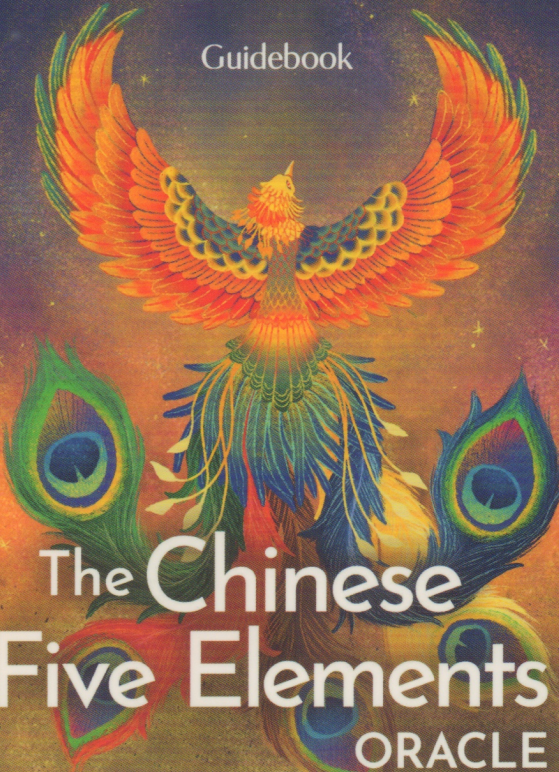


VICKI ISKANDAR

Guidebook



The Chinese
Five Elements
ORACLE

Illustrations by Candice Soon

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Introduction

Take a look around you. Our environment is made of the five elements of Wood, Fire, Earth, Metal, and Water—and so are we. These five elements are the foundation of life in Taoism. Our characters and motivations originate from the elements that were present at birth. The world unfolds and evolves according to the productive, exhaustive, and destructive cycles of the elements.

The five elements carry a healing universal energy that is available to us, which we can tap into by learning how to balance our frequency with the elements. Although we were born with a natural connection to the elements, over time we may lose that connection, which in turn affects our ability to heal the self. *The Chinese Five Elements Oracle* cards can help reconnect you to the healing power of the elements as you open your spirit to guidance from Heaven and Earth. When we are in alignment with the elements, we are more likely to live in harmony with Heaven, Earth, and the self.

My Personal Journey: An East-Meets-West Modern Perspective on Chinese Metaphysics

My understanding of the Chinese Five Elements comes from the sum of my experiences, observations, and inner journey. In this oracle deck, each card represents my own interpretation of the 60 pillars of the five elements, grounded in traditional theories of Chinese metaphysics and the wisdom of the Tao, complemented by Divine guidance and a unique energetic understanding of the elements, viewed from an East-meets-West, female perspective.

As an Indonesian-born Chinese, I grew up in a culturally diverse setting, rich in spiritual traditions and ancient customs. However, my journey into the world of metaphysics started with Western astrology in 2000, the year of the Dragon. I was feeling uncertain about my future despite having just graduated with an MBA from a top business school. I was browsing at my neighborhood bookstore in Los Angeles when someone who turned out to be a professional astrologer asked me what I was looking for. We talked for

more than an hour, and I left the bookstore with a few astrology books she used as references in her practice. The books opened the door to an inner journey of the mind that led to a greater understanding of the self and the workings of the universe.

It wasn't until the next year of the Dragon in 2012 that I decided to go deeper into Chinese metaphysics, starting with BaZi (also called Four Pillars astrology, the most commonly associated with Chinese astrology), followed by Feng Shui and the I-Ching. In Fall 2012, I started posting daily astrology guidance @5elementsoracle on Twitter, combining Chinese astrology with Western astrology. I write about the elements and sign of the day using a similar approach that a Western astrologer would take in writing about the sun, the moon, the planets, and the signs they're in and aspects they make. Writing these daily posts is a lesson in the power of observation, an art of seeing with high awareness how the five elements influence and interact with our external and internal worlds. It is also a training in blending knowledge from multiple realms through Divine guidance, a perspective I bring to the interpretations within this oracle.

