



2020 - Year of the METAL RAT

The Turning Point - Embracing Change

The Lunar New Year of the Metal Rat begins January 25.

The Rat is the first animal in the zodiac, beginning a brand NEW astrological cycle. Any ventures begun, decisions made and what we commit to during this year will influence important themes and outcomes for the next 12 years. So it's not only a new year and a new decade but a new 12 year cycle. Think of it as akin to new moon energy. New beginnings, new inspirations, new dreams!

'Uncomfortably Exciting' describes the theme of this year, says one of my teachers. The huge energy shift permeating 2020 offers new opportunities as well as new challenges. Being a year of exceptional change in the structures and values of our world, it would be wise to be prepared and anticipate big changes, and strive to be adaptable, as this could very well be a demanding time.

Prepare to get going and **take action** for its a work hard-play hard year. The key is to be more *effective* in your actions which is what rat years are about. Rat is a fast animal and moves very quickly, both mentally and physically, tending to be very very busy. Cultivate the skill of working on short term and long term projects simultaneously, planting a lot of seeds along the way. Pay careful attention to which ones germinate for things that you want to manifest very quickly for short term needs and then notice what sprouts for long-term goals. Cast a wide net and notice what comes back with the most energy and let the rest go. It's a year of moving forward with renewed ambitions, goals and strategies. Embrace new challenges!

Rats can struggle with **focus**. Getting distracted with long-term and not paying attention to short term can be an issue. Restlessness and impatience are challenges in this energy, be well advised to keep your meditation and other contemplative practices active that bring your focus back when you're not feeling centered. And believe me, we'll need plenty of breaks in the action.

Restlessness can promote more of a sense of urgency, that time is of the essence, we have to get going *now*. Rat years carry the tendency to worry, so do what you can to alleviate worry and anxiety. To deal with that, there are many modalities to help with

excessive worry such as hypnotherapy and EMDR, and meditation. And get lots of physical exercise! Worry can be greatly alleviated simply by good planning and preparation. In ourselves and in others, watch for potential extreme emotions of jealousy, anger, dominance, greed and opportunism to arise. There is an intensity to the quality of the year that can effect both negative and positive aspects.

This is the year to resolve any chronic problems that have been around for a long time and have been holding you back. Deal with them, do it. You'll be rewarded.

The good news is Metal Rat years can bring massive creativity, brilliant discoveries, ingenious problem-solving, where surprising breakthroughs and inventions are likely.

Ever notice rats move in packs? This is a very social year, a year for making lots of new connections, particularly for meeting people outside your normal circle. Find people who are influential that you can follow who can up your game.

The **Metal element** of the Rat year is about organizing and using all of our **resources** effectively. This is more than just finances. Resources of relationships that can offer support and knowledge, self resourcing, spiritual resources, the resource of time, etc. There may be some contraction this year and it's important to continue to move ahead with projects instead of getting frightened and stopping progress. Spending money on business and on self will most likely come up this year. Be careful with spending and be creative with what you spend your money on.

Metal represents not only money but weaponry. Personality traits of metal are strength, independence, focus, intensity, righteousness and speech. Metal is determined and powerful. Metal rules the lungs - take care of your lungs.

Navigational Tips to help calibrate to the best of this years energy:

- Stay grounded and focused on outcomes that you desire. Ask hard questions.
- Evaluate and take the next step. Ventures are fortunate but only if well planned.
- Build a solid foundation and stabilize the framework, do deep inner work to ensure solid footing.
- What worked in the past may not work as well this year. Dig deep, use perseverance, patience and determination.
- Developing discipline this year will reap huge benefits.
- Be careful and creatively discriminating with spending
- Exercise, quick bursts of energy are helpful
- Spontaneous travel; meet new people
- Take meticulous and special care of your health.
- Helping others is very important. Cultivate temperance and generosity.
- Devotion to your vision and truth.

May you all enjoy a wonderful and successful 2020!

Love and Blessings,

Gaela

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