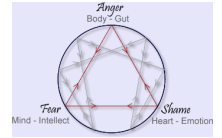




The Five Elements and the Enneagram



ELEMENT	WOOD	FIRE	EARTH	METAL	WATER
Yin Organ	Liver	Heart	Spleen	Lungs	Kidneys
Yang Organ	Gall Bladder	Sm. Intestines	Stomach	Large Intestine	Bladder
Tissue	Tendon, Ligament	Blood Vessels	Flesh, Muscles	Skin, Hair	Bones
Body	Nails	Complexion	Mouth, Flesh, Muscles	Body hair, Skin	Head hair, Back
Orifice	Eyes	Tongue	Mouth	Nose	Ears
Meridians	Gallbladder, Liver	Heart, S. intestine, Triple heater, Pericardium	Spleen, Stomach	Lung, Colon	Kidney, Bladder
Color	Green, Brown	Red	Yellow, Green	White	Blue, Black
Emotion	Anger	Joy, Sorrow	Sympathy, Pensive	Worry, Grief	Fear
Sound	Shouting	Laughter	Singing	Weeping	Groaning
Direction	East	South	Center	West	North
Season	Spring	Summer	Indian Summer	Autumn	Winter
Weather	Windy	Hot	Damp	Dry	Cold
Taste	Sour	Bitter	Sweet	Pungent	Salty
Odor	Rancid	Scorched	Fragrant	Rotten	Putrid
Time of Day	11 pm - 3 am	11 am -3 pm (Heart & Sm. Intestines) 7 pm -11 pm (Tri. Heater, Pericardium)	7 am – 11 am	3 am – 7 am	3 pm – 7 pm
Controls	Tendons, Ligaments	Circulation	Digestion, Assimilation	Elimination	Bones, Marrow
Enneagram Types	Ones, Nines, Eights	Threes, some Two & Fours	Nines & some Twos	Fours, some Fives & Ones	Sixes, Sevens, & some Fives
Avoid when imbalanced	Drugs, chills, staying up too late, too much meat, being inside too much	Sunbathing, hot baths, saunas; over-extending yourself	Eating irregularly, binging, fasting, refusing help when needed	Constipation, holding the breath, smoking, too much humidity	Overwork, exhausting sex, not enough water, getting chilled
Energy	Generative	Expansive	Stabilizing	Contracting	Conserving
Energetic Movement	Upward	Outward	Stillness	Downward & Inward	Downward
Spiritual Quality	Ethereal Soul	Spirit	Intellect	Corporeal Soul	Will
Primal Spirit	Green Dragon	Red Pheasant	Yellow Phoenix	White Tiger	Black Tortoise