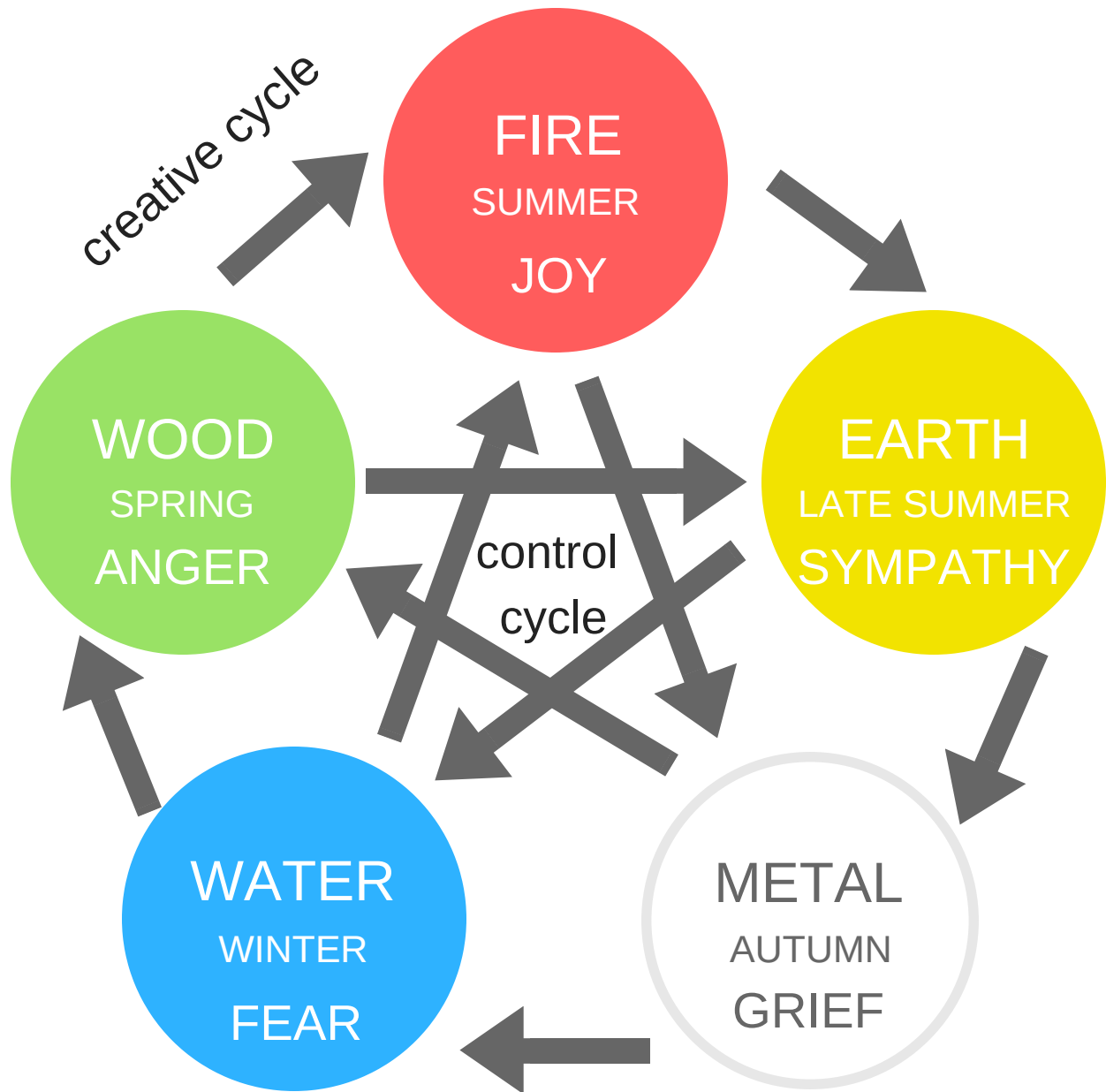
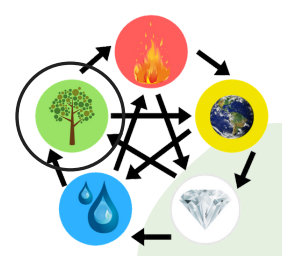