My Hope for You

I've crafted this oracle deck to be easy to use, but with many layers of meaning embedded in each card, so that you're able to grasp it whether you're a novice or advanced in your knowledge of oracle cards, the five elements, and energy work. This guidebook is structured so that you'll have all the information you need to interpret each card, whether you read only the card entries and the introductory material or dive deeper into the appendices.

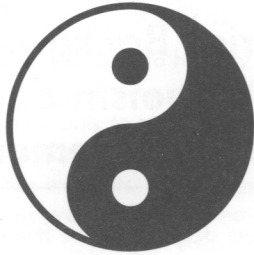
There's incredible history and complex meanings within Chinese metaphysics beyond what we're able to cover in an oracle guidebook. I hope that working with these cards piques your interest. Please visit my website at www.vickiiskandar.com for recommendations, resources that provide greater insights into the meanings of the cards, and videos discussing the oracle spreads.

As we cultivate a higher awareness of the elements within and around us, we will also develop more inner harmony and compassion toward our sisters and brothers on Earth. Let the cards help you open the door to the infinite possibilities of the Tao.

A Brief Background on Taoism and the Five Elements

Before we dive deeper into the five elements, let me introduce you to Tao, the original source of all matter in the Chinese cosmology. The simplest meaning of Tao can be taken from its Chinese character, which literally translates as "the way." Following the way puts us on the path of infinite possibilities.

Tao is the void that has existed eternally, the origin of everything, including Heaven and Earth. Tao gave rise to Yin and Yang, represented by the Tai Chi symbol, which illustrates the evolving, complementary nature of oppositions. Where there is Yin, there is also Yang, and one cannot exist without the other. Darkness turns to light, and vice versa, but in between there's twilight.



Tai Chi (or Yin Yang) symbol

Whereas Tao is still and empty, Yin and Yang are always in motion, merging with each other. Their continuous interaction results in the creation of the five elements. The Yin and Yang manifestations of the five elements make up the 10 Heavenly Stems, which combine with the 12 animal signs (Earthly Branches) to form the 60 pillars of Chinese metaphysics. Each card of *The Chinese Five Elements Oracle* represents one of these 60 pillars, carrying messages and energies from Heaven and Earth. The Heavenly Stems contain messages, elemental frequency, and guidance from Heaven, while the Earthly Branches present readers with opportunities, challenges, and actions they can take.

The 60 pillars are used in Chinese calendars, such as the solar calendar and the traditional Chinese almanac, to mark the passage of time. For example, 2024 is the year of the Wood Dragon. In a natal chart, the four pillars that form from the year, month, time, and hour of a person's birth reveal hidden gifts and messages from Heaven and Earth that can help them achieve their highest potential. An event chart of the four pillars allows us to gain insights into the prevailing moods and themes of a specific period from the symbols and meanings associated with the pillars of that particular moment in time. In the same way, we can receive guidance from Heaven, Earth, and the inner self by working with the energies of the pillars—Yin or Yang, element, animal sign—in a card reading.

Elemental Cycles and the Order of the Cards

The cards are numbered in the order of the productive cycles of the five elements and the 12 animal signs. We start with Yang Wood, the element associated with spring and new beginnings, and the Rat. This is followed by the Yin manifesta-

tion of Wood and the next animal sign, the Ox, and so on. Since Yang Heavenly Stems can only match with Yang Earthly Branches and Yin Heavenly Stems always pair with Yin Earthly Branches, there can only be a possible combination of 60 pillars, organized into six cycles of the 10 Heavenly Stems and corresponding animal signs.

Each cycle has a distinct theme based on the first pillar (the leader) of the cycle, and together the 60 pillars form a great sexagenary cycle. For instance, the theme of the first cycle is Wisdom and Communication, based on the attributes of the Wood Rat, the first card in the deck.

