

## THE 5 ELEMENTS

The theory of the five phases of energy manifestation relies on the notion that all phenomena in the universe are the products of movement and mutation of the five qualities of fire, earth, metal, water, and wood. In Chinese medicine the five elements have considerable influence on physiology, pathology, diagnosis, treatment, and pharmacology.

Each of the five phases of energy, through a long process of observation and listening to Nature, carry with them certain characteristics.

Element					
<b>Color</b>	Blue	Green	Red	Orange	White
<b>Seasons</b>	Winter	Spring	Summer	Indian Summer	Autumn
<b>Yin Organ (Solid Organs)</b>	Kidneys	Liver	Heart Pericardium	Spleen	Lungs
<b>Yang Organ (Hollow Organs)</b>	Bladder	Gall Bladder	Small Intestine Triple Burner	Stomach	Large Intestine
<b>Negative Emotions</b>	Fear	Anger Rage	Over Excitation Mania	Anxiety	Sadness Grief
<b>Positive Virtue</b>	Gentleness Wisdom	Kindness Creativity	Love	Balance Fairness Centeredness	Courage
<b>Healing Sounds</b>	Fffuuu	Shuuu (shoe)	Hhaaa Shiii	Hhhuuu (who)	SSSSSS
<b>Tissue</b>	Bones	Tendons Ligaments Nerves	Veins Arteries	Muscles	Hair Skin
<b>Senses</b>	Hearing	Seeing	Taste	Touch	Smell
<b>Orifices</b>	Ear	Eyes	Tongue	Mouth	Nose
<b>Tastes</b>	Salt	Sour	Bitter	Sweet Bland	Pungent
<b>Food Examples</b>	Kelp Seaweed Seafood	Lemon Plum Pineapple Orange Vinegar	Wine/Port Brandy Coffee/Tea Asparagus Lettuce greens	Honey Sugar Watermelon Fruit Pasta	Ginger Onions Garlic Cinnamon Peppermint