

Your Water Element Wellness Guide

*access vitality, calm, &
resilience through
gentleness*



a Five Element resource from:
ElementalAcupuncture.com

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Welcome!

to your 5E Resource

W H O A M I ?



Hi! My name is Susan Tenney. I've been teaching acupressure, shiatsu, EnergyWork™, and Classical East Asian Medicine to help animal lovers with their animals for over thirty years. It's my mission to put the magic of acupressure and the Five Elements into the hands of ALL animal caregivers and animal professionals.

I know that when animal lovers use these simple practical methods and ideas that they feel empowered to make better choices for health and wellness care for their animals **and themselves**. They know **THEY** can make a difference.

The insight of the Five Elements is for EVERYONE. It gives you a look into the deeper patterns of WHY your animals have their unique behavior, learning style, health issues, connection style and so much more. Understanding your animal's unique blend of the five Types lets you create customized solutions that are easier and more effective.

But now it's YOUR turn! We call this **acYOUpressure™** - and it promises to be just as useful and solution-based as it was for your animals. So keep reading and see how YOU can feel more vitality, resilience, and ultimately more calm - all from fostering the practice of being GENTLE - with your horse, your world, and yourself.



Susan Tenney, cmt

1

The Five Elements

- The Five Elements are 5 archetypal patterns describing the temperament and health constitution of all living beings. These Types are named after natural forces: Wood, Fire, Earth, Metal, and Water.
- 5E Theory comes from the tradition of Classical East Asian Medicine (CEAM) which was developed throughout Asia but particularly in Korea, Japan, and China. It has been practiced for thousands of years and is still used around the globe today because it's universally insightful and useful.
- Each living being has a blend of all 5 Types with varying concentrations of each Element. Those variations create a relative predominance of some Elements which drives the emergence of certain health and behavioral patterns associated with the person's or animal's primary Elements.
- We tend to associate a person or animal with their most predominant 5E Type and its manifestation. For example, a Wood Type horse tends to be more bold with a tendency to issues in the eyes and tendons. An Earth Type person on the other hand tends to be more easy-going with a tendency to issues in the digestive system.
- Understanding an individual's Type lets us make customized health care choices. For example, by supporting the vulnerable parts of a Water Type's health (skeletal health, hormonal balance, and aging issues etc.) you can stay ahead of a Water person's or animal's health issues to encourage a long vigorous life in a healthier body.
- Understanding an individual's Type supports better behavioral balance too. You'll have insight about motivation (like how play and connection motivates the Fire Type), natural strengths (like steadiness in the Earth Type), natural challenges (like impatience in the Wood Type). There are unique qualities for each Element in connection & relationship styles, learning styles, performance styles, socialization styles, and so much more.
- Curious about your Elemental Type? Take our [Human Five Element Quiz](#)
- Curious about your animal's Elemental Type? Take the [Horse Quiz](#) or the [Pet Quiz](#)
- Curious how your animal's Elemental Type interfaces with YOUR Type? [Click here](#)

The Water Element

1: the source of all of the Five Elements

The Water Element is a bit special among the Five Types because it is the source of all the others. Just as life begins in the watery womb, the cycle of natural forces described in the Five Elements starts with Water. The Water Element is the origin. The Water Element is tied to ancestral vitality - when your parents were healthy and vital at conception and your mother was healthy throughout the pregnancy, you start life with an abundant wellspring of qi (life force energy) to sustain you. This “constitutional” qi can be used wisely or squandered according to your lifestyle.

2: the source of your deepest emotions

The Water Element is the seat of your deepest emotions (along with the Heart which is the seat of your consciousness and your connection to Spirit). Due to the deeper nature of the Water Element emotions, it is easy to shut off awareness of those feelings. But when you stuff your fear or anger you hide yourself from the wisdom that lies in the profound nature of the information those emotions have to share with you. If you have habitually ignored your emotions and your true needs - especially for rest, self care, and self kindness, and/or healing from trauma, your Water Element stops whispering and starts yelling for your attention. It may give you no other option but to pay attention. You may start to feel more extreme emotions like panic or rage. Sensitive people often become even MORE sensitive until they give their Water rest.

3: the source of your Vitality

The Water Element is also the source of your inherited physical vitality, your deepest reserves for bodily health, and is the source of your endurance. While you may value your resilience, and the Kidneys can give you the strength you need to be VERY tough when you need to be, they don't thrive in those conditions. The Kidneys thrive in an environment of quiet, rest, and gentleness. It is there that you cultivate deep wellness, there that your nervous, reproductive, and urinary systems, as well as your skeleton (including joints and bones) do best. When you are forever draining your vitality through physical or emotional stress, you may start to have including autoimmune and/or sensitivity issues. You may even experience health issues that FORCE you to stop, rest, and recover.

