<p>

Like water, this energy can resemble a lively mountain stream or, conversely, a deep lake or ocean. Water energies can be adventurous and vivacious, or quiet, reflective and withdrawn.

</p>

<p>

Water energies benefit greatly from having a container to structure them, just as the river needs the river banks. Without this, they may tend towards chaos and lack of discipline.

</p>

<p>Water energies can be very sensitive, intuitive and philosophical. They are often very deep thinkers and can have a brooding nature.</p>

<p>

As the middle son of the family, water energies are known to be highly diplomatic. They are good listeners and can often easily see different sides of an argument.

</p>

<p>

It is important for water energies to have their own space. They are often fiercely independent. Sometimes water energies can take this trait to the extreme and become loners or even hermits.

</p>

<p>

Water energies typically have a high sex drive and people often find them very sexually alluring. They are not typically flirtatious by nature, however, as they tend to be more secretive when it comes to matters of the heart.

</p>

<p>

Many famous explorers were water energies.

</p>

<p>

Water energies are most likely to suffer health problems related to the kidneys, bladder, reproductive system and adrenal glands, all of which are governed by the element water in Traditional Chinese Medicine.

</p>

<p>

It is important for people of this sign to keep warm and take plenty of rest. Alcohol, caffeine, sugar, late nights and stress are particularly depleting for water energies.

</p>

<p>

It is also especially important to avoid cold, damp living environments.

</p>

<p>

Water energies are sensitive and deep thinkers, and as such, many of them are drawn to poetry, writing, composition, philosophy and some become therapists and healers.

On the other hand, their natural ability to find a well thought-out and balanced argument means they can make excellent lawyers.

</p>

<p>

Soil energies are maternal and caring in nature and are happiest when they are serving and supporting others.

They are not natural born leaders, but work diligently and tirelessly to get the job done.

Number two soil energies are probably the most reliable of all the energies.

</p>

<p>

Soil energies are generally patient, resilient and calm, although they may be prone to worry and anxiety, especially with regards to others.

</p>

<p>

Soil energies are generally very sociable and public-spirited and can make excellent teachers and organisers.

They ideally need to be part of a group, be it family, work or elsewhere, and can often lose direction without a group's support.

</p>

<p>

Soil energies may be prone to being overly fastidious in their work and must be careful not to get too bogged down with detail.

</p>

<p>

Soil energies have a strong connection with the land and often enjoy gardening, nature walks and the like. They are also frequently very practical and good with their hands,

be it in the kitchen, the garden, the work place or elsewhere.

</p>

<p>

Being sensitive by nature, soil energies do not typically have a strong constitution. In Traditional Chinese Medicine, the earth element governs the spleen, pancreas and stomach and

there for the lymphatic and immune systems. Soil energies must take extra care to look after these organs with a healthy balanced diet which does not contain excessive carbohydrate.

It is also advisable to engage in activities which are calming, such as meditation and yoga, in order to avoid excessive anxiety and worry which could negatively impact their digestive system.

</p>

<p>

Thunder energies embody the power of spring and have plenty of vitality and energy. They are more about doing than being and like to take action and initiate.

</p>

<p>

Thunder energies are generally very positive and joyful, and their optimism and abundant energy as well as their ability to take strong action makes them great pioneers in any field they turn their attention to.

However, in their constant pursuit of new pastures, they may not stick around long enough to figure out the details, which they often leave to others.

</p>

<p>

Like thunder, three thunder energies can, at times, be explosive and unpredictable, a trait which some may find overwhelming. However, it is this quality which enables thunder energies to

instigate great change. Those who dislike change and interruption may dislike the vigorous and optimistic nature of those born under this star.

</p>

<p>

Three thunder energies tend to be very open and frank in their communication, sometimes to the point of offending others, albeit unintentionally. One could say they lack a brain-mouth filter.

This openness also applies to their charm and great sense of humour, which can sometimes get them out of the trouble their tongue gets them into.

</p>

<p>

Being highly creative, thunder energies can sometimes get carried away and develop grandiose or unrealistic ideas. For this reason, they often benefit greatly from

other energies to refine and ground their vision.

</p>

<p>

Being the eldest son of the family, thunder energies often develop early in life, with success in childhood. Men under this sign often have a strong virile nature,

but conversely, they may be extremely sensitive and gentle.

