

**“The Essence of Sound”**  
**“Full Spectrum Vibrational Healing for the Meridians, Chakras and Figure Eight Energies”**  
by Evelyn Mulders

## Water Couple

*Fear/Anxiety*

*I love to be alive and in charge of my own destiny*

### OVERVIEW

Within the Five Element System, winter is related to the element Water. There has been the same amount of water on the planet since its beginning. Energy cannot be created or destroyed; only transformed. Water is in the air, on and within the earth, and constitutes a major part of all living matter. Water has the ability to be everywhere but nowhere. Water is the deep and hidden aspect within all living things. Water is the essential medium of the body, through which all things pass. This fluid is important for functions such as the circulation of blood which carries heat and nourishment throughout the body; the lymphatic flow, which helps to process and eliminate wastes and provides your ability to fight off infections and other foreign agents; and for the flow of urine, saliva, perspiration, tears and sexual fluids.

Water can be warm and loving or it can be cold and frightening. It is nourishing, refreshing, and invigorating. Both the human body and the planet earth are approximately 80% water and the properties of sea water to human plasma are almost identical. Water is the circulatory system of the earth. Clouds, mountain snow, lakes, rivers, streams and the oceans are all part of this water circulation. Water refers to the deepest aspects of growth that takes place in the recesses of the earth.

Winter is the season in which the water element is most dominant. The bladder and kidneys, which deal with the body's water, are the organs associated with this element. Winter's power is deep and cold. The kidneys are nourished by cold climate; however extreme coldness or wetness can injure them. Keep yourself warm and dry, particularly in winter, as cold, wet days can bring out a deep stiffness or pain, especially in the back.

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MERIDIAN & FIVE ELEMENTS  
WATER COUPLE



ASSOCIATED MERIDIANS

**KIDNEY AND BLADDER**

PHYSICAL COMPONENT

Kidney and bladder functions

EMOTIONAL COMPONENT

Fear

METAPHYSICAL COMPONENT

Overcoming fear and anger

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COLOUR .....Blue  
 SEASON .....Winter  
 SOUND .....Groaning/Moaning  
 NOTE .....‘A’  
 TASTE .....Salty  
 ODOR .....Putrid  
 CONDITIONS .....Cold  
 CONSCIOUSNESS .Willpower; will to live;  
 survival; procreation  
 ACTIVITY .....Yin – Passive repro-  
 duction; sensuality  
 .....Yang – Active repro-  
 duction; sexuality  
 SENSE .....Hearing  
 ACTION .....Listening  
 TISSUES.....Bones/Teeth  
 FLUID.....Urine

PHYSICAL .....Fluid, Electrolyte Balance  
 EMOTIONAL .....Timidity  
 MENTAL.....Covertness  
 SPIRITUAL.....Trust

The taste associated with the Water element is salty. The majority of water on the planet is salty. Even our body’s fluid contains many mineral salts. Craving or disliking salt may indicate a water imbalance. Eating too much salt creates a craving for water and may injure the kidneys.

The emotional imbalance associated with the water energy is fear and the sound associated with this element is groaning. Fear can be either a cause or a consequence of a water imbalance. An illness affecting the bladder or kidneys may generate a fearful feeling; and fear can itself injure these organs, according to the Five Element System. The ears are the sense organ associated with the Water element. Its sense is hearing. Water is the receptive element, which listens to sound and is open to energy input.

It is said that the kidneys govern the storage of the life force in the bones and marrow. People with bone problems may have a Water element imbalance, while a healthy Water element keeps the bones healthy and strong.