By the way, people and animals of ANY 5 Element Type can end up with Water Element issues when under prolonged and/or extreme stress.

Honor your Water Element

1: Rest when you need it (P.S. we ALL need it)

Western Culture is enamored with action, productivity, and hustle. But we need the yin (being) AND the yang (doing). When resting we are more able to feel what our minds and bodies really need. We can listen to the quiet voice of our deepest selves that craves restoration and renewal. **When we rest with as much passion as we act, we are able to create a deep balance** that brings physical vitality and emotional balance. The first step is to make sure that you get enough sleep and reduce stress. Each of us will find rest and stress reduction in our own way - gentle movement like yoga or qi gong, snuggling with a loved one, regular naps, enjoying music or a quiet creative hobby, and of course spending time with our horses - especially in peaceful rides in nature.

2: Pay attention to emotional stress levels

Nothing drains the Water Element faster than emotional stress. Extreme emotions, worrying about politics or finances, family stress including the stress of raising a family or caring for a 2- or 4-legged family member... these situations drain your reserves like a reservoir gushing through a cracked dam. No life is without stress - none - and some stress is good for us! We gain wisdom and grit. But chronic or extreme stress tips the scales. If you are in situations that give you continual high stress, focus on resolving some of those issues so that you can replenish your Watery reserves. You'll find your emotions getting more stable and less extreme and you'll finally build enhanced resilience.

3: Re-examine your work mindset

We all have heavy work periods when we have to draw from our reserves in order to reach a specific goal. The trouble is with *chronic* hustle that drains you faster than you can renew your reserves. Many horse folks are hard working to the point of burn out. We may even have a community vibe that encourages that hustle. But ironically this is ultimately unproductive. The attitude "I'll sleep when I'm dead" might get you there faster than you'd hoped. Being productive, doing good, hard work, serving in your profession with all of your passion - these are all laudable acts. But if you reduce yourself through over-stress, over-doing, over-pushing, you won't be able to serve at all.

Remember: You can't pour from an empty cup. Stop, rest, and refill before you run dry.

The Water Element Type

We ALL have a Water Element but its prominence varies between individuals. Your Water may flow to the fore during times of stress or you may have it as a lifelong primary personality Type.

Strength	Wisdom, spiritual connection, may display any or all of the emotional strengths of the other four Elements, intuition, sensitivity, deep emotions, insight, visionary perspectives
Stressed by	Emotional dishonesty, emotional chaos, emotional insensitivity, conventional lifestyles and expectations, emotional difficulties in the living and working environment, "Muggles" or people who dismiss unconventional or highly creative lifestyles, overwork, trauma
Stress response	Self sabotage, self destruction, odd physical ailments connected to emotional stress (personal or in surroundings), autoimmune issues related to sensitivities, trauma responses
May display	Extreme sensitivity, emotional imbalances (anger, anxiety, stubbornness, aloofness...) of the other four Elements and often to a more extreme level especially fear/panic as if survival is threatened, existential fear, irrational and instantaneous fear, flight/fight/freeze/fawn behavior
Balanced by	Emotional honesty and forthrightness, rest time, healing work, emotional processing and transformation, emotional respect, creative endeavors, time in nature, quiet, environments where they feel truly safe
Connection Style	Benefits from: deep intimate connection with loved ones who care deeply and understand their deepest needs including safety. Learning style influenced heavily by "mask" Element
Lifestyle Tips	Regular rest, sleep hygiene, regular gentle movement (yoga, tai chi, qi gong, walking, nature activities), consume electrolytes as needed especially highest quality salt, energetic healing, meditation, spend time in nature or at least ground with bare feet on ground when possible
Common health Issues when stressed	Odd even bizarre symptoms and conditions that defy diagnosis and treatment in conventional manners, chronic disease – sometimes debilitating, many experience a "brush with death", autoimmune issues, nervous system issues, adrenal fatigue, chronic fatigue or M.E., Lyme disease, epilepsy, chronic skin irritation that causes itching and/or redness, bone/joint issues, hearing loss, arthritis, lower back issues, susceptibility to cold weather, urinary disorders (i.e.: bladder infections), reproductive disorders especially infertility or pregnancy issues, symptoms of their secondary Element
Tips for Success	Balance work and rest – especially for highly driven people, high quality salt + electrolytes, bone/joint supplements, cultivate a home (or a spot in the home) that is a safe sanctuary - a place that is emotionally calm and restorative, high quality water, examine productivity and/or competition goals to see if they are healthy

