

## Traditional Five Phase Correspondences

	<i>Wood</i>	<i>Fire</i>	<i>Earth</i>	<i>Metal</i>	<i>Water</i>
<i>Direction</i>	East	South	Center	West	North
<i>Season</i>	Spring	Summer	Late Summer	Autumn	Winter
<i>Stage</i>	Birth	Growth	Maturation	Harvest	Storage
<i>Climate</i>	Wind	Heat	Damp	Dry	Cold
<i>Color</i>	Green/Cyan	Red	Yellow	White	Black/Blue
<i>Odor</i>	Goatish/Urine	Scorched	Fragrant	Fishy/Rank	Rotten
<i>Flavor</i>	Sour	Bitter	Sweet	Pungent	Salty
<i>Vocalization</i>	Shouting	Laughing	Singing	Weeping	Moan/Groan
<i>Emotion</i>	Anger	Joy (Pleasure)	Worry	Sorrow	Fear
<i>Body Opening</i>	Eyes	Tongue	Mouth	Nose	Ears/Genitals
<i>Body Tissues</i>	Sinews/Nails	Blood Vessels	Flesh/Muscles	Skin	Bones
<i>Yīn Organ</i>	Liver	Heart	Spleen	Lungs	Kidneys
<i>Yáng Organ</i>	Gall Bladder	Small Intestine	Stomach	Large Intestine	Bladder
<i>Physiology</i>	Harmonize and smooth out the flow of qì. Upward and outward movement. Store blood. Provide luster and richness to body colors, tendons, nails, and hair. Vision.	Circulation of blood. Facial expressiveness. Main part of digestion and separating the “pure from the impure” out of foodstuff. (The pure is absorbed by the spleen.) Taste.	Initial holding, fermentation of received food. Assimilation of the “pure” part. Movement of the “pure” upward and the “turbid” down for further processing. Damp/sludge transformation.	Circulation of qì. Assists circulation of water. Inward and downward movement. Intake of pure air; expulsion of dirty air and “turbid” feces. Clarity of voice and tone. Smell.	Like an ocean, the body’s ultimate source and destination of water. Source of the body’s original yīn and yáng. Store jīng and sexual fluids. Grasp air qì. Make marrow. Hearing.
<i>Mind/Spirit</i>	Hún (dreamy awareness)	Shén (waking awareness)	Yì (meaning, intent, ideas)	Pò (corporeal awareness)	Zhì (will, aspirations)
<i>Mental Functions</i>	Intuition. Trance-like awareness. Dreaming. Visualizing. Planning. Making and implementing decisions.	Consciousness. Inspiration. Enlightenment. Ability to be open-minded and receptive. Conscious command of the body.	Ability to hold thoughts, mull over ideas and assimilate the meanings revealed by enlightenment. Thorough understanding.	Instinct. Basic functions not needing any conscious control. Inherent body awareness. Sensations and feelings.	Will and ambitions. Concentration and focus. Basic strength and vitality of mental functions. Memory.
<i>Examples of Pathology</i>	Uneven flow of qì affecting movement, digestion, etc. Dull nails/hair. Dry/red eyes. Poor vision. Menstrual disorders. Emotional outbursts.	Aberrant flow of blood. Heart attack. Hemorrhage. Burning sensations and ulcers. Mental dullness or agitation. Undigested food in stool.	Vessels unable to hold blood. Body unable to hold organs = prolapse. Damp/sludge accumulation. Poor appetite. Loose stool. Sluggishness. Exhaustion.	Respiratory disorders +/- dry or phlegm. General lack of energy; weak immunity. Weak voice. Feeling of being invaded or losing one’s sense of self.	General aging. Loss of head hair, teeth, hearing. Incontinence. Infertility. Impotence. Spermatorrhea. Low-back pain. Developmental abnormalities.