

WATER

ELEMENTAL ORIGIN

PERSONALIZED REPORT



PREPARED BY GRANDMASTER

elementalTM origin



Water Elemental Origin Report *Prepared by Grandmaster*

Expanded Version

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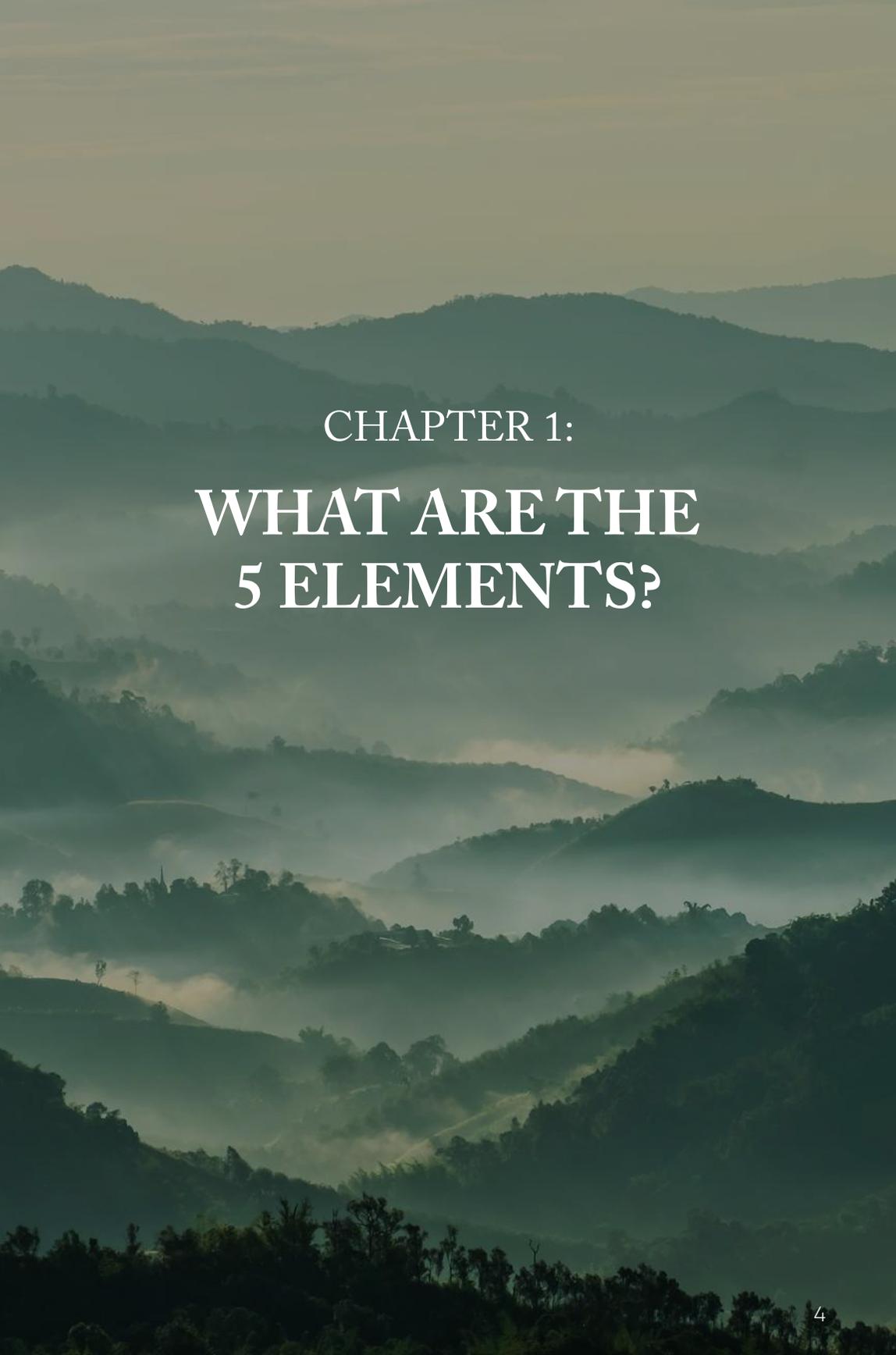
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Personalized Water Elemental Origin Report

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CHAPTER 1:
**WHAT ARE THE
5 ELEMENTS?**

Since ancient times, cultures around the world believed that the 5 Elements have a huge influence on Personality Vibration, and how a person navigates through the ups and downs of life.

Those 5 Elements are Metal, Wood, Water, Fire, Earth.

Each of these Elements offer a unique, vital, and intimate energy and rhythm to life. Understanding what Element you are and how your Element affects your life helps you to make better decisions when faced with challenges.

You will also be able to understand why you feel the way you do about relationships, how you solve problems, and how you express yourself.

Even though the 5 Elements, in one way or another, affect your Personality Vibration and the way you react to things, your primary and strongest Element leads you to more easily anticipate and overcome problems, obstacles, and challenges that come up in life.

Understanding your primary Element and how it relates to you enables you to identify and grab onto opportunities and head off obstacles.

What does your Element have to do with your Personality Vibration?

It has long been believed that you are born with a Personality Vibration of one of the 5 Elements.

The best way to identify your Personality Vibration is to understand why you do what you do and respond to situations in life in a particular way.

This report will help you understand yourself, your moods, your perceptions, and achieve a greater comprehension of your own psyche, which can aid in achieving greater balance in your life.

In turn, understanding and identifying the Elements of others can in turn lead you to enjoy more fulfilling relationships – with people, with work, and with your environment. Why do people behave the way they do? Why do people have different opinions or

outlooks on life? Such questions are understood in more depth when you gain wisdom of the Elemental Origin and how they relate to everyone.

It is perceived that the world and the environment around you change as the 5 Elements generate interactions and relationships - between you, your family and friends, your environment, your work, and so forth. These interactions encourage development and provide harmony and balance. They aid your growth in wisdom and experiences for greater peace of spirit. They can also, depending on the influence of your Element with your Personality Vibration, trigger the opposite.

This is because the Elements constantly affect, influence, and interact in nature as well as in our lives. Think of it this way: Wood provides fuel for Fire, and Fire in the form of lava erupting from volcanoes in turn forms new landmasses that become the Earth. In turn, the Earth itself contains Metal, found in its natural state deep underground or in earthen mountainsides. Metal has long been useful in the development of mankind and technology -

from the time it was first forged into weapons for survival to buckets that carry Water. Water in turn, nurtures life, including Wood in the form of roots and trunks of trees and plants, and therefore completes the circle.

At the same time this circular interaction between the 5 Elements can lead to obstacles or even aid in overcoming challenges. For example, Fire has the potential to melt Metal. Metal is strong enough to chop or nail Wood. Wood, as in the form of tree roots, has the potential to break up soil or Earth. Earth has the potential to soak up and absorb Water in the form of rain. Rain has the potential to quench Fire.

It is in such a way that not only do the 5 Elements interact and provide balance and harmony in and on the earth, but can also balance and sustain us as human beings by our interactions with life all around us.

Where does the concept of Elements originate?

The concept of Elements influencing our behaviors and actions has existed for thousands of years. It's an ancient philosophy that defines our interactions and relationships between others and even 'things'. The 5 Elements (Metal, Wood, Water, Fire, Earth) are believed to be the fundamental Elements of everything found in the Universe.

In more recent times, Professor J.R. Worsley is credited for the premise that it's possible to recognize one's Soul Vibration by understanding the characteristics of your primary Element and applying those characteristics to your life. Professor Worsley believed that every one of us is born with some kind of an imbalance of our Element, and that such imbalances can contribute to underlying causes of sickness. By finding the imbalance, the underlying cause of some illnesses can be discovered, and even in some cases, prevented.

The professor also taught that imbalances influence more than just our physical health and wellness. Our Element has a huge influence on our own Personality Vibration. At its most basic foundation, this

system of the 5 Elements has been practiced for millennia, emphasizing that the laws of nature do not - and cannot - change.

That being said, this is not to imply that you can make immediate determinations or conclusions about others based on categorizing individuals or things among the 5 Elements. However, it is possible to understand and recognize your true self through a deeper knowledge of your own Element.

Such is the goal of this book – to guide and lead you to greater enlightenment, freedom, and manifestation of your dreams and goals, and to feel a greater connection to others.

How can understanding your Element prove useful to you?

Understanding your Element proves beneficial in raising awareness as to how you respond to life in general. For example:

- Finding the best solution to avoid or solve prob-

lems

- Enhance your ability to recognize and respond to opportunities
- Promote positive attitudes, decreasing anger, loneliness, or misunderstandings
- Enjoy a greater sense of contentment
- Improve your ability to communicate with others who may have different beliefs, Personality Vibrations, and behaviors than you

You will not only understand yourself but enhance your relationships with others of different Elements. Increase your wisdom as you journey through life. Identify obstacles or challenges and meet them with dignity and resolve. Manifest your goals and reap the maximum benefits that life has to offer.

Finally, using the 5 Elements system, you'll enjoy a greater understanding of not only who you are, but why you respond to others in certain ways and more easily identify the Personality Vibrations of others.

You may find yourself influenced from time to time by any of the Elements and the Personality Vibra-

tions of people who have a different Element than you. Understanding your strongest Element will also help you navigate through various aspects of your life. You'll come across those of different Personality Vibrations based on their primary Element, enabling you to grow in wisdom and understanding. In this way, you enhance your relationships. Each of us is unique, formed of a combination of influences of the 5 Elements.

When two people look at the same object, they often see different things or perhaps little nuances. Some see only what's on the surface, while others delve below the surface and imagine something deeper. Two people can view the same painting and yet each remark on something they see in it that the other didn't notice at first.

Understanding your relationship with your strongest Element while at the same time recognizing that you can react to and be influenced by others is what fills your life with potential, anticipation, and excitement.

In short, your deeper understanding of the 5 Elements provides you with greater insight. Deeper instincts. Better health and a greater understanding of those around you. Your Element enables you to find harmony in your life, which in turn leads to greater happiness.

How do the 5 Elements affect your life?

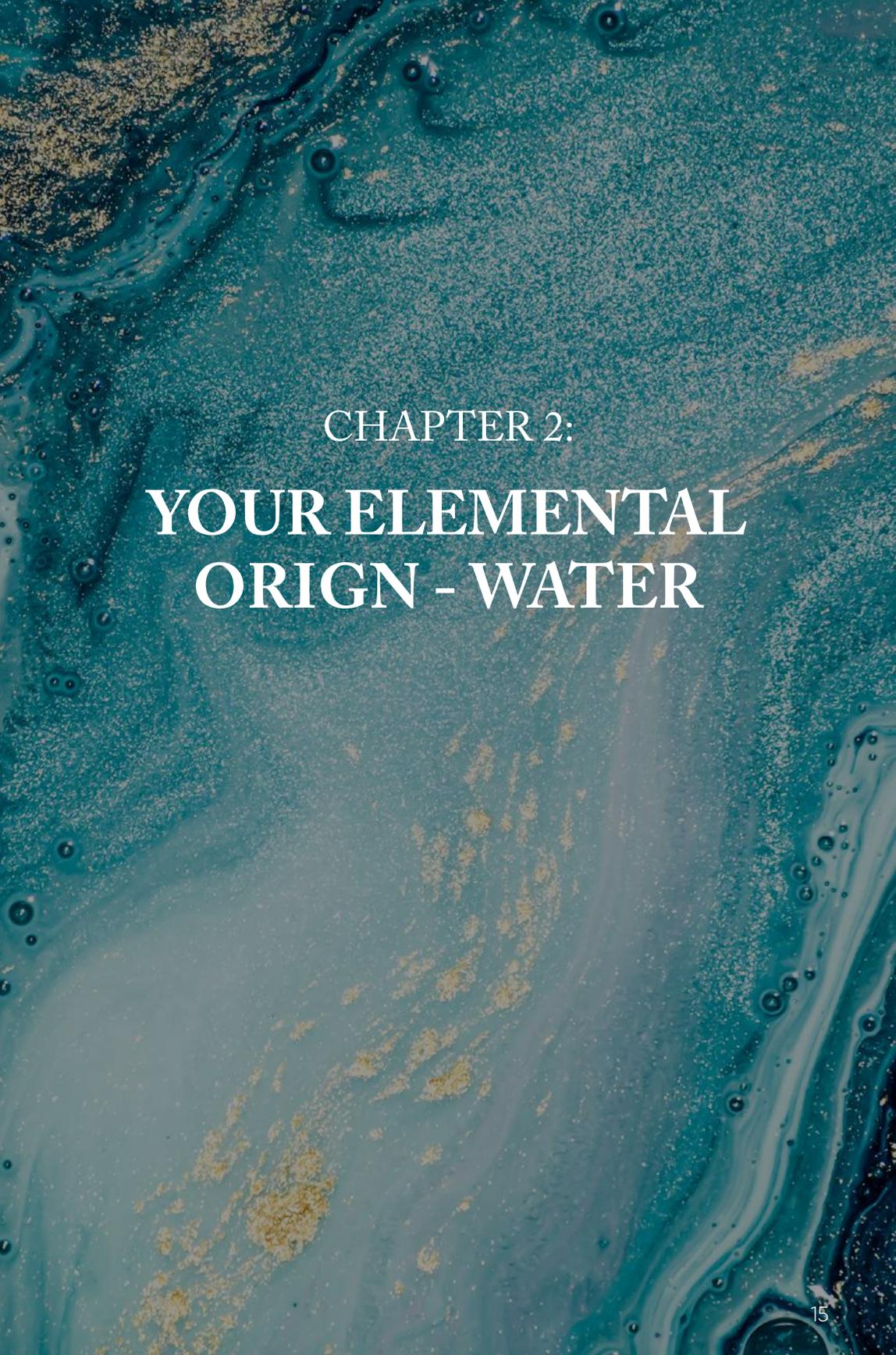
This book is about your Element, The Water. It will provide valuable insight as you read more about your Personality Vibration as a Water Element.

Your Water Element has an influence on your behaviors. It has the potential to influence more than just your mental outlook on life. It can also influence your physical health as well as how you grow socially and emotionally to become more self-aware.

Through a greater understanding of the relationships and interactions of your Water Element with the other four Elements, you can in turn gain a deeper, calmer, happier life, and greater focus to help you manifest your goals.

5 Elements exist, and in one way or another, each can have an effect on your responses and decisions to different situations and circumstances in your life. Whether it be your health, your relationships, your job, or your financial concerns, knowing who you are and why you feel and act the way you do is important.

Think of yourself as a compass. While you may move in different directions, your internal compass will always guide and sustain you. One of those Elements, Water, much like the directions on a compass, strongly defines you and is the one that will represent you and serve as the origin to how you respond to your journey through life. Now let's dive into your Water Element.



CHAPTER 2:
**YOUR ELEMENTAL
ORIGN - WATER**

What does your Element – Water – say about you? How does it influence your behaviors, your attitudes, and the foundation of who you are? When you think about Water, you might think of a stream slowly bubbling along through the forest, or you may think of it in the form of the ocean, its waves crashing onto rocks.

Water is essential to life and surrounded you before you were born, comforting and nurturing, offering you protection and security as you came into the world. Water soothes, quenches thirst, and supports life. It can also isolate. Your Water Element says a lot about you. You're more introspective or tend to philosophize about life more than others. You spend much of your time thinking about things. You even find yourself trying to define not only the meaning of your life and your purpose in it, but ways that you can help nurture others on your journey.

As with anything else in life, your sense of self and Personality Vibration is not going to be identical to other people with Water Elemental Origin. You are unique and special. You tend to enjoy deep and

thoughtful conversations with others, or you might not like to talk much at all.

As a Water Element, you tend to display certain characteristics, although that doesn't mean that you fit into a particular niche. You can be neat or messy. You can be talkative or prefer to listen to others. You are not typically impulsive, but you can make decisions and face challenges because your internal compass ultimately urges you in the right direction.

The Elemental Origin lives deep in your psyche, relying on your sense of personal values and what you find important in your life. You might feel that you have more patience and inner calm than others. That doesn't mean you can't be impulsive. You may question why you don't interact with others on a constant basis, but would rather watch and listen. At the same time, you don't miss tiny details about the people around you – nuances that others may not notice.

You tend to do a lot of thinking in your head, and along with that comes creativity and imagination.

You have the potential to influence others in little and big ways without even realizing it. You have the power to inspire others through your verbal or written interactions.

Perhaps one of the most profound characteristics of yours is your sincerity. You care about others and have compassion and empathy for them. You tend to find comfort in traditional values and rituals or habits. You might not like change and go about it begrudgingly, but you try to find the advantages and benefits of doing so.

At the same time, you are often outgoing, spontaneous, somewhat adventurous, and enraptured with the pure delight of exploring the world and the people around you.

Sometimes however, you find it difficult to complete projects, and though you often come up with ideas and plans, you often lack the commitment as well as the motivation to bring them to fruition. This inability to finish things isn't due to a lack of trying, but is more often caused by distraction or becoming over-

whelmed by the details.

How do you interact with others?

As mentioned, your Water Personality Vibration doesn't exactly fit into a box labeled with a description. You can be both playful and introspective. You can be vastly imaginative and creative, yet unable to bring those visions or ideas to fruition.