</p>

<p>

Thunder energies have tremendous potential for planning and seeing the road ahead, without getting bogged down in details. They are often able to find elegant solutions to the

most complex problems, providing a clear vision of what needs to be done. For this reason, they may excel in computing, science, research as well as in business intelligence and consulting, to name a few.

</p>

<p>

Thunder energies can also make energetic performers, artists and speakers and breaking ground in these fields is also one of their strengths.

</p>

<p>

Thunder energies embody the power of spring and have plenty of vitality and energy. They are more about doing than being and like to take action and initiate.

</p>

<p>

Thunder energies are generally very positive and joyful, and their optimism and abundant energy as well as their ability to take strong action makes them great pioneers in any field they turn their attention to.

However, in their constant pursuit of new pastures, they may not stick around long enough to figure out the details, which they often leave to others. Thunder energies often have great bursts of energy

which can lead to great action. These bursts of energy and movement may be interspersed with periods of lethargy and even exhaustion if care is not taken to take sufficient rest.

</p>

<p>

Like thunder, three thunder energies can, at times, be explosive and unpredictable, a trait which some may find overwhelming. However, it is this quality which enables thunder energies to

instigate great change. Those who dislike change and interruption may dislike the vigorous and optimistic nature of those born under this star.

</p>

<p>

Three thunder energies tend to be very open and frank in their communication, sometimes to the point of offending others, albeit unintentionally. One could say they lack a brain-mouth filter.

This openness also applies to their charm and great sense of humour, which can sometimes get them out of the trouble their tongue gets them into.

</p>

<p>

Being highly creative, thunder energies can sometimes get carried away and develop grandiose or unrealistic ideas. For this reason, they often benefit greatly from

the input of other energies to refine and ground their vision.

</p>

<p>

Being the eldest son of the family, thunder energies often develop early in life, with success in childhood. Men under this sign often have a strong virile nature,

but equally, may be extremely sensitive and gentle.

</p>

<p>

Like the wind, four wind energies can express anything from stillness to a raging tornado. This energy is one of the most changeable and indeed emotional of the nine energies.

</p>

<p>

Like thunder energies, also of the element wood, wind energies can be impulsive at times. However, they typically have a gentler, steadier nature than three wood energies.

Similarly, they are generally a lot more reliable and thoughtful than three energies. They are practical and possess much common sense as well as sensitivity to others.

</p>

<p>

The sensitivity and receptiveness to others displayed by wind energies can make them great counsellors. On the other hand, these energies can also be gullible and easily influenced by or overly trusting of others.

It may be wise for four energies to seek the council of others before making a long-term commitment to a project or relationship.

</p>

<p>

Being highly sensitive also means that wind energies are greatly appreciative of music, literature and the arts.

</p>

<p>

It is important for Wind energies to communicate and they enjoy deep conversation and the exchange of ideas. They can also be excellent speakers possessing great charisma and a strong ability to influence others.

</p>

<p>

Like the other Wood element, Thunder, Wind energies need to take good care of the liver and gall bladder. Unlike Thunder energies who, being yang, are more prone to liver imbalances, yin Wind energies are more likely to experience issues with the yin gall bladder.

</p>

<p>

It is important for Wind energies to eat slowly and when relaxed and without distraction. Also, it is better to not eat when not hungry.

</p>

<p>

It is best to avoid cold foods and fluids, as this impairs digestion.

</p>

<p>

Meditation and relaxation exercises are especially beneficial to 4 Woods. This can help them to switch off, as they have a tendency to be constantly planning and thinking ahead.

</p>

<p>

4 Wood energies are excellent planners and organisers and often do extremely well at activities and jobs that require such skills.

On the other hand, being naturally adaptable and sensitive to others, they can also do very well at public relations.

Wind energies would also suit broadcasting, television or cinema where they could exploit their sensitivity to the arts.

</p>

<p>

Being exceptionally sensitive to and easily influenced by others, it is very useful for Wind energies to develop a greater sense of

their own tastes and opinions, so that they can become more resilient and assertive, if need be.

</p>

<p>

Being open and often highly empathic, Wind energies may have a tendency to talk too openly about others' private affairs. It is advisable to

be very prudent in this regard.

</p>

<p>

Core Earth energies are at the centre of the system and this is often reflected in life, as they are often at the centre of

everything they do, in the personal life and at work. Indeed, Core Earth energies may even feel left out if this is not so.

