






# The Five Elements: Fire

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