

# Negative Emotions Creation Cycle

The reductive and destructive cycle of the five elements

**Heart & Small Intestine**  
Negative emotions:  
Hate, Cruelty,  
Impatience



**Fire**

Physical symptoms:  
- Heart palpitations  
- High blood pressure  
- Chest pain

**Spleen, Stomach & Pancreas**  
Negative emotions:  
Worry, Anxiety,  
Mistrust



**Earth**

Physical symptoms  
- Impaired digestion  
- Difficulty eliminating  
waste produced  
by digestion

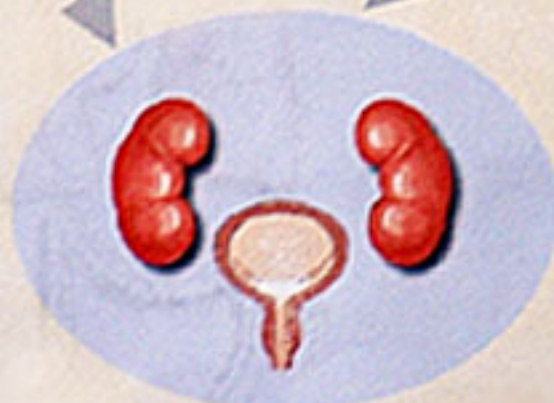
**Lungs, Skin & Large Intestine**  
Negative emotions:  
Sadness, Depression



**Metal**

Physical symptoms  
- Breathing problems  
- Decreased oxygen  
in the blood  
- Constipation

**Water**



**Wood**



**Liver, Eyes & Gall bladder**  
Negative emotions:  
Anger, frustration,  
Jealousy, Envy

Physical symptoms:  
- Production of  
more Cholesterol  
- Bile production  
becomes imbalanced,  
impairing digestion  
- Blood stagnates  
in the Liver, reducing its  
ability to detoxify the body

**Kidney, Ears & Bladder**  
Negative emotion: Fear

Physical symptoms:  
- Loss sexual energy  
- Loss of life force  
- Nervous system disorder.  
- The body becomes acidic  
- Knot in the abdomen