

# The Five Elements

Element:	Wood	Fire	Earth	Metal	Water
<b>Examples:</b>	Trees, paneling, things made out of any kind of wood, things that look like wood or plants, including substances like Pergo and silk plants, paper, books, baskets, straw, reeds, sisal, bamboo, cotton, etc.	Fire itself, candles, fireplaces, stoves, microwave ovens, barbeque pits, animals and all things made from animals like leather or ivory, all technology, electricity, etc.	Adobe, marble, terra cotta, limestone, sandstone, concrete, soil, brick, gravel, crystals, rocks, geodes, gemstones, stucco, charcoal, plaster, chalk, talc, salt, boulders, mud, ashes, pumice, etc.	Gold, silver, iron, platinum, titanium, copper, bronze, brass, pewter, aluminum, steel, nickel, tin, lead, mercury, chrome, zinc, etc.	Water, ice, steam, mirrors, glass, glass blocks, fountains, pools, rivers and other natural or man-made bodies of water, rain, snow, anything in a liquid/molten state, fluids, etc.
<b>Creates:</b>	Fire (feeds)	Earth (generates)	Metal (generates)	Water (rusts)	Wood (feeds)
<b>Controls:</b>	Earth (holds)	Metal (melts)	Water (dams)	Wood (cuts)	Fire (puts out)
<b>Direction:</b>	East	South	Middle	West	North
<b>Associated Shape:</b>	Columnar, vertical, organic	Pointed, triangular, pyramidal	Square or flat	Round, domed, arched	Irregular, fluidic, flowing
<b>Associated Colors:</b>	Greens, blues, wood colors	Reds, golds, oranges, fiery colors	Yellow, taupe, pink, sand, charcoal, earth tones	White, pastels, silver, gold, copper, etc.	Blues, black, turquoise, water colors
<b>Energy Movement:</b>	Upward and outward	Up	No movement, solid and still	Downward and inward	Stagnant, flowing, raging, pouring, etc.
<b>Corresponding Gua(s):</b>	Large: Family Small: Wealth	Fame	Large: Marriage All: Center Small: Knowledge	Large: Children Small: Benefactors	Career
<b>Associated Season:</b>	Spring	Summer	All Year and Late Summer	Autumn	Winter
<b>Body Part:</b>	Foot / Hip	Eyes	Organs / Hand	Mouth / Head	Ear
<b>Life Cycle:</b>	Idea	Action	Manifestation	Communication	Reflection
<b>Emotion:</b>	Anger	Joy/Sorrow	Sympathy	Worry/Grief	Fear
<b>Quality:</b>	Growth	Ripening	Transition	Harvest	Storage
<b>Virtue:</b>	Benevolence	Humility	Trust	Integrity	Wisdom
<b>Taste:</b>	Sour	Bitter	Sweet	Spicy Hot	Salty
<b>Sound:</b>	Shout	Laugh	Song	Weeping	Groan