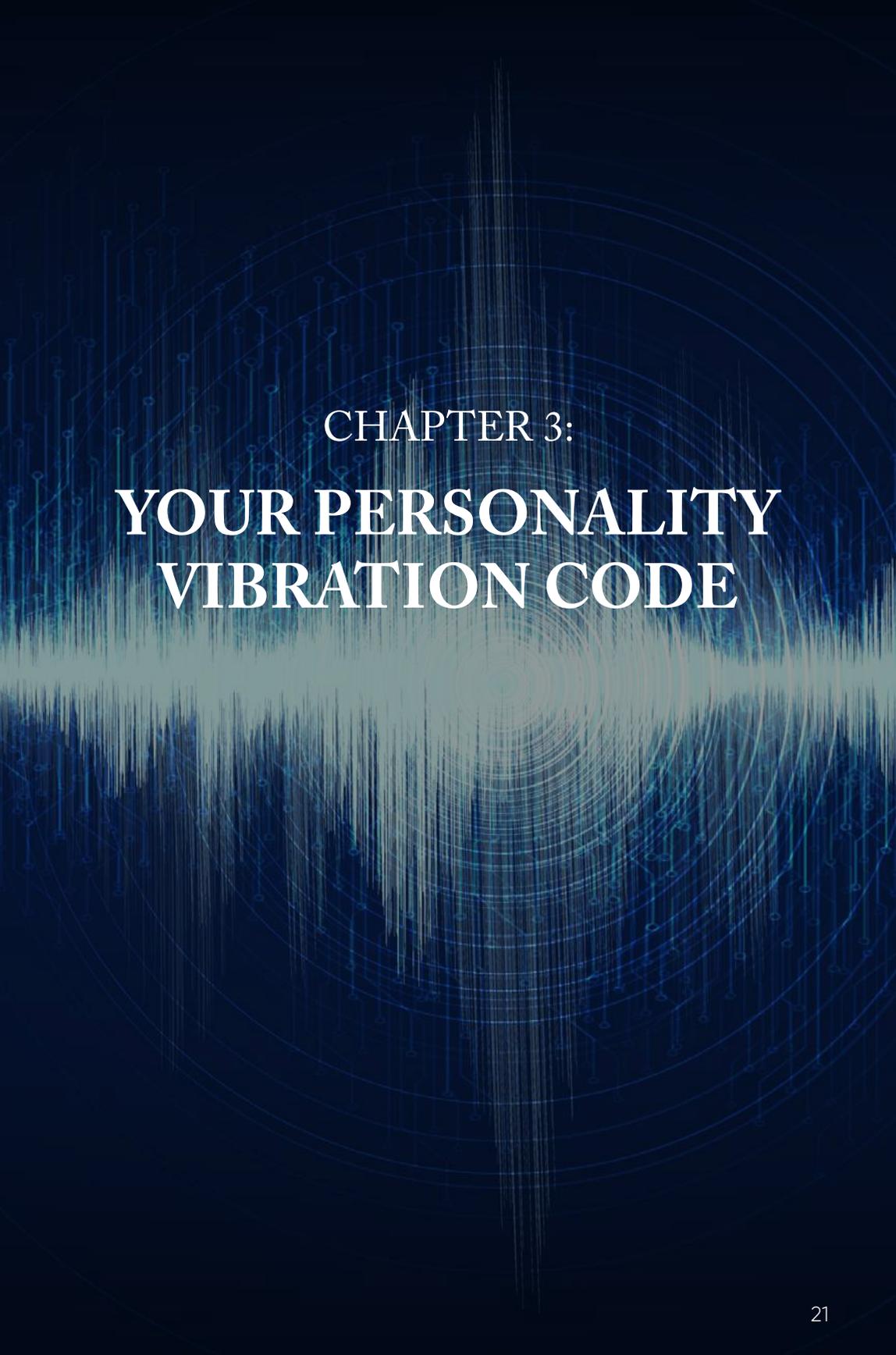
Even though you tend to be more quiet or introverted than other Elements, you also have the ability to captivate, to motivate, and to enjoy a unique capability to truly understand other Personality Vibrations and ideas with an open and accepting mind.

In your relationships, you may find yourself slow to open up. You guard your privacy and keep your innermost thoughts and feelings close to your heart. Still, when in balance, you are able to move through your daily environment and relationships with relative ease.

When unbalanced, you may find yourself getting

“stuck” when making important decisions. You may constantly weigh the pros and the cons of an action, a change, or a decision. Sometimes, you may “sit on the fence” for days or even weeks, just never quite sure which decision will be the best. The pros and cons of each side of that decision may seem overwhelming.

At such times, you may require more solitude to think about things. You tend to feel safer when in your own “comfort zone”. It doesn’t matter where your comfort zone is, or whether it’s neat or messy, only that it’s a place where you can go to think. It’s comforting, embracing you in a sense of security and silence and solitude, much like the water that comforted you in the womb as you slowly grew and developed, ready to emerge into the world on your own terms.



CHAPTER 3:
**YOUR PERSONALITY
VIBRATION CODE**

As a Water Element, you find that you're fairly consistent when reacting to different situations, challenges, and even your emotions. Your nature as a Water Element is often reflected in your inbound traits, emotions, feelings, and resolutions to a variety of circumstances and challenges.

As such, your nature as a Water Element defines the way in which you respond to people, places, situations, and circumstances. The Personality Vibrations below will help to explain how and why you respond to and behave to a variety of circumstances in a certain way, helping you to better understand yourself in a way that you've never considered.

Personality Vibration #1 - Fear is the emotion that disables you the most

Fear is natural, yet your fears may be different from another person's fears. What triggers fear in one person doesn't necessarily prompt the same fear in another person, even another person with Water Element. However, you perceive that fear is an emotion that tends to disable you more than other emotions.

For example, you may hesitate to meet new people or venture to new places, much preferring to stay home inside your comfort zone.

Fear of something different or something new can have an influence on your emotions and behaviors. How you cope with that fear is unique to yourself and your established opinions, attitudes, and emotions.

Fear is a normal and valuable emotion that can prevent you from endangering yourself. In many cases, fear is a natural “gut instinct” that warns you of potentially dangerous situations. That being said, your instincts as a Water Element help you identify and rationalize that fear. You’re more capable of dealing with uncertainties and fears. Because you are a deep thinker, you find yourself more able to unravel what it is about something that prompts your fear response. Doing so can help you overcome it.

Your ability to analyze your fear gives you greater awareness of what triggers that response and provides you with a greater ability to reduce your level

of fear. In this way, you can function and enjoy exploring new opportunities and places and making connections with others.

Personality Vibration #2 - It takes you a while to really trust someone

Your ability to trust is an important aspect of how you navigate through life. You take the time to learn how to trust, and trust deeply. It's relatively easy to be wary or cautious of others and their motives. While you believe that trust is an important and crucial part of growth and development in any relationship, you may also be aware, or have even experienced, a broken trust which has contributed to anxiety, insecurity, and perhaps even depression.

Most of the time, you find that you are open to building trust with others. Your patience comes in handy when it comes to learning to trust. While you may want to think the best of a person, such as when you're entering a new relationship, you also know that it will take time to learn about that person. You pay attention to their words. You watch

how they interact with others.

Trusting is a choice. Yes, you can take a while to truly begin to trust someone, but you will do so gradually. While this may open you to some vulnerability, you can handle it. After all, trust is built between friends, family, and in relationships. You naturally do your best to protect yourself along the way.

Personality Vibration #3 - You are very introspective

You have the unique ability to more deeply examine your own conscious thoughts and feelings. You watch others as well - not only their outer behaviors and expressions, but in an effort to see deeper into their Personality Vibrations, their hearts, and their souls. At its most basic definition, introspection of yourself or others is a process. Introspection generates knowledge or understanding about others. Sometimes, introspection can guide you to making judgments, while at other times, it can help you to understand not only your own beliefs, but the beliefs of others.

You have the ability to think deeply, which also provides you with insight to help you move forward and overcome challenges or obstacles. Because you tend to be self-aware, you most often have a clear sense of purpose and self-acceptance.

In turn, your self-awareness and confidence benefits numerous areas of your life, from romantic or marital relationships, to work, and even casual friendships. You have the gift and the insight to dive deep into your own psyche, aiding your understanding of how you tend to interpret and process your experiences. As such, introspection leads to self-reflection and then to insight, helping you to not only achieve a deeper level of understanding of your own behaviors and feelings and emotions, but those of others.

Personality Vibration #4 - You often lack stamina

You find that your zest to discover the deeper meaning of things often pulls you away from certain tasks or projects before they are completed. Your excitement over a new project is impressive, but

you find it challenging to finish what you start. This isn't because you're lazy, it's simply that your nature constantly teases and inspires you to try new things, explore new ideas and knowledge, and pulls you in several directions at once.

You want to know the details. You might express this desire by wanting to know how something works or question another person why they do things a certain way. The intent isn't to disagree, but to reach beyond yourself. At the same time, the constant activity of your brain (and sometimes your body) can be exhausting! You never stop thinking and you find it hard to stop asking questions in your search for understanding.

You are quite intelligent. Discovering new things and the understanding they bring with it are part of what nourishes your spirit. Water ebbs and flows. So too does your energy. It's not so much about a lack of focus, but the intensity of your focus that often hampers your ability to complete one task or idea before forming another.

Personality Vibration #5 - You have lots of curiosity

You tend to be insatiably curious. You are also deeply intuitive, which often leads you to consider other people, places, and objects with more focus than others. At the same time, your sense of curiosity is often quiet and contemplative. You can watch and listen for quite some time before making judgments about people or situations.

Your inquisitiveness enables you to take in details and information, analyze it, and then consider what to do with that information. You are also emotional, so in many cases your curiosity is often based on emotion. You spend quite a bit of time wondering why people react in different ways, but at the same time, you also take the time to explore and understand different perspectives and choices.

Of course, not all people who are Water Element have the same opinions or feelings. Remember that water can flow gently, such as a river, but it can also heave like the ocean or lie deep and still like water

in a pond. Your curiosity, like flowing water, keeps you on the move, but in moments of stillness and tranquility, you find your sense of self.

Personality Vibration #6 - You are often running late, but you still don't rush

You might find yourself running late, but at the same time, don't feel the need to rush. This is what makes you as a Water Element so unique – you can be flowing with energy but mentally still at the same time. You are often busy but also filled with a sense of peace. Your day might look like a stormy tempest about to erupt on the horizon and yet you take it in stride and move with purpose and resolve.

You are pulled in many different directions at once, your energy divided between this and that, and yet it's against your nature to rush. You present a calming and soothing influence to those around you. This is because water might toss you this way and that, but you also find that water soothing. It's comfortable. You are receptive to the needs of others, especially in close relationships. You know that

water moves with a force of its own, often propelled by gravity and yet you imagine yourself floating on top of it, going where it takes you without fighting against the current.

You don't rush because you know that you will get where you need to be in a good time.

Personality Vibration #7 - You often keep your feelings and thoughts to yourself

You absorb not only your physical environment, but the emotions of others, whether they're people with the same Element as you or not. You're compassionate and empathetic, but at the same time have more difficulty in setting your boundaries. You are exceptionally attuned to others. You are often the glue that holds not only friendships, but families, together.

At the same time, your very empathy can be draining if you don't learn how to balance your own needs with those of others. While your very nature strives for action, you also know when to be still. You feel

more comfortable keeping your thoughts and feelings to yourself. Often, you prefer to keep your innermost thoughts held close inside until you feel more comfortable discussing them with someone else.

You like to help and support others, but also need their solitude. You feel deeply about people, things, and your relationships. However, it might take you time to process your own emotions, let alone those of others. You tend to be a peacemaker, but setting limits is also a necessity in order to protect yourself from instability and chaos.

Personality Vibration #8 - You are okay being anonymous

You enjoy a balance between action and quiet contemplation. Like water, your emotions and your attitudes surge forward one moment and then dissolve the next. You're free, boundless and borderless, and tend to watch and ponder at times.

You tend to be introspective and empathetic, and

you take time to watch, listen, and contemplate people's emotions and actions. You don't necessarily feel like you need to be front and center but believe that it's okay to be anonymous or linger in the background until you feel you're needed.

Anonymity enables you to consider your relationships and interactions. You understand the feelings of others more than any other Elements and your depth of compassion is endless. At the same time, you may find that the very deepness of your own emotions and the lessons learned from your own personal experiences also has a huge influence on how you look at things. Your introspection may dive deeper into philosophical as well as psychological issues than other Elements. You tend to maintain a sense of calmness, stillness, and quietness that allows you to reflect in solitude. You seek knowledge and are willing to do so cloaked in anonymity.

Personality Vibration #9 - Ideas, more than people, stir your soul

You, like water cascading from a waterfall, are

strong, resolute, and tend to go where they feel guided. You also have a tough determination to accomplish things. You're self-sufficient and spend quite a bit of time inside your head. Because you are malleable like water, you are able to constantly adapt and explore ideas that capture your interest, elicit passion in your heart, and provide a sense of accomplishment.

Your understanding and interactions with others are part of your everyday life and you enjoy them, but you are also deeply stirred by discovery. You don't have to be an inventor to experience the thrill of discovery or to bring an idea to fruition. It's the very imagination and creativity of something that delights you. You are instinctively creative and imaginative. As a result, you are often creative and gifted in writing or artistic talents.

You often find yourself yearning to discover the how and why something works or in seeking a solution to a problem that others would leave alone. Your quest for knowledge and understanding runs deep.

Personality Vibration #10 - You have brilliant ideas that stimulate others, and could change the world, but you need someone else to make them happen

You often brim with ideas as a result of your creative imagination. As those ideas swirl inside you, you get excited... until it's time to bring those brilliant ideas into the light of day. You tend to share your thoughts and ideas with others, promoting stimulation, but at the same time find yourself unable to bring those ideas to fruition on your own. At times, despite your intense creativity, you need to seek someone else to help you bring those ideas to fruition in the external environment.

You are often artistic in nature, so you find it easier to write down, paint, or otherwise illustrate your ideas. However, when it comes to translating those ideas into a physical reality, you're often stymied. You may start on a project but find it difficult to complete it because yet another idea pops into your head.

You often find that you can't "shut off" the creative flow, but for one reason or another, those ideas have the potential to change your relationships, the people around you, maybe even the world. The ideas come and then fritter away and dissipate because you're unable to take those ideas from inside your head and make them a physical reality.

Personality Vibration #11 - You have a complex inner world that can be difficult for others to understand

You are deeply introspective and often prefer to be alone with your thoughts, feelings, and emotions. As you are creative by nature, you find it easier to express yourself on paper or through artistic endeavors rather than actual conversations.

Your inner world, your imagination, makes you unique as a Water Element. You may understand others, but it's difficult for others to understand you. They may believe you're shy or reserved, sometimes even unapproachable, but that's not the case at all.

You absorb what's going on around you and process and consider it. You need to spend time alone so you can settle your thoughts. This helps you maintain that delicate balance when meeting others for social interactions while at the same time enjoying the calming sense you need for solitude.

You spend a lot of time in your head feeding the imagination, absorbing surroundings, and considering the deeper, more psychological aspects of life going on around you. Like water, you have an unlimited capacity for motion, but like water, you are also self-contained within your own mind, often using your capabilities to protect yourself from external situations and influences.

Personality Vibration #12 - You are fine with just a few good friends

Friends and social interaction are often considered a necessity, but as a Water Element, you also realize that more is not always better. In fact, you're just fine with a small number of close friends. Your ideas of friendship are deeper and more complex than others

might perceive. You seek out those that truly try to understand you without “swallowing you up”. You understand that your friendships can support you in times of need, but you are also very self-sufficient and more than capable of navigating through life without requiring the approval or even understanding of others.

At the same time, you also tend to subconsciously navigate to other people with Water Element whom you understand and vice versa. You often bond well with those of different mindsets so you can delve deeper into the human psyche. You appreciate quiet times with your chosen few, and yet there are other times when you want to be in motion, though not necessarily surrounded by large groups of people. You understand that your relationships with others also intersect with other aspects of your life, including other Element Personality Vibrations. While friends and friendships are valuable to you, you are also content to be alone at times.

Personality Vibration #13 - You are careful of what you tell others about who you are

While you are receptive to relationships, friendships, and love, you also guard your heart. You are attuned to your sense of intuition and have a tendency to grasp the deeper nuances and Personality Vibrations of those you come across on your life's journey. Because your thoughts are often turned inward, it may be difficult for you to explain yourself to others. Therefore, you're cautious of how much of yourself you expose to them.

You are friendly, compassionate, and empathetic, but at the same time, because of those very traits, you can also find it draining and often exhausting to open yourself to a new person in your life. It's not as if you're purposely keeping yourself separated from others, but it takes you time to trust others to the point where you're willing to allow them to see who you really are.

While water is powerful and often goes where gravity propels it, at times you don't feel like you're very strong or have the power to adapt to new situations or challenges. Often, you worry about being made

fun of because of the depths of your emotions, which are often “worn on your sleeve”. Because of this, you tend to hold little pieces of yourself separate from others.

Personality Vibration #14 - You want to uncover truths and mysteries

You have been blessed with a nearly insatiable curiosity and desire to delve into the deeper meanings of life around you. You desire understanding. You want to know how things work or why people behave the way they do. This doesn't imply that you're always asking questions, but you do tend to question, research, and dig deeper than others to find the answers to what can appear at times to be a nearly endless list of questions.

You are curious, looking for the deeper meaning of life. Every time you encounter a new experience, a new idea, or even a new relationship, you tend to sink ever deeper into your subconsciousness and rely on your emotions and your thoughts to compel or restrict action. New experiences often evoke new

challenges; the challenge to discover, to experience, and to understand.

Your desire to uncover the truth and delve into mysteries is one of your primary motivations for learning, for your decision-making processes, and is essential for your own satisfaction, growth and development. Curiosity is at the foundation of your nature but you may not even realize how pervasive yet essential it is in your own life.

Personality Vibration #15 - You are very self-reflective

Self-reflection is the ability to understand your values, your thoughts, your feelings, and your actions. You are naturally very self-reflective. You are more conscious of what motivates your behaviors, your opinions, and your feelings. As such, you tend to focus on what compels you and what drives your attitudes and your thoughts as well as your emotions. You want to know the “why” of not only yourself, but others.

Because of your ability to be a deep thinker and find comfort in solitude, you're also able to achieve a greater understanding of who you are not only at this point in time but perhaps who you would like to become in the future. Your ability to self-reflect enables you to not only identify how you might need to change, but also why.

Self-reflection enables you to improve your personal and work relationships with others. Your innate sense of empathy and compassion has a great influence on your interactions with others. Your ability to reflect on your behaviors, attitudes, and outlook on life also gives you the ability to make corrections along your path in life that others may never see for themselves.

Personality Vibration #16 - If you are disturbed while in a creative process, it is difficult for you to get back on track

You tend to be a creative person, whether it be crafting, writing, painting, or other artistic processes. Focusing can sometimes be difficult for you because

your mind is always active and exploring. Interruptions can definitely hamper your “mojo” or concentration. In fact, some interruptions can make it extremely difficult for you to return your focus to a project or task you were working on.

Because you tend to internalize and sometimes even block out external disturbances such as voices, sounds of nature, and your environment, it can often be jarring for you to be disturbed. Distractions are often the bane for you because of the difficulty in returning to that place where you live inside your thoughts and imagination. You are inspired by internal visions and wordplay, and as such, your work draws you in completely.

