5 elements

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| Fire | Passion, love, rage | Heart and Small Intestine, Pericardium and Triple Heater |
| Earth | Worry, satisfaction, safety | Spleen and Stomach |
| Metal  | Grief, letting go, courage | Lung and Large Intestine |
| Water | Fear, peace, creativity | Kidney and Bladder |
| Wood | Anger, assertiveness, kindness | Liver and Gallbladder |

Chakra system

Root - survival, belonging

Sacral - reproduction, creativity

Solar plexus - personal power, confidence, self-esteem

Heart - love, compassion, acceptance

Throat – communication

Third Eye - intuition, inner wisdom

Crown - spirituality, values