



This chart represents some of the basic Correspondences of the 5 element system. The presence or absence and the intensity of these correspondences are used to determine

# Meridian Touch 5 Element Chart

Element	 Metal	 Earth	 Absolute Fire	 Water	 Supplemental Fire	 Wood
Organ Network	Lung & Large Intestines	Stomach & Spleen	Heart & Small Intestines	Bladder & Kidneys	Heart Constrictor & Triple Warmer	Gall Bladder & Liver
Function	Exchange of Energy	Digestion & Reproduction	Interpretation, Absorption, Assimilation	Purification & Elimination	Circulation & Protection	Storage & Distribution
Color	White	Yellow, Orange, Brown	Red	Dark Blue & Black	Red	Green
Season	Fall	Indian Summer, Doyo	Summer	Winter	Summer	Spring
Time of Day	LU 3am-5am, LI 5am-7am	ST 7am-9am SP 9am-11am	HT 11am-1pm SI 1pm-3pm	BL 3pm-5pm KI 5pm-7pm	HC 7pm-9pm TW 9pm-11pm	GB 11pm-1am LV 1am-3am
Sense Organ	Nose	Mouth	Tongue	Ear	Tongue	Eyes
Sense	Smell	Taste	Speech	Hearing	Speech	Seeing
Body Tissue	Skin & Body Hair	Flesh & Muscles	Blood & Blood Vessels	Bones & Bone Marrow	Blood & Blood Vessels	Sinews & Tendons

Element	 Metal	 Earth	 Absolute Fire	 Water	 Supplemental Fire	 Wood
Body Fluid	Mucus	Saliva	Sweat	Urine	Sweat	Tears
Emotion	Grief	Worry (inward) Sympathy (outward)	Joy	Fear	Joy	Anger
Expression	Weeping	Singing	Laughter	Groaning	Laughter	Shouting
Manner in Time of Excitement & Change	Coughing & Itching	Belching & Retching	Melancholy (slowing down, calming)	Trembling	Melancholy (slowing down, calming)	Control
Food	Spicy	Sweet	Bitter	Salty	Bitter	Sour
Smell	Rotten & Pungent	Fragrant	Scorched	Putrid	Scorched	Rancid
Body Indication	Skin & Body Hair	Flesh	Complexion	Head Hair	Complexion	Nails of Hands & Feet
Direction	West	Center	South	North	South	East
Climate	Dry	Humid	Heat	Cold	Heat	Wind