

FIVE ELEMENTS

These ancient Chinese scholars believed that our universe consisted of five basic elements, which are Metal, Water, Wood, Fire and Earth. Everything, including humans, in the universe (between Heaven and Earth) must have a relationship with these five elements.

Five elements does not only mean metal, water, wood, fire and earth. The "element" in Chinese also means Movement, Changeable and Development.

Metal stands for mineral, gold, jewelry, iron, rock or something hard.

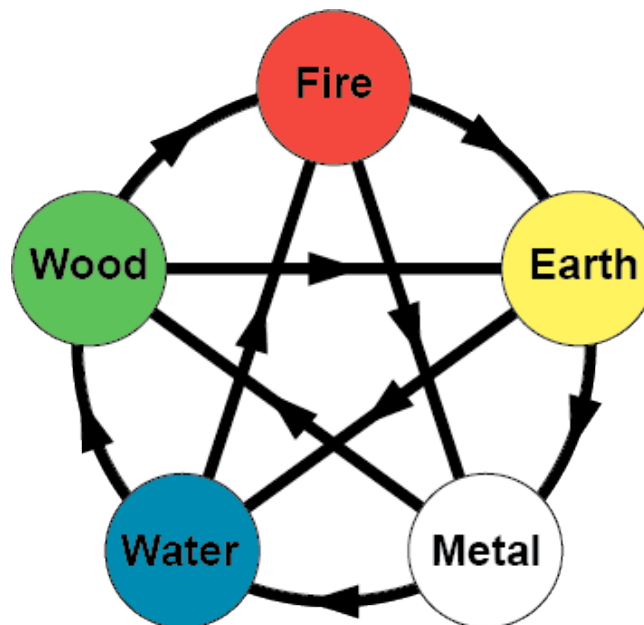
Water stands for liquid or something cold.

Wood stands for tree.

Fire stands for Sun, fire, heat, light or something hot.

Earth stands for soil, dust or ground.

There are affinity and enmity relationships between five elements.



The **affinity** relationship means supporting, helping, producing, etc.

- Wood can help Fire to burn
- Fire can help to produce dust (Earth)
- Earth can help mineral (Metal) to form
- Metal can hold Water
- Water can help tree (Wood) grow

FIVE ELEMENTS

The **enmity** relationship means fighting, conflicting, rejecting, etc.

- Wood can break the ground (Earth), but Earth can buries Wood too
- Fire can melt Metal, but Metal might not melt before Fire is extinguished
- Earth can absorb Water, but Water can cover the land (Earth)
- Metal can cut Wood, but Metal might become dull before breaking Wood
- Water can extinguish Fire, but Fire might evaporate Water

Five Elements & Body-Organs Chart

5 Elements	Wood	Fire	Earth	Metal	Water
Yin Organs	Liver	Heart	Spleen	Lungs	Kidneys
Yang Organs	Gall Bladder	Small Intestine	Stomach	Large Intestine	Urinary Bladder
System	Nervous	Circulatory	Digestive	Respiratory	Excretory
Emotion	Anger	Happy	Worry	Sad	Fear
Body	Nerve	Blood	Muscle	Skin	Bone
Face	Eyes	Tongue	Mouth	Nose	Ears
Season	Spring	Summer	Late Summer	Fall	Winter
Energy	Wind	Hot	Wet	Dry	Cold
Direction	East	South	Center	West	North
Flavor	Sour	Bitter	Sweet	Spicy	Salty
Color	Green/Blue	Red	Brown/ Yellow	White	Black
Yang 12 Branch	Tiger	Horse	Dragon/Dog	Monkey	Rat
Yin 12 Animals	Rabbit	Snake	Ox/Sheep	Chicken	Mountain Pig

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The Five Elements and Constitutional Typing

The **WOOD** element is associated with new beginnings, renewal and springtime. It corresponds to the Liver and Gall Bladder meridian systems as well as vision, the color green, and the emotions of anger and self-assertion. Wood people excel or have trouble in planning, decisions, and action. The future and their ability to see it can be their strength. When out of balance they may procrastinate or have a sense of no hope.

The **FIRE** element is associated with maturity and awareness, warmth, growth and summertime. It corresponds to the Heart, Small Intestine, Pericardium, and Triple Warmer meridian systems, the color red, and the emotion of joy. Fire people love to reach out and be in relationship with all people. They enjoy to laugh and sometimes they carry a sadness or lack of joy deeper in themselves.

The **EARTH** element is associated with balance and transition, such as Indian summer. It corresponds to the Spleen and Stomach meridian systems, the color yellow, and the emotions of worry and sympathy. Earth people have the ability to nourish like a mother can nourish and care for a child. Thus sympathy and understanding are important. Sometimes an Earth person can feel a sense of emptiness or neediness in their own life

The **METAL** element is associated with the harvest of the autumn season, of taking in and letting go. It corresponds to the Lung and Large Intestine meridian systems, the color white, and the emotions of grief or Inspiration. Metal people search for what is pure and spiritual. They set the highest standards for themselves and others, self-respect is important. Sometimes they live in a sense of what could have been.

The **WATER** element is associated with adaptability, conserving resources and the dormant phase of winter. It corresponds to the Kidney and Bladder meridian systems, the color black/blue, and the emotions of fear or courage. Water people have a persistence, willpower and determination and will often excel in situations that others find too scary. Sometimes they may hide a deep sense of being frozen or washed away by their own fear.