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# **THE ART OF KIND AND FLOWING RELATIONSHIPS**

**A PRACTICAL GUIDE TO DEAL WITH YOUR  
DIFFERENCES AND CREATE HAPPY  
RELATIONSHIPS THAT LAST**

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# The Secret to Living with Each Energy

*‘Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.’*

—Rumi

Here is a simple set of guidelines to help you live with each Energy. Remember again that the person you’re living with may well have a combination of a number of energies. So, although this content is split into each Energy, we’re rarely defined by one single Energy.

You’ll also find at the end of this chapter a few final thoughts about the energies, which are well worth reading at some stage.

## Living with Water Energy

Their Big Question is, 'Am I or is it safe?'

Water Energy drives us to constantly look for the risk in any situation or take risks in order to find the answer to their Big Question, 'Am I safe or is it safe?'

As a result of living with someone with dominant or a strong amount of Water Energy, you could find yourself reassuring someone who comes from a place of fear or living with someone who needs to be protected from themselves, as they take what seems like one unnecessary risk after the other (some of this could be playing out over long periods of time).

They are always looking backwards or towards the future and what might happen.

Water types as an Energy can spend a lot of time either looking backwards or forwards, and as a result those with a dominance of that Energy can miss out on the joy and magic of this moment or be approaching life from a theoretical point of view.

So, if you're living with anyone with lots of Water Energy in their profile, it might be helpful from time to time to remind them that now is a great place to be and that life is safe and worth fully engaging with, as well as taking advantage of their talents to look at and secure your future.

They often have an interest in sustainability or the long-term impact of something.

Don't think you can play a short game if you're sharing your life with

someone with lots of Water Energy in their profile. They'll love to remind you of the impact of your actions and often the importance of safety and protecting your future. That's just who they are.

They like to have time to reflect on what has happened or what will happen.

When you live with someone with lots of Water Energy it's important to give them space and time to reflect and think things over. Trying to rush them or persuade them to take action quickly will result in a much slower decision-making process and you'll just be putting them under stress.

They often have a big purpose and or want to help others find theirs.

It's important for Water types to have a purpose behind what they do or know the reason behind what they are being asked to do. Saying, 'Because I say so,' to a Water Energy child just won't wash.

With a Water Energy adult, they will only be able to stick at a job or a task without meaning for so long before they start to starve and dry up inside. Purpose and meaning is their lifeblood.

They have an ability to dig deep and stick something out.

Regardless of whether or not this digging deep and working long hours is due to testing their stamina (or perhaps it is because they are on a bigger mission to save the world) it can result in you having to watch a Water type push themselves way beyond what's normal. Sometimes it's our responsibility as a partner, a parent or a friend of someone with lots of Water Energy to protect them from themselves by advising them to rest and take a recovery break.

They often have a natural authority.

Water dominant profiles can get used to having lots of authority, and as a result they can struggle at home when they might be seen as a mere mortal, which can get tricky.

So choose your battles wisely, especially if they are adamant about a really big safety issue. At some point they'll be right, and then you're in a sticky 'I told you so' place.

## Living with Wood Energy

Their Big Question is, 'Am I free or am I trapped?'

How to handle someone with Wood Energy? Give them their freedom, or a sense that they have more choices than they actually do. Either way they'll be happy. Push them the other way or box them in and you'll see a side that may not always be as rational as you'd like or expect.

They can be very flexible, but don't push them too far or they will snap.

One advantage of living with someone with lots of Wood Energy in their profile is that they are normally very flexible, adaptable and easy-going by nature, especially when they're relaxed and in control. The challenges start when their life goes less smoothly, or they feel under pressure or out of control. Here you'll see a different side to them. They can be snappy, controlling, inflexible and downright stubborn. The secret is to keep them moving and active with a sense of freedom. Then you'll have a happy bunny in your life.

They have lots of ideas and love anything new.

When you live with someone with lots of Wood Energy, be prepared for a thousand and one ideas. Your challenge is that they might not all be good ideas and they may well arrive in a burst of frantic, unstoppable activity. Plus expect the latest gadget or idea to arrive in the house or be the centre of attention way ahead of anyone else. Wood types are archetypal early adopters.

They can be rebels or challenge conventional thinking.

Don't expect to witness or live a life of compliance and sticking to the rules if you're sharing your time with someone with lots of Wood Energy. That's unless it's the rules they have decided are important, and then they have to be strictly adhered to.