Each cycle of 10 pillars starts with Yang Wood and ends with Yin Water, while the 12 animal signs repeat in the following order: the Rat, the Ox, the Tiger, the Rabbit, the Dragon, the Snake, the Horse, the Sheep (also called Goat or Ram), the Monkey, the Bird (or Rooster), the Dog, and the Pig (or Boar).

There are various mythological stories describing how the animal signs came to be in such order. One of the most well known is a tale of the Great Race of the 12 animals, the outcome of which set the order of the signs in the Chinese

zodiac. In the race, the Rat managed to outsmart the other 11 animals with its wits by catching a ride with the Ox, who was leading the race toward the Heavenly Gate. The Rat jumped ahead of the Ox before the finish line to win the race and was appointed the first animal sign in the zodiac by the legendary Jade Emperor, the supreme ruler of Heaven in Taoism, while secret friend the Ox took second place.

A Modern, Energetic Take on Chinese Metaphysics

As I mentioned, this oracle offers modern interpretations of the 60 pillars of Chinese metaphysics. I found that traditional theories of the five elements were often either too complicated or a reflection of the times, influenced by the practitioner's own cultural differences and experiences. From studying both Eastern and Western astrology and metaphysics, I discovered many aspects where a simple intuitive understanding of the elements would ultimately lead to the same conclusion as a deeper dive. Tao, after all, is a paradox of depth and simplicity.

Between the two Dragon years of 2000 and 2012, while I studied Eastern and Western

astrology and metaphysics, I also connected energetically with the elements through the physical movements of Qigong and Orixás. Qigong is an especially effective practice of cultivating Qi, which refers to energy that is contained in everything and the life force of all living beings, an important notion in Taoist cosmology. Our Qi is strong when we're engaged and in harmony with the elements, and it becomes weaker when we live in excess of Yin or Yang.

Qigong has been a portal to my Taoist lineage; I can always feel my ancestors' presence during practice. In the Afro-Brazilian dance movements of Orixás, I could feel the Afro-Brazilian deities representing the forces of nature, a concept similar to the Chinese Five Elements. Both provided me with a unique energetic level of understanding of the elements, which I bring to this oracle.

For example, Qigong for the kidney, which is a Water element organ, has a soothing and calming effect, similar to how one feels when dancing the movements of Yemanjá, the Orixá of oceans and seas. Qigong for the heart, a Fire element organ, has a heat-building quality, similar in

effect to the fiery movements of Xangô, the Orixá of fire and thunder. It is the energy of Oxum, the Orixá of beauty and prosperity, as well as Western astrology's archetype of Venus, the planet of love, wealth, and beauty that also rules Metal element, that gave me an intuitive understanding of the energy of Yin Metal.

In the Chinese zodiac, the Bird represents Yin Metal. I find that when the Bird is instead called the Rooster, this sign is often misunderstood by those who make their predictions and analysis based on their perception of what a rooster is, commonly attributing masculine characteristics to it. However, Yin Metal is a pure representation of *feminine* energy and a symbol of beauty, glamour, and charm. This confusion may have originated from the English translation of the sign, as the Chinese character for the sign (*jī*) is simply the word for chicken and not gender specific. Some traditions replace the Rooster with the Bird or the Phoenix, which is more energetically aligned with Yin Metal. In this oracle deck, I've chosen to use the Bird label rather than the more well-known Rooster to better align with Yin Metal's energetics.

We see a similar process at work in the Yin Earth sign that can be translated into English as the Goat, Sheep, or Ram. While its Chinese character (*yáng*) can mean any of these labels, the perception of the sheep as a docile animal associated with herd mentality creates a negative connotation in some cultures. I've chosen to call this sign the Sheep in this deck because its softer Yin qualities are more closely connected to Yin Earth's association with Mother Earth.

When it comes to the Pig versus the Boar, there's not as strong a disagreement among experts. I've always referred to this Yin Water sign as the Pig, as it's more commonly called in English-speaking countries in Asia, such as Singapore and Malaysia.

