

Chinese Five element associations

Element	Wood	Fire	Metal	Water	Earth
Direction	East	South	West	North	Center
Color	Green	Red	White/Silver	Blue/Black	Yellow/Orange
Season	Spring	Summer	Fall	Winter	Late Summer/ transitions between each season
Organ system	Liver/ Gallbladder	Heart/ Pericardium	Lung/ Large Intestine	Kidneys/ Urinary Bladder	Spleen/ Stomach
Emotion	Anger	Joy	Grief	Fear	Sympathy/ Worry
Virtue	Benevolence, Justice	Compassion, Love	Appreciation of Preciousness	Wisdom	Devotion
Spirit	<i>Hun</i> (Ethereal Soul)	<i>Shen</i> (Spirit)	<i>Po</i> (Corporeal Soul)	<i>Zhi</i> (Aligned Will and Courage)	<i>Yi</i> (Integrity, Intention)
Taste	Sour	Bitter	Pungent	Salty	Sweet

Virtues and Spirits listed are from *Five Spirits* by Lori Eve Dechar