

**2.1. Table 3: The elementary manifestations of the Yin and Yang energies in the seasons and in the Zodiac**

Energy flow	THE EMERGING YANG	THE ACTIVE YANG	ENDS OF YANG / THE BEGINNING OF YIN	ORIGINATING YIN	POTENTIAL YIN
Element	Wood	Fire	Earth	Metal	Water
Season	Spring	Summer	Late Summer	Autumn	Winter
Color	green	red	yellow	white	blue/ green
Direction/ motion	East expansion	South outside, up	Center peace	West passive, inward	North closing
Climate	Wind	Heat	Drought	Moisture	Cold
Person/ age/ character	Boy, early childhood, naughtiness	Adolescent, man, Youth, activity	Maturity, prudence	Girl, old age, insecurity	Woman, death, completeness
Stimuli, Motivation	Curiosity, joy	Realization, fullness	Justice, achievements	Collection, learning	Knowledge, potential
Avatar, tendency	Determination, Affirming	Courage, manifestation, activity	Harmonization, cooperation	Insight, improvement	Contemplation, enlightenment
Blocking emotion (p.33)	Anger, eager	euphoria, carelessness, pride	Intentionality, hesitation, doubt	Grief, timidity, sadness, vigilance, caution	Fear, anxiety
Virtue	Generosity	Gratitude	Faith	Compassion	Wisdom
Governing Yin organ	Liver (p.104)	Heart (p.114) Pericard (S.116)	Spleen (p.121)	Lungs (p.135)	Kidney (p.95)
Energy / Physiological function (p.94,157)	Stores the blood. Manages the free movement of life energy. Manages Detoxification.	Controls the conversion of food energy into blood. Responsible for Thinking, Consciousness and the manifestation of the Spirit. Controls circulation.	It controls digestion and immunity, the conversion of food into vital energy and its transfer into the blood. Retains blood in the vessels.	They control respiration and the conversion of air into vital energy. They send the converted nutrient energy to the heart. Stimulate metabolism.	They store the essential life energy. They regulate metabolism, pH and electrolyte balance, growth, development, reproduction and regeneration.
Yang organ	Gallbladder (p.108) Thyroid gland (p.39)	Small intestine (p.115)	Stomach (p.125)	Colon (p.139)	Bladder (p.101)
Nutrient (p.168,170)	Витамины, углеводороды Vitamins, carbohydrates	Solar energy, light	Minerals, trace elements	Air: nitrogen, oxygen	Water: hydrogen, oxygen
Sensory organ	Eyes, vision	Tongue, taste	Lips, sense, touch	Nouse, sense of smell	Ears, hearing
Tissue (p.190)	Tendons, ligaments, nails	Blood vessels	Muscles, fats	Skin, hair	Bones, brain
Taste (p.149,158)	sour	bitter	sweet	spicy	salty
Palm finger / Strength (p.28)	Middle finger <i>Intuition</i>	Forefinger <i>Mind</i>	Thumb <i>Consciousness</i>	Little finger <i>Spirit</i>	Ring finger <i>Cordiality</i>
Zodiac signs (p.57-58) (p.93-94)	Fish (p.107) Aries (p.113) Taurus (p.41)	Gemini (p.118) Cancer (p.119) Leo (p.120)	Virgo (p.124) Scales (p.134)	Scorpio (p.138) Sagittarius (p.145)	Capricorn (p.100) Aquarius (p.103)
Active planet	Sun	Venus	Moon / Saturn	Jupiter	Mars