You live in your mind, which for a Water Element, is a place of peace, tranquility, and solitude. It’s where your ideas come to fruition. Interruptions are challenging, and you might find yourself growing impatient with such disruptions. As a deep thinker, you also dive deep into your imagination, from which creativity blossoms. So while getting back on track can be difficult and challenging, you are also

able (eventually) to find your rhythm and flow once more.

Personality Vibration #17 - You are comfortable being a follower and not a leader

While you tend to be quiet and introspective, you are also content watching rather than being impulsive – most of the time. You tend to also find it easier to follow rather than lead. This is not to suggest that as a Water Element you are not capable, assertive, or independent. It simply means that due to your ability to enjoy stillness and your tendency to think before you leap, you might be more hesitant to suggest an activity or an action without first being able to contemplate the ramifications or benefits associated with it.

You are calm and malleable, such as water that flows through a stream, follows the bend in a river, or flows over or around a rock. This ability gives you the potential to avoid potential dangers and/or obstacles in your path. At the same time, like water, you also have the potential to generate power like a

waterfall or an ocean wave crashing against rocks in a storm. As such, you are comfortable following a current, much like currents in the ocean, taking you to places and wonders to be explored. Following the flow of any current gives you the freedom to enjoy, to discover, and to experience, providing you with a deep sense of satisfaction that you might not gain otherwise.

Personality Vibration #18 - When you feel “seen” you are more loving

The desire to be “seen” and recognized is a valuable part of being human. You would like to not only believe, but to know that others see your true nature and that they feel your energy, vibrancy, and your love and affection. Your capacity to give is endless, and as such, you often desire to feel the same emotions and thoughts returned to you.

You have a great potential to transform the lives of others. When others see this gift of yours, it opens your heart, fills it with joy, and evokes emotions such as contentment, peace, and comfort. In turn, those

emotions prompt you to embrace others more fully and completely, enabling your love to grow and deepen.

For you as a Water Element, giving of yourself, and your empathy and compassion, is at the core of your essence. Yet that spirit also requires motion, not only in the giving, but in the receiving. Your emotional state is a form of energy. When others truly see who you are, your ability to trust broadens, opens new doors, generates more discoveries, and also promotes a greater understanding in yourself. To love is to be loved. To see others is to enable others to see you.

Personality Vibration #19 - You feel young and playful when you are loved

When you feel loved as a Water Element, you experience a great sense of tranquility and stability in your life. Your emotional capacity brings a lightness to your spirit and soul that wants to laugh, to frolic, and to be young at heart every day. Like water, you often simply want to float along the surface, going where the current takes you. Doing so is exciting

and often mysterious.

Knowing that you are loved offers a sense of stability, comfort, and security, allowing your more playful side to emerge. Water itself supports and sustains life, and as such, it also sustains you. Water not only sustains life, but cushions it, much like love sustains and protects you. Your trust in others elicits feelings of freedom. Within the joy that love gives you comes the power to move more freely through life, much as water moves freely in the deep, surging waves in the ocean or a gentle stream between riverbanks.

When you feel loved, you are free to express your feelings and find joy, laughter, and even silliness in the simplest of pleasures. Because you are loved, you will forever be young at heart, you will laugh often, and your playful personality will bring smiles to others.

Personality Vibration #20 - You are persistent

You consider yourself flexible, calm, and objective, but you're also persistent. Like the river that can

take hundreds of years to carve its way through the Grand Canyon, so too can you chip away at obstacles, overcome challenges, and in your relationships, guide others.

Water is transforming, and so it is to you. You can be a gentle mist falling from the sky or a noisy waterfall. You can be the swell of an ocean wave or the stillness of a frozen pond. You have the ability to transform. You are patient. Your determination to discover and explore the mysteries around you might often confuse others, but it is part of who you are.

You are a deep thinker, and because of this, you can afford to be patient while you manifest your goals. It is your very determination that often carves your path through life. You know where you are now and you know where you want to be in the future. You plan your path, and although you may need to take a detour now and then, you eventually end up where you want to be. You are strong and sometimes obstinate, but like the steady flow of a river, you have the capability to transform not only yourself but others, and sometimes, even your environment.

Personality Vibration # 21 - You go with the flow

Like water, you have a unique capability of simply “going with the flow” when it comes to many aspects of your life. You sustain and nurture the lives around you. You tend to be calm and soothing but this doesn’t mean you’re a pushover. You adapt. You bounce back. You might get upset or frustrated at times, but usually such emotions are short-lived.

You go with the flow, often responding to and feeling others’ emotions on a deep, internal level. You don’t like to “rock the boat” and rarely argue, so some may perceive you as weak or uncaring. This couldn’t be further from the truth. You embody the freedom of water - while you must follow the laws of gravity and physics, you also have the potential for great stillness or great strength and power.

You provide a haven for family, friends, and even work associates. You know when to pick up those paddles and fight the current and when to simply float along the water’s surface, knowing that the flow

of the water, the flow of life, will take you where you need to be.

Personality Vibration #22 - You can get lost in the arts or creative processes

You spend a lot of time exploring the depth of your mind, asking questions and yearning for the excitement of discovery and illumination. You are a deep thinker comfortable in your own internal rhythm, which often provides a calming influence over others. You have a wonderful, well-rounded sense of adventure and creativity and can find yourself completely absorbed and focused on creative activities. You don't miss details. While others may use broad strokes to create and develop, you take the time to hone in on the tiniest details whether you're perfecting a watercolor, writing a story, or crafting a letter to your loved one.

You use words and images to convey emotion through song, paint, books, or other crafts that allow thought, imagination, and creation in quiet contemplation. Your creativity inspires others who also have

the gift of giving meaning to others' lives.

When wrapped up in a creative project or process, you envision the finished product as you work, so interruptions and distractions can be incredibly frustrating, pulling your focus away from important details. However, because you can sometimes get lost in the act of creating, no matter how big or small that process, others may find you unapproachable.

Personality Vibration #23 - You have been accused of being too secretive

You tend to guard your deepest, most innermost thoughts. You do this because you believe that others won't understand your thoughts and behaviors. At times, you may even come across as unfriendly or cold because it's part of your nature to observe. You take your time gaining trust in others before communicating your deepest, most personal ideas and emotions.

You feel hesitant to open yourself to others, fearing that they can never understand how you think. As

the saying goes, still waters run deep. You are extremely introspective, and it takes time to learn to trust. Your insatiable curiosity stirs your soul but at the same time you're careful about what you reveal of yourself to others. You can be secretive and yet vulnerable at the same time. You can be both passive as well as nurturing and protective.

Because you have the potential to lose a part of yourself in the feelings and emotions of others, you tend to hold a part of yourself back, maintaining a separation of sorts. It is your very sense of sensitivity, compassion, and empathy that often compels you to “detach” small pieces of yourself, not because you're being secretive, but because you're trying to protect your own heart and soul.

Personality Vibration #24 - You tend to believe that the world is a dangerous place and one needs to be careful

You might often feel vulnerable, especially when external events, situations, or environments are not as you expected. You feel overwhelmed by the emo-

tions or fears of others, and as such, mentally back off as a protective mechanism. Water is transforming, not only in your ability to positively influence others, but vice versa.

Fear is a healthy human response, but as a Water Element, you tend to be more affected by your fears than others. It's good to be wary and cautious, but if that fear hampers your ability to move through life, to enjoy your friendships, or explore the world around you, it can be damaging to your spirit and soul.

At the same time, you also understand that being completely fearless is not healthy. One does need to be careful moving through life and in making decisions. However, your ability to delve below the surface also gives you the power to avoid situations that may cause you harm. Like water, you have the unique ability to alter your direction, to dive beneath the surface into the still depths to find tranquility. You also have the power to surge, using your strength and sense of purpose to compel action when needed.

Personality Vibration #25 - It takes you a while to really trust someone

You spend a lot of time thinking. As a Water Element, you sense this in yourself when you meet someone new, whether it be in your personal or professional life. As such, it can take a while to learn to trust someone. You watch how people interact with others and listen to how they speak and behave in a number of scenarios. Some may think that you're standoffish, this is part of your very nature.

When you meet someone new, you tend to want to know everything about them, even though you may not verbally ask right away. You may seek to gain small bits and pieces of information about them before you interact with them, trying to gain a sense of the kind of people they are. Because you're patient and have a huge capacity for compassion and empathy, you might find little patience with those who seem to be only interested in themselves.

While some people with Water Element develop

friendships quickly, others do so slowly, reserving judgment until they gain a greater understanding of that person's behaviors and spirit. You're comfortable being "inside yourself" and your thoughts and imagination keep you occupied. However, once you develop trust in someone, you experience a deep sense of satisfaction and enjoy and benefit from your patience.

Personality Vibration #26 - Home is your Haven

There's something to be said for the phrase, "Home is where the heart is". You hold this as deep and true to yourself. You like to be home, surrounded by comfort and familiarity, a place that you've made your own so that you can be yourself. The concept of "home" soothes your spirit and grounds you. Home is where you feel the most comfortable and secure in who you are. Occasionally, you enjoy going places and discovering new things, but it is at home, in your space, where you do your deepest thinking. Home is where you can lose yourself in introspection and explore your emotions without fear of judgment.

You can be still and inactive or flowing and restless. As a Water Element, you often find yourself torn between the two. You can enjoy spending time with friends occasionally and going places, but it is at home where you feel the most peaceful and calm. Water people are often content to work from home or start a business in their home before broadening horizons and branching out. You are naturally wary and cautious, and home provides an environment of protection and security. It's your comfort zone.

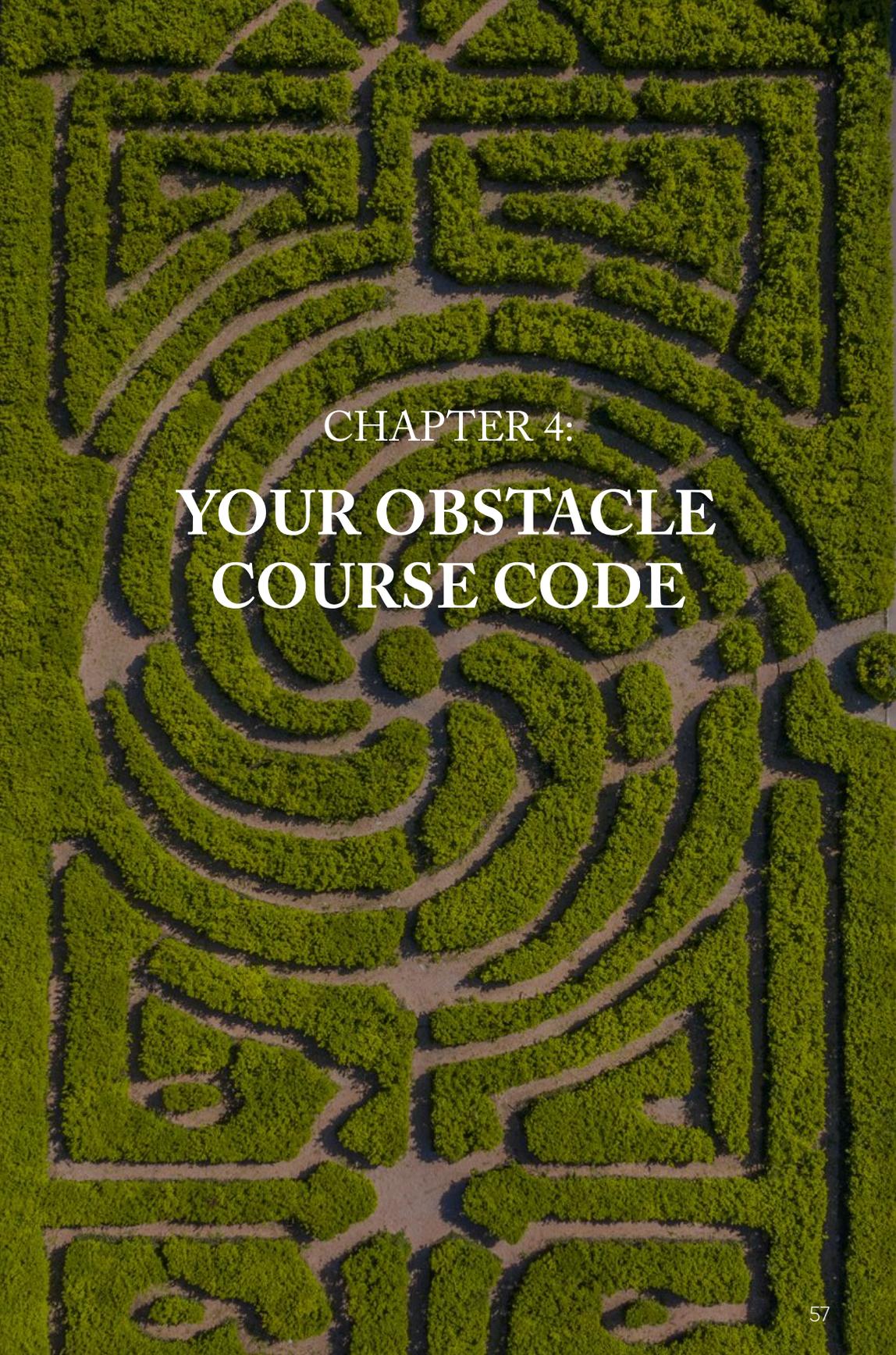
Personality Vibration #27 - When you speak, you often drone on for a long time

You want to share your thoughts and ideas with others, and tend to talk often and long without realizing that no one is listening. While you tend to be introverted and private, this doesn't mean that you are hesitant to share your discoveries, explore mysteries, and unravel the depths of the Universe with others.

You are captivated by questions and the deeper meaning of things. However, when speaking with

someone close to you such as a family member or a good friend, you can find that you're quite talkative and exuberant. At times, you can go on forever about a certain topic or idea.

Your enthusiasm and your thrill with discovery and creativity bubbles up inside you to the point that you have to share it with everyone. It is at such times that you may feel a push/pull against your nature. You may crave solitude, privacy, and the time for deep introspection, but at the same time, you also yearn for a sense of companionship, camaraderie, and understanding from others.



CHAPTER 4:
**YOUR OBSTACLE
COURSE CODE**

As a person with Water Elemental Origin, your Personality Vibration, your impressions, attitudes, and characteristics might also lead to a number of obstacles.

A number of typical “obstacles” that you might face are challenging, yet not impossible to deal with or overcome. It’s a matter of learning to understand why you tend to run into certain obstacles. We all face obstacles from time to time, but your inner strength as drawn from your Water Elemental Origin will help you through them.

Understanding why you react in certain ways to various situations will help you gain greater understanding of yourself and help you see a side of yourself that you never considered before.

Obstacle #1 - You sink into isolation. It’s common for people to have a hard time reaching you.

You often prefer simply to be by yourself. As a result, you sink ever deeper into isolating yourself from others, including family and friends. In many sce-

narios, it can be difficult for others to reach you. Because of the depth of your empathy, compassion, and emotions, you often need time alone. Your interactive and personal experiences with others can overwhelm you, encouraging you to retreat into yourself, where your thoughts are quieter and you have time to contemplate the greater mysteries of life.

While you appreciate friendships and social interaction, you also like to be alone. Being alone doesn't bother you or make you feel lonely. When you're alone, you're able to relax, take a deep breath, and enjoy exploring the wonders of nature and the quietness of the Universe. In isolation, you feel a great sense of tranquility and peace. You are able to literally entertain yourself with your thoughts and creativity for hours on end.

Realize that isolating yourself not only physically but emotionally makes it difficult for others to reach beneath the surface and connect with you. At times you spend too much time in isolation, which can result in feeling “empty” or less patient and tolerant of others.

Obstacle # 2- You retreat deep into yourself and feel restrained if people try to coax you out

Because you tend to be perfectly content to spend time by yourself, it's common for others to try to coax you out of your shell. You find yourself resisting such efforts. You're perfectly content to be alone in your own space, doing the things that you enjoy, even if it's just thinking or taking care of chores or simply watching television.

At times, your friends will make a huge effort to try and determine what you're thinking, especially in more social interactions, but it's often difficult for you to feel as if you can confide in others. You're not antisocial and do enjoy spending time with others, but there are also times when you simply want to "be" – without having to answer questions or express your feelings or emotions.

Some people might find you a bit standoffish as a result, which couldn't be further from the truth. While you're certainly good at solving problems and

being supportive and compassionate toward others, you also have a tendency to resist doing some things, especially if it's not your idea. You can find it difficult to express yourself clearly and might even tend to change conversational topics to avoid personal questions or invitations to social gatherings.

Obstacle #3 - You can become depressed and feel that you have no purpose

You feel things deeply. At times, you grow so overwhelmed with being the “peacemaker” and “negotiator” between others that you often sink into deep contemplation, perhaps even depression because you feel that you have no other purpose. While you take pleasure in understanding the emotions and feelings of others, it comes with a price.

Because of your always-busy mind, you find yourself imagining and yearning for the stillness beneath the surface of the water, seeking its solitude and silence from life's many challenges. At times, you feel overwhelmed and stagnant. Because you are a person of deep emotion, your thoughts may even venture to-

ward darker places such as growing old, being lonely, and even a lack of understanding from others. This can lead to depression and sadness.

Like the gentle rain that nourishes everything around you, a pounding rain can be oppressive and damaging. Your emotions are overwhelming. You wonder about your true purpose or direction in life. When facing challenges or adversity, you grow more introspective. At times, this introspection can be quite severe and self-critical, making it increasingly difficult to reach out to others or even overcome your feelings of isolation.

Obstacle #4 - You lose energy easily and need to nap or sleep in order to restore it

You tend to be extremely energetic, stirring a number of different pots all at the same time. For this reason, you have the tendency to lose your energy rather quickly. You feel drained by the middle of the day. A catnap or even early bedtime seems to be the only thing that can restore your energy. At times, sleep is the only escape you find from your busy life

and the time that your conscious mind needs to rest, giving you the respite that you desire.

You must strive for balance. Your constant imagination, exploration, thinking processes, and creativity can take much of your energy without you even realizing it. Some days, the best of plans can go awry and you feel physical, emotional, and mental exhaustion tugging at you. It's important to remember that even at rest, your brain requires energy and because you're so introspective, you can easily exhaust yourself after putting in a long day of inspired creativity or artistic expression.

