

# Five-Element Correspondences

| Element      | Wood              | Fire              | Earth          | Metal             | Water            |
|--------------|-------------------|-------------------|----------------|-------------------|------------------|
| Season       | Spring            | Summer            | Late Summer    | Autumn            | Winter           |
| Color        | Green             | Red               | Yellow         | White             | Black            |
| Taste        | Sour              | Bitter            | Sweet          | Pungent           | Saltly           |
| Emotion      | Anger             | Joy               | Worry          | Grief             | Fear             |
| Organ        | Liver/Gallbladder | Heart/Sm. Intest. | Spleen/Stomach | Lungs/Lg. Intest. | Kidneys/ Bladder |
| Sense Organs | Eyes              | Tongue            | Mouth          | Nose              | Ears             |
| Tissues      | Sinews            | Vessels           | Muscles        | Skin              | Bones            |
| Climate      | Wind              | Heat              | Dampness       | Dryness           | Cold             |
| Sounds       | Shouting          | Laughing          | Singing        | Crying            | Groaning         |