

Five Elements (Phases) - Major Forces

Metal: Lungs/Colon; Protein; courage; righteousness; appropriateness: Contracting Force-Surrender
Water: Kidneys/Bladder; Water; gentleness; generosity; stillness: Gathering Force-Alert Stillness
Wood: Liver/Gall Bladder; Fat; kindness; forgiveness: Generating Force-Assertiveness
Fire: Heart/Small Intestines; Electrolyte; Love; respect; Prospering Force-Creative Enthusiasm
Earth: Spleen/Stomach; Carbohydrate; center; openness; justice: Stabilizing Force-Inclusiveness

	Metal	Water	Wood	Fire	Earth
Tissues:	Skin	Bones	Nerves	Blood	Muscles
Bodies:	Emotional	Dream	Mental	Spiritual	Physical
Mental:	Sensitivity	Creativity	Thinking	Intuition	Spontaneity
	Non-Judgmental	Concept	Planning	Communication	Judgment
	Discrimination	Will Power	Strategy	Consciousness	Cleverness
Function:	Detoxification	Creation	Elimination	Circulation	Digestion
Kingdom:	Jester	Queen	General	King	Prime Minister

Solar Calendar (Western) 13 Wks-Lunar Calendar (Chinese) 13 Mos Or 13 Cycles

*Sunday-Sun; Monday-Moon; Tuesday -Fire; Wednesday-Water; Thursday-Wood; Friday-Metal;
 Saturday - Earth.*

Controlling Cycle (Ko Cycle)

Fire Forges Metal - Metal Cuts Wood - Wood Roots Earth -

Earth Dams Water - Water Puts Out Fire

Wood Covers Earth - Fire Melts Metal - Earth Contain Water -

Metal Cuts Wood - Water Puts Out Fire.

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*Emotions: Anger Injures Liver - Sadness Controls Anger - Excess Joy Hurts Heart - Fear Controls
 Joy - Sadness Affects Lungs - Joy Controls Sadness - Fear Injures Kidneys - Thinking Controls Fear*

(Water) Fear Controlled Fairness (Earth)

(Wood) Anger More Anger

(Metal) Breath To Control Anger (Wood)

(Fire) Hate Controlled By Gentleness (Water)

(Earth) Worry Controlled By Kind Thinking (Wood)

(Metal) Controlled By Joy (Fire)

Emotions:

Positive

Negative

*Liver: Kindness, Forgiveness, Generosity,
 Fresh, Gracious, Friendliness, Assertive*

*Jealous, Anger, Envy, Blame,
 Guilt, Frustration, Shouting*

*Heart: Love, Joy, Respect, Happiness, Honor,
 Patience, Enthusiasm, Laughter*

*Hate, Cruelty, Impatience, Rush,
 Arrogance, Punchy, Hysteria*

*Kidneys Gentleness, Stillness, Alertness,
 Gratitude, Vigilance*

*Fear, Panic, Doubt, Suspicion,
 Shock, Groaning, Cold*

*Lungs: Righteous, Courage, Justice, Discipline,
 Appropriateness, Surrender, Dignity*

*Depression, Sadness, Grief, Loss,
 Sorrow, Whining, Unfulfilled*

*Spleen: Fairness, Openness, Balance, Center,
 Compassion, Music Making, Equanimity*

*Worry, Anxiety, Distracting,
 Pity, False Sympathy*