Cultural differences, language preferences, and patriarchal biases, both in the East and the West, may influence what characteristics become more well known and which labels win out over another. Looking at the elements contained in the animal signs instead of fixating on the signs themselves gives a more accurate, nonjudgmental understanding of the nature of each sign. The guidebook card entries describe the interplay of all these different energetic influences.

About The Chinese Five Elements Oracle

The 60 cards/pillars provide insights into the past, present, and future. They can be used as a tool to connect and communicate with the Divine and help you gain a deeper understanding of why things are the way they are. You will look at yourself and the world differently the more you familiarize yourself with the five elements as they reveal secrets and mysteries of the universe. You will work with the truth and flow with the way of the Tao.

Understanding the Associated Elements of the Pillars

Each card includes images, colors, patterns, and symbols associated with the energies and the qualities of the elements in a particular pillar. The heavenly frequency in the Heavenly Stem has an associated element, and so does the animal sign in the Earthly Branch, which are described in depth in this guidebook. Most of the animal

signs also contain hidden elements, which indicate invisible forces and hidden potential that require a higher awareness on your part to put them to good use. The interpretation for each card is based on the interaction between the heavenly and earthly elements and the qualities and attributes of the animal sign, as well as a channeling of Divine guidance.

While a single pillar can contain up to five elements when including the hidden elements of the Earthly Branch, divining a card's meaning can be as simple as reading the guidebook entry or as deep as one's understanding of Chinese metaphysics. After all, the Tao is simple yet also limitless.

For quick guidance when using this oracle, you can focus on the short messages from both Heaven and Earth provided at the bottom of each card's interpretation, which carry wisdom from the heavenly frequency (Heaven) and the animal sign (Earth). Certain pillars share the same element in the heavenly frequency and the animal sign, which amplifies the importance of the element. For instance, the Water Rat card emphasizes the intensity of Yang Water.

Yin and Yang Nature of the Pillars

The guidebook entries note the Yin versus Yang quality of each card. Since it's the nature of Yang to transform into Yin and vice versa, a Yang card will always be followed by a Yin card in the order of the elements.

A Yin pillar will show more feminine and nonlinear qualities in the card, while a Yang pillar will have more masculine and linear qualities. In a reading, a Yin card suggests softening up and pulling inward, while a Yang card indicates action and pushing outward. For more information on the Yin and Yang nature of the elements and the animal signs, refer to the appendices.

Pillars with Divine Support

Some of the pillars carry a special frequency of the Divine, which are noted by a subtle feather within the art of four cards: Fire Pig (24), Water Snake (30), Fire Bird (34), and Water Rabbit (40). These four pillars contain the energy of Divine Support, which brings blessings and protection.

When one or more of these cards appear in a reading, it signifies help and support from the Divine, which can manifest through earthly angels such as loved ones, mentors, or even strangers stepping in to assist you in times of need. It is especially auspicious to have one or more of these pillars in a natal chart, as there will always be assistance from others throughout one's life. I find that miracles such as Divine intervention can occur when these pillars appear in an event chart.

The 10 Spiritual Pillars

An infinity symbol within the art of 10 cards marks the Spiritual Pillars: Wood Pig (12), Water Sheep (20), Metal Tiger (27), Fire Bird (34), Water Tiger (39), Wood Dragon (41), Metal Dog (47), Metal Pig (48), Fire Dragon (53), and Earth Horse (55). These 10 pillars indicate a strong connection to the Divine. Someone born with one or more of these pillars in their natal chart is naturally intuitive and highly attuned to the spiritual realm. For example, the 14th Dalai Lama was born in a Wood Pig year and Water Sheep day. Listen to your intuition and trust in Divine timing when you receive one of these cards.

The Importance of Joy

Many of the messages contained in the cards are about stoking your inner joy. Joy, associated with Fire element, is the key to raising our frequency. This is especially critical in the Age of 9, a 20-year cycle in Chinese metaphysics that starts in 2024 and ends in 2044. As the world becomes more divided, those who are able to cultivate inner joy will be the ones who'll keep moving up on the path to bring light to others; fear and negativity may push others to spiral downward. It takes self-work to keep one's frequency high, and the further down one is, the more work it will take to climb up to a higher vibration.