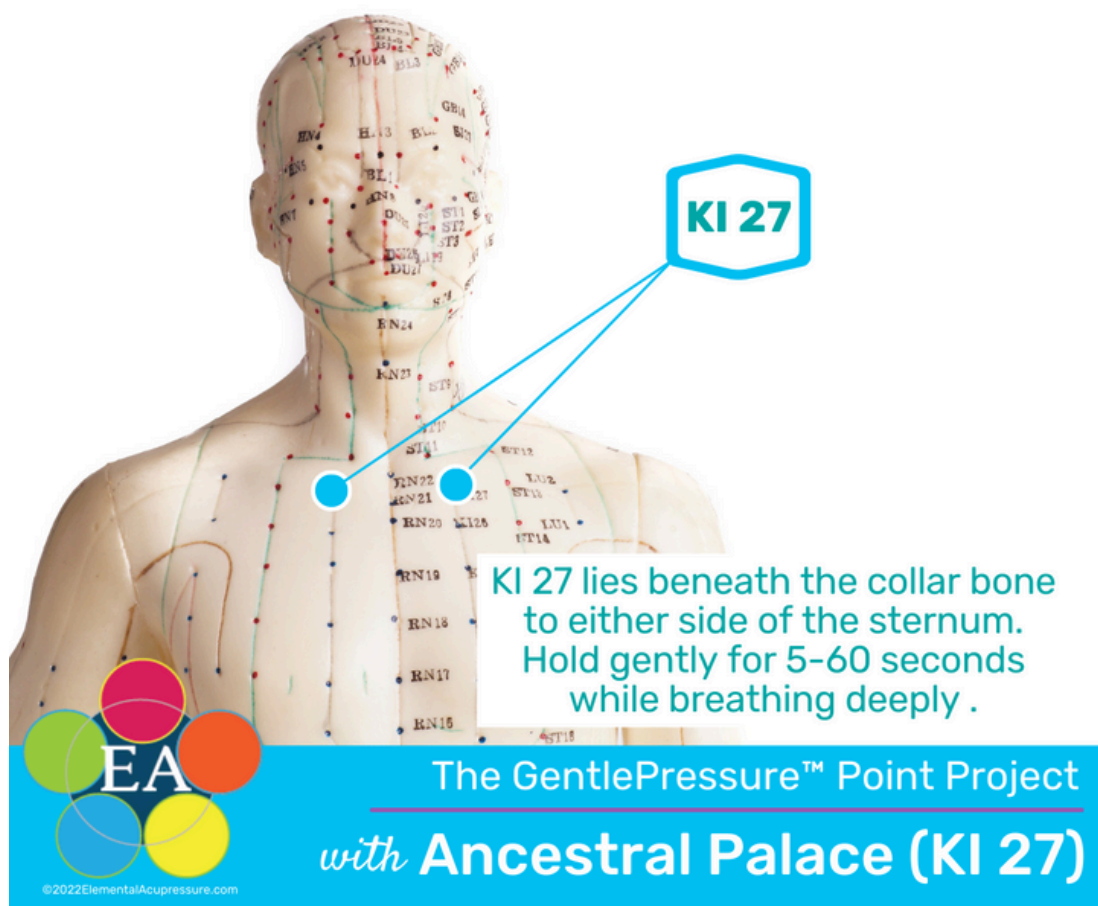
part

5

Water Element acYOUpressure

Simple touch for centering in gentleness

from Elemental Acupressure



KI 27 lies beneath the collar bone to either side of the sternum. Hold gently for 5-60 seconds while breathing deeply .

Ancestral Palace (KI 27) is a lovely point for cultivating calm. It can be used in times of stress when you need more calm or in more neutral times when you simply want to build your reserves. It is also a powerful point for reconnecting with your ancestors and the gentle quiet support they bring to you. Press and hold gently with your finger tips or tap softly. When connecting with the point you can close your eyes and breathe deeply for the optimum results.

part

5

Water Element AcYOPressure

Simple touch for cultivating in vitality
from Elemental Acupressure



KI 3

KI 3 lies behind the inside ankle bone. Hold gently for 5-60 seconds or stroke from here down around the heel area.

