

FIVE PHASE ENERGETICS

<u>PHASE</u>	<u>WOOD</u>	<u>FIRE</u>	<u>EARTH</u>	<u>METAL</u>	<u>WATER</u>
SEASON	Spring	Summer	Indian Summer	Autumn	Winter
CLIMATE	Wind	Heat	Dampness	Dryness	Cold
INJURIOUS ENTRANCE	Back of neck	Mouth	Feet	Nose	Shins
EMOTION	Anger	Joy	Sympathy	Grief	Fear
SOUND	Shouting	Laughter	Singing	Weeping	Groaning
DIRECTION	Up	Periphery	Horizontal	Down	Center
ORGAN/YANG	Gallbladder	Small Intestine	Stomach	Large Intestine	Bladder
ORGAN/YIN	Liver	Heart	Spleen/Pancreas	Lungs	Kidneys
FUNCTION	Purification	Circulation	Digestion	Respiration	Elimination
COLOR	Green (Yellow)	Red	Yellow (Orange)	White	Gray, Deep Blue, Brown, Black
FLAVOR	Sour	Bitter	Sweet	Hot, Pungent	Salty
HEAD SYSTEM	Planning, Decision-making	Commanding to action	Imagining	Establishing rhythmic order	Persevering by will-power
HEAD PART	Eyes	Tongue	Mouth	Nose	Ears
SENSE	Vision	Speech	Taste	Smell	Hearing
BODY PART	Muscles Sinews (Action)	Vascular System	Flesh/ Muscles (Tone)	Skin	Bones Marrow Teeth
ASSOCIATED BODY PART	Nails	Complexion	Lips	Body Hair	Head Hair
SECRETION	Tears	Sweat	Saliva	Nasal Fluid	Urine
BODY ACTION	Wrenching, Pulling	Sorrowful Demeanor, Blazing	Retching, Moistening	Coughing	Trembling, Quivering
TONIFYING ACTION	Reading	Walking	Sitting	Lying	Standing
TIME OF DAY/ NIGHT	11-1 A.M. 1-3 A.M.	1-3 P.M. 11-1 P.M.	7-9 A.M. 9-11 A.M.	5-7 A.M. 3-5 A.M.	3-5 P.M. 5-7 P.M.
VIRTUE ~	PATIENCE	JOYOUS EFFORT/ ENTHUSIASTIC PERSEVERANCE	GENEROSITY	ETHICS	CONCENTRATION

WISDOM