Heart / Pericardium (Yin)
Small Intestine / Triple burner (Yang)

Fire

COLOR: **Red**
SENSES: **Tongue**
BODY FLUIDS: **Sweat**
CLIMATE: **Summer & Heat**
FEELINGS (positive): **Love & Kindness**
FEELINGS (negative): **Anxious & Hysteria**
BODY TISSUE: **Brain & Blood-vessels**
SMELL & TASTE: **Burnt & Bitter**
MOVEMENT: **Antsy**
VOICE: **Hysteric laughter**

Liver (Yin)
Gall bladder (Yang)

Wood

COLOR: **Green**
SENSES: **Eyes**
BODY FLUIDS: **Tears**
CLIMATE: **Spring & Wind**
FEELINGS (positive): **Patient & Good mood**
FEELINGS (negative): **Aggressive & Angry**
BODY TISSUE: **Muscles & Ligaments**
SMELL & TASTE: **Rancid & Sour**
MOVEMENT: **Making fists**
VOICE: **Loud shouting**

Earth

COLOR: **Yellow**
SENSES: **Mouth & Lips**
BODY FLUIDS: **Saliva**
CLIMATE: **Dojo* & Humid**
FEELINGS (positive): **Empathy**
FEELINGS (negative): **Skeptical & Jealous**
BODY TISSUE: **Connective- & fat tissue**
SMELL & TASTE: **Nauseating sweet & Sweet**
MOVEMENT: **Stutter**
VOICE: **Singing or Humming**

Spleen (Yen)
Stomach (Yang)

Water

COLOR: **Blue**
SENSES: **Ears**
BODY FLUIDS: **Mouth water**
CLIMATE: **Winter & Cold**
FEELINGS (positive): **Vitality & Confidence**
FEELINGS (negative): **Fear & No confidence**
BODY TISSUE: **Bones & Hair**
SMELL & TASTE: **Rotten & Salty**
MOVEMENT: **Shaking** (mostly legs)
VOICE: **Groaning**

Bladder (Yin)
Kidney (Yang)

Metal

COLOR: **White**
SENSES: **Nose**
BODY FLUIDS: **Slime**
CLIMATE: **Fall & Dry**
FEELINGS (positive): **Positive & Happy**
FEELINGS (negative): **Grieving & Sadness**
BODY TISSUE: **Skin & Body hair**
SMELL & TASTE: **Spoiled & Purgent**
MOVEMENT: **Coughing**
VOICE: **Crying**

Lungs (Yin)
Large Intestine (Yang)

** The shift from one season to the next*