As a result, you realize that you're taking naps or even power naps more often. You need more breaks at work. You might stay in bed longer in the morning or go to bed earlier at night. It seems as if you just can't ever get enough sleep. This is primarily due to your constant and never-ending emotional contact with others.

Obstacle #5 - You often feel suspicious of people, and you are aware of what they haven't done for

you

You are extremely giving of yourself to others. You often stop what you're doing to help someone else. Even if you're busy, your empathy compels you to support others in their personal or professional lives even though you yourself are busy. Sometimes, you resent the interruptions. You even feel suspicious of others, wondering if their goal in life is to constantly disturb you and at times, drain you of your energy with their needs. At the same time, you grow more aware of how much you do for others and what those people have not done for you.

Despite often investing endless patience and compassion in others, even you have limitations. You're capable of great emotional depth but at the same time you can feel increasingly overwhelmed and frustrated with others. Yet you hide your own feelings and hesitate to ask them to give you some space. At times, you feel irrational and begin to imagine ulterior motives on their part. Because you tend to be more aware of nuances in others as well as their environment, you might start to feel less

trusting and more suspicious, growing increasingly aware of one-sided relationships.

Obstacle #6 - When you are one-on-one, you can wax on eloquently for hours

Because you tend to isolate yourself both emotionally and physically and often feel uncomfortable in social settings, you may also find that it's difficult to express yourself to others, for a variety of reasons. However, as a Water Element, you often feel perfectly comfortable and content when engaging with someone one-on-one. If you trust that person and have created a strong bond with them, you find it easy to talk about nearly anything.

In many situations, you can talk for hours, exploring your ideas, your imagination, and innermost emotions and thoughts when you know that person has the potential to understand where you're coming from. You find it difficult to trust that there are people who will understand you and "be on your side" but have faith that your interactions with a trusted friend or loved one is a positive and good thing.

Communication is the road to understanding. To be able to express yourself fully and honestly with another person is beneficial to your emotional and mental health and wellness. So even if you are comfortable being alone, it's also important to be able to “wax eloquent” from time to time.

Obstacle #7 - You lose motivation easily

You almost always strive to be supportive and help others, you might not leave enough time in your day to take care of yourself or finish tasks or projects that continually beckon. However, your empathy and almost instinctive desire to make others' lives easier puts your own wishes last. Once you get distracted, that's it. Because you sometimes have so many things on your mind at once, you feel like you're turning in circles. It can be difficult to regain your focus and even motivation once you've been distracted or interrupted. You might even think “Why should I bother?” Not only that, but because you have too many projects or things to do, you also have a tendency to procrastinate.

You often find it difficult to ask for help or to say no. Overcoming such hesitance is challenging. Fluctuating emotions coupled with a lack of drive as well as avoidance of certain tasks or projects may be an indication of an imbalance in your spirit. If you find yourself at the point where you stretch yourself too thin, stop and analyze the reasons why. Sometimes, the reason for your lack of motivation or inability to complete tasks is difficult to ascertain, but with understanding comes clarity.

Obstacle #8 - You feel paranoid at times

You have strong emotions. Once an idea, an emotion, or a thought enters your head, you tend to want to explore it, pick it apart, and analyze it. Fear is an emotion that can literally drain you and leave you feeling empty. It doesn't take much for fear to become anxiety. It's not easy for you to trust. It takes time to feel comfortable in your environment. Your doubts often contribute to a sense of suspicion of others that, when your emotional stamina is depleted, can contribute to paranoia.

You often place the needs of others first. You might even neglect your own physical, mental, and emotional health and wellness. Your very nature as a person with Water Elemental Origin can sometimes pull you in many different directions, which can lead to confusion, feelings of uncertainty, self-doubt, and sometimes, even paranoia. You may hear two people whispering and believe they're talking about you. You might be overly concerned that you're not meeting the expectations or needs of others and they are disappointed or angry with you. As a result, your fears eat away at you. Over time, such thoughts lead to serious bouts of depression and isolation.

Obstacle #9 - You suspect people and their secrets, yet you do not want your secrets exposed

You tend to be wary of new people, environments, and situations. You're not exactly cynical, but you believe that every person has secrets. Your curiosity encourages you to wonder, maybe even guide conversations a certain way so that you can discover the inner thoughts of those with whom you may not

trust completely. At the same time, you keep your own secrets and feelings to yourself, not wanting them to see the light of day. You hesitate to form close relationships because you're afraid that your inner self or secrets will be exposed.

Lack of trust or confidence and constant suspicion of others, their motivations, and their secrets can contribute to your desire to be left alone or isolated. Yet at the same time your very nature encourages you to delve ever deeper into the thoughts and emotions of others while refusing to hold up that mirror of introspection to yourself. However, because you tend to treasure your sense of privacy, the thought of others learning your deepest, most innermost thoughts is quite unsettling. You tend to be extremely outgoing and friendly (once you get to know someone), parts of you are always kept safe and secure behind a wall that very few can breach.

Obstacle #10 - You feel scared a lot

A sense of fear or uncertainty is one of the strongest emotions for you as a Water Element. It's not that

you're afraid to try new things or meet new people, it's sometimes just a matter of you don't want to. You like things to remain comfortable. You like the status quo. You have your routines and you like to stick within them. For you, anxiety and fear is always simmering just beneath the surface. You may fear heights or trying new foods. Sometimes, fear has rational explanations, while other times it's vague. You may not know why you're feeling anxious or scared, you just do.

For you, fear triggers you to be scared of unfamiliar things and sometimes even people or places. While fear is a healthy and important emotion, hesitating to understand and potentially break away from the things that frighten or scare you is difficult. You're very introspective and attempting to explore the mysteries of the Universe are both exhilarating and somewhat intimidating at the same time. So while feeling scared a lot is fairly typical for you, it's also something that can hold you back from manifesting your hopes, dreams, and desires.

Obstacle #11 - You feel paralyzed and frozen at

times

“What should I do?” You are often champion at being able to sit on the fence before making a decision. You want to know the pros and cons of nearly every angle of a challenge or decision but at the same time you also know that that’s impossible. Therefore, you feel paralyzed, unable to move in one direction or the other. You often find yourself hesitating because you’re just not sure that things will turn out all right.

For example, you know you want to move forward with or pursue a relationship, but at the same time you’re uncertain. Will it work? Are you making a mistake? What if...? Uncertainty is not a friend of yours and therefore, even your closest friends or family members may grow impatient and agitated with you because your inability to choose, make a decision, or even attempt something new freezes you in place.

While there are lots of things in life that prompt fear and uncertainty, you often take that to extremes. Even though you’re able to more easily guide or ad-

wise others, taking the same approach with your own decisions, instigates an endless and vicious circle of uncertainty because sometimes, you just don't know if your decision or action is the right one.

Obstacle #12 - Urgency is not in your nature, you can lose track of time

You're rarely in a hurry, even when you're running late for something. Urgency is simply not in your nature. While plenty of people are able to get to work on time, take care of family appointments and stay on top of responsibilities, sometimes, you find yourself losing track of time. You get wrapped up in your own thoughts and imagination or tasks. In other words, you don't tend to be a clock-watcher. Your tendency to live inside your head more often than not makes it easy to miss the indications of the passage of time.

Unfortunately, this can sometimes lead to annoyance and irritation from others. You find yourself on the receiving end of criticism for your inability to arrive on time, whether it's for work, picking your kids up

at school, or remembering to stop for the dry-cleaning because you're busy reflecting on watching birds or the clouds, or the treetops blowing in a breeze. This is not to suggest that you're flighty or incapable of sticking to a schedule. It's just that because urgency is not in your nature, you frequently find yourself trying to "catch up" with chores, tasks, or work – or simply your own imaginative thoughts.

Obstacle #13 - You can get "icy" and be hard

You are an extremely compassionate and empathetic person. However, there are times when, for self-preservation, you literally close yourself off from others. You shut down your mind and your emotions, telling yourself that "It's not my problem" or even "I don't really care". Of course you do, but sometimes, you're overwhelmed by the expectation of others and the demands of your everyday life. You may even grow resentful of yourself for trying to make everyone's house happy - in other words, a pushover - always putting yourself last.

You may find it easier to simply harden yourself.

You harden your heart and turn a cold shoulder to those around you. This surprises them and yet you don't understand why it should. Don't others realize that they can be too demanding of your time and your emotions? Like water, you can shift with the currents, one moment being calm and still while at the next an emotional tsunami. You tend to let your emotions build up behind an aura of calm. It is this "iciness" that often triggers surprise among friends and family members, eliciting comments such as, "What's wrong with you?" Sometimes, you might even respond in anger or impatience, even if you don't mean it.

Obstacle #14 - You are more aware of how you're hurting others than of how others are hurting you

Because of your very nature as a Water Element, you're tough on yourself, especially when it comes to how you behave with or treat others. Even when you feel justified, a harsh word, a loss in emotional control, or anger at someone or something prompts feelings of guilt and often shame. You're very well aware that you may be hurting others, but at the

same time, may not be aware or able to recognize the ways in which others hurt you.

You tend to be incredibly patient, but you're human after all. Sometimes you are able to move around obstacles, much like water, without sparing much emotional thought or feeling to it, but at other times, you just have to say something. At the same time, you strive to do so as kindly and politely as you can. So why can't others criticize with as much kindness as you? Why are people so hurtful to me?

You like to help others and provide support for them, but there are times when you don't receive the same in return. You tend to brush it off, make excuses for such behavior, and harbor your hurt feelings deep inside, sometimes to the point where you don't even want to speak to anyone.

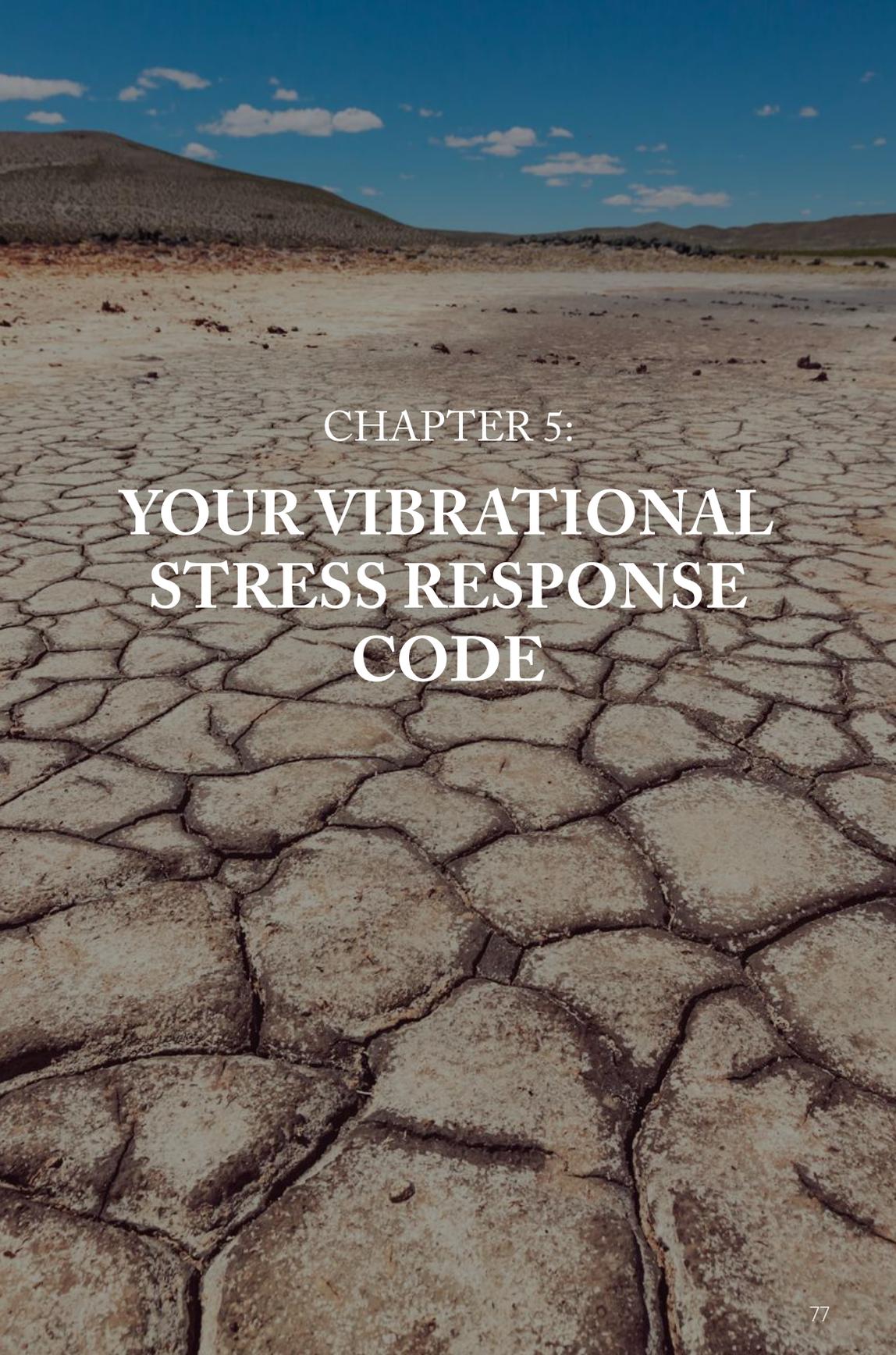
Obstacle #15 - You dwell on the past and its pain

You spend a lot of time in your head. As such, you often retreat into your memories, good and bad. Because of that, you tend to dwell on the past more

than you should, especially if it brings you pain or triggers negative emotions. You question it, try to figure it out, ask yourself endless questions about what you might have done differently, or how things might have changed if you had responded in a different manner.

You have a great capacity for self-reflection. You tend to be unable to get past grief, disappointment, or even bouts of depression when you start dwelling on past pain, whether it's due to the loss of a loved one, a broken relationship, or an inability to help someone.

It is the bane of yours to have regrets and disappointments. When you're feeling good, you're able to forget about them, or at least push painful memories into the back of your mind. However, when you are spending so much time with your own thoughts and in many cases, isolation, your very memories and your ability to dwell on past experiences can be a problem for you. This is especially true when those past experiences have been traumatic or hurtful.



CHAPTER 5:
**YOUR VIBRATIONAL
STRESS RESPONSE
CODE**

Everyone responds to stress differently. Something that stresses one person won't stress out another or vice versa. How you respond to stress as a person of Water Elemental Origin is an important aspect of understanding why you react, behave, or respond in different ways when you're under stress. Understanding your responses and how you can counter negative responses to stress or relieve it in some way is optimal for health and wellness. Stress management and control improves not only your ability to cope and function, but your overall quality of life.

A number of emotions are often triggered by stress. How you respond to them is unique. Of course, levels of stress often determine how you react to anxiety, but the emotional aspects of stress responses and the toll they can take on your physical, emotional, and mental health and wellness are important to understand.

Vibrational Stress Response #1 - Sadness

You promote a sense of calm about you. Your ability to delve beneath the surface is a gift to others, but

your own ability to calm yourself when you're under stress is not always as straightforward. When under stress, you tend to lose your resilience. You may feel as if you're stagnating in emotions that you don't tend to indulge in, such as sadness.

Stress can have a negative effect on anybody, but for you, your gift of introspection is not quite as calming or resilient as it normally is. When things don't fit the way they're supposed to in your life, whether it be a person, an incident, or the result of a situation or decision, you tend to retreat into yourself. Your sense of disappointment or discouragement can lead you to feelings of sadness.

Sometimes, that sadness can grow so deep that you want to give up. Yet as water nourishes every cell in the human body, being around water, whether it be in a bath or digging your toes into beach sand and watching the waves roll in, can help to relieve your sense of sadness. Surround yourself with water, revel in its fluidity and its ability to constantly change, adapting to its environment, and most of all, nourishing your spirit.

Vibrational Stress Response #2 - Laziness

Stress can be so distracting that it makes it difficult to focus on anything. This lack of focus often leads to a sense of discomfort and can even be vastly disturbing on some levels. Because you have difficulty opening yourself to others, you tend to avoid discussions of weakness or any topics in relation to how stress is affecting your behaviors, your focus, and your attitude.

Stress takes many shapes and forms and for you, it often leads to introspection. Questions like “Why can’t I get past this?” Or “Why don’t I feel strong enough to overcome this?” are often enough to lead you down the dark road of depression, which in turn leads to inactivity or laziness.

Stress can leave you feeling indecisive. Stress slows down your thought processes, making it difficult to even attempt self-analysis. The more you dwell on your stress, the more you feel the drain on your energy. You seek that quiet darkness inside your mind.

You imagine the depth of a dark body of water simply surrounding you, much like water surrounded you before you were born, keeping you safe. Delving deep into your thoughts and determining the cause of your stress is often enough to help you find a solution to reduce it in your life.

Vibrational Stress Response #3 - Fatigue

Stress, regardless of what causes it, has the ability to work itself into the deepest workings of your mind. As a Water Element, your mind is your greatest power. Therefore, when under attack from stress, you may find yourself more easily fatigued. It's more difficult for you to maintain your normal sense of calm, and doing so can be exhausting. The tendency to "be in your own head" most of the time gives you a sense of control – most of the time.

When you're under stress, that anxiety has a huge potential to pull you away from the comfort you find in your introspection, your focus, and your sense of self-confidence and control. For you, stress has the potential to simply exhaust you, not just in your

body, but your mind.

Stress-related fatigue for you can be especially troublesome, and your response to it will naturally depend on the type of stress it is, whether it be due to your job, a financial or relationship issue, or an important decision. At such times, turn to your inner core. You have the power to analyze the cause of your stress and counter it. You are Water. Be water. Flowing water never tires but always nourishes.

Vibrational Stress Response #4 - Depression

You are extremely emotional. Sometimes it can be extremely difficult to “turn off” your feelings and emotions around someone else’s pain, grief, or anxiety. You’re often deeply in touch with your thoughts, ideas, and creativity, yet your self-imposed isolation and internal thoughts can often lead you down the path of melancholy.

Often, it might not even be your own emotions that contribute to short or even long-term bouts of depression. Depression can be caused by your environ-

ment or the people around you. When you feel that something is “off” or you’re around dissension or negative emotions, you want to retreat to the isolation of the mind or seek to smooth ruffled feathers.

