

Five Element Flow

Fire

JOY, LOVE, HATE

Laughing

Small Intestine
+

Triple Warmer
+

Earth

EMPATHY, SYMPATHY

Singing

Stomach
+

Circulation
Sex
-

Heart
-
(Hū)

Spleen
-
(Who)

Governing Central

Liver
-
(Shū)

Kidney
-
(Chuay)

Lung
-
(ZZZ)

Wood

ANGER, RESENTMENT

Shouting

Gall Bladder
+

Bladder
+

Water

FEAR, ANXIETY

Groaning

Large Intestine
+

Metal

GRIEF, GUILT, REGRET

Crying, Sighing

ALL ORGANS (SHEE)