

Welcome to the **ELEMENTALS** Tribe!

We are thrilled to provide you with a brief overview of your self-element profile!

Yin Water

In Nature, Yin Water is represented by lakes, rain, clouds, mist and any kind of smaller body of water. Its main quality is the ability to change both shape and characteristics at any time. Just as water nourishes the soil and plants, Yin Water individuals are both nurturing and inspirational to others.

Picture the cycle of water in nature... Small mountain creeks flow into streams. The streams become rivers. Rivers turn into lakes or flow into the sea. The water evaporates, creating clouds that once full, burst into rainfall. And so it is with Yin Water souls - they have a superpower: the ability to recycle themselves whenever needed.

That is why Yin Water people are always moving, they cannot stay in one place or live with one label. Imagine a creature akin to a chameleon - a camouflaged shape shifter. They can be anything. They love change and love to be changed. They are innately curious, engaging, an incredibly smart with an insatiable hunger for new ideas - especially ones that benefit humanity on a larger scale.

In a nutshell, Yin Water people are great thinkers. They thrive on intellectual discussions and are able to derive meaningful conclusions from everything they observe. A Yin water personality is blessed with an introspective, sensitive and contemplative approach to life. They have a rich inner world and an innate ability to understand emotions and subtle energies. They can however be very complex and withdrawn - they will retreat, even disappear to avoid conflict or hurt someone's feelings. Conflict is a phenomenon that triggers them deeply, no matter with whom, on a micro or macro scale. They are just as affected by personal conflict as they are global conflict. It literally throws them out their flow, causing deep emotional imbalance. If this is the case, clear boundaries are a must!


Key Traits:

Introverted and Reflective: Yin Water individuals spend much of their time contemplating thoughts, emotions, and the world around them. Their reflective nature leads them to seek inner understanding and meaning.

Deeply Intuitive: Yin Water individuals know more than they know. And you probably know what I mean! Your intuition and keen observation skills are key to everything you do.

Emotionally Sensitive: You probably experience emotions deeply and profoundly, are very much in touch with your own feelings as well as those of others. And of course, you are incredibly empathetic. Just like a river or lake needs boundaries, so do you!

Creative and Artistic: Due to their rich inner world Yin Water individuals express themselves through their creativity, unleashing great writers, artists and musicians. However, it is worthwhile to note that creativity is not confined to the arts!



Reserved and Thoughtful Expressions: Yin Water personalities are cautious about revealing their innermost thoughts and feelings. They prefer to share with a select few, valuing deep connections over surface-level interactions.

Nurturing and Supportive: Due to their empathy and emotional depth, Yin Water individuals make excellent caregivers and confidantes. They provide a safe space for others to share their emotions.

Depth of Understanding: Their ability to delve into emotions and thoughts allows Yin Water personalities to understand the complexities of human behavior and relationships. This understanding often leads to wise insights and advice.

Introspective Growth: Yin Water personalities are driven to grow and evolve personally. They seek to understand the underlying motivations behind their actions and continually strive for self-improvement.

Empathetic Listening: Their empathetic nature and capacity to listen without judgment make Yin Water individuals sought after for advice and emotional support.

If a **Yin Water** person is suffering from an **elemental imbalance**, however, they may find it more difficult to be in their flow and become easily overwhelmed and anxious.

Overwhelm/Anxiety: It is the depth of your emotions and intuition that sometimes leads to feeling overwhelmed, especially in chaotic or emotionally charged environments.

Moodiness: Yin Water personalities might experience mood swings due to their intense emotional nature. **Holding grudges** is another one... Learning to manage these emotions through practices such as yoga, meditation or swimming is key to regaining balance. Exercises that strengthen the kidneys are vital!

Self-Doubt: Yin Water individuals are constantly questioning their abilities and decisions. Like a mountain lake, their introspective nature runs deep, but can also lead to low self-esteem and self-induced isolation. Find a charity that aligns with your inner compass. Your innate ability to relate to others will be immensely appreciated and will boost your sense of purpose and confidence.

In conclusion, a Yin Water personality embodies the depth and sensitivity of the Water element while embracing an introspective and empathetic approach to life. Their intuitive insights, artistic talents, and nurturing nature make them invaluable contributors to relationships and creative endeavours. Balancing their emotional depth with self-care strategies is essential for them to harness their potential and find harmony in their interactions with both themselves and others.

Irrespective of your self element and whether it is strong or weak, it is always important to observe your feelings and actions while listening to your body. With a greater understanding of one's needs, there are so many ways with which to improve our physical and emotional wellbeing. A simple example: if you are a weak Yin Water person, then it is likely beneficial to you to spend your free time in the mountains or by the water rather than walks in the woods...

We hope you have enjoyed this brief introduction into your element. To find out more about your Day Master, the constellation it resides in and how to navigate life more smoothly, feel free to contact Master Deana personally to schedule a private conversation at deana@essenceofchi.com