Regardless, this sense of imbalance can easily drain your energy and contribute to a sense of fatigue and sadness even if you can’t exactly identify its cause. As looking into the surface of a still pond of water inspires reflection, so too does your very nature seek out inner reflection. Dig out what’s bothering you. Because you’re extremely intuitive, you also feel things more intensely. Resist the urge to become stagnant through inactivity, as you’ll feel more fulfilled when you’re active and moving.

Vibrational Stress Response #5 - Hopelessness

Water constantly changes depending on the scenario. Water can flow gently in a creek, powerfully spill over in a waterfall, or be a wave crashing onto a rocky shore. Because of your very essence from your Water Elemental Origin, you feel deeply. You react just as deeply as well. As water changes, so do your

feelings. It's easy for you to feel disappointment and sometimes even feel a sense of hopelessness. This is because you're also an idealist. You expect people to behave in a certain way according to the morals and expectations of society and perhaps even the universe.

You are sensitive and impressionable. While you're capable of adapting to a variety of situations, at times you feel hopeless because you can't fix something or change something, either for yourself or others. At the same time, remember that like water, you can find your way out of tough situations just as water will eventually find its way through even the thickest of rocks or canyons. Denying the power of water and the power of yourself in the face of depression is simply not sustainable. But first, you must grow in understanding of your own capabilities and powers.

Vibrational Stress Response #6 - Lack of energy

The essence of water is constantly changing, and in most situations, moves constantly. However, you

might sometimes find yourself stagnant, like water in a pond or even a swamp, unable to gather the energy to do anything. At times, the stressful pull of others and your emotional output to support friends, family or loved ones is exhausting because it takes up so much of your “brain juice”, leaving you feeling drained and empty.

The lack of energy can be caused by overextension of your emotions and your expectations of yourself and others. Movement and activity, even if it’s forced, can reverse feelings of lethargy in your body. As your body moves, your brain is stimulated, relieving stress. Water people must take care and prevent themselves from giving too much of themselves at times, but also beware of hoarding your abilities.

Your lack of energy is a signal that you need to give yourself a break and take some time to regroup. Because you are so in tune with your environment and those around you, you often waver between an excessive amount of willpower and determination and feelings of inadequacy, both of which can contribute to your exhaustion and lack of energy.

Vibrational Stress Response #7 - Tendency to retreat within

You tend to be a private person who, though more than willing to help others with their problems, hesitate to express or talk about yours. In groups of people, you can feel stressed, trapped, overstimulated, and even fearful. You usually have to make more of an effort to put yourself in social environments because you're stressful, much preferring to be alone. You are often accused of being emotionally closed off, although this is often furthest from the truth. It's just that you find it difficult to open yourself to others.

You have a tendency to retreat within yourself when faced with stressful situations. Your friends try to coax you into joining them for a group event but it's easier for you to back away and to come up with excuses why you don't want to go somewhere or do something. Your friends and family often grow exasperated with you. It's in your nature to be curious and yet you want to explore that curiosity on your

own terms. While you feel comfortable with a few friends, you also have a tendency to feel the most comfortable when you're by yourself. Even so, find a balance that you can live with.

Vibrational Stress Response #8 - Indifference

You have the ability to calm those around you. You don't like disharmony in your environment and so you often feel emotionally compelled to solve conflicts among family, friends, and maybe even neighbors or coworkers. Yet, no matter how giving and generous you are with your spirit and efforts, such situations can be stressful, leaving you feeling frustrated and exhausted.

At times, those around you constantly tug on your emotions. It becomes quite easy to put up walls, to literally "shut down" your emotions and pretend that you don't care. You're not really indifferent, it's just that you're protecting yourself. You just need to take a break from negative aspects or people in your life.

You often find yourself pulled in different directions.

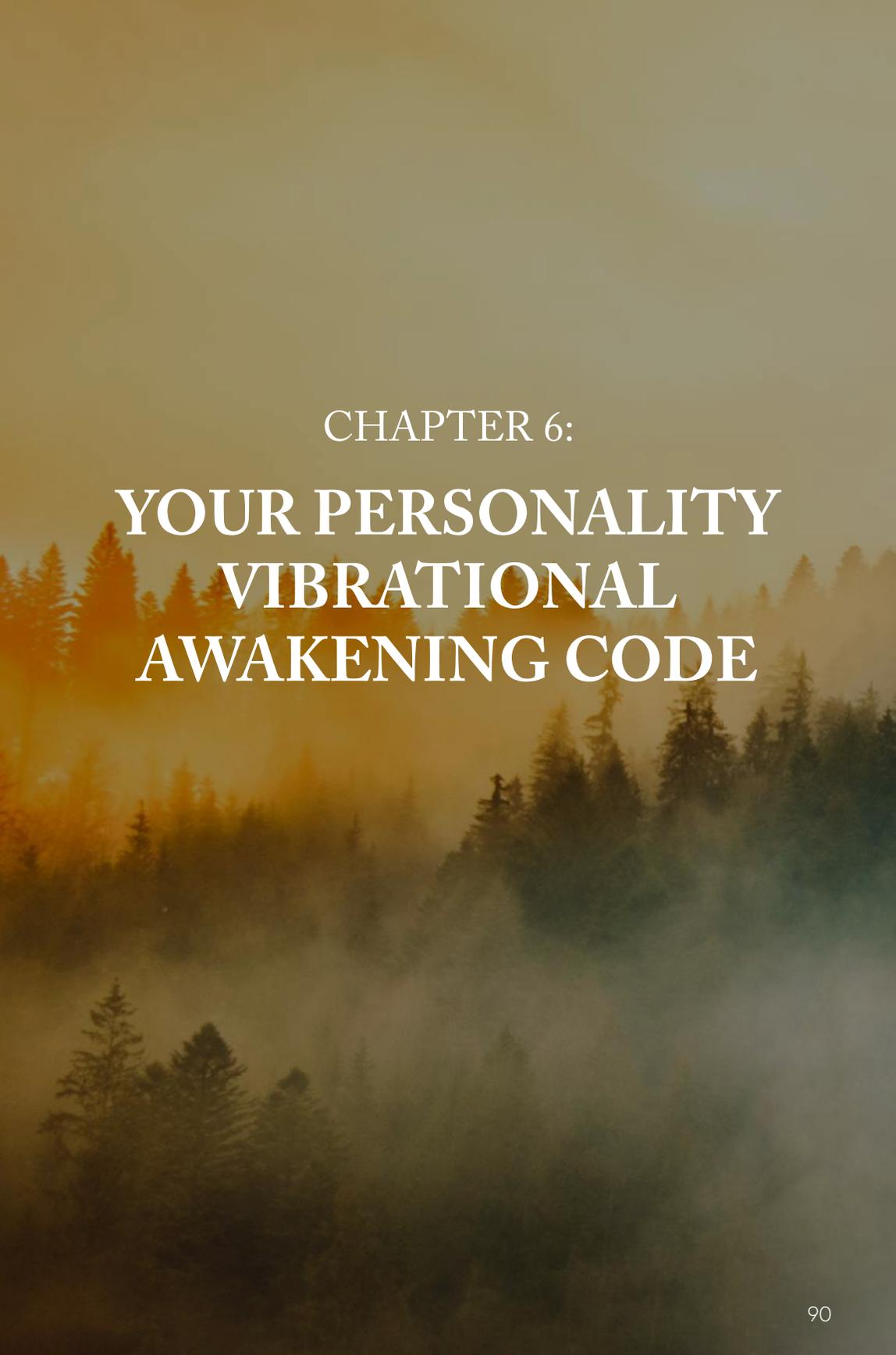
It's often difficult for you to say no or to turn down others' requests for your time and efforts, compounding your stress. You often hesitate to express yourself, leading to feelings of resentment. You try to convince yourself that you don't care what other people think, but when you feel so unbalanced, you tend to mentally retreat and avoid others. You know your own tolerance levels. Pay attention to maintain your inner sense of calm.

Vibrational Stress Response #9 - Insomnia

Stress has a way of insinuating itself into every aspect of your daily environment, including your ability to sleep. Stress can keep anybody awake at night, but for you, stress constantly churns at the gears of your thoughts. You can't shut down your mind no matter how hard you try. It doesn't matter what's stressing you out - all you know is that you have difficulty falling asleep and staying asleep. You can be exhausted and yearn for sleep, yet your insomnia is so severe that it's beginning to affect your work, your relationships, and your ability to cope.

You have a tendency to feel anxiety and fear deeply. This can lead to situations where you feel scared and unable to control your emotions and how you react to them. Your weariness prompts you to turn inward and at times isolate yourself from others. At the same time, you can't talk about it either, because you fear that others won't understand.

Insomnia related to stress is difficult to overcome, but, like water, you have the power to change your course. It takes time and diligence, but it is possible. Like water that finds its way around obstructions, you too can work your way through stress by changing your perspective and seeing your stress as a challenge to be overcome.



CHAPTER 6:
**YOUR PERSONALITY
VIBRATIONAL
AWAKENING CODE**

A number of obstacles that confront you may seem challenging, stressful, or even impossible to overcome, but take heart! Like water, you have the ability to nourish and soothe your own soul as well as that of others. The following 10 steps are essential for you to nullify all your Obstacle Course that hinder you from awakening your true Personality Vibrations.

Personality Vibration Awakening Step #1 - Always give yourself some downtime

Sometimes, you spend much of your time, effort, and emotional energy providing for and taking care of others, often to the detriment of yourself. Do you find yourself feeling as if you're turning in circles or that you never get anything truly accomplished? This is probably because you're spreading yourself too thin. However, when you tell yourself to take a break, to just let something wait for a while, you end up feeling guilty about it. Don't.

You need downtime just as much as anyone else. You deserve it. Taking time for yourself is necessary to recharge your batteries, to still your mind, and

to think. Your tendency is to try to please everyone, sometimes at the risk of your own health and well-being. Don't feel remorseful for taking time for yourself. You're not being selfish. Just like caregivers taking care of elderly or disabled loved ones need a break once in a while, you need to take a break from 'being you' once in a while. If you don't, you might find yourself becoming cranky, impatient, and resentful.

Resting on occasion, indulging yourself, and doing things that make you happy are restorative and among the best ways to make you feel more balanced. When you're alone, whether it's in a quiet place in your home or yard or in the wilderness, you're able to tap into your foundation, your essence, and your connection with Mother Nature and life. Like water, you feel the ebb and flow of energy once again restored. With a rested mind you also enjoy a more peaceful and contented outlook.

So take that downtime. Downtime has a huge capacity to not only improve your physical health, but your mental health and even close relationships.

When you need a break, take it and don't apologize for it. That downtime not only benefits you, but everyone around you.

Personality Vibration Awakening Step #2 - Remember that you need to indulge in fun

Life isn't just about work and responsibility. It's about enjoying your loved ones, your friends, and the things that you do that bring you pleasure. It can be difficult to make yourself do something fun because you're often tired after work or have too many other things to do. You are always looking for excuses not to 'waste' time having fun.

Play time is not just for kids. Enjoy the freedom of laughing and just being silly once in a while. Even when tired, you often realize that your batteries need to recharge, and once you start playing, frolicking, and laughing, you generate more energy. Play is good for the soul. Play time, whatever it involves, not only frees your mind and spirit, but helps to relieve stress and fear. You're introspective, have lots of curiosity, but at the same time, you have a spirit

inside you that is young and playful.

One of the most beneficial aspects of having the Water Elemental Origin is that you're not difficult to please. You can have fun even if you're by yourself. It's simply a matter of doing something that you enjoy. Fun and play improves your ability to cope with challenges. Fun doesn't have to be complicated but can be as simple as hanging out with friends, going for a walk with a loved one, or playing with your dog.

Play time is a great way to boost your energy levels while at the same time enjoying yourself. When you're having fun, chemicals are released in the body that make you happy and also improve concentration and memory. You have the capability to simply "go with the flow". So go where your spirit leads you. Be silly. Do whatever makes you happy and seek that inner source of playfulness that you enjoyed as a child. You'll be better for it.

Personality Vibration Awakening Step #3 - Give yourself time

You tend to sometimes bite off more than you can chew. At times, it's hard to say no to those that need your help or ask you for favors. Before you know it, you feel like there's no time left for yourself or that people are taking advantage of you. You need to give yourself time to complete projects. Sometimes it can be hard to say no to people, but your tendency to want to help often leaves you feeling exhausted.

This is not to suggest that you start saying no to everyone. Only you know what you are willing or not willing to do, but you also have to be honest with people about your own needs and time, not only for yourself, but for your loved ones and family. Sometimes, people will want you to do something and give you a date when they need it. Even though you know you will have trouble fitting it into your already busy schedule, you agree.

Resist the urge to always simply agree. Remember to give yourself plenty of time to complete any task or project and be honest with the people who are counting on you. Let them know how much time

you think you will need to complete that task or project, but always ask for more time to get things done – just in case.

After all, when you feel less under pressure or strict deadlines, you'll feel more comfortable and willing to not only help, but to proceed through a task, project, or favor for someone. You'll be able to give it your best effort. Stress dissipates, enabling you to take advantage of your gift of imagination, focus, and introspection to help others. At the same time, do yourself a favor. You can continue to help others, but do be cautious and more outspoken about the time that you think you'll need. Usually, it's more than you think!

Personality Vibration Awakening Step #4 - Open your spirit to others

You have a tendency to be introverts, more satisfied simply watching than engaging. However, isolating yourself, maintaining silences, resisting sharing any part of you and keeping everything you feel hidden can be quite annoying to others who just want to get

to know you. Some people may think you're simply being standoffish and distrustful. It's one thing to hold some of your emotions to yourself, but you also have to try to share parts of yourself with others. After all, like water, you provide comfort, support, and sustenance to others whether you realize it or not.

Sure, it's okay to keep some things private, but in order to develop healthy and open relationships with friends, with a spouse, or family members, you have to be willing to open up a little bit. At times, your very sense of privacy is sparked by fear of what others may think of you. Don't worry about that. Everyone's going to have their own opinion regardless.

When you maintain silence or resist opening yourself and sharing with others, you might not only lose friends, but such a retreat can lead to depression and sometimes even fears, panic attacks, and for some, a sense of paranoia. It's easy for you as a Water Element to make friends, but sometimes those friendships rarely delve beneath the surface. It's hard for you to deeply connect with others.

This is not to suggest that you pretend to be someone that you're not, but just be aware that while some people may think you're mysterious, others may simply believe that you're anti-social, which is often furthest from the truth and the persona you wish to portray. So once in a while, free yourself. Speak up. Communicate with others and form relationships that will benefit you and them at the same time.

Personality Vibration Awakening Step #5 - Speak up

You have a unique ability to understand others without really trying. It can be easier for you to see beneath the surface of someone's character by just watching or listening to them for a little while. Because you are empathetic and often understand what makes other people tick, you might often expect others to see you for who you are without you saying anything. You think that because you can 'see' others, others should also know what you're thinking or feeling - all without expressing yourself with words and clarity.

People should be smart enough to read your mind if they love you or know you well enough, shouldn't they? But this isn't true. Just because you can get a sense of someone doesn't mean they can do the same with you. So don't be afraid to speak up and let others know how you feel, what you're thinking, or what you want to do. You can't expect people to be able to read your mind. Doing so prevents growth in your relationships and in understanding others.

If you're feeling resentful over something, speak up and say so. Doing so takes stress away and reduces feelings of resentment or anger. Because you feel their emotions so very deeply, it's quite easy to be offended or hurt because you think people aren't truly seeing you or understanding your own needs.

Take the time to learn how to express yourself. As you do so, your anxiety or fear of how others may react will dissipate. Speaking up means speaking up for yourself and your own needs. People respect you for that. In doing so, you can share more of yourself fully and joyfully than ever before.

Personality Vibration Awakening Step #6 - Be receptive to “talking”

Because you tend to find comfort in isolation and solitude, it's important to be especially observant and careful when it comes to the needs of your close friends, family, and in your personal partnerships and relationships. Sometimes, this involves “talking”.

As a Water Element, you might find it easier to help others through their own challenges or crises and avoid your own, especially those deeply personal ones. This includes in-depth and sincere talks that you might have with your spouse or your best friend. You live in a complex inner world that can sometimes be difficult for others to connect with and understand. Because of this, you are careful of what you share with others, even a spouse or partner, because you just like to keep some things to yourself.

However, doing so can be extremely damaging to any relationship. When someone says that they want to talk to you, make the time to do so. That

doesn't mean you have to do it that very minute, but do make time for those who want to have a conversation with you. Yes, in-depth and personal conversations having to do with your emotions may be difficult for you, but doing so engenders trust in a relationship. You'll find yourself growing stronger and more capable of showing your true self to others.

Relationships are difficult, whether it be with a friend, a spouse, your partner, or family member. Sometimes, talking about things that are bothering someone, whether it's you or the other person, can be difficult and overwhelming. But you are incredibly strong and resilient. Your very nature enables you to face anything if you give yourself the chance. So if someone wants to "talk", don't close yourself off and resist. Take that step, listen with your heart and your soul, and you might find yourself pleasantly surprised.

Personality Vibration Awakening Step #7 - Remember that everything has more than just the beginning

New beginnings are fantastic, exciting adventures for you. Your very nature is constantly exploring, digging, and examining everything that life has to offer. However, you often find that burst of initial energy or excitement at discovering or feeling something new eventually fades, sometimes more quickly than you expect. Therefore, it's important to remember that there is more to life than just a beginning. There is also a middle and an end.

It's one thing to plan and prepare for the future, but don't dwell too much on the 'what if's'. Have faith and continue to move forward, one step at a time. Like water, you might find yourself having to bend a little, such as a curve in the river bends to avoid obstacles. But Water is strong. Water is resilient. Water is patient.

The possibilities for you are endless. Even though you might be fearful of what the future may bring, you also want to uncover mysteries as well as truths, not only about yourself, but your environment. You are persistent, and though you go through life with a

somewhat wary edge about yourself, taking that next step or making that new decision can be difficult because you don't know exactly what's going to happen next.

Life is full of surprises. You tend to move forward with caution while others are dashing ahead of you. That's okay. The key is to keep moving forward, to face the discoveries, the challenges, and overcome the obstacles that might block your path at times. The force of water is powerful and never ending. So too can you, as a Water Element, look at things around you in a different light. Have faith in yourself and in the Universe.

Personality Vibration Awakening Step #8 - Don't be a couch potato

Oh, how easy it is for you as a Water Element to just want to sit down, relax, sink into a good book or glue yourself to your favorite television show when you're relaxing. It's comfortable. It's safe. You can be sedentary for hours and not even realize that much time has passed. While relaxing is good for you and

downtime is recommended and encouraged, as with everything else, it must be done with moderation and balance.