The Chinese Five Elements



Bite sized chunks



Ideas

Planning

Tendons/ligaments

Rancid odour

Organisation

Eyes

Creativity

Assertion

Vision

Rancid

Flexibility

New growth

Liver

Anger

Purposeful

Gall Bladder

Next best step

Connection between
heaven and earth

Decision making

Frustration

Birth

Structure

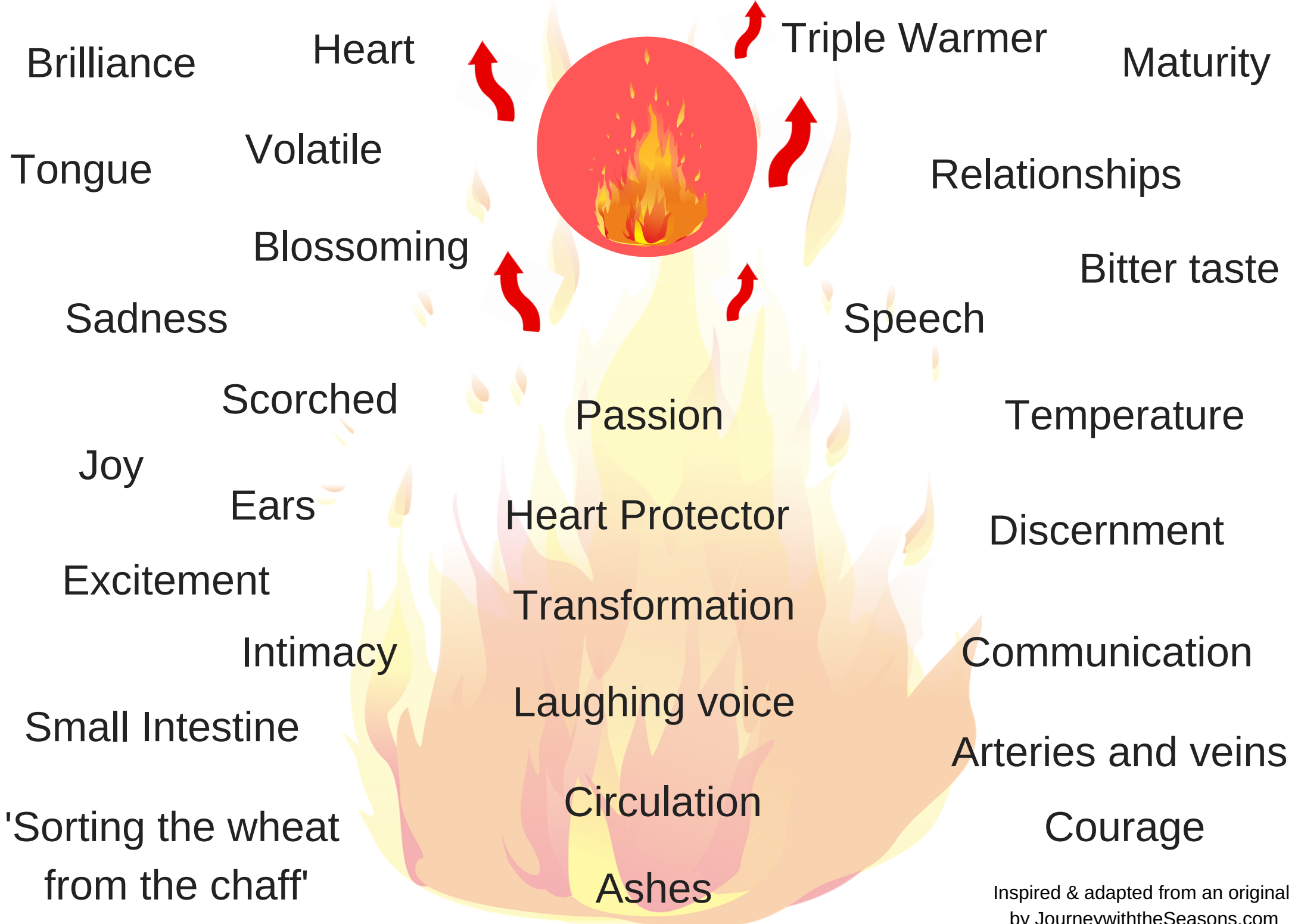
Stuck/blocked/stunted

Shouting voice

Hope

Sour taste

Rooted



Stillness

Stomach

Anxiety and worry

Chewing over

Nurtured

Fragrant odour

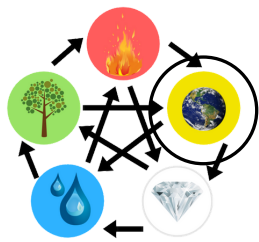
Spiralling

Grounding

Abundance

Appreciation

Ripeness



Satisfaction

Celebration

Harvest time

Sympathy

Transition

Gratitude

Body knowing

Spleen

Muscles

Sweet taste

Balance

Settled

Transporter

Nourishment

Processing

Dampness

Singing voice

Holding

Security

Contentment

Letting go



Breathing

Lungs

Worth

Clearing

Gems

Clarity

Order

Minerals

White

Weeping voice



Descending

Large Intestine

Self respect/esteem/value

Connection

Spiritual connections

Quality

Structure

Elimination

Routine

Connection

Grief

Pungent taste

Reflection

Inspiration

Rotten

Cleansing

Recycling

Sparkle

Value

Decluttering

Sparkle

Essence

Crystals

Diarrhoea/constipation

Confidence

Pruning

Cleansing



Kidney

Dreaming

Seed - potential

Salty taste

Bladder

Spark

Healing

Putrid
odour

DNA
and ancestors

Memory



Ebb and flow

Awesome

Trauma

Power

Messenger

Starkness

Deep

Cycles

On and on

and patterns

Winter dreaming

Restoration

Fortitude

Stamina

Vitality

Communication

Blue

Essence

Groaning voice

Frozen

Hidden/seen

Fear

Bubbling Spring -

Courage

Kidney 1

Bones/skeleton