</p>

<p>

In their private life, Core Earth energies tend to be outspoken and often take the lead, with others coming to them for guidance

and support. Whilst this can be fulfilling, these energies must be cautious not to allow themselves to be drained, as they can

give too much of themselves, to the point of having next to no time to recuperate.

</p>

<p>

In Nine Star astrology, the 5 Earth house represents the beginning and end of a cycle and is often characterised by ups and downs

and, at times, extremes. However, Core Earth energies also possess more resilience than any other of the energies and their ability

to learn and bounce back from difficulties is quite remarkable. A good comparison is the toddler, wandering around wide-eyed and with the most incredible determination,

who keeps falling over, only to pick themselves up again and again and carry on. They are unstoppable and possess tremendous strength in their bellies.

</p>

<p>

5 Earth energies can be unorthodox in their approach and even a little over-ambitious and impractical at times. In this regard, they differ from the other Earth energies.

</p>

<p>

Core Earth energies find it difficult to take advice from others and often perceive it as a threat. Similarly, they are especially sensitive to criticism and may become overly defensive or even more determined to things their own way.

Indeed, Core Earths often prefer to learn form their own mistakes, which is related to the fact that, being the seventh child, they are essentially "outside" of the family.

</p>

<p>

5 Earth energies can be extremely bold and determined and often bring about great change in whatever they get involved.

</p>

<p>

In relationships, people naturally gravitate to wards 5 Earth energies, but being at the centre can mean that these energies find themselves in unusual circumstances at times,

such as being in a love triangle or getting involved with someone much younger or older. There may be further complications such as divorces, stepchildren, etc.

</p>

<p>

Generally speaking, Core Earth energies have the constitution of an ox and are incredibly resilient. However, for this reason, it is also very important for

people under this star to exercise and push themselves, so that they do not stagnate and seize up.

</p>

<p>

Being prone to ups and downs can mean that 5 Earth Energies can go through phases of being active/inactive, slim/overweight. These fluctuations are often brought

about by the many emotional events in their lives.

</p>

<p>

Generally speaking, Core Earth energies have the constitution of an ox and are incredibly resilient. However, for this reason, it is also very important for

people under this star to exercise and push themselves, so that they do not stagnate and seize up.

</p>

<p>

Being prone to ups and downs can mean that 5 Earth Energies can go through phases of being active/inactive, slim/overweight. These fluctuations are often brought

about by the many emotional events in their lives.

</p>

<p>

In Chinese Medicine, the element Earth controls the spleen, pancreas and stomach and these are the organs that are most vulnerable for 5 Earth energies.

This can also predispose Core Earths to excessive worry and anxiety and it is advisable to share any worries swiftly, rather than sink into depression.

</p>

<p>

Core Earth energies are brilliant at bringing people together. For this reason, they can make great diplomats and political leaders.

In addition, they are often comfortable with authority and control. Some Core Earth energies have become famous military leaders due to

their ambitious and dominant nature. 5 Earth energies can also make exceptional entrepreneurs, for example Richard Branson and Simon Cowl.

On the other hand, their down-to-earth nature also means that they can also make great salesmen and women, market traders or managers of pubs, clubs or restaurants.

</p>

<p>

Core Earth energies are often drawn to the centre of whatever they do and whilst this can be very stimulating, it can also become very draining and

caution must be taken not to burn out. It is important for them to pace themselves and take time out to reflect and recharge.

</p>

<p>

Finding an activity to keep themselves centred and grounded such as T'ai Chi, Qi Gong, meditation or yoga can be extremely beneficial.

</p>

<p>

In this trigram, three yang lines can be seen, representing the full force of Heaven energy. This brings consistency, strength and boldness.

These energies are direct, straightforward and clear in their views and intentions. As their is no yin in this energy, it may become imbalanced

and it is important that it receives yin from others.

</p>

<p>

Heaven energies are natural leaders and are comfortable in positions of authority, whether it be in

politics and the military, fashion or the arts.

</p>

<p>

In addition, their strong, consistent nature means that many 6 Metal energies have broken new ground in their field and paved the way

for future generations.

</p>

<p>

Heaven energies can be very moral and noble, with a strong sense of what is right and wrong, which they are not afraid to communicate to others.

