

Traditional Associations in the *Five Phase System*

	Spring	Summer	Late Summer	Autumn	Winter
Element	wood	fire	earth	metal	water
Direction	east	south	center	west	north
Time of Day	dawn	midday	late afternoon	dusk	midnight
Taste	sour	bitter	sweet	pungent*	salty
Sensory Organ	eyes	tongue	mouth, lips	nose**	ears***
Paired Organ	gall bladder	small intestine	stomach	large intestine	bladder
Color	green	red	yellow	white	blue
Animal	dragon	red pheasant	phoenix	white tiger	mule deer
Emotional Focus	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