Because you often lack stamina and you tend to get lost in your thoughts and imagination, it's easy to become sedentary. However, don't let your body become a permanent fixture on your couch when you're done with your day. Your body needs to move and exercise, just as much as your mind enjoys the exercise that you give it every day. In avoiding the couch, you might find something that captures your interest for a few days or a couple of weeks, but you eventually move on to something else. The same can be true of the type of movement or exercise that you know you need, but you just can't stick to it.

This is not just a problem for people with Water Elemental Origin, but for a lot of people. The key is to pick something that you like and then start slowly. Try it out once or twice a week, then gradually increase that activity to three times a week. Your body will appreciate the exercise. You don't have to lift weights or go to aerobic classes. Go play outside!

Take your dog for a walk. If you'd rather be by yourself, find a hiking trail that you can walk and enjoy nature. The key is to move.

It's so easy to get a little too comfortable in your home or comfort zone, but resist the urge. Get moving, and in doing so, you not only stimulate your body, but your mind as well.

Personality Vibration Awakening Step #9 - Keep an open mind

It's no secret that you tend to be quite content in your own mind. You're creative, artistic, and sure of your own thoughts, opinions, and attitudes. Sometimes, because of the hesitance of you opening yourself up to others, you often imagine what others are like without truly getting to know them first. You imagine or make up stories that make sense based on their attitudes and characteristics. You might firmly believe them too. But only by listening to others can you truly understand another person's point of view.

As a person with Water Elemental Origin, it can be difficult to allow others to see deep inside you to your core, but the same can be said of others as well. Therefore, keep an open mind when meeting new people or in getting to know a new friend. Don't make assumptions. Beware of becoming stubbornly resistant to believe what someone is telling you because you have convinced yourself that it can't possibly be true. It's not only important to listen to others, but to hear what they're saying. Even if you don't agree, it never hurts to know someone else's point of view, does it?

Your ability to keep an open mind is what makes you so capable of stimulating others and developing new ideas and making good friends. You tend to want to explore the depths of the mysteries around them, and the same can be said of friends and acquaintances. Because you're self-reflective and curious, you may sometimes allow your creativity to run a bit on the wild side. Resist the inclination to make snap judgments. It can take you a while to learn to trust, and it's good to be wary of people as well as their motives at times, but it's also important to see

things from their point of view.

Personality Vibration Awakening Step #10 - Stay connected

Anxiety and fear of the unknown is the bane for you. You're naturally curious, but you're also cautious. You tend to hesitate making new friends or trying new things because you're more than content in your own "comfort zone" whether it be your home or inside your mind. Because of this, it can be difficult if not challenging to connect with others.

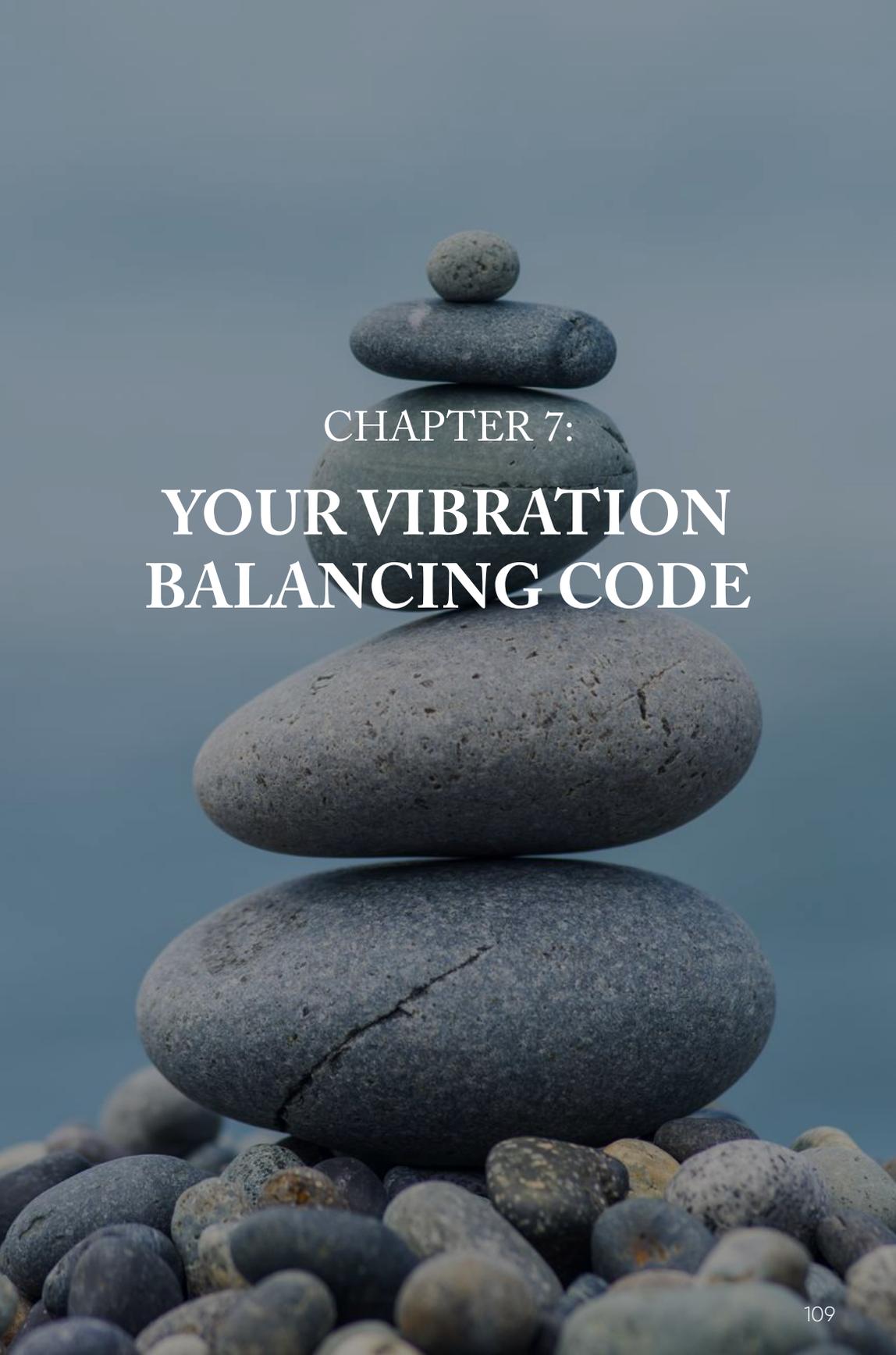
One way to maintain your sense of connection to the Universe and to your fellow man and loved ones is to create bonds, not only with humans, but with Mother Nature. You don't have to spend every minute in the company of your family or your friends, but you can find a huge amount of comfort, security, and peace communing with nature or other animals. Simply playing with your dog or cat, going for a walk and smiling at the antics of a squirrel, or watching a dolphin leap out of the water is enough to bring a huge sense of peace and enjoyment to

your soul.

Connections don't have to be verbal. You can make a connection with an animal simply by petting it or feeding it or taking care of it. You can make a connection with others simply by being with them. Smiling at them. Understanding them. It's within your ability to make a mental and emotional connection with someone outside of yourself.

Don't let anxiety and fear of new experiences or new situations keep you locked inside yourself, much as a primitive caveman hiding in a cave.

Stay connected and form a bond between you and the greatness of the Universe. After all, water is the foundation of life. Like water, you have not only the capability of nourishing others, but nourishing yourself as well.



CHAPTER 7:
**YOUR VIBRATION
BALANCING CODE**

Finding balance for your life as a person with Water Elemental Origin is important. Balance implies a freedom from stress or mental anguish. It can mean harmony between body and spirit. You have to balance a lot of things in life. You need to balance your work-related responsibilities to your home or personal life responsibilities. You have to balance the food you eat and levels of exercise to stay physically fit. You have to balance your emotions and attitudes for good mental health, and you need to balance your emotions for your own spiritual well being.

Finding balance for you can be challenging at times but balance is also essential in order to maintain energy and focus. Imbalances can lead to a sedentary and isolated existence.

The key to maintaining emotional, physical, and physical balances in life is to move. Water in nature always moves. When water in a pond or swamp doesn't move, it becomes stagnant and builds up algae, and potentially even toxins. It's stinky.

It's important for you to move and to maintain at

least moderate activity or exercise levels to prevent such stagnancy. Doing so will help to keep you in balance, emotionally and physically.

You can find a sense of serenity by engaging in something as simple as walking or swimming. Even if you don't like to swim, surrounding yourself with or even being near water is effective in bringing you back into balance, soothing your spirit and soul, and restoring your focus and energy.

You can also restore and find inner balance by putting water in your environment. For example, placing a small portable water fountain or even a fish tank in your home or office can be very comforting. Anything that soothes the soul, calms the mind, and invigorates your spirit can be beneficial in restoring balance. So too can various forms of movement and exercise.

The key to finding inner balance as a person with Water Elemental Origin is more than simply a physical response, but also incorporates emotional and mental responses. For example, you can exercise

every day but still feel depressed. Or, you can be a happy, well-adjusted person who is overweight and sedentary.

A number of hormones play a role in how you feel throughout your day and have a huge influence over your sense of internal balance and contentment. For example, dopamine is known as the “feel good” hormone that gives you the impression that you have suddenly been rewarded.

Dopamine is also an important hormone that aids learning and memory. Serotonin is known as the “happy” hormone because it helps to regulate mood and improves memory, learning, and sleep. Endorphins are known as the body’s natural pain relievers, and they’re also excellent in responding to and lowering stress. Endorphin levels rise after a pleasurable activity such as exercise or eating.

Basic exercises to restore balance

Walking does more than burn calories and strengthen your cardiovascular system. Walking improves

mood and boosts energy. Walking triggers the release of endorphins and is therefore effective as a stress reliever. Any type of walking is beneficial, no matter how you do it.

You don't have to walk 10 miles a day, 10,000 steps a day, or speed walk to benefit from walking. Sometimes, even merely strolling in a pleasant environment such as in a park, in a forest, or along the beach can provide you with a double-whammy of both exercise and spiritually soothing communion with your environment.

Other activities to find balance as a person with Water Elemental Origin can be something as simple as cuddling with your pet. Giving affection to your dog, your cat, or another animal is an effective way to boost levels of oxytocin, known as the "love" hormone. If you don't have a dog, chances are if you go for a walk, you'll see someone walking their dog. Their happy expressions can automatically trigger a smile within you.

Or, sit in your backyard and watch the squirrels or

the birds, because finding balance also means communing with nature. Communing with nature is as deep as communicating on a verbal level. Watch the wind rustle the leaves on the trees. Go outside and enjoy a sunrise or a sunset and connect with the power of the universe.

Swimming is also an activity that benefits you, and is a great exercise to maintain physical range of motion, cardiovascular fitness, and of course, encourages mobility and movement. You don't have to be a great swimmer to enjoy a dunk in a swimming pool, or even an easy "doggy paddle" from one end of a pool to another.

Simply being around water restores your balance. As a Water Element, even hearing the sound of running water can at times be incredibly soothing for you. Being near a river, a waterfall, or the ocean triggers feelings of peace and wellness. Water has an allure, an ability to encourage a calmer, more creative, and an enduring peace of mind.

You have the potential to draw your power and sense

of spirit from water, whether it comes to you as a crashing wave or as a trickling brook. You can also simply move. Activity or exercise doesn't have to be intense, but incredibly relaxing.

Get moving

Tai chi is an ancient practice that can help restore peace, serenity, and reduce stress. Tai chi, often defined by some as “meditation in motion” is something that just about any person can do. This slow and graceful type of exercise involves movements that are accompanied by deep breathing. Movement is beneficial, regardless of how fast or how slow you move.

Qigong (Chi gong) is similar to tai chi, but also incorporates fluid-like movements that integrate controlled breathing and meditation and relaxation. This type of exercise can take on a number of different forms and styles, but the basic idea is to move energy through your body.

Yoga is another beneficial exercise that not only pro-

vides benefits for physical health and mobility, but is an introspective practice that can support you and help to maintain balance. Some yoga poses that are effective in restoring balance for you are the Butterfly, Frog, and Pigeon poses.

Energize the Water within you

To energize and restore your energy and focus to achieve balance, there are also other things that you can do to boost the Water Element inside you. For example, something as simple as laughter also encourages the release of those special hormones that lift your mood and make you feel good.

A good sense of humor and occasions of laughter helps to bind people together, according to recent psychological studies and research. Laughter has the potential to restore emotional balance and a sense of connection between yourself and someone else. Do you ever find yourself smiling when you're walking in nature? Do you feel the energy around you? The fresh air, the scent of a pine breeze or the desert sand, or the scent in the air after a spring rain?

Smiles and laughter don't have to be shared with another person to benefit and re-energize you. Even if you don't want to physically exercise, find something to laugh about. Watch a funny show on television or recall a memory that prompts a chortle. Remember the old saying, "Laughter is the best medicine." Laughter doesn't solve everything, but it can reduce stress, relieve feelings of anxiety, and improve depression and a low mood because of its ability to boost the production of dopamine and increase endorphin levels. You're getting in touch with your Water source.

Because you are more apt to be sedentary, primarily due to your ability to find entertainment within your own thoughts, becoming a "couch potato" or sitting for too long can leave you feeling lethargic and maybe even lazy. The dishes stay in the sink or the work on your desk doesn't get done because you're so tired. In many scenarios, inactivity increases your sense of weariness and exhaustion.

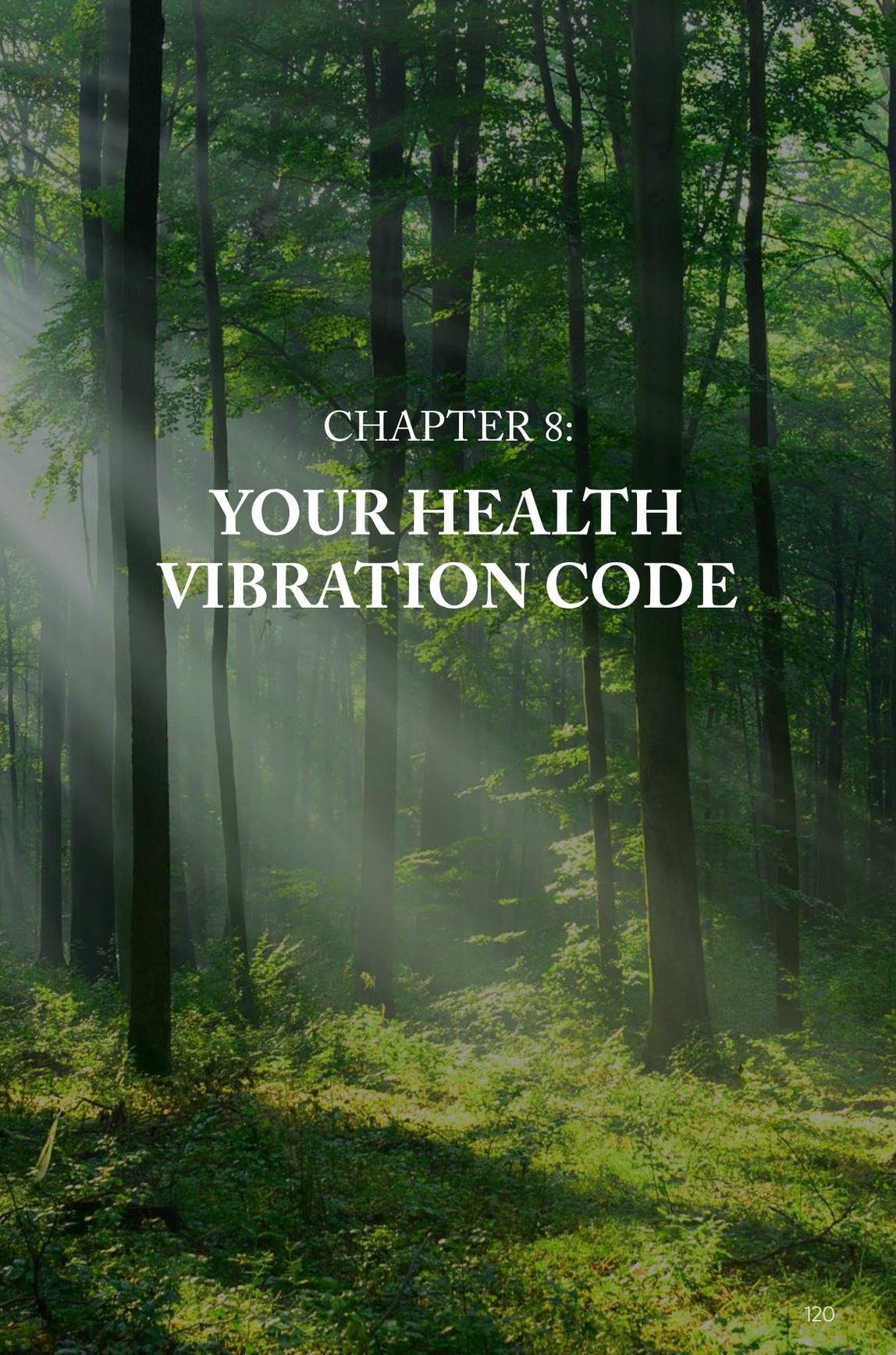
Exercise doesn't necessarily mean you have to en-

gage in heavy-duty aerobics or sweat-inducing weightlifting endeavors. Exercise can be as simple as standing up and stretching. Take a few minutes every hour to simply stand up and move your joints. Rotate your arms like a windmill and lift your knees like you're marching. Don't forget to engage your facial muscles by smiling while you do a simple range of motion exercises.

If you wish, invite a friend with Fire Elemental Origin over to dinner. A person with Fire Element is active and filled with motion and brightness. Fire is a good balance to your tendency to be quiet, contemplative, introspective, and... sedentary. A person with Fire Element certainly knows how to have quiet times, but they're more apt to want to be doing something that involves the senses. They want to hear the waves crashing on the beach. They want to feel the heat of the sun or the soothing coolness of water on their skin.

When it comes to finding balance as a Water Element, remember that you're not striving for perfection. When you reflect, you are aware, somewhere

deep down inside you, of what you need to restore your sense of balance. You're much attuned to who you are, and in those moments of quiet reflection, those times when you're best at unraveling problems or exploring mysteries, you also gain a sense of what it is you need most to restore balance.



