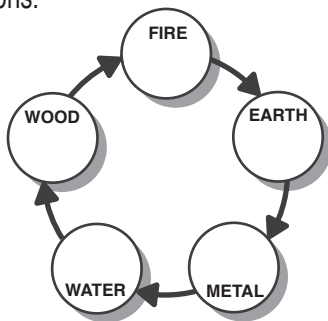


# The Big Chart (all the element attributes)

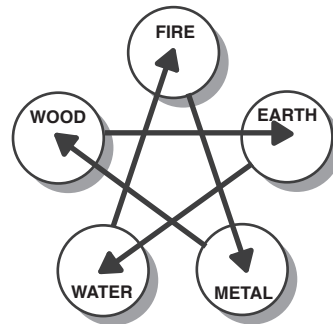
Figure 18

THE FIVE ELEMENTS							
ELEMENT	ORGAN	BOWEL	SUPERFICIAL	OPENING	TRAIT	MENTAL PART	TASTE
WATER	kidney	bladder	bones	ears	anxious	will power	salty
WOOD	liver	gallbladder	nerves (brains)	eyes	irritable	mental activity	sour
FIRE	heart 7 glands	small intestine	blood vessels	tongue	moody	joy, peace, intuition	bitter
EARTH	spleen pancreas	stomach	muscles	mouth	worried	pondering	sweet
METAL	lungs	large intestine	skin	nose sinus	sad	sensitive	spicy

This chart above is a representation of the one that Joel carries with him to lectures and is often referenced throughout the course. It is the Master list of the elements and their connections in the body. Below the cycles are shown as a quick reference for the "Generation" and "Control" interactions.



Generation Cycle



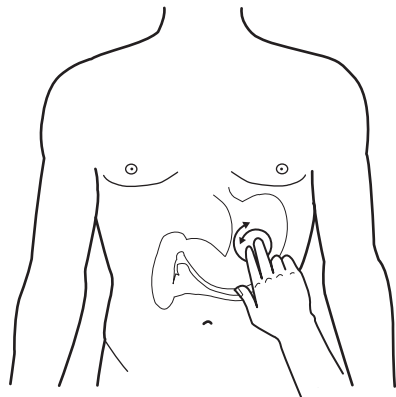
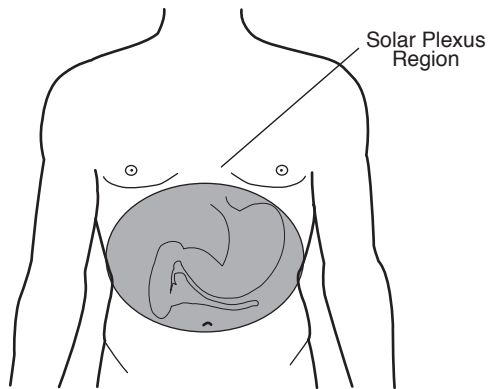
Control Cycle

In practical use, notice how these cycles are used in conjunction with the chart above. One example is how deep breathing helps to control nervousness. Deep breathing stimulates the lungs, (Metal Element) which controls the nerves (Wood Element).

---

# Solar Plexus

Figure 30



A lot of worrying affects the solar Plexus, an area which is connected to the pancreas. People with hypoglycemia sometimes experience a deep pain there, like they being kicked by a horse.

Having pancreatitis or an ulcer, stimulates more worrying (excessive Earth Element). Making little clockwise and counter clockwise circles in that area diffuses this inflammation.