

**The 5 elements and their disposition.**

5 elements	Wood	Fire	Earth	Metal	Water
Season	Spring	Summer	The 4 seasons	Autumn	Winter
Direction	East	South	Centre	West	North
Six external factors	Wind	Heat	Wet	Dry	Cold
Internal organs	Liver Gallbladder	Heart Small intestines	Spleen Stomach	Lung Large intestines	Kidney Bladder
Body parts	Eye Tendon Muscle	Tongue Nerve Blood	Mouth Flesh	Nose Hair Skin	Ear Bone
Emotions	Anger Rage	Happy Delighted	Thinking	Anxious Sad	Fear Startle
Conceal	Mood Spirit	Magical	Wish	Mood Spirit	Will
Color	Green	Red Orange Pink	Yellow Brown Beige	White Gold Silver	Blue Black Gray
Flavors	Sour	Bitter	Sweet	Hot Spicy	Salty
Sound	Exhale	Laugh	Sing	Cry	Groan
Fluid	Tear	Sweat	Saliva	Tear	Spit