CHAPTER 8:
**YOUR HEALTH
VIBRATION CODE**

In the 5 Element System, people with Water Elemental Origin are governed by the urinary system, especially the kidneys and the bladder. The kidneys are extremely important organs in the human body, responsible for filtering and flushing wastes from the blood. Your kidneys filter your blood hundreds of times a day. This vital function of your body requires adequate water intake, so as a Water Element, you also need to drink adequate amounts of water.

Water is the most essential nutrient for human existence. The body requires water. Water transports nutrients and carries away wastes. It hydrates your skin and ensures adequate blood volume. Water is the main component of the body's fluids and is responsible and participates in hundreds of chemical reactions every hour of every day. Water not only helps you maintain adequate body temperature but acts as a lubricant for your joints. It even serves as a shock absorber for your spinal cord.

Water accounts for approximately 60% of your body weight, even those parts of the body that you might consider to be non-liquid. For example, even bone

contains 20% water. Muscle is about 75% water. Water performs many tasks that are vital to life. The river of water inside you carries away waste products formed during special reactions constantly taking place inside your body's cells.

Not all water is consumed in the form of liquid, but in foods. The makeup of water itself can depend on where it comes from. For example, some fruits and vegetables contain as much as 85% or more water content.

In other words, water is the medium inside which all of the body's processes occur. Water helps to transport hormonal messages. When an energy-yielding nutrient releases energy, it breaks down into water and other simple compounds. Without water, a human can only live for a few days before they start to lose functions.

Every day, your body loses water in the form of urine and sweat. It's vital that you replace that water, often by consuming between 2 to 3 quarts a day, depending on external environment and activity levels.

Adequate amounts of water are extremely important to you as a Water Element. Nothing can exist without water in some form or another.

During aging processes, your body tends to lose water. Your hair thins, your skin loses elasticity and isn't as firm, and your bones grow more brittle. In fact, without water, your brain will also lose its elasticity or "flexibility" - which is to imply that brain function, thought process, reasoning processes, and so forth can eventually decline - if you don't take care of it.

The kidneys play an important role in balance for a person with Water Elemental Origin. Like a screen or filter, the kidneys separate the pure from the impurities found in blood. Healthy blood is filled with energy and warmth, reaching every cell in the body. Therefore, the health of your kidneys and bladder are important in maintaining the power that you need to overcome challenges and obstacles and to manifest your goals throughout life.

The kidneys and the bladder, as part of the urinary

system, are important aspects of overall health and wellness for humans. Without the kidneys and the bladder, your body would have no way to excrete wastes from the blood. Every day, the kidneys filter approximately 200 liters of fluid flow in the bloodstream, sifting out toxins, metabolic wastes, and other components that will leave the body through the bladder as urine. Therefore, you can think of the body's kidney organs as your very own water purification system!

The kidneys also perform a balancing act when it comes to chemical balances, such as maintaining the body's internal environment. Poor kidney and bladder function can lead to illness and infections that leave you fatigued. When the kidneys or your bladder aren't functioning properly, such as when you're constipated, you experience more fatigue and depression, making it more difficult to adapt to new circumstances.

Recommended food and herbs for you

How can you, as a Water Element, protect your

kidneys or bladder when you have no control over what they do? Remember input and output. Your kidneys have to work harder when they're filtering out heavily processed foods such as those containing excessive amounts of salt. It's also important for you to remember that not all fluids are as beneficial or healthy as water. This isn't to say that you can only drink water, but watch your intake of sugary sodas or even sports drinks.

How much water do you need? For generations, eight 8-oz. glasses of water a day have been recommended. That's about half a gallon or two liters of water. But what about the differences between external temperatures depending on geographic location? What about the amount of water required if you're sedentary or relatively active?

In general, you can determine the average volume of water you need to drink on a daily basis (in ounces). Simply divide your body weight in half. The resulting number is the number of ounces that you need to drink every day. So, if you weigh 130 pounds, you should drink a minimum of 65 ounces of water dai-

ly. If it's hot or you're engaged in an activity, drink more.

Instead of table salt, opt for sea salt. Sea salt contains a myriad of minerals (up to 80!). Just remember that most sea salts and salt substitutes do not contain iodine. Because many diets lack balance or an adequate nutritional intake of vitamins and minerals, iodized table salt has been a popular condiment found in cupboards for generations. Don't completely forgo iodized salt. The iodine in iodized salt promotes production and release of thyroid hormones that are essential in the skeletal and central nervous system development of fetuses and infants. It's also a vital component of two important thyroid hormones that regulate a number of vital biochemical reactions in the body, including protein synthesis and metabolic activity. In addition, salt is essential in order to replace salt loss through sweat or urination.

How can you, as a Water Element, keep your bladder healthy? No matter your age, it's important to drink adequate fluids. At least half of your fluid intake every day should be water. Some people diag-

nosed with kidney failure or heart disease however, should consult with their physician regarding adequate fluid intake.

You can also protect your bladder by limiting the amount of caffeine or alcohol that you consume. In addition, get moving. Physical activity can help reduce the development of not only bladder issues, but constipation.

Pelvic floor exercises (commonly known as Kegels) maintain the strength of the pelvic floor muscles and help you retain urine in the bladder until you're ready to hit the restroom. This type of exercise is especially beneficial to older people who might find that they “leak” when laughing, sneezing, or coughing.

You may think that you're doing a great job of “holding it” when you resist using the restroom when you feel the urge. You might think that you're actually strengthening your bladder, but you're not. In fact, if urine stays in your bladder too long, you may be at a greater risk of developing bladder infec-

tions. Holding urine in your bladder for long periods of time ultimately weakens the muscles of the bladder.

In order for you to support optimal health and wellness - and kidney and bladder function - turn to foods that can help support both organs. For example, foods such as apples, watermelon, and berries provide beneficial nutrients and antioxidant protection to support kidney organ and bladder functions.

Opt for unrefined olive oil rather than other cooking oils when cooking. Briefly steaming vegetables like cauliflower or using natural food seasonings like garlic provide a number of health benefits because of their nutritional value as well.

You will also be well served by utilizing a number of herbs in cooking or even infusing into beverages like fruit smoothies. A few of these herbs include but are not limited to Juniper berry, ginger root, and parsley leaf.

Natural is always better. Nutritional experts always

encourage consumption of a fruit or vegetable in its most natural state for the most bountiful intake of nutrients. This is because a variety of cooking processes tend to leach out the valuable nutrients of raw fruits or vegetables. Keep this in mind when cooking.

How your health problems stem from FEAR

Each of the 5 Elements correspond not only to different emotions, attitudes, and behaviors, but different organ systems as well. Maintaining a balance among these organ systems is important to overall health and wellness. This is because every organ system relies on one or more other organ systems for optimal function. For example, without a brain or spinal column, you would not be able to move or even think. Without a cardiovascular system, your heart would be unable to beat, providing valuable nutrients and oxygen to every cell in your body. Without a skeletal system, you would have no support or stability, and so on.

Your body functions as a unit: mental, emotional,

psychological, and physical. That said, the overriding emotion for you is often associated with fear or anxiety. Water is often considered the first of the Elements because without it, nothing else can exist. You develop and grow in water (the womb), and water is required by every living thing in the universe for sustenance and life.

However, because water is considered the first of the 5 Elements, you may sometimes feel as if you have no anchor. Nothing has come before you that you can latch onto for support. As previously discussed, you tend to be more suspicious, wary and cautious than others. You might tend to allow, purposely or unconsciously, your anxieties to become overblown for no logical reason.

Therefore, it's extremely important for you as a Water Element to learn to overcome your anxieties and fears. Whether you're afraid of something that you can see or something you can't, it's important for you to find a way around that obstacle. Because you're so introspective and intelligent, you will often find yourself able to quickly find alternatives to avoid the

thing that you fear. When you can't, you can eventually come up with a resolution or a solution to overcome the challenge.

However, this can also take time. In contemplating your anxiety or fear, you tend to isolate and, despite the activity going on in your mind, you may find yourself turning to less healthy comforts such as those provided by food. You can easily become “comfort eaters” because the pleasure you gain from food, for example, is something that brings you pleasure, satisfaction, and a sense of control.

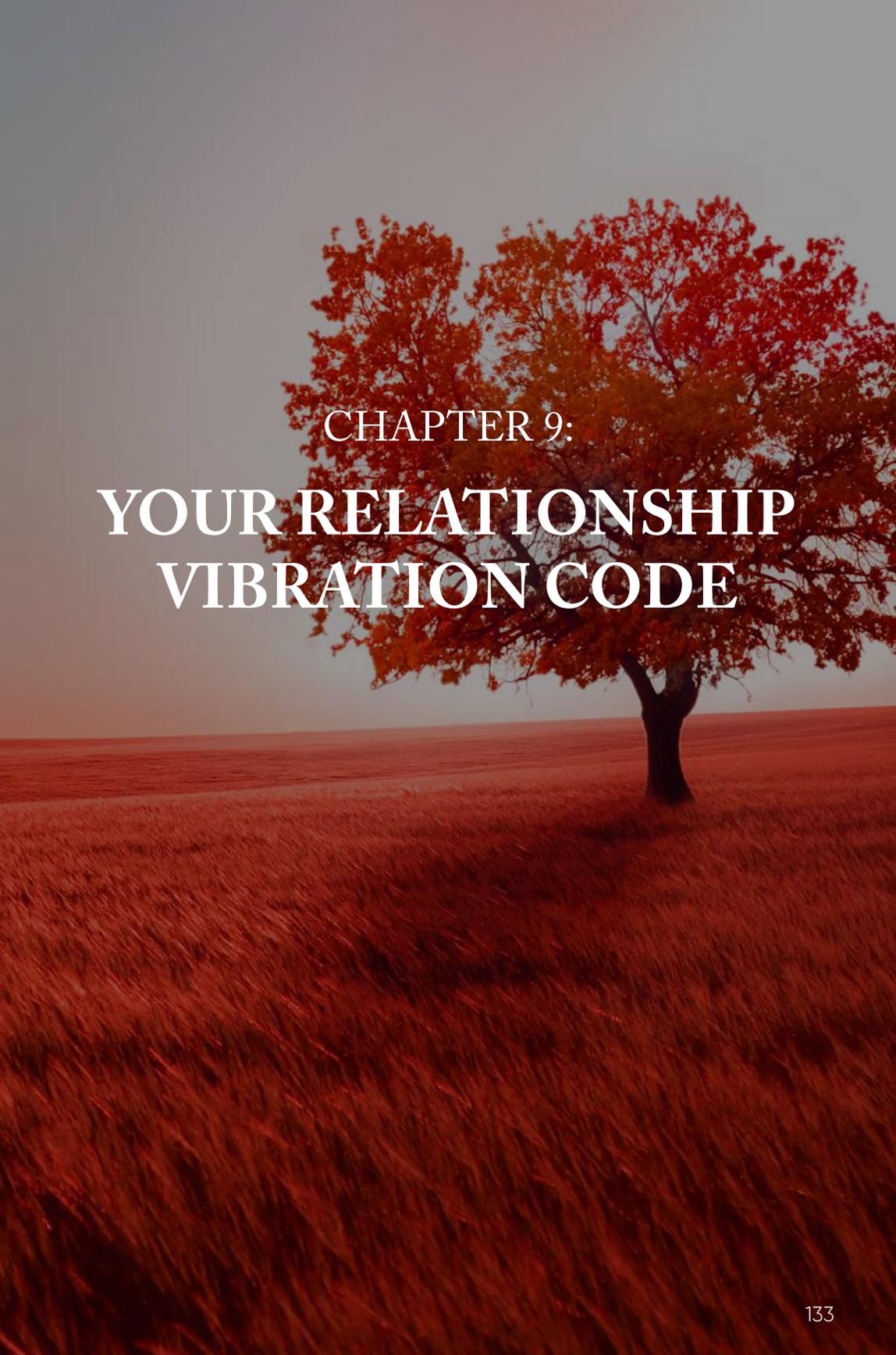
You can find the world an intimidating and often fearful place. You may spend more time worrying about what “might” happen than focusing on the good and positive aspects of living a full and active life. As such, instead of taking risks, it's easier just to stay home. However, this cycle of continuously retreating from life or even the lives of others can lead to a cycle of anxiety, fear, and even paranoia if not kept in check.

The key to maintaining optimal health as a person

with Water Elemental Origin is to take the time to identify what causes your fears and anxieties. Such fears might lead you to indulge in an inadequate nutritional diet due to lack of interest. Identify what frightens you, or the thing that prevents you from moving forward, taking that step, or making that decision.

As a Water Element, you rely on the force of water to help you take those baby steps that may be required to overcome obstacles. After all, the Colorado River didn't carve the Grand Canyon in a day. Tackle your anxieties, insecurities, and fears chunk by chunk, all the while doing your best to maintain emotional, physical, emotional, and spiritual health and wellness. By doing so, you will find that your journey through life is not quite so difficult or fraught with challenges and conflicts as you might expect.

When it comes to health and wellness, paying attention to water is more than just a source of comfort and serenity for you. Water is also your life.

A large, spreading tree with vibrant autumn foliage in shades of orange, red, and yellow stands in a field of tall, golden-brown grass. The background is a soft, hazy sky, creating a warm and serene atmosphere. The text is overlaid on the upper portion of the image.

CHAPTER 9:
**YOUR RELATIONSHIP
VIBRATION CODE**

Forming relationships can be a great adventure, but at the same time challenging and uncertain for you. As such, your behaviors and attitudes, both the good and the not-so-good, are prevalent in every aspect of your life. The same applies to your relationships.

Whether it's a relationship with a friend, your immediate family, or a spouse, they will all have their ups and downs. This is natural. This is life. Yet understanding how you respond, communicate, and behave in your relationships will help you form deeper, more meaningful, and well-rounded relationships with others.

Why do you react the way you do?

You may tend to behave or respond in certain ways in a relationship when things are going good, and yes, even when things are going badly. You tend to be private, so it can be difficult for you to open up and express yourself in a way that a friend, family member, or a partner might want you to. Your tendency to avoid deep conversations that dig beneath the surface of your emotions makes you feel uncom-

fortable, almost trapped sometimes.

When a relationship hits a bump or you and your friend or significant other need to talk about something more serious and personal, or maybe even something potentially damaging to the relationship, conversation becomes extremely difficult. It's very easy for you to retreat, erect walls around yourself, and close off your mind. At this stage, anxiety and fear can take hold. You'll be thinking, "What if something is wrong? Can I fix it? What did I do?"

It's very easy for you to take things so personally that often, in the face of even the gentlest of criticisms, it is easy to become defensive even if you don't need to be. Still, you can find it easy to talk to your significant other – especially when given enough patience, time, and elbowroom to discuss things that fascinate you. At such times, you can talk forever.

Your friends and family – maybe even your spouse – may find it quite frustrating at times to try and get you to open up and talk. This is important for others

to remember when in a relationship with you. You want others to be patient with you and allow you time to “process” the need to discuss things. You feel better when they’ve given you a heads-up. In such a situation, you feel less stressed and fearful of criticism. If you feel like you’ve been blind-sided, you also tend to feel like you are under attack.

As a person with Water Elemental Origin, there are times when even though you don’t particularly want to talk, you know that putting it off is only going to make things worse for you. You’ll spend the interim worrying about it, gnawing at the possible topics of the conversation, and increasing your anxiety or fear over what it’s about. At times, you’ll just want to get it over with.

Forging a deep, meaningful relationship with others also means staying connected. Fear is an overriding emotion for you. You may not think of it as fear, but perhaps anxiety or wariness. Either way, this wariness can prevent you from taking risks. You have a great potential to not only learn about your own nature, but to love unconditionally. While you have an

ability to help others with their problems, you have a deeper sense of empathy than others that can either be beneficial to you, or damaging.

In developing relationships, you have to be careful not to let yourself be so overcome by the emotions or attitudes of others, which can be quite overwhelming. At times, you may feel lost. You might even start brooding, asking yourself questions, or sometimes going in circles trying to unravel the thoughts and emotions of others.

Because of your deep-seated wariness and difficulty opening yourself to others, you may also find yourself unable to see things objectively when it comes to relationships. This isn't a matter of self-confidence or self-esteem. It's a matter of trust. To bond yourself emotionally with someone else means to expose a part of yourself to that person. This is risky business for you.

In some cases, the fear of exposing yourself, divulging your secrets or your most private thoughts can be so overwhelming that you literally shut down.

You retreat and become introverted and perhaps more susceptible to mood swings. In some cases, you might even seek to take control over small aspects of your life by becoming more demanding, impatient, or even desensitized to realizing what you're actually doing.

At the other end of the spectrum, you might also become trapped in someone else's emotional issues. Remember that water takes on the shape of its boundaries or its environment. It's the same for you with Water Elemental Origin. Think of it this way. When water hits fire, what results? Steam. When water mixes with earth, what does it become? Mud. And when water mixes with air, it creates rain. In any relationship, realize that while others can have an influence on you, so too can you on them. It's about finding the right balance.

As said before, there is no magic recipe that guarantees the success of any relationship. While you have a tendency to get along very nicely with others, and you're typically easy-going, there is also a part of you that is incredibly strong and resilient – and stub-

born.

You have the gift of patience and sensitivity. You have the capability to provide great comfort and support to others, but you also have the power to forge beyond borders and boundaries, creating new pathways to your ultimate destiny.

In your relationships, you are often besieged by overwhelming emotions. To deal with them, you yourself require patience, space, and understanding from others. To be at your very best, it's important to engage with others and with your environment.

Your curiosity is boundless and encourages you to remain active. This activity, whether it's physical or mental, keeps you busy, which is an excellent method to prevent you from obsessing on the negative or on the questions that may be involved in a relationship, and especially from brooding about it.

Forging deep, meaningful relationships

You need to recognize that not every 'deep' conver-

sation is going to be a criticism or an attempt to change who you are. Maintain open lines of communication with your friends and loved ones. These connections are important in any relationship, no matter how uncomfortable they may be.

If your friend, family member, or spouse has a Water Elemental Origin as well, you can believe that person yearns for lively and engaging communication. At the same time, they often tend to have little patience for small talk. It's easy for you to become distracted when you're not interested in the topic of conversation.

