



**WATER**  
COLD / FEAR / HEARING  
SALTY / NORTH

**bladder**  
(15.00–17.00)

**kindeys**  
(17.00–19.00)

**WOOD**  
WIND / ANGER / SIGHT  
SOUR / EAST

**gallblader**  
(23.00–1.00)

**liver**  
(1.00–3.00)

**FIRE**  
WARM / JOY / SPEECH  
BITTER / SOUTH

**heart**  
(11.00–13.00)

**small intestine**  
(13.00–15.00)

**pericardium**  
(19.00–21.00)

**three burners**  
(21.00–23.00)

**EARTH**  
DAMP / DELIBERATIOB  
TASTE / SWEET / THE CENTER

**stomach**  
(7.00–9.00)

**spleen, pancreas**  
(9.00–11.00)

**METAL**  
DROUGHT / SADNESS / SMELL  
SPICY / WEST

**lung**  
(3.00–5.00)

**large intestine**  
(5.00–7.00)