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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 Water energies can be adventurous and vivacious, or quiet, reflective and withdrawn.

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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.

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

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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.

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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.

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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.

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Many famous explorers were water energies.

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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.

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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.

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

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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.

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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.

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

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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.

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

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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.

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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.

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