As a Water Element, you might recognize some of these behaviors in yourself. It's important for you to remember to communicate. Be aware. You don't have to be so private that you appear bored or completely disinterested in what others have to say. That doesn't benefit them and it certainly doesn't benefit you. If someone says they want to talk to you, make the time to talk. If you're busy, consider suggesting a time and place for the conversation.

If it's a more private conversation between you and your spouse or significant other, give yourself time to clear your mind and your thoughts before you engage. Resist the urge to immediately put up barriers. You're more apt to not personalize the potential problem, issue, or observation if you're given a little bit of time to prepare. This "prep time" enables you to be more receptive to listening.

The key thing to gaining a greater understanding of yourself when it comes to relationships is that you are usually in constant motion, but that doesn't mean that the motion is fast. It can be steady and slow, patiently seeking easier paths or at least those of least resistance to get where you're going.

One of the greatest gifts for you is to be able to delve beneath the surface to discover true feelings and meanings. Like a beam of light in a dark body of water, you have the gift of introspection that enables you to see a part of yourself that you've never seen before. These are the reasons why you have the emotions you do or behave in the way you do.

The power of water as your Element Origin enables you to connect deeply within your relationships. You are gentle yet powerful. You are calm and yet you can be forceful. Within relationships, whether it's a friendship, courtship, or a marriage, remember that water impacts your moods and your subconscious. You have a huge potential to learn how to love not only others, but yourself. When you look at the mirror, you're able to let go of negative emotions and feelings and be happy with who you are.

You know how to adapt to a myriad of situations, but you also know when to make waves or to take a stand. It is those characteristics that make you uniquely capable of having many friends or just a few. All of your relationships will be important to you, regardless.

Making your relationship work

As said, there is no magic recipe that will make every relationship work. However, with a little bit of effort, patience, and understanding, most relationships can be rewarding and fulfilling.

You are incredibly supportive of others, and you are also sensitive in your relationships. Most of the time you know what to say, but you also know when to keep your distance or your thoughts to yourself. As such, you might find it challenging to maintain your personal boundaries. At the slightest hint of uncertainty or discomfort, you tend to retreat into yourself, closing yourself off from others. You may even pretend that you don't care, even though you care very deeply.

As you retreat into your innermost thoughts, you might also feel that uncertainty turning to anxiety. Anxiety, in turn, prompts you to retreat even further, at the risk of becoming stagnant. You find it difficult to concentrate or to move forward on a project. You'd rather just watch TV or simply be by yourself. However, be aware that you are not your best self when you're inactive or in full retreat.

Because your very nature makes you incredibly self-protective, you may find that the undercurrents of any relationship are quite challenging unless you

are confident in your emotional and mental strength. For you, this is a challenging mental place to achieve. At such times, it's beneficial to tap into your Element Origin. Like water, you have the ability to change your course, to be soft or powerful, gentle or hard.

Due to your heightened sense of perception, you might also see things in another's Personality Vibration, comment, or posture that just aren't there, such as criticism, disappointment, or anger. For this reason, using your words is important. You can't assume that you know what others are thinking any more than others know what you're thinking.

The good news is that like water, you are formless. You can take any shape to influence others, and this is beneficial in any relationship. Like the ebb and flow of the tides, it is in your innate nature to push forward, and yet know when to recede like the tide when necessary. This ability gives you a great deal of compassion and ability to process others' feelings as well as your own.

Forging successful relationships has always been a give-and-take proposition. You have a deep sense of decency, empathy, and compassion for others. Don't be afraid to openly express yourself. Deal with situations as they come up to avoid the temptation to retreat into yourself and become suspicious or resentful.

As a person with Water Elemental Origin, you know how to express emotions across a broad range of situations and scenarios. However, you also need to expose yourself once in a while so that your partner, your significant other, or your friend, can see the real you. This type of intimacy between two people encourages a deep sense of affection as well as trust. As you want to rely on your partner, so too does your partner want to rely on you. Like you, your partner wants to know that they can speak truly and within an atmosphere of safety and comfort.



CHAPTER 10:
**YOUR ABUNDANCE
VIBRATION CODE**

Your journey through life as a Water Elemental Origin will also affect your career choices. Of course, you have a lot of different career paths to choose from, but some offer less ‘resistance’ to you than others. The paths along which you tend to find a greater sense of happiness and achievement, and even wealth, is often associated with water. This is because, like water, you tend to go where you are directed.

Water follows gravity. Water in the form of rain falls from the sky. River currents run downstream. Waves follow the currents and flow patterns of the ocean. So too will you when it comes to finding a career or work within an industry that not only appeals to you, but offers the least resistance to your personality, your goals, and your coping skills.

Some career paths have more resistance than others for the same reasons. Your work, lifestyle, and goals in life tend to complement your strengths, and can be more challenging when it comes to your weaknesses. Therefore, choosing a career that complements you as a Water Elemental Origin will be

one that provides you with fewer obstacles and more personal success and manifestation of wealth.

You might tend to think that some type of job or career that places you near water or other fluids may be the best for you. In many cases, you would be right. Such career choices might include those that involve working with other people or products that are constantly changing or moving, which for you, symbolizes the fluidity of water.

If you choose a career path that does not necessarily correspond with you as a Water Element, you might find yourself facing a number of obstacles or at least hurdles that you will need to navigate, some easier than others. For example, some career paths that have quite a bit of resistance for people with Water Elemental Origin can increase work stress. Work stress tends to lead to periods of anxiety and depression.

Boredom with your job can also lead to a decreased sense of satisfaction. Sometimes, you might feel as if you're in a rut, with no potential for advancement or

even recognition from your supervisors. This can also lead to a great sense of disgruntlement, impatience, and frustration that you might end up taking out on your friends, family, or other loved ones.

When you have a job that doesn't fit you as a Water Element, you might also feel prone to distraction, increasing the risk of making mistakes and errors that can also contribute to poor work performance.

A great obstacle for you - who is not in a career that offers the least resistant path to wealth and success - is a feeling of inadequacy and lack of self-confidence due to missed opportunities. As time goes by, those opportunities that you missed out on can lead to not just resentment, but jealousy and feelings of anger toward your peers and coworkers.

Choosing the least resistant path to wealth

When choosing a path of least resistance to a career that manifests happiness, satisfaction, and wealth, it's also important to remember that you are also motivated by different things. That said, choosing a

job or a career path takes serious consideration. You may have to work a number of jobs before you find one that suits you and offers the income, the interest, and the satisfaction that you're looking for.

In order to be truly happy in your job or career choices - with generation of wealth as an added benefit - you need to follow your passions. It may take some time for you to determine your true path, but once you do, you will follow it to where it leads.

As a person with Water Elemental Origin, you do well in helping and supporting others. For this reason, a good career option for you might be found within the healthcare industry. Practicing medicine, nursing, or providing support in any form within a medical environment is often a good choice for you. This gives you the opportunity to thrive, as your compassion for others seems very natural.

However, you might also like to work for yourself. For example, driving a truck across the country, providing moving or cleaning services that allow you to work fairly independently, or even within online

business environments, such as a freelance writer, graphic artist, or videographer, where you can combine your intelligence with your creativity or artistic flair.

You are also very good in career paths that require intellect and a thirst for knowledge, and at times, research. As such, fields like professional consulting or as an attorney, a lifestyle coach, or even a social worker is a good choice.

A number of other industries are also good choices for you. Anything that has to do with water such as working in a water treatment plant, as a chemical engineer responsible for city water supplies, or in rural areas, as in irrigation specialties, might be options. You might consider being a lifeguard, a commercial diver, or even a marine biologist.

When you think of a possible career path, you naturally want to look for one that makes a connection with you not only emotionally, but up to a point, intellectually as well. You need room to grow. You like to work with those who, more often than not, share

their points of view. In fact, you might be drawn more to the people who work in a specific work location or industry than simply because it's a path of least resistance.

While you may not necessarily choose a job just for the money (because that can backfire in many ways), when you put your heart and soul into your job or your career, and have the added benefit of enjoying and getting satisfaction from what you do, you are capable of earning well and manifesting your goals to provide yourself and your loved ones with a comfortable life.

When you choose a career where you can help others or at least provide guidance, or you have a career where you nurture others, such as teaching, you feel happier and fulfilled. You might even seek out a job where, in some way, you're involved in protecting the environment, which may also give you great pleasure.

This is not to say that you can't thrive in any other career, but merely to point out that some may be

more challenging than others. While you know that you need to work to put a roof over your head, food on the table, and clothes on your back, you also want to have a job that gives you a sense of accomplishment, of purpose, and of personal emotional fulfillment.

Higher resistance careers and wealth for you

A number of careers that a Water Element like you might choose can also manifest in wealth but are more resistant to your Elemental Origin. For example, some jobs and career paths are more suited to other Elements like those where you work with the land, such as a road worker or farmer, or raising livestock.

As a person with Water Elemental Origin, you want a job that provides personal as well as financial satisfaction, but when you choose a job simply for the money without regard to your emotional and mental sense of fulfillment and satisfaction, you'll end up dreading going to work. It's not that you mind hard work, it's just that some jobs go against the grain of

your Personality Vibration.

You tend to want to work at your own pace, resisting a sense of urgency or speed. Therefore, working at a racetrack wouldn't necessarily be something that would appeal to you. You don't necessarily do well with 'speedy' situations.

Depending on the stresses of your job or career choice, you may often find yourself distracted or lack energy. It isn't easy for you to get back on track after you've been distracted. Though you are extremely intelligent, you might want to stay away from jobs that require hours and hours of repetition, such as an IRS tax consultant or a CPA.

While you are perfectly capable of learning new things and dealing with people, some career choices that require a huge expenditure of emotion on your part, such as those provided by a mortuary or funeral service provider, may be too draining on your emotions.

You should not choose a career that would keep you

underground in a stifling environment, such as a miner. Jobs that are rather inflexible, like construction or civil engineering, where time limitations as well as demands and constraints may limit creativity, are typically low on the “I want to do this” as far as you are concerned.

While career choices like landscaping, working in a nursery, or interior and exterior design may sound appealing at first, you may find that you are still overly constrained by the demands of your clients and rarely have the opportunity to truly design or create with passion.

Mundane jobs such as working on an assembly line, packing or unpacking and moving boxes around a warehouse, and other similar careers may be fine to earn a regular and steady paycheck, but they don't fulfill you as you want to be, nor are such jobs often a path to manifest your desires for wealth and security.

As a Water Element, you do like to spend a lot of time thinking, reflecting, and using your imagina-

tion, but because you're so easily distracted, often coming up with numerous plans and yet not having the time to pursue one to completion, you might want to avoid careers or jobs that require strategic planning and analysis. The same applies to "playing" the stock market or acting as a financial consultant in such an ever-changing and volatile industry.

Your need for validation or recognition, even if it's not excessive, may not necessarily be ideal for some additional career choices, such as working on the floor of the stock exchange. Jobs that require constant change and adaptation may prove more stressful to you, regardless of intelligence.

You seek balance in order to best utilize your energy resources, your time, and your passions. This enables you to maintain not only your "staying power" but also a sense of direction that provides at least some boundaries for your emotional, mental, and physical input and output.

Finding the right career for you

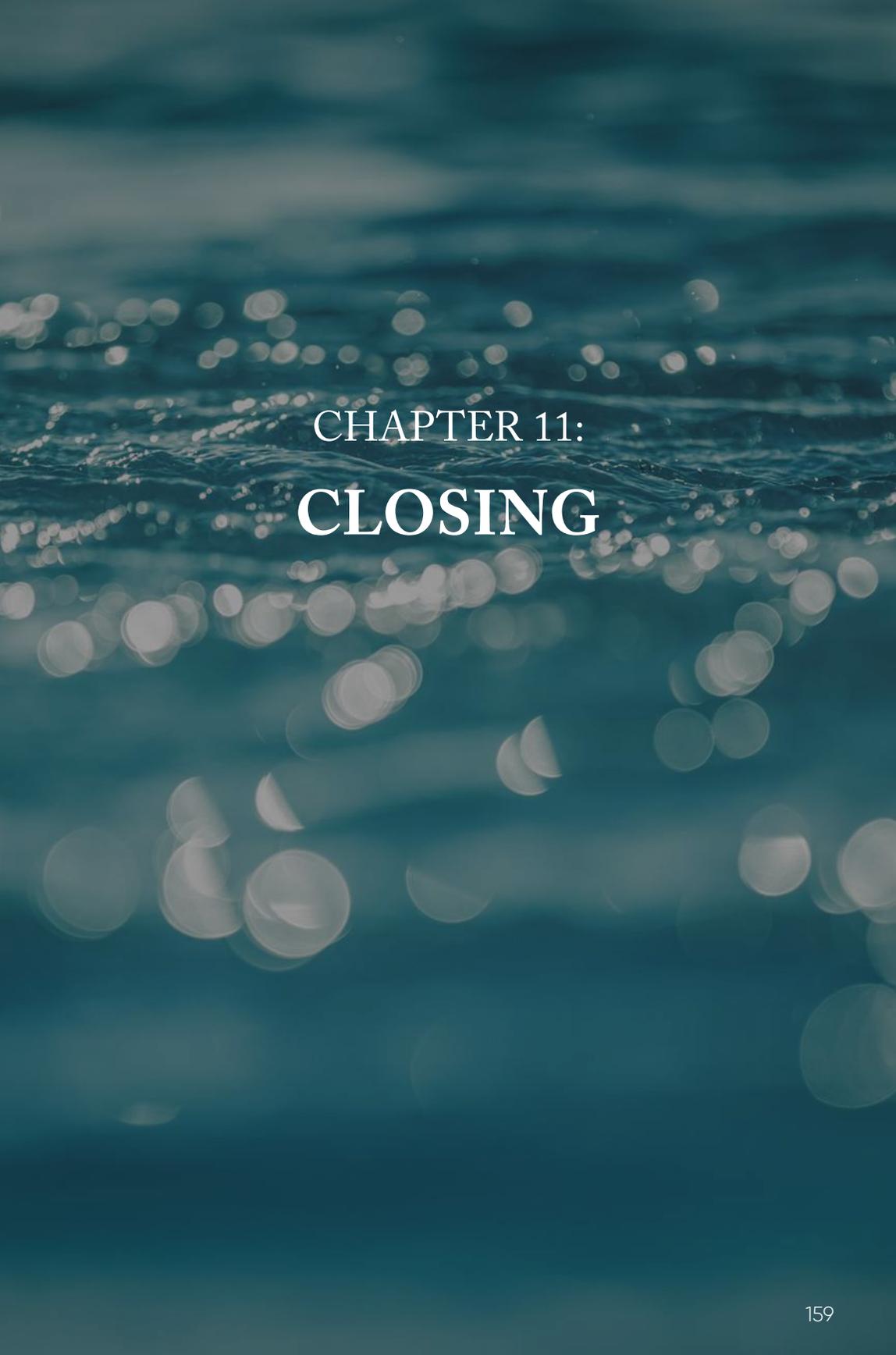
As a person with Water Elemental Origin, you may take some time to find that perfect job or career path. Only you can decide what you like or don't like and what interests you and what bores you. You are unique unto yourself, and while you may have certain tendencies as a Water Element, that doesn't mean that any doors are closed to you.

Certain professions, jobs, and careers are suitable for a number of different personalities. What stimulates you intellectually might not stimulate someone else. You have enough curiosity and zest for learning to tackle just about any job out there, but that doesn't mean that it's right for you, your temperament, or your personality. Because you have a tendency to become depressed and retreat deeply into yourself when things aren't going right or fit within the constraints of what you feel comfortable with, take the time to carefully consider the pros and cons of job opportunities and even promotions that come your way.

Wealth comes in many different forms. It can be financial but it can also be a sense of fulfillment and

satisfaction with your job, your spouse, with your family, or with your life in general. You can be captivating, playful, bold, and filled with energy. At the same time, you can also be private and introverted and experience incidents of low self-esteem and confidence.

Therefore, as a Water Element, you need to choose your jobs wisely and consider how you would fit into a number of different career paths that offer the least resistance for your ultimate success to find wealth, a greater sense of achievement, and most importantly, satisfaction and happiness.



CHAPTER 11:
CLOSING

Understanding yourself not only leads to self-improvement, but can also enhance relationships with others, as well as guide you toward greater satisfaction in your life. Understanding yourself as a Water Elemental Origin leads to a greater sense of peace and well-being. So too does your association with other Elements including Wood, Fire, Earth, and Metal personalities.

As a Water Element, you vibrate with a unique energy that you might not understand. You are imbued with an Element of nature, of water, that follows you throughout your life cycle. Understanding why you tend to react in certain ways to different people and situations and environments is all part of what makes you so special.

Gain clarity as well as confidence by delving deep into your psyche as a Water Element. Manifest your desires by achieving a greater understanding of not only your past, but your potential in the future. By understanding yourself on a deeper level, perhaps in ways that you've never imagined, you're more able to negotiate and navigate life's challenges and over-

come obstacles with a deeper sense of confidence than you ever imagined.

As a Water Element, your greatest search is the search for meaning. You live by a set of certain personal values and standards. You are creative, engaging, and among the most compassionate of all the 5 Elements. You find comfort in tradition and sometimes wax nostalgic, but you are also deeply philosophical, always searching out the meanings of the why and how of life.

You strive to make sense of people, loved ones, and life itself. At the same time, because of your introspection and desire for helping and supporting others, you are prone to isolation and depression. Even though you spend a lot of time in your own mind, you are also incredibly giving to others, sometimes often to the detriment of your own health and wellness.

At times, you look back into history, maybe wishing that life was simpler, but then, the next moment, you look to the future and its wealth of possibilities.

Life is exciting for you. Use the information provided in this report to help you make the right choices when it comes to critical decisions in your life. Those important decisions may come up tomorrow, next week, or six months from now.

Your life is a journey. Like water, you can run silent and deep or you can influence others with the power of a waterfall. You can run gently bubbling down the hillside as a stream or show your determination, confidence, and power like waves crashing upon a rock.

You are water. You are quiet, and you are also exuberant when in the presence of a selective few, openly displaying your zest for life, your intelligence, and your creativity. You are happy dancing in the darkness under a starlit sky or simply sitting in a chair reading a good book.

As a person with Water Element Origin, your future is filled with potential as well as challenges, but like water, you will eventually find your way, and no boundaries will ever stop you from succeeding and

manifesting to your fullest potential.

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