



MERIDIAN CHART

Element	Wood	Fire	Earth	Metal	Water
Color	Green	Red	Yellow	White	Black
Flavor	Sour	Bitter	Sweet	Pungent	Salty
Season	Spring	Summer	Ind. Summer	Autumn	Winter
Zang Organ	Liver	Heart Pericardium	Spleen	Lung	Kidney
Fu Organ	Gall Bladder	Sm. Intestines Triple Warmer	Stomach	Lg. Intestines	Bladder
Location	Legs	Arms	Legs	Arms	Legs
Direction	East	South	Center	West	North
Sense	Eyes	Tongue	Mouth	Nose	Ears
Changes	Germinate	Grow	Transform	Reap	Store
Tissue	Tendons	Vessels	Muscles	Hair/Skin	Bones
Yin Clock	Gb 11 pm - 1 am	Ht 11 am - 1 pm P 7 pm - 9 pm	Sp 9 am - 11 am	Lu 3 am - 5 am	Ki 5 pm - 7 pm
Yang Clock	Lv 1 am - 3 am	Si 1 pm - 3 pm TW 9 pm - 11 pm	St 7 am - 9 am	Li 5 am - 7 am	Bl 3 pm - 5 pm