

New Chinese Year, A New You Too?

The Chinese Year of the Wood Horse brings forth with it the symbolism of the carousel, the Trojan horse, the rocking horse, and the gift horse. Understanding those symbols helps you know how to get the most out of this year, but most of all, if you know how to work with horses from experience, you already know how to handle this year's energy.

Rocking horses can be fun, but one can put a lot of energy into moving a wooden horse back and forth on the one spot without actually ever moving across the room, so much as down the street. Progress, when we think of that symbolic part



of the Wood Horse year, is more about simple pleasures, and the inner change, rather than that which we can observe from the aspect of how far something has travelled. Although, 2014 will travel very fast in deed.

2014's Wood Horse can also be likened by some to a carousel ride, according to how the symbol lands in relevance to the individual person's life and manifestations. It's no good doing things repetitively that take you nowhere and fails to bring ongoing satisfaction, nor is it worthwhile paying good money to go around in circles while getting stuck in a rut, taking the very short ride for granted as if it will never end, only to be shocked when the music and ride suddenly stops, only to find it's time to pay up to stay on board... Or lose your spot to others who

also want the same experience and perhaps are willing to unseat you to do it. Foresight, patience, and observation help you see the bigger picture, or at least the carousel ride from a distance as well as up close. Observation can mean we have the balance of enjoying a couple of rides and then know when to stop. Therefore, addictive tendencies is something to note for this year, whether it be carousel rides, or things that we may address this year as no longer helpful to us. Perhaps instead of going around in circles to avoid doing the thing we really wanted to place we have longed to go and see, we should travel and see a bit of the world, and find deeper purpose than flashing lights and painted ponies. Perhaps also, within spiritual thinking, more realistic thinking and philosophy will emerge, and spiritual snobbery will go out of fashion.

Be careful also with your cash this year, you won't regret it if you finally have saved up enough to take your life long desired trip, or if you hold onto it this year so that next year you can fix things up around the home, or have all you need to pay for legalities and contracts that have been troubling you to be sorted. This is why it's imperative this year not to "lose your head" to decisions on a whim or flashy sales concepts, not to bank on winning a legal case being paid out at any time before the money from the other party has cleared into your bank account.

When you handle horses in real life, you have to be caring yet firm, clear yet adaptable, and never ever arrogant or complacent enough to assume that you are as unsinkable as the captain of the titanic felt the boat he was sailing was... And, we all know where that went.

No, instead, awareness and caution are required but should never be confused with fear.

As any horse owner I know, who ascribes to traditional, yet caring horse-person-ship methods that don't make a naughty horse more dangerous, will mostly agree that when you first approach a new horse, you have to assess their mood and personality a bit. On deciding they are safe, walk toward them confidently yet calmly, toward their side, talk to them a bit, calmly, it can soothe them.

Don't come at them loudly, yelling and cracking a whip, head on... Unless you want them to either bolt, or put a hoof in your face as they shy, and then try to get the heck away from you. (Haven't met anyone that has wanted that, but there's always a first)... A horse is not a tractor.

If you want a horse to walk with you on the lead, you hold the lead in two hands, the hand closer to the horse's muzzle holding the rope gently, the hand holding the rope furthest from the horse is held tightly...but never with the rope wrapped around the hand... In case your four legged friend gets excited or anxious and makes a run for it. Never, ever stand in front of a horse, face to face with one rein in each hand yelling at them to come towards you unless, once again, you want them to run, put a hoof in your face, or either sit on their backside in rebellion or get very, very flighty. This really should be simple, and yet people do the human equivalent to year of the horse people all the time and wonder why they get proverbially kicked.

If you reward a horse and treat it well while also being their guide, they tend to become a companion, and a loyal, if not cheeky, hard working friend who will do things for you because they want to, not because you forced them to...But at times will still probably try to get away with things, like breathing out as you try to put their saddle on, just to make sure you are still paying attention, and if not, to stand there with an expression that can only mean they are laughing at you after you slipped sideways, saddle and all, off their back and are facing them on the ground as they look down at you like a toddler who took a bite out of the cake but tries to pretend it wasn't them despite their being chocolate icing all over their mouth. Horses can be sweet. But the minute you assume you will not fall off because you are so darn sure of yourself, be prepared to inhabit the ground at great speed, possibly via a dramatic summersault as your steed takes you under a cypress tree that they were sure you had instructed them to run directly under, despite there being no clearance between the top of the horse's back and the bottom of the branches. If you do fall off via a summersault, expect, once again, for your horse to quite possibly walk back up to you, looking down at you with a grin, while you question yourself about how that happened.

If you were taking everything for granted and so, weren't looking, that is what happens with a horse, and sometimes it happens while looking. Therefore, humility, awareness, reverence, calmness, firm but caring, quiet yet confident, guiding but not grandstanding should all be helpful pointers for this year. You can't really easily hide from issues this year, because hiding around the back of the horse can present entirely new dangers. Unless you know what you are doing, and even then at times when you do know what you are doing, expect another of those hooves somewhere uncomfortable (once again) if you hang around the back of the horse. Instead, deal with things as they arise and you will avoid those outcomes. A seven year, such as this demands a dose of reality after all.

