### The Nature of the Five Elements

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| **Element** | **Property / Nature** | **Representation** | **Season** | **Energetic Properties** |
| Wood | Growth, stretching and flexibility | The process of controlling, expanding, and raising energy | Spring | Rising, Extending, creation and planning |
| Fire | Produce heat and warmth and dissipation | Heat is rapidly conducted by metal | Summer | Ascending |
| Earth | The foundation of all existence | All movement and all change of form | Late-Summer | Receive, nourish, transform, accommodate and mother |
| Metal | Heavy, flexibility, firmness, descending, cleanness and astringency | Process of dispensing or dissipating energy | Autumn | Descending |
| Water | Moistening, nourishing and cooling with the capacity to isolate and store | Condenses on metal | Winter | Descending |

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### The Classification of the 5 Elements

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|  | **Wood** | **Fire** | **Earth** | **Metal** | **Water** |
| Yin Organs | Liver | Heart | Spleen | Lung | Kidney |
| Yang Organs | Gallbladder | Small Intestine | Stomach | Large Intestine | Bladder |
| Season | Spring | Summer | Late Summer | Autumn | Winter |
| Direction | East | South | Centre | West | North |
| Climate | Windy | Hot | Damp | Dry | Cold |
| Sensory | Eyes | Tongue | Mouth | Nose | Ears |
| Flavour | Sour | Bitter | Sweet | Pungent | Salty |