

WOOD (Section 3)

COLOR:	Green
SEASON:	Spring (bursting forth)
ORGANS:	Gall bladder (11:00PM-1:00AM) / Liver (1:00AM-3:00AM)
DIRECTION:	East
TASTE:	Sour
FLUID SECRETION:	Tears
SENSE ORGAN:	Eyes
EMOTION:	Anger, resentment, aggression Kindness, forgiveness, generosity
HEALING SOUND:	SHOO
PHYSICAL TISSUE:	Tendons / Ligaments
SMELL:	Rancid
EXTERNAL FACTOR:	Wind
Animal:	Bulldog (strong with a purpose)

PERSONALITY DESCRIPTION

Woods lead with their determination and will. They are logical, bold, independent and unapologetic. They often act fearless. They are doers – if they can imagine it, it will be done. They turn ideas into actions and push themselves to their limits. They enjoy debates and arguments and are not easily swayed by others. They tend to always think they are right, which doesn't always bode well in their relationships. The wood element relates to the liver and the emotion of anger, which can surge up fast for woods. They need to learn to be flexible. A wood will always have your back and be a solid supportive advocate. They do need to learn how to slow down and mellow out though, as they tend to do too much and overwork. They tend to be competitive and patience is not their strong suit. Wasting time can seem unbearable to them and projects need to be done yesterday. They don't do well with unfinished business. They not only need to excel and be the best, but also get credit for it. For woods it's all about control. They must feel in control of their life and goals. They hate to feel confined and must be independent. A wood will not give up. They tend to be unwavering and honest. The wood element has a masculine quality and wood women tend to be intimidating. They speak their minds and won't back down. They can be blunt, assertive and powerful which are traits typically associated with men. Since woods tend to get angry and frustrated easily, the best thing to do is distract them from thinking about how to fix problems and teach them to have fun. The sooner woods can accept there is little in life they can control the healthier they will be emotionally and mentally. The best thing for a wood to do if they are in pattern is take a walk, run or move. Woods need to find a way to soothe their irritation, speak mindfully and practice kindness. They need to learn to show leadership without being authoritarian and arrogant. They need to learn they don't need to shout to make a point and they need to find a way to stay calm. They get angry when they feel out of control or observe an injustice or disparity in life. Lying in relationships and bullying are intolerable to a wood. Woods don't understand people who don't work hard and take personal responsibility. They feel honesty is the highest form of

kindness, which is why they can tend to be so direct. They seek challenges and push their limits. Woods admire speed, novelty and skill. They love action, movement and adventure. They like to be the first and best. Irritating a wood can be easy and their anger boils over fast. They can be accusatory, and their energy can hurt, offend and intimidate people. They can order, demand, berate or snap, but if they take several deep breaths and step away from the issue for a moment, the result is better for everyone. A softer tone and calmer demeanor will allow woods to listen better. Helping woods stay flexible is as simple as reminding them of what they are doing well. Praise, encouragement, and positivity are important for a wood to stay balanced. Woods set high standards for themselves and take their responsibilities seriously. Never focus on what a wood is doing wrong but present suggestions. If they feel blamed, they will get triggered and defensive. Woods need to learn to calm, stop and breathe.

RELATIONSHIPS

Being with a wood can feel like a lot of pressure. Woods want their partners to listen to all their venting, annoyances and irritation in order to relieve their internal pressure. They need people to whom they can vent and complain. They rarely realize how angry they sound so they need to check themselves. They believe it's normal to just release their anger, rectify it and get back to work while their partner deals with the impact of what felt like a tornado. They have to realize the intensity of their emotion. Woods may express anger but are still happy and enjoy life – the thing is that's not always clear to others. They expect not only a lot of themselves but also of others. The bar will be raised if you're in a relationship with a wood. It's important to be clear that your rhythm may be slower than theirs and ask them to be patient with you. Woods can be fun, funny and romantic if you get them to relax. For a wood, a partner with a good sense of humor or who has a lot of fire can usually lure a wood away from their desk to unwind. Distraction tends to work well for them. Always acknowledge them and be sure they are heard. Use distraction to help them find their joy and laughter. Woods are workaholics and taskmasters, are opinionated and aggressive, and rarely taking time to relax and have fun. They most likely will order you around. They need to do things, so if you are in a relationship with a wood offer a plan or let them organize a vacation. That way they will feel productive of value and importance. Give them a challenge and they'll meet it. As friends and lovers they are steadfast, reliable, and loyal. They will be candid and honest most of the time. They will always be there for you when you are down and out. They will always offer an honest point of view and they will always have your back and protect you.

TYPICAL PROBLEMS:

Difficult to relax, easily loses temper, can be judgmental and critical of others, can be stubborn and stuck in ways, can be uncompromising, can tend to see what's wrong rather than what's right, can be sharpened tongued, has a difficult time delegating, can be addicted to work, tendency to feel superior, hates to lose, becomes frustrated if can't state opinion, if can't express anger can explode, gets irritated if someone tries to slow them down. Needs to get things done.

