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2009: Year of the Earth Ox

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Dear Rachel,

Today officially begins the Year of the Earth Ox. I hope you enjoy my article. There's a lot of information to absorb, so lets get straight into it.



Overall Theme: Sowing the Seeds.

The year of the Ox is one of transition, consolidation and preparation. After the immense changes brought on by the year of the rat, the Ox will be a year when all these changes (and challenges) transform into opportunities for the future - but only if you let them. Like 'the calm after the storm' or 'when the dust settles', the energy of the Ox will be a period when we get to integrate and act upon the events that took place in the year of the rat. It will give us a chance to find our feet, become confident and grounded in a new direction and set the wheels in motion for the beginning of a new and exciting cycle of life events.

Whilst I won't be describing the personality characteristics of the Ox, I can share with you an analogy involving the animal courtesy of Vic Ketis from The Australian Academy of Feng Shui. In ancient China, the strength and power of the Ox was used to plough through fields preparing the earth for new growth. Likewise, this year we are preparing the soil and planting the seeds for a new and radically different future. This is happening now, globally with the change of governments all over the world, new environmental and financial policies and a shift in global consciousness that will truly transform the way we live.

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Chinese New Year

This year the Chinese New Year celebrations took place on the 26th February. The Chinese celebrate the New Year based on the lunar calendar (on the new moon). The energy of the New Year officially comes into effect on the 4th or 5th of February every year. This date is based on the solar calendar.

So how does this apply to your own life? Well, it will represent different things to different people, depending on your experiences during the year of the rat. Take notice of any impulse that became louder in the last year. For example, are you happy in your career? Are you doing something that truly satisfies you? Do the relationships in your life reflect who you are and where you are going? Are you resisting, suppressing or ignoring the need for change, healing or growth? If so, then now is the time to address it - to literally sow the seeds of your future. Do the important ground work this year and you will be rewarded in the years to come.

Looking forward, 2010 & 2011 are years that will be dominated by the element of wood. Just like spring time, the seeds will begin to sprout and the impulse of new life will begin to gain momentum. With this in mind, my advice for the year of the Ox is - don't miss this opportunity to transform your life in whatever way has meaning and relevance to you!

Earth Element: Healing Energy



Every year always consists of one animal and an element (known as the heavenly stem). This year the Ox represents Earth element and it carries with it an earth heavenly stem. So this year earth element is strong. There is also no conflict between each element suggesting that this year will be relatively harmonious.

Earth is the element that is in abundance, from which all other elements are possible. As earth element is extremely strong this year, it will help us to become more grounded. In fact, every third year is governed by an earth element. The earth animals position themselves inbetween water, wood, fire and metal to help us to integrate the energy of each element before moving onto the next. It is for this reason that the Ox is a year of transition. Earth connects all elements to each other and this year, provides us with a buffer zone and some breathing space. And after the year of the rat, we need it!

Earth also represents spirituality and healing. A sense of connection to our purpose. Therefore this year is a great time to explore your spirituality, start a mediation or yoga practice and to take steps towards healing in whatever way seems right for you. Starting this journey will not be easy, but it will ultimately set you on a path for greater fulfilment in your future. The role of the rat in 2008 was to literally turn things upside down and create major change so that we were forced to review our lives in ways we may not have done before. The Ox is about integrating those changes into our life and healing any problem areas that may have come up. In summary, let go of what no longer serves you this year.

The Global Financial Crisis

2009 will see the global economy come to a standstill. Solutions and improvements to our current position will not be forth coming this year. In the past I have touched on the fact that finance is governed by fire element. So naturally during the two water years we have just passed through, fire has well and truly been extinguished. The relationship between fire and earth, although much less intense, will not stimulate financial growth this year. When fire burns, it turns to ash which blends into soil to strengthen earth. When Earth element is in abundance, as it is this year, it absorbs and drains the energy of fire to a point where it is almost too weak to survive. Based on five-element theory, it will be the wood years of 2010 & 2011 that will begin to reignite the global economy. This is because it is wood that has the ability to fuel fire and therefore stimulate financial growth.

