

## Traditional Associations in the *Five Phase System*

	Spring	Summer	Late Summer	Autumn	Winter
<b>Element</b>	wood	fire	earth	metal	water
<b>Direction</b>	east	south	center	west	north
<b>Time of Day</b>	dawn	midday	late afternoon	dusk	midnight
<b>Taste</b>	sour	bitter	sweet	pungent*	salty
<b>Sensory Organ</b>	eyes	tongue	mouth, lips	nose**	ears***
<b>Paired Organ</b>	gall bladder	small intestine	stomach	large intestine	bladder
<b>Color</b>	green	red	yellow	white	blue
<b>Animal</b>	dragon	red pheasant	phoenix	white tiger	mule deer
<b>Emotional Focus</b>	transforming anger into kindness, forgiveness	transforming hatred and impatience into love and compassion	transforming worry and anxiety into balance and trust	transforming grief into courage	transforming fear into gentleness

\* facilitates release through sweat – the skin is sometimes referred to as the third lung

\*\* a primary conduit to the lungs

\*\*\* the better to listen to inner whisperings