



The TCM 5 Elements

The Five Element Theory outlines, processes & actions as they relate to the elements, seasons, our organs, colours, tastes, emotions, directions & more.

This theory allows us to better understand Mother Earth's natural cycles like the seasons, & our inner cycles & inner seasons.

Within this program we will be focusing on the Wood Element of the Liver & Gallbladder.



Wood Element

Season: Spring (rising & growth)

Our cycle: Follicular / Postmenstrual

Direction: East

Colour: Green

Tastes: Sour

Climates: Wind (aversion to wind)

Development: Birth

Yin-Yang: Lesser Yang

Yin Organs: Liver (regulating balancing & harmonizing)

Yang Organs: Gall Bladder

Sense Organs: Eyes

Tissues: Sinews (tendons, cartilage, ligaments)

Emotions: Anger, irritability & rage = Qi stagnation, Liver Yang Rising or Liver Fire

Sounds: Shouting



Wood Element + Liver / Gallbladder

The Liver has a tendency to stagnate & overact

The Liver, when out of balance has a tendency to stagnate in both an energetic sense & physiological sense which can show up as: pain in the body, dysmenorrhea, dark menstrual blood, stress, anger & irritability.

When in this place of imbalance the liver can overact on the Spleen causing the Spleen's energy to become deficient & showing up as digestive issues, bloating, fatigue & lethargy, Blood & Qi deficiency.



Wood Element + Liver / Gallbladder

The Liver is the Mother of The Heart

The Liver stores Blood & Blood houses the Mind or Shen.

If Liver Blood is deficient, then Heart Blood will suffer. As a result we may experience insomnia, dream disturbances, somnolence & restlessness.

We can also see Liver Blood Deficiency in the nails; brittle, breaking nails, pale, dull

+ blurry vision, floaters & dry eye



Wood Element + Liver / Gallbladder

The Liver houses the Ethereal Soul / Hun Spirit

“The Ethereal Soul is like an ‘ocean’ of ideas, dreams, projects
& inspiration”

-Giovanni Maciocia

The Ethereal Soul is Yang in Nature.

It influences our feelings of our unique direction or purpose in life.

If the Liver Blood is weak then our Ethereal Soul is not rooted & we may feel a lack of purpose in life.



Wood Element + Liver / Gallbladder

The Gallbladder is one of the Extraordinary Yang Organs

The Gallbladder stores bile which is considered a Fluid Vital Substance

The Gallbladder supports the courage of decision making & gives the Ethereal Soul the capacity for movement - going after those things in life that give you purpose