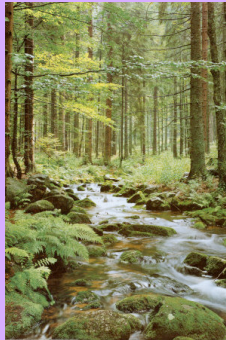
Free Tools

Find out your full Chinese Astrology chart by filling in your birth details at the following link.

[Click Here.](#)

This will provide you with a fairly accurate copy of your chart so you can determine your self element and also the remaining 3 animals that make up your full 4-pillars natal chart.

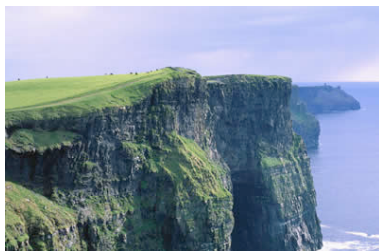
The theme of 'seed sowing' also applies to financial management this year. The recent collapse that we have seen and that continues to manifest represents the breaking down of old outmoded structures. It is forcing us to rethink the way we manage money, our spending habits and the impact this is having on the environment and society as we know it. It is only when a collapse of this proportion happens that we gain powerful insight into what is really important to us. This year is a good time to consolidate debts, take care with investments and begin planning for a more secure future.



The Environment

2007 and 2008 were years dominated by water element and what was one of the most high profile environmental issues? Water conservation and the drought. Very interesting. With this in mind, it is my prediction that in the years of 2010 & 2011 (wood element) the focus will shift to forest conservation. After all, we all know that trees are major consumers of carbon dioxide and that they provide valuable water catchments and keep our soil rich and healthy. However, these wood years also carry some metal element, so I anticipate that there will be much conflict around this issue. Historically, forest conservation has been a very contentious issue. Lets see what happens.

Earth Element: Favourable or Unfavourable?



When assessing the new Chinese year in relation to you personally, the first thing to determine is whether or not Earth element is favourable or unfavourable for you. This is based on your full 4-pillars Chinese astrology chart (in which you have up to 4 animals and 4 elements). A Chinese astrologer is able to assess your chart to determine what elements are strong in your chart and what elements are weak. If you are weak in Earth element, then this year will provide you with greater balance. For a person whose chart is strong in Earth element, then earth element will provide excess earth energy causing an imbalance of energy. When your chart is not balanced, then you may be more vulnerable to challenges.

Aspects of life.

For each of us, Earth element will represent a particular area of life that can become a focus for us during this year. For this section you will need to know what your 'Self' element is (which is equivalent to knowing your sun sign in western astrology). To determine this, use the [free web tool](#) located on the AFSC website and look for the element that appears directly underneath the day pillar.

For Yin Metal and Yang Metal people: Earth element represents your resources, the element which supports the self-element. It includes what you do to nourish yourself intellectually, physically, mentally and emotionally. For example, this year could bring focus to study, education, thinking and ideas. It's about educating yourself in some way that supports who you are in the world. 2009 could signify a time for new eating habits, lifestyle and routine, or you may enrol in classes that interest you.

For Yin Water and Yang Water people: Earth element represents Power and Status. It is the element that conquers, controls and attacks the self-element. Therefore this year could be very career focused and bring with it opportunities to step up into a position of leadership and power in your world. Alternatively, it could be that you are controlled by someone else who is in a position of high status, such as a boss or

company, laws and regulations, the government. If earth is unfavourable, then as a water person you may feel that your freedom is somewhat restricted this year.



For Yin Wood and Yang Wood people: Earth element represents Money, the element destroyed by the self-element. It represents money, assets and accomplishments. Areas of your life that you are in control of. Generally speaking, if earth element is favourable for you, then chances are you will have a good year with money this year. If unfavourable, then you may experience some financial problems.

For Yin Fire and Yang Fire people: Earth element represents your intelligence and creativity and is the element that the self produces or gives birth to. Intelligence element relates to your expression, what you produce with the specific skills that you have, your creativity and performance. This may be the year that you decide to take some risks and do something that you've longed to do. It's likely that this year will be very busy for fire people.

