

THE FIVE ELEMENTS

- All of nature is governed by yin/yang and the law of five elements.
- The elements – Wood, Fire, Earth, Metal, and Water represent the fundamental qualities of all matter in the universe.
- An element is a process, movement or quality of *qi*, *not a fixed “building block”*.

FiveElement Correspondences

Topic	Wood	Fire	Earth	Metal	Water
Organ (function)	Gallbladder (decisionmaker) Liver (planner/architect)	Heart (supreme controller) Small Intestine (sorter) Heart Protector (Joy,trust,sexuality) Triple Heater (thermostat/networker)	Stomach (rotting & ripening) Spleen (energy transport)	Lungs (receives pure Chi from heavens) Large Intestine (garbage collector)	Bladder (water storage) Kidney (water controller)
Time of Day	11 PM – 3 AM	11 AM – 3 PM 7PM – 11 PM	7 AM – 11 AM	3 AM – 7 AM	3 PM – 7 PM
Color	green	red	yellow	white	blue
Season	spring	summer	late summer	autumn	winter
Taste	sour	bitter	sweet	spicy	salty
Odor	rancid	scorched	fragrant	rotten	putrid
Sound	shouting	laughing	singing	weeping	groaning
Emotion	anger	joy	sympathy	grief	fear
Orifice	eyes	ears	mouth	nose	2 lower orifices
Sense Organ	eyes	tongue	lips	nose	ears
Fluid secretion	tears	sweat	saliva (lips)	mucus	saliva (teeth)
Part of body	ligaments/tendons	vessels	flesh	body hair	bones
External	nails	color of	lips	body hair	head hair
Climate	wind	heat	damp	dry	cold

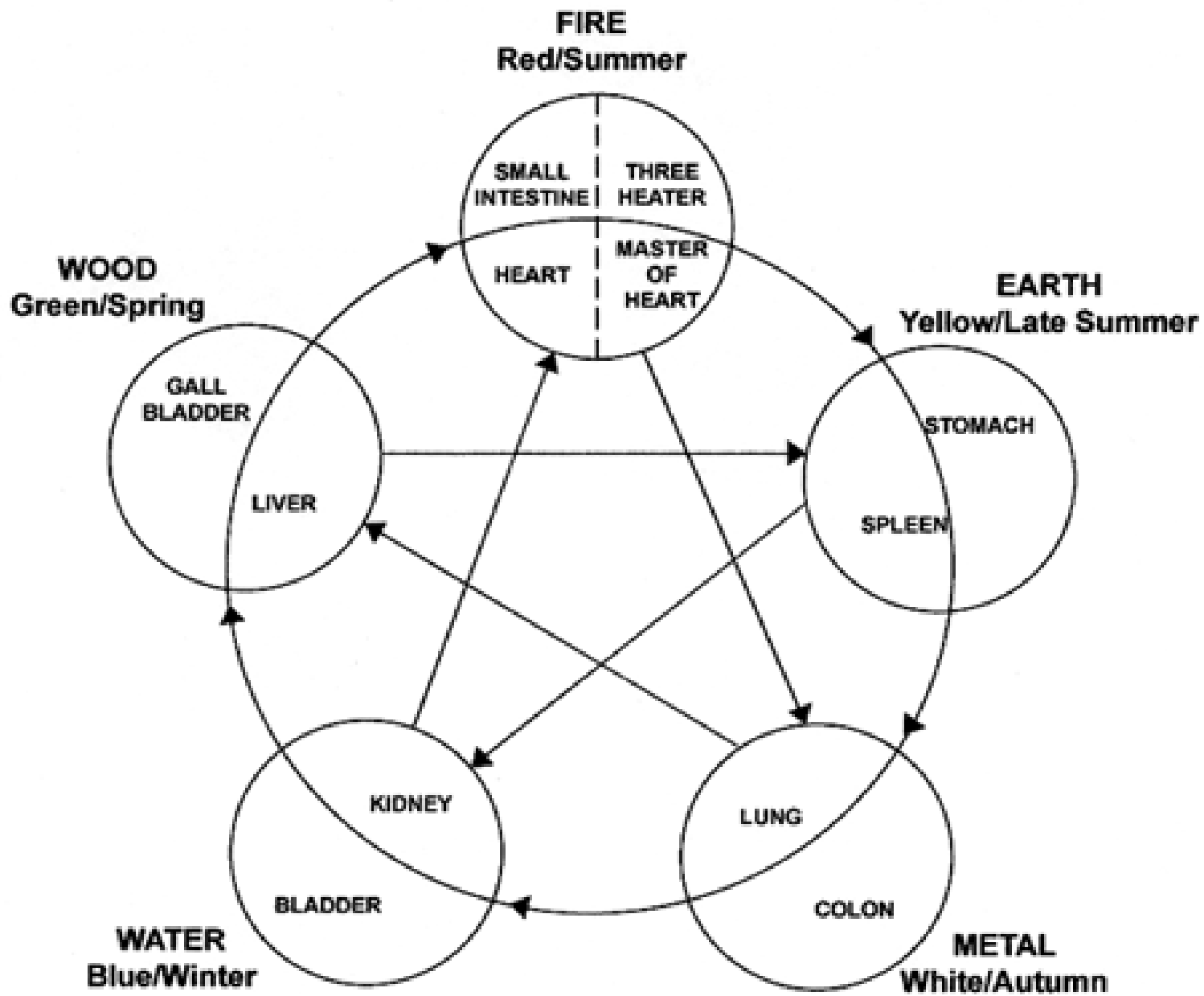


FIGURE 1 Law of Five Elements demonstrating yin and yang Officials, seasonal and color correspondences