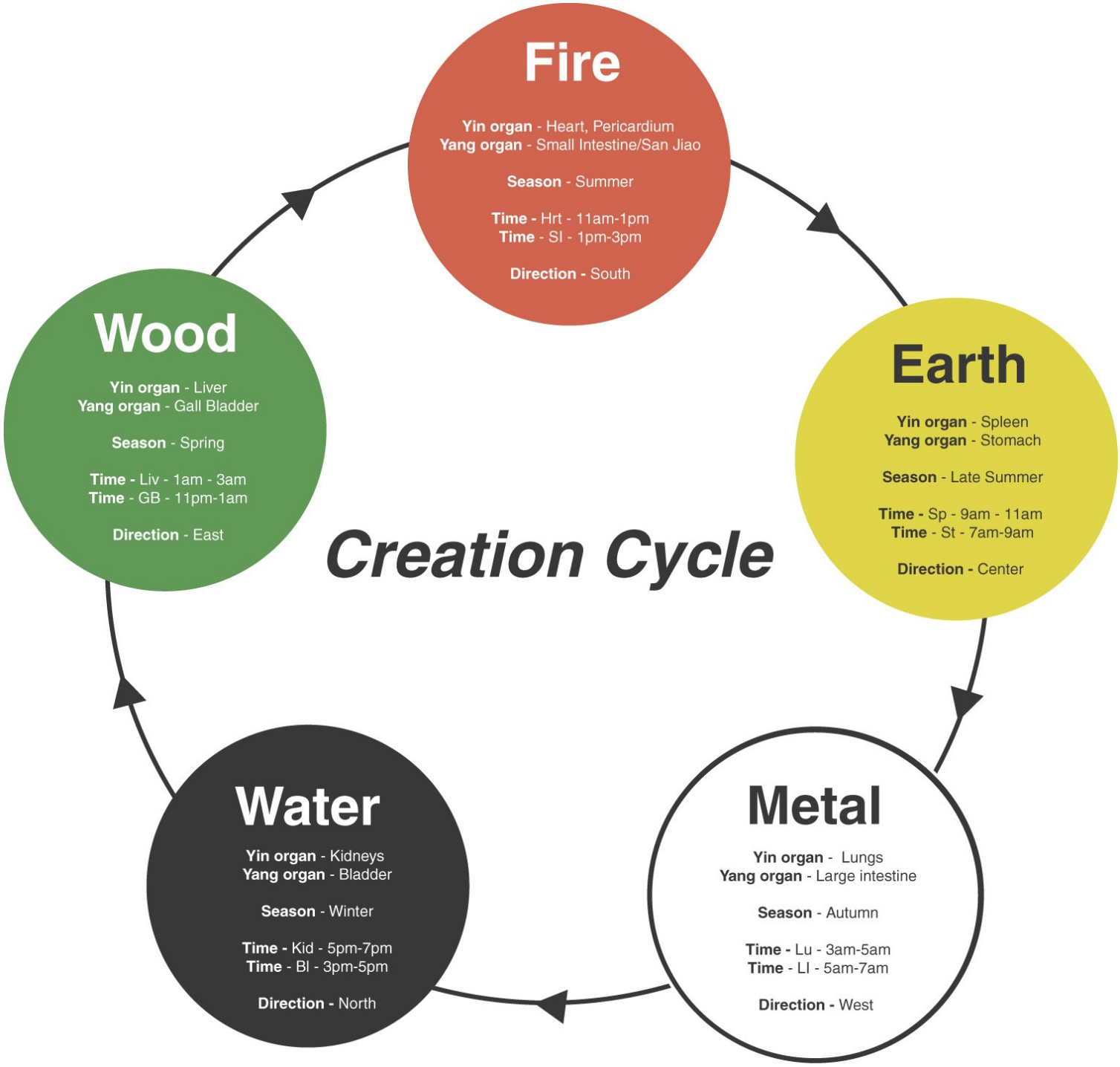
Fire
Yin organ - Heart, Pericardium
Yang organ - Small Intestine/San Jiao
Season - Summer
Time - Hrt - 11am-1pm
Time - SI - 1pm-3pm
Direction - South
Earth
Yin organ - Spleen
Yang organ - Stomach
Season - Late Summer
Time - Sp - 9am - 11am
Time - St - 7am-9am
Direction - Center
Metal
Yin organ - Lungs
Yang organ - Large intestine
Season - Autumn
Time - Lu - 3am-5am
Time - LI - 5am-7am
Direction - West
Water
Yin organ - Kidneys
Yang organ - Bladder
Season - Winter
Time - Kid - 5pm-7pm
Time - Bl - 3pm-5pm
Direction - North
Wood
Yin organ - Liver
Yang organ - Gall Bladder
Season - Spring
Time - Liv - 1am - 3am
Time - GB - 11pm-1am
Direction - East
Creation Cycle