They hate feeling boxed in or trapped.

I'd suggest that you don't arrange a surprise caving holiday. Anyone with a Vitality Test profile full of Wood Energy hates the thought of being confined in small spaces, and that goes for being boxed in or trapped within a conversation or situation. Give them lots of freedom to manoeuvre and you'll bring out the best in them.

They can have too many ideas and so don't get things finished.

I hate to break it to you, but you may not be in a relationship with a completer-finisher.

They hate injustice and will take a stand against it, even if it means they lose out.

You won't always see logic at play when Wood Energy is in town. They'll naturally take a stand against what they see as an injustice or as unfair. However, when they're incensed, any sense of what's good for them or you can go right out of the window as they fight the good fight.

## They can create chaos or bring order.

Wood Energy gives anyone an amazing capacity to create chaos and a mess in an instant, and at the same time have the ability to tidy and sort out an overwhelming mess with an unstoppable determination. Your challenge is that you're not always going to have the right action at the right time.

## They like a plan but don't always stick to it.

Anyone with strong Wood Energy in their profile loves a good plan, but when it comes to sticking to it, or keeping to the planned time, there can be issues. Or you could be living with a version of Wood Energy who is rather fixed on their plan, and who is highly stressed that you're not keeping to what they have decided. The secret is to go with the flow in the moment, and when the time has passed and their stress has reduced have a quiet word about how you feel.

## Living with Fire Energy

Their Big Question is, 'Am I loved or do I bring joy?'

The secret to the heart of anyone with plenty of Fire Energy and their happiness is to tell them they are loved and appreciated. And as they tend to forget that, tell them frequently and repeatedly. If their Fire Energy doesn't feel appreciated or loved, it's as if you've taken away the very fuel that keeps them burning brightly and at their best. Also, it's also important to acknowledge their love directed towards you, as it comes from a special and precious place and they are expecting a response.

They are passionate, excitable people but can take on too much.

Passion and excitement are trademarks of anyone with a dominance of Fire Energy, but those hot emotions can lead to their downfall as they often take on too much and possibly go into burnout territory.

If you're sharing your life with someone like that, I'd suggest that you have a loving conversation every now and again about the art of saying no, and that you watch the amount of time they spend on social media.

They love to talk but sometimes don't listen as much as they should.

I guess that's something you're going to have to live with, although with training they can get better, especially if they know it's difficult for you. The bottom line is they won't want to make you unhappy or feel unappreciated. So, when they remember, you'll get a word in.

They are very good at making people feel comfortable.

Most people quickly warm to anyone with lots of Fire Energy, as long as they aren't too over the top or too overexcited, which can be a struggle or just plain annoying. Think how quickly you felt comfortable when you first met your Fire type, and felt like you'd known them forever.

Just because they are laughing doesn't mean they are OK or happy.

This is a big one to watch. Just because you're hearing a laugh or seeing a smile it doesn't mean they are OK and feeling happy. It could be just the opposite. The thing you need to understand about Fire Energy is that it makes us highly sensitive to emotions. It's part of its brilliance. So be mindful and observant when someone with a dominance of Fire Energy is joking around when they're in a tough situation. It may be their defence or their way of dealing with feelings that are too intense to cope with.

They can be inappropriate with what they say if they are nervous or overexcited.

Be prepared to cringe, be annoyed or even shocked by someone's Fire Energy when they are nervous, overexcited or on a quest to make people laugh. Humour is a fine line and Fire Energy makes us cross it at times.

They are wonderful connectors and love to share connections.

They will have more great/best friends than any other Energy and are also happy to connect people together. The secret to repaying that act of generosity is to make sure you sing their praises and

show your appreciation when you acknowledge that the connection has been made.

They love to have fun and make people happy.

Sometimes you'll find that people with lots of Fire Energy will make people laugh at their own expense or you're being subjected to a barrage of jokes, impersonations or one-liners by them. Those with lots of Fire Energy have to have space and an opportunity to bring love, joy and laughter to the world. Without that they struggle with their own happiness and purpose. So create that space and time, and enjoy.

Ultimately, if you've got someone with a lot of Fire Energy in your life you've got someone who wants to make you truly happy and have a life that's full of fun and enjoyment.

How good is that?

## Living with Earth Energy

Their Big Question is, 'Do I understand and am I understood?'

