

	<b>ETHER</b>	<b>AIR</b>	<b>FIRE</b>	<b>WATER</b>	<b>EARTH</b>
<b>ASTROLOGICAL</b>	<b>All signs</b> - the whole body joints	<b>Gemini</b> - shoulders <b>Libra</b> - kidneys <b>Aquarius</b> - ankles	<b>Aries</b> - eyes, forehead <b>Leo</b> - solar plexus <b>Sagittarius</b> - thighs, power muscles	<b>Cancer</b> - breasts <b>Scorpio</b> - pelvis <b>Pisces</b> - feet	<b>Taurus</b> - neck <b>Virgo</b> - colon <b>Capricorn</b> - knees
<b>EMOTIONS</b>	Joy & grief Emptiness	Compassion & charity Desire & greed Unconditional love	Enthusiasm Anger & resentment	Lonely Charming Passionate	Fear & courage Defensive Secure & insecure Stoic
<b>COLOR</b>	Blue	Green	Yellow	Orange	Deep red
<b>ART</b>	Music	Dance	Visual Arts	Cooking	Sculpture Aroma therapy The art of business
<b>CHAKRA</b>	Throat	Heart	Solar plexus	Sacral, sexual	Root
<b>SEED MANTRUM</b>	HAM	YAM	RAM	VAM	LAM
<b>GEMSTONE</b>	Moonstone	Emerald	Coral	Pearl	Ruby
<b>PHYSICAL BODY</b>	Throat - ability to swallow Joints - physical spaces Craniosacral system Ultrasonic core Thyroid gland Ears - sense of hearing	Chest & lungs - breathing Nervous system - mental activity, jittery Skin - quality extremes Thymus gland - immune response	Solar plexus Digestive system - liver, gallbladder, pancreas Sense of sight	Generative organs, testes, ovaries, menstrual cycle Bladder Lymphatic system Secretionary glands Sense of taste	Bones - structure, stability Colon - elimination of solid matter Sense of smell (our most primal sense)
<b>TISSUE QUALITY</b>	Elongation	Movement & speed Nerve reflexes	Shaking (also heat)	Smooth & flowing	Contraction Muscle tone, strength
<b>VOICE QUALITY</b>	Open and dense Silence	Fast, jumpy, breathy, fast or scattered	Loud/sharp/clear/staccato or loud/overbearing	Rhythmic Flowing, & smooth	Slow, steady, & deep
<b>CHARACTERISTICS</b>	The ability to express all emotions Meditation, & the ability to be still Self-exploration	Bargaining Judgmental Honest Impatient	Forgiving Blaming & controlling Enabling	Attachment & letting go Self-care Dependent & needy Compulsive Addiction	Stuck Grounded Completion
<b>FOODS</b>	Blue	Green Over 6 feet above ground (e.g. fruits, nuts) Sour taste	Yellow 2-6 feet above ground (e.g. grains, seeds, legumes) Bitter or burnt taste	Orange Up to 2 feet above ground (e.g., leafy greens, squash, melons) Salty taste	Red Growing underground (e.g. root vegetables and tubers) Heavy, dense foods Sweet taste