

# Welcome to the ELEMENTALS Tribe

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

## Yang Wood

Imagine a stately oak tree with its massive roots that run deep and control the earth. This is Yang Wood.

In the ancient Theory of the Five Elements, Wood symbolises growth, expansion, curiosity, creativity and vitality. Just as the branches of a tree reach for the sky, so does Yang Wood. These individuals are natural leaders, teachers and achievers who are driven by the desire to achieve their personal goals while also making a significant impact on the world around them.

Here is the thing, though... Big trees are not easy to move. Hence, Yang Wood individuals tend to be rather stubborn, inflexible and are single-minded. They do not take 'no' for an answer and are incredibly resilient when it comes to achieving their goals.

Let's take a closer look at the strengths and challenges for the Yang Wood person...

## Key Traits:

**Assertive and Action-Oriented:** Yang Wood individuals are highly proactive – in fact, they need to have a plan, they need to know what is happening – and very assertive in pursuing their objectives. They are the type of person that begins planning for Christmas on January 1st.

**Leadership:** Yang Wood individuals are known for their good looks, charisma, confidence, and decisiveness. These attributes are often considered prerequisites to guiding and inspiring others. They are straightforward and can always be relied on to tell the truth. However... if your wood chi is not balanced, you are more likely quick to criticize and become overbearing. You will have a tendency to be impatient with others and choose to do things yourself in order to get things done.

**Optimism:** Yang Wood people are like stand up dolls, they are able to find something positive in even the most life altering and challenging moments of their lives. Fortunately for those around them, their optimism is contagious, and they boost the spirits of anyone who crosses their path.

**Courage and Resilience:** Not only are they optimistic – almost to a fault, but just like that majestic tree, Yang Wood individuals stand steadfast when faced with setbacks or obstacles. They possess the determination and resilience that gives them the power to work through just about anything that comes their way.

**Dynamic:** Yang Wood's energy is boundless. Opportunity for growth and expansion is the air they breathe from beginning to end. However, it is vitally important for Yang Wood to replenish its energy on a regular basis.

**Innovative:** Yang Wood individuals are great creative and innovative thinkers. Their innate talent, and often their deepest desire, lies in finding new ways to improve our lives. They make for wonderful, inspiring teachers and excellent coaches.

**Competitive:** They thrive in competitive environments and are often drawn to activities that allow them to showcase their skills and talents. No matter what they do, their goal is to be the best.



**Socially Connected:** Yang Wood personalities are outgoing and enjoy networking and building connections. They are skilled at cultivating relationships that can further their personal and professional goals.

**Generosity:** They have a generous nature and are willing to share their knowledge, resources, and success with others. They also thrive on being there for others. You will never find a more solid shoulder to cry on!



If a **Yang Wood** is suffering from an **elemental imbalance**, they may find it more difficult to be in their flow and have a tendency towards the following:

**Impatience:** Yang Wood people might have anger issues when faced with injustice, failure or incompetence. Their drive for quick results can sometimes lead to impatience, making them prone to frustration when progress is slow. This is very much related to their own low self-confidence, need of perfection, especially when they feel helpless. They become frustrated, impatient and sometimes downright angry. In these situations the key for them is to step away, breathe and let the storm pass.

**Overwhelm:** Generally Yang Wood's confidence is fragile due to their tree mentality which gets very disturbed when there is a strong wind – which might even pull them out by the roots in storm. Their high energy levels can also lead to over commitment and overwhelm. Prioritization is key!

**Stubbornness:** Yang Wood individuals can be quite stubborn when they believe they are right. They are subjective thinkers and it's hard for them to make distance from a situation. They rarely take advice from others, they just want confirmation of their own ideas! This can create conflicts in relationships if they are unwilling to consider alternative perspectives.

**Risk-Taking:** Their ambitious nature may lead them to take risks that are not well calculated. Learning to balance ambition with prudence is crucial.

**Work-Life Balance:** They may prioritize work and success to the detriment of their personal lives, their relationships and well being. Striking a balance between career aspirations and personal life is essential.

In conclusion, a Yang Wood personality embodies the dynamic and ambitious qualities of the Wood element. They are life sustaining. They are natural leaders and achievers driven by goals and inspiration. When balanced, their assertiveness, optimism, and determination make them powerful, steadfast forces in both their professional and personal lives.

No matter what element you are, observing your body and actions can assist you in understanding your basic elemental needs. The wood element is linked to the liver and gallbladder as well as the eyes. Make sure you take time to rest, to cleanse your liver regularly and watch your emotions. For example, if you notice that you are feeling listless or anxious, you might need water element, whereas if your patience levels are low – the first sign that your liver energy is out of balance - you might be in need of Wood energy. Walks in nature or simply hugging a tree will certainly help!

We hope you have enjoyed this brief introduction to your self-element. Should you wish to know more about your element, the constellation it resides in, how you can maximise your strengths and find greater balance in your life, feel free to contact Master Deana personally to schedule a private consultation at [deana@essenceofchi.com](mailto:deana@essenceofchi.com).