For Yin Earth and Yang Earth people: Earth element represents you and others like you, for example, family, friends, and colleagues. So this year could be busy socially. It may also represent a competitor in your life someone who represents a threat of some kind, however this is only likely if earth element is unfavourable for you.

Relationships between the Animals.

All animals in the Chinese system of Astrology have a relationship with one another that can be harmonious or conflicting. If you have an animal in your 4-pillars that has a relationship with the Ox, then chances are you will feel the effects of this year greater than others. You will most likely feel the pressure to make a change in some area of your life - but whether you make the change is completely up to you!



The Goat: Those who have a Goat anywhere in their 4-pillars may be in for a bumpy ride this year! This is because the Ox and the Goat oppose one another and so they represent an energetic 'clash'. It may sound ominous but a clash can be a blessing in disguise, as it tends to stimulate change and movement in certain areas of life.

For instance, you may change careers, get a new job, move house or travel overseas. The level of difficulty that you experience this year will be directly related to how much you resist change. It's important to stay positive, to take extra care than normal (avoid risk-taking) and see every challenge as an opportunity, even though it may not look like one at first.

If you were born after the 4th February in 1931, 1943, 1955, 1967, 1979, 1991 or 2003, then you have a goat in the year pillar of your chart. Keep in mind that a goat may be present in other areas of your chart.

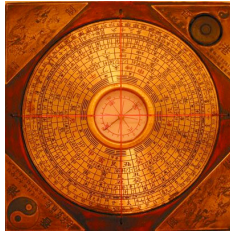
The Dog: There is tension between the Ox and the Dog this year. If the Goat is also present anywhere in your 4-pillars, then you need to be especially aware. Take good care of your health this year as earth element and these animals can stimulate problems relating to the digestive system. Make sure you eat well, exercise and attend regular check-ups with a health professional. With this dynamic present, pay close attention to your finances and avoid situations where you may incur fines or legal problems. Avoid risk-taking, as accidents may be more forthcoming this year. Overall, pay close attention and make decisions carefully as this dynamic may contribute to problems that occur without warning.

If you were born after the 4th February in 1934, 1946, 1958, 1970, 1982, 1994 or 2006, then you have a dog in the year pillar of your

chart. Keep in mind that a dog may be present in other areas of your chart.

The Rat: The Ox and the Rat form a combination this year, which is a relationship that is harmonious, like two elements that are attracted to one another. This configuration can represent someone that comes into your life who you just click with. It could be a lover, business partner or new friend. Overall, people who have a Rat in their chart should experience harmony in a particular area of life, especially if water element is unfavourable.

If you were born after the 4th February in 1936, 1948, 1960, 1972, 1984, 1996 or 2008, then you have a rat in the year pillar of your chart. Keep in mind that a rat may also be present in other areas of your chart.



Feng Shui: Annual Flying Stars

Each Chinese New Year brings with it a new set of Feng Shui energies. Annual transiting energies stay for a short time and interact with various areas of your home. As they can sometimes enhance negative aspects of your home, it is recommended to remedy these areas as follows.

Annual Flying Star (2) Sickness & Obstacles: The energy of 2 relates to sickness and obstacles and this year it is located in the **West** sector of your home. To remedy, place a string of 6 Chinese Coins in the west this year and/or position any objects made from metal or that are round in shape in this area of your home.

Annual Flying Star (5) Bad Luck, Misfortune: The energy of 5 relates to general bad luck and this year it is in the **North** sector of your home. A lot of houses in Melbourne face North, so if this is you, be sure to put this remedy in place to ease this dynamic. The remedy for this energy is the 6-piped metal wind chime, preferably one that is made entirely from metal. Make sure it chimes regularly.

The Grand Duke: This is the direction that is in clash with the energy of the year (the Ox). The Grand Duke is located in the **north east** sector this year. Avoid renovations or construction in this area of your house as undue activity can stir up the Grand Duke and cause problems.

I hope the Ox brings you joy and inspiration throughout 2009.

Warmest Wishes,



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