The GentlePressure™ Point Project

with **Fount of Vitality (KI 3)**



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Fount of Vitality (KI 3) is perhaps the strongest Kidney point on the entire body. It influences vitality and adrenal health, fertility, strength, will, urinary and reproductive health, skeletal health and so much more. It is a primary point for aging or highly stressed individuals. Use it in times of stress either emotional or physical. It is a great point to use during travel! **Do NOT use during pregnancy!**

part

5

Water Element AcYOpresure

Simple touch for cultivating in vitality
from Elemental Acupressure



KI 1

KI 1 lies on the sole of the foot in the small hollow beneath the balls of your toes. Hold gently for 5-60 seconds or stroke the entire region to help you ground.

The GentlePressure™ Point Project
with **Bubbling Spring (KI 1)**



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Bubbling Spring (KI 1) is a point that connects even the most hectic self to the stable grounding power of the earth. This point lies on the foot chakra (or energy center) where there is a feeling of exchange between the ground and your body. It can ground, calm, and soothe you. While it works great when you are sitting inside, even in your shoes, it is even better when you use it outside with bare feet on a natural surface or in water.

Meditation for Your Water Element

1: Simply breathing into the lower abdomen

The simplest way of calming the nervous system is just to calm your breath. Think of the release your horse shows when she lets out a huge exhale - it is a sign of relaxation and recalibration. You can do the same. With practice you can do it swiftly in almost any context. This is the power of a HABIT - training your system to respond to a shift to a better state.

Tips for Practice: Sit upright in a chair (not collapsing into a soft seat) with your feet on the floor (ideally shoes off if you are warm enough) and hands on your thighs (ideally not crossed). Close your eyes (or soft focus) if possible. Breathe into your lower torso. With practice you can expand into the sides of your torso and even into your back in your Kidneys for even more calming, restorative breath. Slow your breath and make sure your exhale is at least as long as your inhale.

2: Use restorative mantras

Want to go the next step? When you are sitting and doing some nice deep breathing with your feet solidly on the ground (floor or actual outside ground), add in some gentle sayings or mantras, to focus your mind on the good stuff. Here are some I love:

- Just repeat "**Gentle**" (or any word that is soothing and calming to you) with each breath.
- Repeat the mantra from Thich Nhat Hanh: **Go Slowly, Breathe, and Smile**
- Inhale: **Trust** > Exhale: **Rest** > Inhale: **Peace** > Exhale: **Calm**. I have used this mantra on nights with insomnia as well in deeply anxious states with great success. When I trust then I can rest. When I can rest, I feel peace. When I feel peace I can embody calm. This one works!

3: Breathe into Bubbling Spring (KI 1)

If you are liking the above steps you might like to add this one that calls on Classical East Asian Medicine acupuncture point, Bubbling Spring (KI 1) shown on page 10.

How To: Sitting straight, feel your feet on the floor, ideally with no shoes. Feel the sole of your foot - just bringing your attention there starts to ground and calm you. Focus your attention on Bubbling Spring (KI 1) shown on the previous page. This is your "foot chakra" or the energy center on your foot that connects you to the safe and stable ground. Imagine the gentle power of the earth coming up into your body to soothe and calm you. Breathe deeply.

Remember: With regular practice of 5-10 minutes you can calm yourself in moments.

Water Type Animals

Water - The Wise Mystic: The enigmatic Water animals are powerful teachers. They are motivated by their enigmatic and deeply spiritual nature and are profoundly motivated to connect to you on every level.

When balanced the Water animal is extraordinary and almost magical. You will have surprising experiences including great highs and possibly challenging lows. Throughout your time together you may have a feeling that this was "meant to be" or that you are led by a powerful destiny, even if your original goals have long been discarded in favor of unexpected choices and adventures.

To realize the full potential in your profound relationship with the Water animal, trust both their wisdom and your own. Trust your self and your intuition in making decisions about the animal. Working with a Water animal teaches you to open to unconventional wisdom. They may change EVERYTHING but this transformation will reveal new horizons you could not have found without them. You may find that your entire way of being with animals changes in some fundamental way. You may even find that your entire life shifts in ways you did not expect. When you surrender to this flow, things may not be easy but they will move more smoothly.

Expect the unexpected, look deeply and creatively for solutions. Be guided in your unique path toward personal evolution and surrender to your destiny with this powerful partner.

Note that this Type may wear the "Mask" of any of the other four Elements. What will identify this animal as a Water Type is the level of transformation that they catalyze and the extreme nature of their patterns. These animals are outliers, the "Once in a Lifetime" types - though once you have had a Water animal you may find that you draw others to you as well.

Key Physical Issues: aging issues, skeletal issues, urinary & reproductive issues, lower back as well as all manner of strange and inexplicable conditions

Take the Elemental Type Quiz for your [horse](#) or [pet](#)