






The Five Elements: Water

Element					
Color	Blue/Black	Green	Red	Yellow/Orange	White
Seasons	Winter	Spring	Summer	Indian Summer	Autumn
Direction	North	East	South	Central	West
Yin Organ (Solid Organs)	Kidneys	Liver	Heart Pericardium	Spleen	Lungs
Yang Organ (Hollow Organs)	Bladder	Gall Bladder	Small Intestine Triple Burner	Stomach	Large Intestine
Negative Emotions	Fear Trauma	Anger Rage	Over Excitation Mania	Overthinking Worry	Sadness Grief
Positive Virtue	Gentleness Wisdom	Kindness Creativity	Love Gratitude	Balance Centeredness	Courage Inspiration
Healing Sounds	Fffuuu	Shuuu Shiii	Hhaaa Szzzz	Hhhuuu	SSSSS
Tissue	Bones Marrow	Tendons Nerves	Veins Arteries	Muscles Fascia	Body Hair Skin
Senses	Hearing	Seeing	Taste	Touch	Smell
Orifices	Ear	Eyes	Tongue	Mouth	Nose
Tastes	Salt	Sour	Bitter	Sweet Bland	Pungent
Tongue Placement	Rolled back on soft palate	Straight up	On roof of mouth, behind upper teeth	Pointed down	Resting between teeth
Food Examples	Kelp Seaweed Seafood	Lemon Plum Orange Vinegar	Coffee/Tea Asparagus Lettuce greens	Yams Molasses Oats	Leeks Garlic Cinnamon