



2020—

You Are the Master!

Michele Lewis, CFSP



Aren't we all looking forward to a new year? The Chinese Lunar New Year for 2020 is celebrated on January 25 this year, which is the first day of the new moon in the first lunar month. The New Year is an extended holiday in China—their biggest celebration—and will end on February 8. This is the full moon and it's celebrated with the Lantern Festival. The full force of this exciting New Year will actually commence on February 4, which is the first day of the Chinese astrological year, also known as The Start of Spring.

The honored animal for 2020 is the rat, and the element for 2020 is metal, with a *yang* attribute.

The Rat is a clever, strategic animal, and it's element is calm, cold, *yin* water and rain, which gives the Rat an edge on intelligence and quick thinking and allows it to solve problems with piercing vision. Something is always going on in that sharp mind! A great memory makes learning easy, and if you want to know something, ask a Rat. Rats are sociable little creatures, but be careful, as they love to gossip and seem to enjoy criticizing and *kvetching* about every little thing—even about that which is quite unimportant.

What will the *Year of the Yang Metal Rat* bring us? Shaping the Rat year are the aspects of *yang* and metal. Think of silvery, mirror-hard steel, or a large boulder with golden-white veins brilliantly blazing like the sun. Positive traits include being courageously steadfast and having a love of righteousness, but the Rat's tendency NOT to yield can make *Yang Metal* lacking in compassion—even downright tyrannical.



2020

Year of the Metal Rat

The *Year of the Rat* is the start of a new astrological cycle and therefore sets the tone for the entire upcoming 12-year period. Choose wisely. Make the determination to rid yourself of that bad habit that has burdened you for years. Rats are associated with the water element, and a metal rat is like a large ship pressing forward on the ocean. It can go the distance, but patience is required to reach the destination. A *Yang Metal Rat* is “fully armed” and ready for battles,

great and small, but don't allow yourself and your vital *qi* to sink below the waters in the pettiness of argumentation and outright fights about matters that ultimately mean nothing. Save your energy

and forces for the situations that count and need your full force in the battle. The other water aspect is the strong wind and rain over the water, such as in hurricanes. “Batten down the hatches,” as they say, and stay alert. Always be prepared, ready for anything.

Much good fortune to you in this New Year. If you are ready, you are the Master! ■

Trained in China and the US, Michele Lewis is a Certified Feng Shui Consultant and has been a Feng Shui professional since 1998. She is available for consultations on-site or via phone. By using the timeless principles of the art and science of Feng Shui, Michele can help you bring balance and beauty to every aspect of your life. She is also a Certified Qigong Instructor of Ling Gui Healing Qigong School, Liu Dong's Method. Michele can be reached at (406) 582-5724, or send email to taodesigns@ymail.com.