

EARTH

1. Productive, Fertile & Growth
2. Season change
3. Transformation
4. Dampness
5. Center
6. Mouth

7. Flesh/muscles
8. Pensiveness/thought
9. Singing
10. Sweet
11. Yellow
12. Nourishing

13. Imagination
14. Pensiveness is the emotion which creates imbalance within this element.

FIRE

1. Hot, ascending, Light and Energy
2. Summer
3. Growth
4. Heat
5. South

6. Tongue
7. Blood vessels
8. Joy
9. Laughing
10. Bitter
11. Red

12. Warming
13. Mind-spirit
14. Joy (overindulgence) is the emotion which creates imbalance within this element.

METAL

1. Conductor
2. Autumn
3. Harvest
4. Dryness
5. West
6. Nose

7. Skin
8. Grief/sadness
9. Crying
10. Pungent
11. White
12. Drying

13. Corporeal soul
14. Sadness, or grieving is the emotion which creates imbalance within this element.

WATER

1. Wet, Descending & Flowing
2. Winter
3. Storage
4. Cold
5. North
6. Ears

7. Bones
8. Fear
9. Groaning
10. Salty
11. Black/dark blue
12. Cooling/ Moistening

13. Willpower
14. Fear and paranoia are the emotions which create imbalance within this element.

WOOD

1. Strong & Rooted
2. Spring
3. Birth
4. Wind
5. East
6. Eyes
7. Tendons
8. Anger
9. Shouting
10. Sour
11. Green
12. Flexibility

13. Ethereal soul
14. Anger is the emotion that creates imbalance within the liver, while indecisiveness is relative to the gallbladder.