With a wooden horse around, and it's a great year to work on flexibility, as the next few years will also require that same quality. Also helpful is working on your energy levels, immunity, and physical vitality.

On the one hand, it's important to be grateful for what you have, what you are, and to also seek to be your best so that you can adjust to changes in the balance of energies throughout this year... that's that thing about the "Gift Horse." Just be aware that gift opportunities can change into other situations quickly, both in the positive and the negative. How you handle and approach sudden change goes a long way toward your individual outcomes that result. And that brings us to the Trojan Horse aspect of this year... which is full of many surprises for all, not all of those will be comfortable, however certainly they offer new insight about the self and from a different angle. The importance of being flexible and adaptable is a key note of the year.



It should be noted that as this year is a 7, and the saying "The horse has already bolted" both refers to boundaries, and gates, If a horse has bolted, the gates have been closed too late. Protection of boundaries are vital this year more than usual, both the clear setting and the respecting of them. It's also a time you can either mend fences or let the wrong words loose. Choose well, be clear, be aware and you are aimed for greater success...

May be, in line with being ready for the horse energy, in the spirit of being loving toward yourself, you could start a new exercise regime, one that is caring and not punishing towards yourself...

It can give your body back some loving, and in turn gain so much more energy, vitality, mental and emotional clarity... not to mention the buzz you will feel from exercising, and looking in the mirror at the 'anti gravity' effect occurring within your clothing over a few weeks and months... If you do choose to make now a time for your health and well being, remember nutrition and supplementation is a massive part of keeping you going while you do that, and it's about doing it for you, not anyone else. Good fats exist and they are not the enemy. But you might find watching your carbs, but not making them the enemy either to be a great help.

Not every type of diet out their works for everyone, it is a matter of sometimes trial and error, and learning what does and doesn't feel good for you. Keep a daily food and work out diary. It can help you find what foods leave you energized and which ones drain you, you also can't lie to your diary, it's all there in writing and this can help if you are an emotional eater, as well as if you are a meal skipper who loads on junk later.

Simple things like organic black strap molasses for example are a great beginning method of weaning off having quite so much sugar, lollies and soft drinks that the modern western diet seems to be full of. You might still have sugar in your cup of tea, but end up not craving it in everything any more at all. In many cases its about having more of what you used to have less of, and less of what you used to have most of. The less numbers in your food the better, and if you prepare it yourself you know what went into it and what effect that has on your wellbeing. Once you really start to clear all those processed foods out of your body you start being able to actually hear what your body is really saying, with complete clarity, and so you know what to put into it and when a whole lot easier without loads of toxins in the way.

There are loads of options and organisations offering different ideas about how to do that, but the first step is loving you enough to care about the vessel you are travelling through this life in in order to look after it the best you can. See a nutrition specialist, e.g. a dietician for best results, and if you join a gym, remember the idea is not to thrash yourself to death, that is the opposite to being loving. Instead start at what you know your body can handle and avoid personal trainers intent on "Bustin yer ass..." until you are fitter and more confident and at least able to jog and stuff. Otherwise they might not realize that in that occasion and with you, they really did "bust" your "ass," by you, the client not returning... falling back on old routines and giving up.

Knowing yourself and loving yourself helps you know what is working and what will turn you off.

Like giving up anything from smoking or whatever habits are holding you back in life...

You might well fall off the wagon, may be a couple of times, but keep getting back on and eventually, you will have nerves of steel and be unshakable, unstoppable, and a force to be reckoned with.

Change can start as soon as you decide you are ready...

Still need some inspiration and motivation? You are welcome to make a booking for a reading and clearing with insights and guidance to help you get your groove on.

In every Chinese year, we recognise the journey we take in each animal year from the animal's head to its tail, and so some animals energies are easier to deal with at the head and others at the tail, but if that animal has multiple stomachs, well then we are in for an interesting time as issues are regurgitated, resurfaced if not dealt with properly in the first place, and that's a good thing to keep in mind before we move on from the Horse year towards the Goat in 2015.

2014, The year of the horse, is a year of many challenges especially being a seven year (2014=7), which is also related to the 7th Chakra (Crown) Head. It also relates to conscious thoughts and subconscious thoughts, 7 also being the number of faith in movement and choices between your conscious (reality and left brain thinking) and sub conscious right brain (psychic).

Many people have ultimate challenges about their intentions and spiritual direction in a seven year. Frustration, indecision, fear based dreams and plenty of anxiety ca surface. Fear in dreams that make no sense can be more prevalent, however when we look at the emotion that relates to the dream we find answers. You have choice to let go of the fear and move forward in a seven year and face your levels of endurance, how you face fantasy or deception (Trojan horse) are important considerations. Stamina is also needed to keep going. Don't feed the horse with fear as a horse knows when a rider fears the horse. Believe me when a horse knows your scared of it, it certainly will try booting you off their back. Instead, stand in your power, ride on your own path and believe in yourself.