

Yin-Yang Correspondences

Categories

Yin

Yang

macrocosm

sky	moon	sun
time	midnight	midday
season	winter	summer
temperature	cold	hot
humidity	wetness	dryness
spectrum	dark	luminous
realm	hidden	revealed
solidity	dense	porous
texture	hard	soft
mass	heavy	light
stages	forming	transforming
form	material substance	subtle influences

human microcosm

dimension	feelings and thoughts	response and expression
locale	core—interior of body below navel right side	surface—exterior of body above navel left side
internal organs	<i>Liver, Heart, Spleen, Lung, Kidney</i>	<i>Gall Bladder, Small Intestine, Stomach, Large Intestine, Bladder</i>
constituents	<i>Blood and metabolic fluids (Yin essence)</i>	<i>Qi and metabolic heat (Yang essence)</i>
processes	buildup of tissue (anabolism)	breakdown of tissue (catabolism)
temperature	coldness	heat
capacity	weakness and depletion (empty)	strength and repletion (full)
stages	decline/death/gestation	birth/growth/maturation

<i>Categories</i>	<i>Wood</i>	<i>Fire</i>	<i>Earth</i>	<i>Metal</i>	<i>Water</i>
<i>macrocosm</i>					
power	expansion	completion	transition	contraction	consolidation
climate	wind	heat	humidity	dryness	cold
season	spring	summer	late summer	autumn	winter
direction	east	south	center	west	north
time	dawn	noon	late afternoon	dusk	midnight
stage	birth	growth	maturity	degeneration	death/germination
color	aquamarine	red	yellow-ocher	white	black/purple
odor	rancid	acid	fragrant	fishy	rotten
flavor	sour	bitter	sweet	spicy	salty
sound	crashing	roaring	humming	cracking	sucking
<i>human microcosm:</i>					
faculty	active awareness (<i>hun</i>)	transcendent awareness (<i>shen</i>)	passive awareness (<i>yi</i>)	subliminal awareness (<i>po</i>)	primal awareness (<i>zhi</i>)
motive	self-serving	self-dissolving	self-locating	self-defining	self-preserving
quality	emotive	sensitive	reflective	deductive	instinctive
activity	implementing	intuiting	absorbing	analyzing	scanning
expression	anger	joy	ruminating	sorrow	fear
condition	arousal	excitement	poise	inhibition	withdrawal
voice	hollering	giggling	quavering	sobbing	groaning
organ	<i>Liver Network</i>	<i>Heart Network</i>	<i>Spleen Network</i>	<i>Lung Network</i>	<i>Kidney Network</i>
tissue	eyes, nails, ligaments, nerves	external ear, tongue, arteries	mouth, lips, gums, muscles, collagen, and fat	skin and pores, body hair, lymph vessels, and veins	inner ear, head and pubic hair, bones, teeth, and marrow, brain and spinal cord, anus, urethra, cervix, ovaries, and testes
substance	nutrified blood	oxygenated blood	chyme and chyle	lymph	cerebrospinal fluid
essence	tears	sweat	saliva	mucus	sexual secretions