



TAOIST 5-PHASE VITAL ORGAN RESONANCES

Phase/Element	Gold/Metal	Water	Wood	Fire	Earth
Color	Bright White	Blue-Black	Jade Green	Bright Red	Bright Yellow
Vital Organ / Bowel	Lungs / Large Intestine	Kidneys / Bladder	Liver / Gall bladder	Heart / Small Intestine	Spleen / Pancreas Stomach
Sensory Organ	Nose – smell	Ears – hear	Eyes – see	Tongue – taste	Lips - touch
Voice	Weep	Groan	Shout	Laugh	Sing
Body Spirit	PO: Me Self 7-Earth Souls	ZHI: Feeling Self, will to birth, embody (= Sexual Self)	HUN: We-Self 3-Heaven Souls	SHEN: Loving Self, Self-aware	YI: Core Self, Thinks, acts, sets intent AI
Rules Body Part	Skin/hair	Bones/blood	Muscles/tendons	Blood vessels	Flesh, mouth
Taste	Pungent	Salty	Sour	Bitter	Sweet
Emotional Excess, Weakness	Sadness, grief depression, self-centered	Fear	Anger, jealousy, rage	Impatient, cruel, guilt, victim-izer, violent, arrogant, lack self- worth	Worry, obsession, paranoia, shame, confusion, ungrounded
Yin virtue / quality	Righteous, discriminating	Gentle, clear, calm, wise	Kind, generous, compassionate	Loving, accepting, respectful	Fair, open, trusting, balanced
Yang virtue / power	Strength, courage	Ambition, survival procreation	Control, decisiveness	Warmth, vitality, excited, joyful	Clear boundary, centered, sets intent, focused will of whole body-mind
Direction	West	North	East	South	Center
Heraldic Animal, heavenly cycle	White Tiger	Black Bear, Turtle	Deer, Green Dragon	Red-necked Crane	Yellow Monkey, Ox
Planet	Venus	Mercury	Jupiter	Mars	Saturn
Weather, general: Time of max influence: Season begin-end dates	Cool and dry Fall Equinox Aug 8 – Nov 6	Cold, Winter Solstice Nov 7 – Feb 3	Warm, moist, gusty Spring Equinox Feb. 4 – May 5	Hot, Summer Solstice May 6 – Aug 7	Mild, Indian Summer - date varies; neutral transition between 4 seasons
Qi Clock: 2-hour cycle of 12 organs max influence	3 am – 7 am Lungs / Lg Intestine	3 pm – 7 pm Bladder-Kidney	11 pm – 3 am Gall Bladder - Liver	11 am - 3 pm HT/Sm Intestine 7pm –11pm PC-Triple Warmer	7 am - 11 am Spleen-Pancreas Stomach