

*“The Essence of Sound”*  
*“Full Spectrum Vibrational Healing for the Meridians, Chakras and Figure Eight Energies”*  
by Evelyn Mulders

## Wood Couple

*Anger/Rage*

*The choices I make support growing and beneficial change to me and the universe*

### OVERVIEW

Wood in the Five Element Theory is associated with spring; a time of new beginnings. Spring is the time of the year that we prepare for a new year of growth. The Wood element represents growth of nature such as roots, limbs and leaves of trees, and plants. The Wood element also represents the growing structures of our body such as the spine, limbs and joints.

Wood is associated with the colour green, which is also the predominant colour of spring. Green as a facial hue particularly around the eyes and on top of the cheeks indicates a wood imbalance in the body. Emotions such as anger, rage and wrath can put emotional strain on the liver. Suppressed anger may also injure the liver and gall bladder since any suppressed emotions can breed disease. The meridians associated with the Wood element are the liver and the gall bladder and the sound associated with this element is shouting, which is a most appropriate emotional expression for anger. However, one does not need to be angry to shout. If we listen to Mediterranean cultures talk, it is easy to witness passionate communication by means of shouting. It is important for us to express all the sounds of the five elements, which are: shouting, singing, crying, laughing and groaning.

The sense organs for the Wood element are the eyes. Sight is the sense and tears are the fluid. The eyes are connected with the liver; therefore vision can be strengthened by supporting the meridians of the Wood element.

Tissues of the Wood element are the muscles, ligaments and tendons; the parts that hold us together and that give us strength and flexibility. Muscle fatigue and weakness are two possible difficulties associated with a

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MERIDIANS & FIVE ELEMENTS  
WOOD COUPLE



ASSOCIATED MERIDIANS

**LIVER AND GALL BLADDER**

PHYSICAL COMPONENT

Liver and Gall Bladder functions

EMOTIONAL COMPONENT

Anger

METAPHYSICAL COMPONENT

Proper expression of willpower

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COLOUR .....Green  
SEASON.....Spring  
SOUND .....Shouting/Uttering  
NOTE .....‘E’  
TASTE.....Sour  
ODOR .....Rancid  
CONDITIONS .....Rain  
CONSCIOUSNESS .Soul; the storage of all experiences  
ACTIVITY .....Yin – Planning; metabolic activity and life adaption  
.....Yang – Decisions; the catalyst for all actions  
SENSE .....Sight  
ACTION .....Countenance  
TISSUES.....Muscles/Tendons  
FLUID.....Tears

PHYSICAL .....Flexible  
EMOTIONAL.....Volatility  
MENTAL.....Judgement  
SPIRITUAL.....Purpose

wood imbalance. Sour flavor is associated with the Wood element. A person who craves sour and vinegary foods indicates a Wood element imbalance.

The Wood element gives the ability or capacity for control. If a person with a Wood element imbalance is met with challenge or request for change, they may respond by trying to control either their behavior or the situation. When in harmony, the energy of the Wood element is directed and deliberate with a clear sense of vision. According to the Five Element Theory, the Wood element gives the spiritual faculty of life; the liver is the home of the soul. This element in balance gives us the inspiration and desire for life.