responsibility | Anxiety; Love; Empathy; Selfishness; Harmony; Rejection; Envy; Disgust; Cynicism; Greed | Grief; Courage; Controlling; Rigid; Determined; Guilt; Cheerful; Contempt; Prejudice; Modesty | Lack of Will; Calmness; Reserved; Creative; Loyal; Impatience; Paranoia; Phobia; Reckless | Patience; Frustration; assertive; directness; altruism; Rage; Wrath; Hostility; Proud; Motivation |

**Basic Components of Each Element**

**References:**

Schiesser, M (2013) The Five Elements: An introduction to the Five Elements <http://www.innerjourneyseminars.com/the-five-elements.html>

Dewe, B and Dewe, J (2013) Five Elements Emotions Chart http://totalfitness.net/wp-content/uploads/pdfs/free-downloads/Chinese\_5\_elements\_emotions\_chart.pdf