If someone with an abundance of Earth Energy doesn't understand what's happening or if they think they've been misunderstood it creates an enormous amount of distress and stress for them, which is hard to fully understand if you haven't got much Earth Energy yourself. So bear with them and give that extra bit of time to meet that need. Having said that, you may reach a point at which you have to help them accept and reach an understanding that the situation, person or whatever it is they are struggling with can't be fully understood, and that's how it is. In a way, that's the understanding.

They will always offer help but often don't ask for it.

It's important to check in with your Earthy companion to find out if they need any help, and don't assume that, because they say no, it's true. As well as not asking for help, they can be very bad at accepting help when it's offered. A way to solve this conundrum is to make it clear that it would mean a lot to you to help them, and then you've switched it round to them supporting you.

They can easily move from supporting into sacrifice.

There is a fine line between supporting someone and being in a place of sacrifice, and in many a case they readily overlap. This area is a challenge for Earth Energy types, and as such those around that Energy need to be aware of that possibility, and protect, advise and support them in this area. Sacrifice is occasionally a necessary

boundary we all have to cross, but it shouldn't become a way of life.

They are naturally caring, kind and supporting.

Those with lots of Earth in their Vitality Test profile are in their element and in a very natural place when they are caring for and supporting others. It's in their DNA. Where they can struggle is in caring and supporting themselves, so that's something to remind them of, and where you come in. That's if they'll let you.

They make the time to listen, and they care about people's feelings.

Because Earth types make time to listen, it's often assumed they have more time available than they actually do. As result, they will be constantly asked to help and support others with time they don't have. This can lead to stress, exhaustion and the possibility that they will move from supporting into silent sacrifice. That's something you need to be aware of and to take into account when you ask someone with lots of Earth Energy for help and support, as they'll always say yes.

They are inclusive and like to work with other people as part of a team or group.

Earth Energy makes us naturally inclusive and to want everyone to be part of a team, community or group. In fact, those with lots of Earth Energy will do anything to keep people together. They and you need to be aware that sometimes they are trying to hold together something that is way past its sell-by date.

They have a love of food but can have issues around overeating or undereating.

Earth Energy types love to bring people together, and that often involves good food and conversation. It's what they do brilliantly. The digestive system is closely associated with Earth Energy and, as such, Earth types are susceptible to digestive problems, especially when they are bogged down with a problem or don't understand something. That's when they really start to chew things over. The result is that they either can't eat or start to eat more to get rid of and to stop their uncomfortable feelings.

If you're sharing your life with someone with lots of Earth Energy, it's important that you make sure they eat well and that you give them space to talk things through, which is just what they'd do for everyone else.

## Living with Metal Energy

Their Big Question is, 'What is missing or incomplete?'

With its constant desire to search for (and share) what's missing or incomplete, Metal Energy can be the most misunderstood of all the energies. This way of being isn't always appreciated in our positive thinking world. Nobody likes someone who brings bad news. And, as a result, people with a lot of Metal Energy can become isolated, misunderstood or devalued. The secret is for us to recognise their brilliance, and for those with a drive from Metal Energy to add in their contribution at the appropriate time and place.

They complete what they start unless their perfectionist side gets in the way.

Dominant Metal types are the ultimate completer-finishers and in the main get things done, which is great for the rest of us. What they need to watch out for is when they take their perfectionist streak too far, and then they can't finish things off because they falsely believe it's not good enough. It's our responsibility to tell them it's good enough, and it is theirs to value and accept the independent evidence. If they don't, they'll waste time and Energy.

They can distance themselves from a situation but can also feel excluded.

Metal Energy gives us an amazing ability to step out of any situation, and from that position to really see what's going on. It's important we value that ability and not perceive it as a lack of connection, care or concern.

They often need to be alone to work something out.

Metal types like to be alone to think things through, so it's important to give them that space.

They like love simplicity and hate waste and inefficiency.

If you want to get something done in the most efficient way with minimal waste, then you're probably going to look for someone with an abundance of Metal Energy. They can, however, sometimes forget the human side of the equation and as a result alienate people in their quest for efficiency. Sometimes reminding them of the value of other people or the cost of alienating them is all that's needed.

They like quality things.

Be prepared to have only the best and perhaps make it last.

They like to know the value of everything.

Sometimes one can assume that those with a lot of Metal Energy are more materialistic than they actually are. Or a bit rude, as they constantly ask how much something costs or what it's worth. It's just part of their desire and need to know the value of everything, and nothing more.

They often like to take measurements and use numbers to do this.

