

Transforming power, light, warmth, excitement, movement, responsiveness

- ▼ Heart
- ▲ Small Intestine

fire

- ▼ Pericardium
- ▲ Triple Warmer

- ▼ Spleen
- ▲ Stomach

- ▼ Liver
- ▲ Gallbladder

Wood

Spiritual: Hun – 魂 – Ethereal Soul

Energetic Movement: Upward

Emotion: Anger

Sound: Shouting

Odor: Rancid

Sense: Eyes

Taste: Sour

Season: Spring

Climate: Wind

Spiritual:

Energetic Movement:

Emotion:

Sound:

Odor:

Sense:

Taste:

Season:

Climate:

Shen – 神 – Spirit

Outward

Joy

Laughing

Scorched

Tongue (speech)

Bitter

Summer

Heat

Spiritual: Yi – 意 – Intellect

Energetic Movement: Stillness

Emotion: Empathy

Sound: Singing

Odor: Fragrant

Sense: Mouth

Taste: Sweet

Last days of each season

Dampness

Energy, cooperation, adaptability,
organization, self-expression

Life, depth, flow, power, purification

- ▼ Kidneys
- ▲ Bladder

Spiritual:

Energetic Movement:

Emotion:

Sound:

Odor:

Sense:

Taste:

Season:

Climate:

Water

Zhi – 志 – Will

Downward

Fear

Groaning

Putrid

Ear

Salty

Winter

Cold

- ▼ Lung

- ▲ Large Intestine

Spiritual:

Energetic Movement:

Emotion:

Sound:

Odor:

Sense:

Taste:

Season:

Climate:

Po – 魄 – Corporeal Soul

Downward & Inward

Grief

Weeping

Rotten

Nose

Pungent

Autumn

Dryness

Earth

Stability, support, fertility, receptivity, nourishment.
Value, conductivity, strength, precision

Metal