

# Wood

The wood element is responsible for carrying out each persons internal life plan as laid out by our own personal destiny. To manage this task requires great vision and decision making in order to see the bigger picture and to execute the appropriate action. People who are wood elements often times will have challenges with decision making, executing plans and/or with eyesight - vision.

Just as a tree is meant to grow, wood people will often become frustrated when their growth is impaired. As a result they can become irritable when boundaries are imposed upon them, even if the boundaries are necessary as, for example, it might be to keep a child safe. On one hand a person may respond defiantly to boundaries put up in the world, they take it personally because their plans have become obstructed. On the other hand in a world with little or no boundaries they may find it hard to learn to be effective and to carry their plans to fruition. They may find it hard to make healthy plans and/or be unable to recognize their inner goals.

If creative ways are not found around life's irritations, the wood person tends to become angry and will likely assert their chosen direction even more. This can lead to characteristics such as belligerence and a constant need to be right.

## Main Issues for Wood Constitutions

- Boundaries
- Power
- Being right
- Personal growth
- Development

The degree to which a wood person will experience these issues varies according to their physical, mental, emotional and spiritual health.

## The Behavioural Spectrum

Assertive and Direct	Passive and Indirect
Seeking Justice	Apathetic
Rigid	Overly Flexible
Excessively Organized	Disorganized
Frustrated and Defiant	Over-Obedient and Compliant

## The Virtue of Wood

Benevolence is the virtue of wood. Woods responsibility in the cycle of the life is to blend heaven and earth, just as bamboo (wood) grows from the earth and reaches towards heaven. It is in the fulfillment of this task that kindness and the desire to do good for others are manifest. Finding creative solutions to life's problems are a must so that wood people can avoid the trap of constant frustration at life because things are not going their way. Learning to bend and extract the lesson when life throws up a roadblocks and therefore reacting with kindness is how wood people will unfold their destiny.