The Age of 9 is the last cycle of the 180-year great cycle of the Nine Periods. Ruled by the Fire trigram *Li* (associated with spirituality and middle-aged women), the Age of 9 also highlights the rise of Yin energy after two decades of too much Yang in the Age of 8, which is ruled by the Mountain trigram *Gen* (associated with knowledge and youthful males). In the Age of 8 (2004 to 2024), we witnessed numerous digital advances in male-dominated industries in the

tech sector and a work culture that celebrated short-term gains and overproductivity. In the coming years, those who embrace their Yin side (no matter what gender) and honor the Divine feminine aspect in all things will be more receptive to the frequency of joy.

Since Fire element relates to light and the heart, more people will be seeking to enlighten their heart-mind and elevate their frequency. Heart-centered occupations such as intuitive counseling incorporating astrology and the metaphysical, and lightwork such as energy healing and spiritual coaching, will be much needed. There's no coincidence—if you're working with this oracle, the elements are calling you to step up and focus on stoking the fire within so you can shine brighter and inspire others to share their light.

How to Use The Chinese Five Elements Oracle

The Chinese Five Elements Oracle is a tool to connect the self with the elements. The five elements represent forces of nature, and we are part of nature. Therefore, the more attuned you are to the ways of nature, the easier it is to connect with your higher self (the part of you that's at one with the Divine) and the oracle within. As you align and collaborate more with the natural world, you will experience more joy and synchronicities to elevate your frequency higher.

Meditate to Open the Door to the Spirit Within

A regular meditation practice will help cultivate your intuitive power and widen the door to your inner knowing. A short meditation before a card reading is highly recommended to quiet the mind and invite more clarity.

There are many types of meditation. In the Taoist tradition alone, each school has its own technique and form. I encourage you to explore any that feel right to you. Rather than approaching a particular meditation practice as a skill to perfect, simply relax into it and breathe. There is really no wrong way to meditate.

Find a quiet space, whether indoor or outdoor, where you can sit undisturbed. Choose a sitting position that feels natural, such as cross-legged on the floor or a cushion, or comfortably on a chair with your feet on the floor. Keep your back straight but also relaxed. The eyes can be closed or softly open with your gaze focused on the tip of the nose or an object in front of you. Let the mind wander from thoughts to thoughts without judgment, until they eventually quiet and clarity comes. You can meditate on a specific question or a specific card, and observe the thoughts and images that come.

You can also turn a walk in nature into a walking meditation, which is especially beneficial when you feel disconnected from the self and the elements. Think Yin instead of Yang: everything is effortless and there is no force, no goal, no

rush. Slow down and meander instead of walking briskly straight down the path. Look around at the wonders of nature around you, stop and smell the flowers, touch the leaves, listen to the wind, feel the earth below you.

When to Consult the Oracle

This oracle is here to help you access your inner knowing and connect with your spiritual team of angels, ancestors, and guides. Treat your time with the deck as a sacred time with your spiritual team and the Divine being within. Consult with it when you can step away from the hustle and bustle of the external world and into the stillness of your inner world.

The following checklist includes some rituals you can perform to prepare your higher self for a reading. Note that nature is our collaborator in every reading. As we are part of nature, an unstable environment can unsettle our spirit and affect the result of a reading. The oracle is clearest when we're connected to nature, and all the elements, internal and external, are in harmony.

Checklist Before Consulting the Oracle

1. Observe your external surroundings prior to starting a reading. The elements are always communicating with us through signs and omens. Ideally, Yin and Yang should be in balance when you do a reading.

- Avoid days of New Moon (all Yin) and Full Moon (all Yang).
- Use your intuition as you look outside. Is nature in a calm and stable state? Note how the elements make you feel.
- Joy is an especially positive indicator. If the birds chirping or butterflies flying outside bring you joy, it's a great time to pick a card! If the wind or thunder sounds ominous, or the stillness too unsettling, wait for another day.
- It's best to hold off when the surroundings feel too Yin (too still and quiet) or too Yang (windy or stormy).

