

Water

A healthy water element person is able to assess risk and knows the appropriate degree of a “threat.” Fear is the emotion associated with the water element and often times fear or lack of fear shows up as the major imbalance. Water is the element most closely linked to our inherited reserves. Our reserves contain the seed of our potential as will be displayed in our life. While all people possess this seed of potential, it is the water constitution type who will express the most issues when it comes to expressing it in the world. The key theme involves utilizing our reserves to bring this potential into the world. It usually shows up one of two ways and to varying degrees depending on the person’s development. Either a person will exhaust their reserves in the endless pursuit of bringing this potential into the world and the fear that it may not be. On the other hand, they may be so conservative with their resources that they are frozen with fear and end up never reaching their potential.

A water constitution type is often always on edge assessing threats that others do not see or anticipate. They frequently ask for constant reassurance from others but to no avail. Typically in childhood their fears weren’t reassured. Perhaps they were laughed at or unappreciated when fear was expressed. In contrast they may have never spoken of their fears so the opportunity to have them reassured was lost and they didn’t receive the safety and security they needed to balance their water element.

Main Issues for Water

- Needing to be safe
- Trusting
- Drive
- Being reassured
- Excitation in danger

The degree to which a water person will experience these issues varies according to their physical, mental and spiritual health.

The behavioral connection

Risk-taking	Fearing the worst/over-cautiousness
Distrusting	Trusting
Intimidating	Reassuring
Driven	No drive
Agitation	Paralysis

The Virtue of Water

Wisdom is the virtue of water that is cultivated out of the appropriate use of reserves in order to manifest our potential in the world. The seed of our own potential is ultimately unknown. Therefore it is important for water people to cultivate wisdom in the face of the unknown. This usually results in the development of trust and faith in the great unfolding of life. Fear can only be transformed when a person is comfortable with what is hidden from our view. This ultimately allows the person to develop wisdom in a manner that is befitting to their overall health and the health of humanity.