



Year of the Yin Metal OX

Yin is feminine, night, measured, strength, secret, hidden and unknown, both death and birth.

The Metal element is cold, hard and born from the womb of Earth.

The Metal season Autumn, demonstrated with casting off, coming loose, and detaching.

The emotion of Metal is loss, sadness and grief.

The Metal character when energized is discriminating, exact, with integrity and morality. When depleted can be stiff, cold, with unreasonable expectations of perfection.

The Metal Spirit is PO, the Yin aspect of the Chinese spirit/body, that descends into earth after death.

The Qi of the OX is strong, patient, gentle, sincere, dependable and predictable, and provides the virtues of justice and conventionality. When the OX Qi gets depleted, they can become stubborn, dull, stale, and ridged.

This year brings an OX size quantity of loss, sadness, and grief spilling in from the Yang Metal year of 2020 to the Yin Metal year 2021. Even if we have not faced these emotions, (not sure that could be true for any of us) for me there is an overriding feeling of "A Heavy Heart", no matter what my momentary emotions might be.

The auspices this year is three thumbs up for all five of the OXs with Fire and Water OXs shining brightest! As the year progress we will have available a more gentle and refined Qi, giving way to a sense of reliability towards a traditional view. We may also experience this years' Qi as a stale, ridged, and a bigoted conventionality that needs to be thrown off by the unbelievable strong neck of the OX.

As you feel the quality of Qi this year, I invite you explore your personal experience of justice and calmness. Appreciate what is conventional in your life and bring it forward this year. Remember the generous, strong, sincere, and discriminating Yin energy that is available as your reserve this year. Chinese cosmology suggests that by demonstrating generosity we can resolve the ghosts of Fate and realize the possibilities of Freedom. Using these insights as tools of self-cultivation we create our Destines.

May we all look forward to being closer to each other with love and respect.

Anastacia, Water Dragon

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