






# The Five Elements: Metal

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