

Element	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	Blood System	Armpits, muscles	Breast , Skin	Bones, Sexual Organs	Tendons
Positive Emotions	Love, Joy, Happiness, Gratitude	Fairness, Justice, Confidence	Courage, Motivation, Righteousness	Softness, Will Power Calmness	Generosity, Kindness, Compassion
Negative Emotions	Arrogance, Impatience, Cruelty	Worry, Anxiety, Lack of Trust	Sadness, Depression, Grief	Fear, Phobia	Anger, Envy, Jealousy, Frustration
Colour	Red, Purple, Pink	Yellow, Brown, Beige	White, Gold, Silver	Black, Navy Blue	Green, Turquoise
Season	Summer	In-Between Seasons	Autumn	Winter	Spring
Direction	South	Centre	West	North	East
Taste	Bitter	Sweet	Spicy	Salty	Sour
Shape	Triangle	Square	Round	Wavy	Rectangular
Planet	Mars	Saturn	Venus	Mercury	Jupiter
Energy	Radiating	Stabilising,	Contracting	Collecting	Growing
Healing Sound	Haaw	Whoo	Ssss	Chooo	Shhh