



2021 Year of the Powerful Metal Ox

The Ox is all about brutal honesty, hard work, discipline, perseverance and conscientious efforts. The multiple disasters of the fast-moving and rapidly changing year of the Metal Rat did indeed present us with new opportunities to make changes to improve our world.

The Ox is a very powerful animal and a diligent builder, helping us to transform the chaos that was stirred up in the Rat year, and reconstructing to bring positive resolutions.

The Ox is of the Yin Earth element, which is stable and nourishing. Known as the Buffalo in some cultures, the Ox insists that we take care of our bodies our families, our communities, and adapt a bigger perspective of taking care of the whole world - they are communal beasts after all. Yin Earth Ox is also requiring that we do deep inner work.

Compared to the Speedy Gonzales Metal Rat, the Ox definitely does not move quickly. The Earth element is steady as she goes, chop-wood- carry-water. But rebuilding requires that important steps not be rushed, decisions need to be thought out carefully. Diligence, perseverance and confidence of the Buffalo will assist us in grounding and find some solid footing as we move forward. The community minded Ox likes to work together in unity, giving us a more fortified foundation for the immense rebuilding projects we have to deal with.

Enter the Metal element as this is the year of the *Metal Ox*. The Metal element brings strength and resolve, but also can indicate isolation and inflexibility. The Ox is an incredibly stubborn animal and the Metal element adds to its rigidity, so watch for clashes of will, fanaticism and arrogance. Metal personality is very refined but also can be overly discriminating. The combination of all these personality traits can make emotions run high in ourselves as well as the collective. Put attention on making decisions and moving from your heart. It's paramount this year to remain adaptable and flexible on every front!

As it was in 2020, Metal is connected to the lungs and respiratory system. It's important to be vigilant about taking care of your health, strengthening the immune system plus getting plenty of rest when needed. Deep breathing everyone, and please, move move move the body! Developing spiritual practices to cultivate inner peace and bumping up physical exercise is crucial.

Of course the shit show won't magically be over - Metal also symbolizes conflicts, military, swords, etc. There's always gifts and challenges to every animal and element. We do have a lot of power and grounding available this year - just remember to source it!

One of the interesting things that Metal introduces to the plodding Ox energy is creativity, and a great love of art and music. This has the potential to be a big healer this year, an excellent time to crank up the volume on your creativity and perhaps start something new in this arena. Adding the elements of fun and humor as close allies this year can bring wonderful rewards, as the diligent hard-working Ox can be a bit too serious, to say the least. Incorporate play! The combination of Metal's attributes of clarity and creativity portends an influx of brilliant progressive innovations, and the world is so ready.

The Metal environment in Feng Shui is about clean, clear and shiny. Be ruthless about clearing clutter, keep your environments pristine as possible and do energy space clearings on a regular basis. Clearing out the old will create the space for many new opportunities awaiting. If it's not clear and open there's no space for the new opportunities.

OK, here's the most exciting thing about the element star chart for 2021.

The star that offers the greatest influence of the year, which is always located in the center of the chart, relates to health wealth and relationships. This year The Heaven Trigram, 6, has moved to the center. The 6 is Metal - as was the 7 in the ruling position last year, both ruling the lungs. So of course we will see a continuation of the pandemic. The 6 also rules the head and face, so mask wearing is here for awhile. The 7 of 2020 in the central position indicated an unfavorable influence of massive chaos, dishonesty and disease.

The center of the chart always is Earth. And since Heaven has moved there now, the picture is *The Unification of Heaven and Earth*. It doesn't get much better than that!

6 Heaven symbolizes the Good Father, and offers power, clear grounded and inspired leadership, and at the very least a restoration of order from the 7's chaos. The power of Heaven is huge, offering us a bigger perspective and insights, and an immensely expanded vision of the future.

A shift in global consciousness is now happening with this flow of cosmic influence pouring into the collective. Hallelujah!

Take advantage of the auspicious energies this year by:

- * Move forward, rebuild with confidence, diligence and discipline.
- * Fertilize creativity, instigate humor and play.
- * Clean, clear and get rid of clutter in all areas of your life, including your body, emotions and physical environments.
- * Commit to spiritual practices, do inner work, do what it takes to keep frequency high on a daily basis
- * Ground intentions, and be disciplined on our path.
- * Cultivate awareness of our deepest truth and come from our hearts!

Many blessings to you all for a wonderful, healthy, prosperous and joy filled year of the Metal Ox!

Much love,

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