

**HEART/ SMALL INTESTINE/ HEART-MIND**

**Acquired Emotion:** Separation, Hatred, Judgment, Impatience, Hastiness

**Virtue:** Love, Connection, Joy, Forgiveness, Honor, Noble, Patience, Honesty

Full/ Peak Expansion/ Dance/ Celebration

Red Moon Cycle  
Was considered the witches cycle – used the cultivation of the sexual energy for magic, healing, spiritual purposes – they would bleed on the full moon and not be fertile.

**LIVER/ GALL BLADDER**

**Acquired Emotion:** Anger, Frustration, Irritation, Lost

**Virtue:** Clarity, Direction, Abundance, Generosity, Kindness

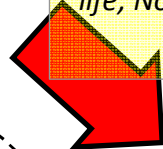
Rising/ Expanding/ Emerging/ Seed/ Growth/ Controls the flow of energy



**STOMACH/ SPLEEN/ PANCREAS**

**Acquired Emotion:** Worry, Anxiety, Attachment, Sticky energy, Addictions, Obsessive, Sluggishness, Inability to digest life  
**Virtue:** Trust, Faith, Openness, Centered, Harmonious

Centering, Grounding, Digestion of life, Nourishment



Full Moon

Ovulation

**FIRE**

Summer / Jun 21st

**DAY**

"Haaa"

**YANG**

Stillpoint  
CENTER/ SOURCE

**EARTH**

Transition point at each Solstice/ Late Summer/ Change of seasons  
"Whoo"

**NOTHINGNESS**

**YIN**

Waning Moon

Pre-menstrual

**METAL**

Fall/ Oct 21st

**SUNSET**

"Ssss"

EXHALE

**EVERYTHING-NESS**

Waxing Moon

Post-menstrual

**WOOD**

Spring / Mar 21st

**MORNING**

"Shhh"

INHALE

Dark (New) Moon

Menstruation

**WATER**

Winter / Dec 21st

**NIGHT**

"Tchooo"

**KIDNEYS/ BLADDER/ SEXUAL ORGANS**

**Acquired Emotion:** Fear, Trauma, Insecurity

**Virtue:** Peace, Gentleness, Wisdom, Potential

Hibernating, Contracting, Regenerating,

**LUNGS/ LARGE INTESTINE**

**Acquired Emotion:** Grief/ Sadness, Hopelessness, Despair

**Virtue:** Courage, Integrity, Truth, Justice

Gathering/ Letting go/ Harvest/ Reflecting

Sifting through to find the essence, precious jewel (Metal is malleable), If not at peace, will experience constipation

The New Moon Cycle  
Is the normal bleeding cycle, which means you are fertile on the Full moon and body wants to pro-create