**Five Elements, Emotions and Organs**

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| --- | --- | --- | --- | --- | --- |
|  | **Fire** | **Earth** | **Metal** | **Water** | **Wood** |
| **Yin Organ**  | Heart | Spleen | Lungs | Kidneys | Liver |
| **Yang Organ** | Small Intestines | Pancreas Stomach | Large Intestine | Bladder | Gall bladder |
| **Sense organ** | Tongue | Mouth, Lips | Nose | Ears | Eyes |
| **Body Parts/ Tissues** | Blood circulation system | Arm pits, inner arms; muscles | Chest, skin | Bones, Sexual organs  | Tendons |
| **Positive Emotions**  | Love, joy, happiness sincerity | Fairness openness trust, justice | Courage righteousness  | Gentleness will power alertness | Generosity kindness self-confidence |
| **Negative Emotions**  | Arrogance hastiness impatience cruelty | Worry, anxiety | Sadness depression grief | Fear, phobias | Anger agression jealousy, envy frustration |
| **Colour** | Red, pink, purple | Yellow, beige brown | White, gold, metal | Black, dark blue | Green, light blue |
| **Season** | Summer | Indian Summer & in-between seasons | Fall/Autumn | Winter | Spring |
| **Direction** | South | Centre | West | North | East |
| **Taste** | Bitter | Sweet | Spicy | Salty | Sour |
| **Energy** | Radiating | Stabilising | Contracting | Gathering | Growing |
| **Shape** | Triangle | Square | Round | Wavy lines, running lines | Vertical rectangle  |
| **Planet** | Mars | Saturn | Venus | Mercury | Jupiter |