

WATER (Section 2)

COLOR:	Blue
SEASON:	Winter
ORGANS:	Kidney (3:00-5:00pm) /Bladder (5:00-7:00pm)
DIRECTION:	North
TASTE:	Salty
FLUID SECRETION:	Saliva
SENSE ORGAN:	Ears
EMOTION:	Fear, shock, insecurity Gentleness, stillness, gratitude, self-confidence
HEALING SOUND:	“Foooo”
PHYSICAL TISSUE:	Bones/Marrow
SMELL:	Putrid
EXTERNAL FACTOR:	Cold
ANIMAL:	Turtle (wise with its own slow rhythm)

PERSONALITY DESCRIPTION:

Waters are introspective, critical, scrutinizing, knowledge seekers who want to ruminate about life in their heads. They like to remain hidden and anonymous. They have a strong set of personal values, do not miss any details, and often move slowly. Many tend to be creative and artistic. They are introspective and live deep within themselves. An unbalanced water can have both low self esteem and a huge ego simultaneously. Waters need their space and have a strong need to feel safe. They are very good at being alone. They often withdraw and surrender into darkness, but its important they don't become isolated or despondent. Waters can tend to procrastinate. They are often wise to befriend a wood to coach, inspire and motivate them so they don't get distracted or lose energy for what they are trying to accomplish. Waters need to be sure they don't always believe their worst fears and paranoia's. They have a tendency to get stuck in their heads. They need to trust people are good and stay involved with people that are positive. Waters are governed by the emotion of fear. They need to move through their fears so they don't miss out on life experiences, connections and intimacy. They can be fearful of stepping forward and being their best and need a reminder to continue to take baby steps in the right direction. They need to break things down into manageable pieces so they don't see daily life as scary and difficult as their imagination makes it. Waters need to move, stretch and be sure their energy does not become stagnant. They need to be sure they don't isolate themselves. They can get too comfortable at home and it's important they step out of their comfort zone. Water types need to offset their toughness, bluntness, and detachment with tenderness, sensitivity and openness. They need to risk contact, exposure and attachment. They need to trust that people are good and are on their side. They have the ability to not miss a detail. They live deep within their minds. They can come up with brilliant ideas, but have a hard time following through. Waters need a lot of downtime but they also need playtime even when they feel they don't have the energy. Making themselves get out will make them more open and less fearful in the long run. Because they move

more slowly than others, they may need more time to complete projects. If you are a water and have been holed up in your house take a break and get out. Don't be so private and silent that you lose friends. It doesn't benefit you or anyone else. Don't ever believe others should read you. Communicate clearly so others don't become annoyed with you. It's important to have faith and continue to move forward. Be sure to not get lost in your own stories. Listen to other people's point of view and keep an open mind. Don't let your paranoia hold you back.

RELATIONSHIPS

If waters have the freedom to talk about what they want they can go on forever, but if the conversation is difficult or personal or not going smoothly they will retreat inward and become fearful. They often feel blamed and will get defensive even if they are not being blamed and there is no reason to have to defend themselves. If you are a water in a relationship, be sure you make time to talk with your partner. It doesn't have to be at that very moment, but let them know when you can make the time. A water wants a deep relationship with enlightening communication. Small talk is not for waters. They also need to feel safe enough with someone to open up to the depths they are capable of. They often grapple with shame and fear of exposure. They feel unseen so you may have to give them extra attention. They cannot be rushed and must have downtime. Their rhythm is slower paced than others and they need the space and time to resonate with their own rhythm.

TYPICAL PROBLEMS: Waters internalize and isolate. They can be emotionally inaccessible, isolate themselves, and can appear tactless, unforgiving, and suspicious. They can lack willpower and drive, feel helpless, live in fear and insecurity and often lack the excitement to be alive.