

The Monthly Qi

What's Happening at Southwest Acupuncture College

The Monthly Qi is a one-page Shout out devoted to the seasonal energy of the year.
Contact Sophia Bungay, Director of Admissions and Alumni and share your *Qi* with us.
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Year of the Yin Metal Ox (Jin Niu).

by Nate Mohler, D.A.C.M., L.Ac.



On February 12, 2021 we will finally be moving out of a tumultuous year of the Yang White (Metal) Rat and entering year of the Yin White (Metal) Ox. If we recall (some may wish not to) the year of the Metal Rat pushed through 2020 with force and constant change that was difficult to keep up with both physically and emotionally. This is due to the Yang nature of Rat and the fact that it is associated with Water which is characterized as ever changing. The Ox, on the other hand, is associated with Yin and the Earth phase, which is more resonant with stability. Where the Yang natured Rat tends to scurry from one place to another with a frenetic fervor, the Yin natured Ox takes its time with its actions and has a gentler nature. Those born in Ox years are said to be honest, trustworthy, and contemplative.

Oxen are hardworking animals and known to be strong and enduring. In Ox years, it is important to work diligently and see your projects through. This means that we will still have to put in the work to see the year bear the fruit that we desire. It is also important to hold on to the notion that we all have the inner and outer strength and endurance to meet the needs of our aspirations.

It is said that the Ox serves humanity with a humble and responsible nature, which relates to their historic agricultural role. Farmers for much of history were able to plow their fields and produce food to feed their communities with the aid of the humble Ox. This is a sort of reminder that we should seek means to serve our communities. By lifting up our neighbors and helping them with their projects, we improve the quality of life within our communities and at the same time create new relationships and opportunities for ourselves.

Ox personalities tend to be very direct in their statements and those born in the year of the Ox are often successful in positions of supervisory roles. Despite their like for being the “boss” they do not enjoy time in the limelight. This is a reminder to us that it is important be willing to step up and take the lead with clear and direct communication, but to stay humble once the task is accomplished. It is also important to remain sensitive to the place that others are coming from to avoid sore feelings and to foster strong working relationships.

Every year has a Branch animal and a Stem element. This year, like the Rat, is the Metal element which is associated with the Lungs, the western direction, and finance. The nature of the Metal in the previous cycle is associated with Yang, while the Metal in this Ox year is associated with Yin. To contrast, Yang Metal is more rigid like hardened steel, and Yin Metal is more malleable. This will make this a year that will likely be more receptive to our personal agendas. Even still, one should continue to take care of their Lung energy: especially during the first half of the year. Close scrutiny of one's finances should also be observed in Metal years, though during the cycle of this year, there will be more constancy in this regard.

The color associated with the Metal element is white. This makes this cycle the year of the White Ox. In Native American culture, the Buffalo is the closest endemic animal to the Ox and interestingly, many Native American groups associate the birth of a white buffalo to be a sacred symbol of hope and abundance to come.

All in all, so long as we remain true to the spirit of the Ox with honest hard work and humility, this year should be quite a turnaround from the last.