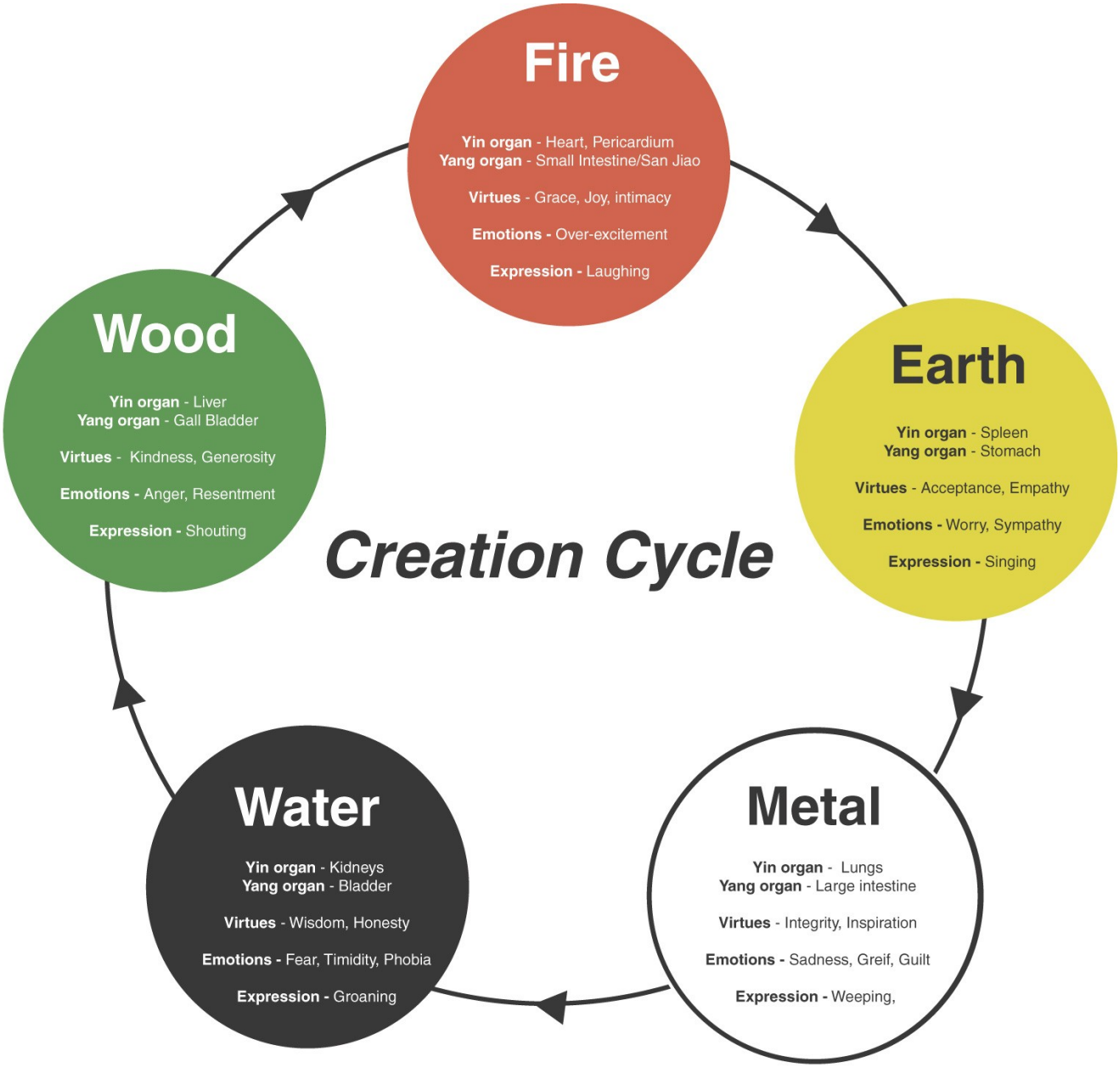
Fire
Yin organ - Heart, Pericardium
Yang organ - Small Intestine/San Jiao
Virtues - Grace, Joy, intimacy
Emotions - Over-excitement
Expression - Laughing
Earth
Yin organ - Spleen
Yang organ - Stomach
Virtues - Acceptance, Empathy
Emotions - Worry, Sympathy
Expression - Singing
Metal
Yin organ - Lungs
Yang organ - Large intestine
Virtues - Integrity, Inspiration
Emotions - Sadness, Greif, Guilt
Expression - Weeping,
Water
Yin organ - Kidneys
Yang organ - Bladder
Virtues - Wisdom, Honesty
Emotions - Fear, Timidity, Phobia
Expression - Groaning
Wood
Yin organ - Liver
Yang organ - Gall Bladder
Virtues - Kindness, Generosity
Emotions - Anger, Resentment
Expression - Shouting
Creation Cycle