They must be careful they do not become overly judgmental or intolerant of others or of themselves. Heaven energies are often quietly self-critical and perfectionistic and for this reason,

they may take criticism very badly.

</p>

<p>

The three consistent yang lines in their trigram can make Heaven energies very rational and pragmatic in what they do. However, this may also lead to rigidity and being overly cautious at times.

</p>

<p>

6 Metal energies can be social and active but are generally far more reserved than their yin Metal counterpart.

</p>

<p>

Heaven energies place a lot of importance on family values and, being natural leaders, they are often very influential within their families and in the larger community.

</p>

<p>

The strong yang energy of Heavens is also reflected in their loyalty to their loved ones, especially in romantic relationships, where they like to take the lead.

</p>

<p>

Despite being governed by the full force of yang, the opposite can sometimes be expressed in these energies in the form of strong intuition, empathy and a lot of wisdom with regards to

relationships.

</p>

<p>

The organ governed by yang Metal is the lungs and care must be taken to look after this organ. Therefore, it is especially important

to avoid smoking. It is also beneficial to engage in a healthy amount of exercise to improve cardiovascular fitness.

</p>

<p>

The lungs are the seat of grief and it is very important for Heaven energies to frequently "get things off their chest" so that the lung

meridian does not become blocked and stressed.

</p>

<p>

In Chinese medicine the lungs are also connected to the skin so any imbalance in the former is likely to cause skin conditions. For this reason

asthma, eczema, psoriasis, skin rashes, etc., are common in Heaven energies.

</p>

<p>

The season associated with the Metal element in the autumn and is therefore an important time for these energies to reflect and take stock of their lives.

</p>

<p>

Heaven energies make excellent leaders and often excel in roles where they can use this skill to its fullest,

whether it be in business, politics, the armed forces or even teachers. Many head teachers are Heaven energies.

</p>

<p>

Their great sense of justice also makes 6 Metal energies great lawyers and arbitrators. In addition, these energies

often thrive under pressure and therefore prefer challenging careers.

</p>

<p>

Being the full expression of yang, it is advisable to work on bringing out a gentler, more flexible nature.

</p>

<p>

It is important for Heaven energies find time to let their hair down and to even spoil themselves from time to time (something they seldom do!)

</p>

<p>

Heaven energies' natural leadership can at times make them less sensitive to others needs and they must take care not to become overbearing. It is a good idea

to develop their listening skills.

</p>

<p>

The two bottoms lines of this trigram are yang, representing strength and consistency, with a softer, yin line on the surface, which

gives rise to the imagery of a reflective lake.

</p>

<p>

These individuals’ fun-loving and outgoing nature conceals a deep inner security.

</p>

<p>

The season associated with this energy is late autumn, when the harvest is in and people are enjoying the fruits of their labours, celebrating and having fun.

For this reason, 7 Metal energies have a propensity for being pleasure seekers and more than any of the other energies enjoy spending money on fashion, entertainment and socialising

</p>

<p>

Lake energies are often great hosts and unlike their yang Metal counterparts are often highly receptive to others and very good listeners. They also have a great sense of fun and optimism

and often possess a great sense of humour too. Similarly, they make excellent speakers and orators, thanks to their poise and sense of timing.

</p>

<p>

Another interesting quality of these energies is that they often appear younger than their age and may even have a childlike quality to them. They are often quite charming, charismatic and

can even be flamboyant.

</p>

<p>

As with 6 Metal energies, Lakes make good leaders but their style is often gentler and more diplomatic than that of Heavens.

They tend to offer advice based on what they observe around them and their suggestions are often extremely valuable, thanks to their keen observational skills and pragmatism.

</p>

<p>

Lake energies are often free-spirited and independent and make be reluctant to enter into long-term commitments. However, they do also make great partners thanks to their consistent

and reliable nature.

</p>

<p>

Lake energies may swing from the extroverted, fun-loving side of their character to the deeper, more reserved and reflective one.

</p>

<p>

Being the youngest daughter of the family, Lakes benefit from the accumulated wisdom of the rest of the family.

</p>

<p>

The Metal element controls the function of the large intestine and therefore it is important for 7 Metal energies not to overeat or eat too quickly.

Eating late at night is also ill advised. In addition, the regular consumption of fermented foods is highly beneficial as it provides beneficial bacteria

which can keep the colon healthy.

</p>