

The Five Elements

element	season	shape	color	direction in space
water	winter	undulant , asymmetrical	black , navy blue	north
wood	spring	rectangular	green , light blue	east , southeast
fire	summer	triangular	red , purple	south
earth	late summer	square , flat	yellow , white	southwest , middle , northeast
metal	autumn	round , oval	white	west , northwest

Color Charts and Effects

THE EFFECTS ON MOOD AND ENERGY

lift energy	yellow, reds, turquoises, bright colors
slow down energy	Browns, rusts, all dark colors
softens energy	light pinks, and greens, corals, and pastel colors
draws energy	reds, golds, rich purples
neutralizes energy	white, beiges, and tans
enhances creativity	oranges, turquoise, teals, vibrant blues
enhances spirituality	purples, violets, and white
warming colors	Reds, oranges, yellows, yellow-green
romantic colors	pinks, reds, oranges, warm greens
cooling colors	blues, blue-green, lavender
sexual colors	reds, black, oranges, hot pink
grounding colors	Reds, browns, tans, beiges
power colors	gold, black, burgundies, reds, royal blue, greens, blues, peach