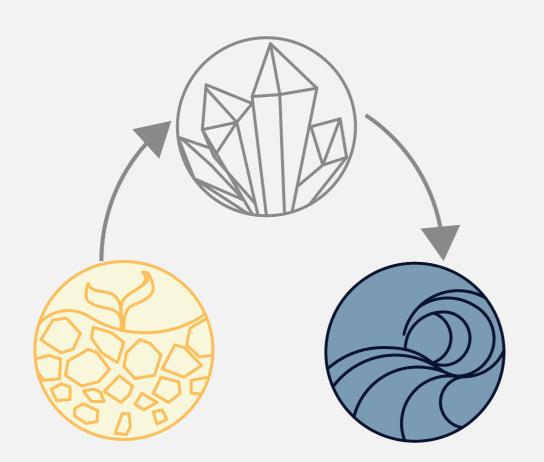
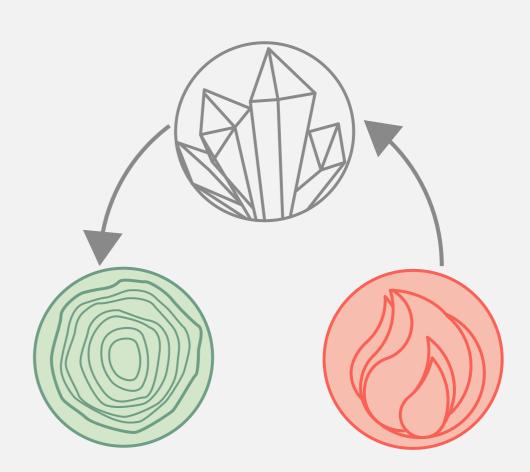


Metal is the substance in which internal particles squeeze and condense together. There is a force from the outside to the inside that keeps Metal hard. Metal reflects light, so it is shiny. It may have a clear sound when it's hit. Its motion is inwards and its energy is contracting. Metal represents the minerals, crystals, and gems of the world. The metal aspect is the diamond found within each one of us. It is similar to the Air Element found in western paradigms. Therefore, a Metal-type person has great strength, discipline and enough courage to aid needy people, which may make them famous.

## **Creative Cycle**

## Controlling Cycle





## Metal People - Archetype: The Alchemist and Judge/Organizing

They are brave, disciplined, trained, organized, authoritative, determinative, routine, firm, resolute and have an urge to win. They have a large sense of honor. They like to spread their fame. They are sensitive in grief and sadness.

People that lack Metal are quiet, cautious and nervous. They tend to think too much, and cannot make quick decisions. They do not express what is on their minds in public, but will complain about something afterwards.

People with excess Metal are often unkind and destructive. They are brave but may have no resourcefulness and no intelligence. They have little grace and no mercy. They do not keep secrets.

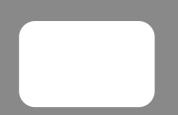
Positive Emotion - Courage

**Negative Emotion** - Grief

Character:



Color:



Yin

Top