2. Check in with your heart and mind. A neutral or upbeat mood and a clear mind free from negative thoughts and attachments will lead to more clarity in a reading, while an anxious or distracted mind can be reflected in the cards. Refrain from reaching for your cards if you find yourself in a negative mood. Neutralize your thoughts and emotions first, then elevate your frequency in one of the following ways:

- Meditate or take a walk in nature to help calm and stabilize the mind.
- Work off your anger or stress with art or physical activities.
- Connect to a thought that brings you joy or tune in to gratitude to raise your vibration.

3. Clear and elevate your space. You can dedicate a special space or room for your readings or bring sacred energy to wherever you choose to do a reading.

- Clean and clear the area from stale energy and clutter. Fresh air and sunlight can do wonders in quickly transforming the energy of a room.

- Elevate the space and invite the sacred by bringing in the five elements. Add a flower or a plant for Wood, a candle or incense for Fire, a crystal or pottery for Earth, a bowl of water or salt for Water, and a metal statue, bell, or a singing bowl for Metal.
- You can also clear your space and cleanse the cards before and after with incense, such as sandalwood and frankincense.

The Steps of an Oracle Card Reading

After you've completed the checklist and confirmed the elements are in balance, your mind is neutral, and your space is clear, follow these simple steps of a reading:

- Call upon your spiritual team or the elements to assist you, or simply ask the oracle. (If you're reading for another person, invite their spiritual team to assist you.)

- You can do a simple Qi ritual to invoke the Tao: Sitting in a comfortable, upright position, bring your palms to face each other on the sides of your navel, as if you're holding a ball between your hands. You can extend your arms slightly or have your elbows close to the body. Note that everything should feel effortless—nothing is forced in Qigong. The hands should be relaxed, with the fingers (except the thumbs) naturally facing each other. Imagine an energetic connection between the palms and the fingers. Any tingling sensation you feel in your hands is the Qi you're cultivating. Slowly move your left palm below the navel and your right palm above the navel, facing each other. Move the palms around as if you're rotating the imaginary ball, halfway clockwise and counterclockwise. You can play with the ball for a few seconds or longer to charge your palms with more Qi. Keep the sensation as you place your palms above the deck. With intention,

send the Qi from your palms to the deck and say: "I call on the Tao for guidance. I'm here to receive your messages of wisdom for my highest good [or insert the name of the person you're giving a reading to]."

- Shuffle the cards, focusing on your intention and your objective. Articulate a clear question, aloud or in your head. (If you're reading for another person, help them formulate the right question for a clearer answer by referencing "How to Ask the Right Questions.")
- If a card enthusiastically jumps out of the deck, set it aside and take it as a message from the elements. Put any upside-down cards back to an upright position, as these cards do not have "reversed" meanings.
- When you feel ready, pick a card. (If you're reading for another person, I recommend that you pick the cards on their behalf rather than having them do

so—this leads to purer guidance, as you are the one connected to your deck.)

- Use your intuition to find a card's personal meaning. All aspects of the images are open to interpretation. You may be drawn to a symbol, pattern, or color. (If you're reading for another person, show them the card and ask them if the card reminds them of certain memories or feelings.)
- Then read the guidebook entries, focusing on the keywords that resonate with you most. For quick guidance, read the Messages from Heaven and Earth. For deeper insight, note the associated elements and animal signs and refer to the Appendices.
- You can pull another card to continue your conversation with the oracle if your intuition tells you so. Refrain from asking the same question more than once, as you'll get increasingly erratic answers the more you ask a question.

How to Ask the Right Questions

Your question is a reflection of your intention and thoughtfulness. See it as a practice of gaining clarity with your soul. The Tao favors clarity and simplicity. A complicated question will lead to cards that are hard to interpret. A confused, unclear question will result in an equally confusing answer. However, yes-or-no questions are too simple and not ideal either. If doing a reading to achieve clarity on your options, you can phrase your questions as what-if scenarios. For example, "What can I expect from this situation if I take this action?"