Numbers and measurements are the best way to assess what's there or what's missing. So you'll often find that your Metallic friend has an abnormal obsession about numbers and that, all of a sudden,

you're being asked for a number as proof or justification that something is true or not. Or as an expression of something that's really hard to measure:

'On a scale of one to ten, how do you feel about x or y?'

They can feel vulnerable and don't like to be exposed or put on the spot.

Although you wouldn't always know it, those with a Metal-style personality are highly sensitive and really don't like to be exposed. It's almost as if they have a soft exterior, which they protect with a hard and sometimes distant shell.

So don't draw unnecessary attention to them if they've made it clear that they don't want that to happen. It's cruel, unkind and extremely painful for them.

## Final Thoughts about the Energies

### Tiredness and being in the zone

It's important to mention here that many of the more extreme versions of these behaviours – and the resulting friction – often only appear when we're really tired or in the zone. (Being in the zone is when we're carried away or deeply absorbed by doing what we do most naturally.)

An example of being tired or in the zone patterns between Energy types could be...

When someone with lots of Earth Energy is tired, they often want to talk things through and gain a deeper understanding. Now, this is possibly OK if they're with another Earth type (as they are happy to talk and talk as well), but what if they're with someone with lots of Wood Energy? And they're also tired or in the zone? What would happen then?

If the Wood type is tired they'll feel trapped and want freedom, which may make them snappy or too speedy. Or if they are in the zone of their natural ability they'll constantly come up with ideas and solutions, rather than quietly listen.

Both of these responses cause friction. Someone with Earth Energy isn't looking for solutions or a snappy friend. They just want someone to take the time to listen.

### Knowing the energies is no excuse for bad behaviour

It's important here to point out that knowing your Energy doesn't give you an excuse for bad behaviour. We've seen many times that once someone has taken The Vitality Test they can start to explain

or blame their bad behaviour on their Energy, rather than being responsible for their responses and interactions with others. Within any of these situations, we have a choice and free will as to how we behave.

One of our intentions for sharing The Vitality Test, and the awareness it gives you, is that it increases the likelihood of you being the best version of yourself and not the worst. That includes how we treat ourselves and others. Our mission is to increase understanding, compassion and kindness in the world, and we want you to enjoy that for yourself and with those around you.

So again, don't use the fact that you now know your Energy as an excuse for bad, indifferent or inappropriate behaviour.

Or, if you know someone else's Energy, don't use that as a reason or means to put them down in some way.

## A Shared Curiosity and Conversation

For many people, having a shared conversation about what's happening in terms of their Big Question is a far more powerful and effective way to reduce friction and create flow than a solo process.

So, if you think it would enhance your relationship, please introduce The Vitality Test to the other person. Note that we say **INTRODUCE**, which isn't the same as forcing them to take it, which will just create or increase friction.

## Moving On

We're now going to move on to Part 3 of this book, which covers how to apply and use this information to enhance, enrich and empower any relationship you have through the five relationship keys.

# About the Author



Nicholas Haines is a kindness ambassador, life architect and the creator of The Vitality Test, as well as an international speaker, author, strategist and teacher in Chinese energetics.

*Nick practised for over thirty-five years as a practitioner of Traditional Chinese Medicine after studying in America, China and the UK. As well as co-founding the Nottingham Natural Health Centre and the Northern College of Acupuncture in the 1980s, Nick went on to help steer the provision of complementary therapies into one of the most deprived areas of the UK and won a prestigious government award for integrated and complementary healthcare.*

Since founding the Five Institute Nick has been engaged by a diverse range of companies and organisations, from leadership teams within large corporations through to NHS hospitals, educational institutes, international governments and the United Nations, where he addresses issues around relationships, cultures, communication, diversity, gender, empowerment and kindness.

He also has a busy practice helping people when they are stuck and can't see a way through, or supporting them to become more than they ever dreamed, and to Feel Good, Show Up and Live Well:

Nick is also the co-creator of the **#NoMoreBoxes Movement**, and co-author with Rúna Magnúsdóttir of the book *The Story of Boxes, The Good, The Bad and The Ugly: The Secret to Human Liberation, Peace and Happiness*.

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The breezes at dawn have secrets to tell you

Don't go back to sleep!

You must ask for what you really want.

Don't go back to sleep!

People are going back and forth  
across the doorsill where the two worlds touch,

The door is round and open

Don't go back to sleep!

Rumi