

Five Element Theory- Season and Organ

Creation Cycle:
Wood burns to make
Fire whose ashes decompose to make
Earth where are born and mined
Metals which enrich
Water which nourishes trees (Wood)

Control Cycle:
Wood is cut by Metal (axe),
Fire is extinguished by Water,
Earth is penetrated by Wood (roots),
Metals is melted by Fire,
Water is channeled and contained by Earth

