

2020 Year of the Yang Metal/White Rat

For full article, please go to the following link:

https://ashevilleholisticacupuncture.com/?fbclid=IwAR0OWnOdV4YsYM4RSSSwUD_fo14JiB6vMZa3Dw4APhjsSSDs83jOYRxwrY



In the Chinese zodiac 2020 is the year of the Yang Metal Rat. The rat is the first animal in the zodiac cycle, related with the earthly branch 子 (zǐ). This character literally means child or seed, and it represents the beginning of the cycle and the first month of spring because this is when the year is young.

Because of the nature of the rat, this year is a good time to start new enterprises, take a risk to begin a new journey, plant seeds now. The rat year is a favorable time to start new habits that you've been meaning to develop, to start a new business, to make all of the first steps toward your goals.

庚 is associated with the yi jing hexagram 乾卦 - qian — ☰ — heaven over heaven. This hexagram is the most yang of all hexagrams and is largely characterized as an energy of creation and strength. 乾 is associated with fathers, leaders, those holding a first-ranking position like CEO's, and also with spirit and with God. It furthermore relates to money, as metal relates to the financial sector of society. Within the body 乾 correlates with the large intestine and the lungs, as well as the skin, the nose, and the entire respiratory system.

The Lungs can be helped with; walking meditation, dry brushing, Qi Gong.

for more, see <http://cherihaines.com/seasonfall.html>



The associated hexagram is 坎卦 - kan — ☵ — water over water. This hexagram is called "The Abyss", and often represents obstacles and difficulties. It also represents the unknown, the mystery, the darkness. Within the body this correlates with the kidneys and with fluid metabolism as well as the ears, the teeth and bones, and the urinary tract.



The Kidneys enjoy rest, massaging your ears and low back, Qi Gong: Bending at the Waist and clicking your teeth.

for more, see <http://cherihaines.com/seasonwinter.html>



Though the potential for conflict is present, when there exists such a radical differential as that set up by the juxtaposition of the hexagrams 乾 and 坎, there is always the potential to harness the energy for your benefit. This year the atmosphere will be saturated with potent spiritual potential. If you are able to tap into this then you may find stronger and greater strength in your spiritual practice. Focus on exercises which utilize the lungs to draw heavenly qi into the kidneys. This is the aim of many qigong and yoga practices. Perseverance is key!



Other articles/links: <https://lotusinstitute.com>