

## Kung Hei Fat Choi! (Celebrate & be Prosperous)



### Welcome to the Year of the Yin Earth Ox!

The Ox is the second in the cycle of the twelve animals of the Chinese Zodiac. When the Lord Buddha called the animals to him to celebrate his attainment of enlightenment, the Ox was beaten only by the wily Rat, for the Rat hitched a ride on the Ox's back.

The Ox is the sign of prosperity through hard work. People born under this sign are industrious and tenacious. It is the sign of the born leader: dependable, calm and modest. They are patient, tireless and focused on the job to be done. Those born under the sign of the Ox are sensible, practical people, realistic and pragmatic. They will work long and hard to gain security for themselves and their family. Oxen are honest and patient, responsible and dependable. They are often conservative and try to avoid risk.

Those born under the sign of the Ox must watch tendencies to be inflexible, possessive, stubborn and intolerant. Once angered they are difficult to reason with, and can hold grudges. Their motto is "I will", which may lead to clashing of wills.

Like the Rat, the Ox denotes new beginnings. However, these are the product of hard work, and are associated with endurance and long lasting consequences. The Year of the Ox is one of success through sustained conscious effort, with disciplined labour toward your goals. This is a year to focus on a few long term projects in a determined manner, like the strong and steady Ox. As a yin year, it is likely to be calmer than the previous yang year.

People born in previous Years of the Ox: Jane Fonda, Richard Gere, Adolph Hitler, Dustin Hoffman, Saddam Hussein, Paul Newman, Barack Obama, Princess Diana, Margaret Thatcher

Naomi Ogle - AATC Senior Instructor