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 Water energies can be adventurous and vivacious, or quiet, reflective and withdrawn.

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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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<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.

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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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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.

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<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.

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<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.

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<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.

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<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.

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<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.

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<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.

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<p>

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

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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.

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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.

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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.

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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.

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

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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.

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