

The BodyMind Connection is Intricately Mapped in Oriental Medical Theory

This theory rests on the yin / yang symbol of the natural movement patterns at play in the universe. This cyclic pattern is divided into five movement phases. These phases are named after the elements of nature (water, wood, fire, earth, metal). The theory of five phases (or elements) can be applied to any system. In Oriental Medicine the organs of the body have functions that correspond to one of the movement phases. The organ pair associated with a given phase dynamic is said to "govern" the phase. All psychological processes have a dynamic that matches a particular phase and is thus handled by the organ governing that phase. Acupuncture is directed at the organ in charge of the body tissue, organ, or psychological stress involved in a patient's problem.

Psychological Processes & Physical Tissues Governed by a Specific Pair of Organs							
Organ Pair	Life Experiences	Emotions Themes	Mental Functions	Abilities Engendered	Body Tissues	*Season/Climate	**Taste
Water: Kidney / Bladder	New Beginnings, Survival Threats, Financial Stress	Fear, Terror	Cleverness, Alertness	Courage, Endurance, Charisma	Bones, Joints, Head Hair	Winter/Cold	Salty
Wood: Liver / Gallbladder	Planning, Growing, Taking Action	Frustration, Anger	Decision Making, Creativity, Wise Judgment	Vision, Perspective, Self-Esteem	Tendons, Ligaments, Fingernails	Spring/Wind	Sour
Fire: Heart / Small Intestine	Relationships, Intimacy	Joy, Sadness, Hurts	Intelligence, Wisdom	Speech, Compassion, Dominion	Blood Vessels, Tongue	Summer/Hot	Bitter
Earth: Spleen / Stomach	Giving & Receiving, Nourishment	Worry	Focus, Academics	Sympathy, Receptivity, Appetite	Flesh of Muscles, Mouth	Late Summer/Damp	Sweet
Metal: Lung / Large Intestine	Endings, Loss, Letting Go, Being or not Being Valued	Grief, Shame, Humiliation	Introspection, Reverence	Sense of the Sacred, Respect, Dignity, Selfworth	Skin, Body Hair	Fall/Dry	Spicy

* The seasonal correspondence is the time of year that the earth, as a system is in the same phase as the organs associated with that phase. Treatments given during the season corresponding to the organ are more potent. Annual "tune-ups" during a specific season associated with an organ vulnerability are recommended.

** The taste corresponding to a phase is often craved by a person who has blockage in that phase.