Positive Emotions Creation Cycle

The growing alchemical cycle of the five elements



Heart &

Small Intestine

Sound: Hawwwwww

sound Shhhhhhh

Positive emotions:

Kindness, Generosity

The element of Spring; Nature abounds with energy, to grow life. Movement requires essence.

Kidney, Ears & Bladder

Sound: **Choooooooo**Positive emotions:

Gentleness, Calmness, Silence

The element of winter; the water retreats to the deepest ground and purifies itself. Refinement absorbs resources.



The Element of summer; sharing love, creativity, and spiritual wellbeing. Expansion is warmth.

Spleen, Stomach & Pancreas

Sound: Whooooo Positive emotions:

Fairness, Openness

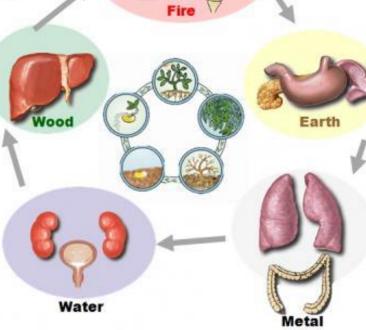
The element of the Indian summer; the Earth feeds and supports all beings. Stability from diversity.

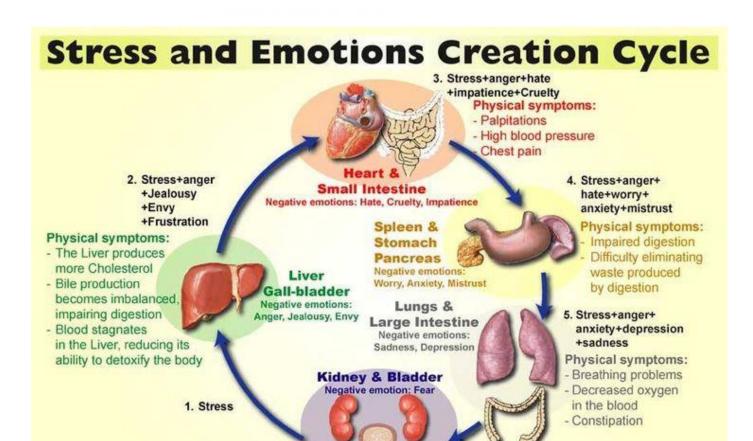
Lungs, Skin & Large Intestine

Sound: **Ssssssss**Positive emotions:

Courage, Righteousness

The element of the fall; the energies from the sky meet the earth. Gathering supply assets.





6. Stress+anger+

+sadness+fear

anxiety+depression

Physical symptoms:

Loss of life force

The body becomes acidic.

Loss of primordial and sexual energy

The nervous system becomes stressed.