

This information is provided for educational purposes only and should not be used for medical advice.

Emotional Transformation Processes: Positive & Negative Emotions

Modality	LUNGS		KIDNEYS		LIVER		HEART		SPLEEN	
Emotions	Sadness, Grief	Strength, Courage, Joy	Fear, Stress	Gentleness, Wisdom, Will power	Anger	Kindness, Decisiveness, Creativity	Impatience, Hate, Self-judgement	Love, Acceptance, Vitality, Patience	Worry, Anxiety	Trust, Fairness, Secure, Playful
Shape	Collapsed, down	Tall, straight	Awkward, Contracted	Flexible & full	Spearlike, sharp	Smooth, soft	Moving, Spiney	Open, uplifted	Stiff & shapeless	Open, wide
Color	Grey	Bright white	Cloudy blue-grey	Bright sky blue	Cloudy grey-green	Soft leafy green	Muddy red	Bright red	Cloudy yellow/brown	Yellow/Brown
Season & Element	Fall	Metal	Winter	Water	Spring	Wood	Summer	Fire	Solstices & Equinoxes	Earth
Temperature	Cold & dry	Comfortably warm	Cold, chill	Comfortably cool	Hot & explosive	Warm, pleasant	Unsteady	Warm, full	Humid	Warm, midrange
Sound & Healing Sound	Weeping	Ssssss	Groaning	Chuuuuu	Shouting	Shhhhhh	Laughing	Haaaa	Singing	Hoouo
Feeling	No energy, exhaustion	Strong	Tight, closed-in	Relaxed, confident	Pain, toughness	Nurturing, Creative	Irritated & harsh	Peaceful, accepting	Uncertain	Balanced & even
Texture	Crumpled	Firm but comfortable	Slippery	Velvet	Rough	Soft	Cactus-like	Smooth & soft	Sticky	Smooth & firm
Size	Deflated, low	Focused to a point	Small	Limitless	Big & intimidating	Light, flexible, powerful	Small & pointed	Infinite expansion	Out of proportion	Big, deep, balanced
Parts of the Body & Orifice	sinuses, bronchi, skin	Nose	Sexual organs, spine, bones, Kidney/bladder,	Ears	Tendons, ligaments, small muscles,	Eyes	Heart, arteries, circulatory system	Tongue	Large muscles, connective tissue	Mouth
Movement	Contracting, sinking, letting go	Focusing toward a single point, structured	Backing up under pressure	Gathering, flowing, absorbing, being moved	Aggressive, attacking, jerky	Generating, rising, expanding	Erratic, sharp, hostile	Radiating, rising, dispersing	Constricted & stuck	Stabilizing, centering, holding ground