



Metal

intellect, precision, efficiency

Metal is represented by the colors of white & pastels. Anything mined from the earth is a metal element. These are rocks, stones, ore, quartz crystals, etc. Metal is gold, copper, brass, iron, steel, silver, etc. The shapes denoting metal are arches, circles and ovals. Metal is associated with the direction of south and the season of autumn.

Chi qualities: clarity, determination, focus, tenacity, wittiness, brilliance

Too much: overly critical, restless, inflexible, sarcastic, condescending

Too little: scattered, confused, indecisive, procrastination, avoidance

“Creativity is inventing, experimenting, growing, taking risks, breaking rules, making mistakes, and having fun.” — Mary Lou Cook