

TIGER

Element-Metal

Organ-Lung

Season-Fall

Color-White

Sound-sssssss

Energetic Movement-Contracting, sinking, letting go

Parts of the body-nose, sinuses, bronchi, skin

Release distorted emotion-Grief, sadness

Feel-Strength (yang) & Joy/Courage (yin)

BEAR

Element-Water

Organ-Kidneys

Season-Winter

Color-Blue

Sound-chu

Energetic movement-gathering, absorbing, wavelike

Parts of the body-sexual organs, spinal column, bones

Release distorted emotion-Fear

Feel-Ambition & will power (yang) Deep wisdom & gentleness (yin)

DEER

Element-Wood

Organ-Liver

Season-Spring

Color-Green

Sound-shhh

Energetic movement-Generating, rising, expanding

Parts of the body-Tendons, ligaments, small muscles, eyes

Release emotion-Anger

Feel-Decisiveness (yang) Kindness (yin)

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CRANE

Element-Fire

Organ-Heart

Season-Summer

Color-Red

Sound-Inhale reversed chu and exhale Haaa

Energetic movement-radiating, dispersing

Parts of the body-arteries, tongue

Release emotion-Impatience, blame, self-judgment

Feel emotion-Warmth & vitality (yang) Love & patience (yin)

MONKEY

Element-Earth

Organ-Spleen

Season-Early Fall/Indian summer

Color-Yellow

Sound-Inhale who Exhale Hooo.

Parts of the body-large muscles, lips & mouth

Energetic movement-stabilizing, grounding, centering

Release emotion-Worry

Feel-Balanced, playful (yang) Secure, confident (yin)

BUTTERFLY

No organ-Triple Warmer Meridian

Sound-Hee (make grin on your face)

Color-Rainbow

Move arms & eyes up side of body, then bring arms down centerline of  
body, palms down, eyes follow to floor

Can do sitting, standing, or lying down

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