Broad and open-ended questions allow the oracle more space to interact with your inner wisdom. Some questions to consider:

- What is in store for me in the month ahead?
- What do I need to know regarding this current situation with my job, relationship, family, health, etc.?
- What can I do to manifest more abundance into my life?

- How can I welcome more joy into my life?
- How can I gain more clients in the next six months?
- What am I not seeing clearly in this situation?

The next chapter offers different reading spreads. However, there are so many layers of meaning within each pillar, I highly recommend that you start with simple one-card readings and take your time tuning in to each card.

Treat the oracle as a sacred guide and accept each answer with reverence. The more time you spend with the deck, the more you will enjoy getting to know the five elements and the oracle within!

The Chinese Five Elements Oracle Spreads

The spreads below incorporate sacred geometrical shapes associated with Chinese metaphysics to help raise your consciousness to higher dimensions and bring clarity to the guidance you seek. When you invite sacred geometry into your daily rituals, practices, and activities, whether in a reading, an artwork, or a movement, you also learn to connect your frequency to the language of the sacred. As your awareness grows, so does your intuition.

One with the Tao

Taoism is about simplicity, and the simplest way to ask for guidance is to draw a card from the deck, especially when you're seeking a quick answer, an insight into a specific matter, or an affirmation from your guides. The Tao exists before the Yin and Yang and the five elements. It is both

void and infinite, the limitless source that connects Heaven and Earth.

Before you shuffle the cards, find the stillness within. Once you're in a state of stillness, there's no separation between you and the Tao as you merge into your own sacred geometry with the Tao in your center, at one with the source. Ask your question and surrender it to the Tao. Pick a card when it feels right. If a card jumps out before you pick one, it's the Tao picking a card for you.

The Yin and Yang Spread

According to the principle of Yin and Yang, there are two sides to everything: shadow and light, feminine and masculine, soft and hard, night and day, and so on. One side is not exactly "good" or "bad," however, as the white dot inside the Yin and the black dot inside the Yang show us that there is light in the darkness, and darkness in the light, and neither can be separated from each other. What is Yin will eventually transform into Yang, and vice versa.

This two-card spread helps you see both the light and shadow of a certain issue and is especially helpful for insights on a hidden potential or

a part of life you need to focus on and where you need to step back. As you shuffle the deck, ask the Tao to reveal the Yin and Yang sides of your current situation.

After you pick Card 1 (Yin) and lay it facedown vertically, pick Card 2 (Yang) and lay it facedown vertically halfway over Card 1. Flip the cards at the same time so that both cards are now face up, with Card 1 on top. You can separate the cards after you flip them to more easily read them and view the art.

Place Cards
Facing Down



Flip Cards
at Once

Cards Are Now
Facing up

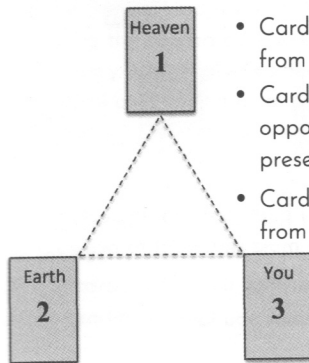


- Card 1 (Yin) shows a quality of you or a matter that is hidden, one that needs to be brought to light.
- Card 2 (Yang) highlights an aspect or a quality that you display in excess, one that needs to be softened.

The Sacred Triangle Spread

The triangle is a symbol of balance and unity. In Chinese metaphysics, the triangle symbolizes our sacred connection to Heaven and Earth. We can live our highest purpose when we are equally connected to the Divine (Heaven), nature (Earth), and the inner self. Deep in our heart, we know that we have a higher purpose. Some of us may already be on the path, while others may take longer to discover their purpose, as our choices, consciousness, and free will play a part in living our destiny.

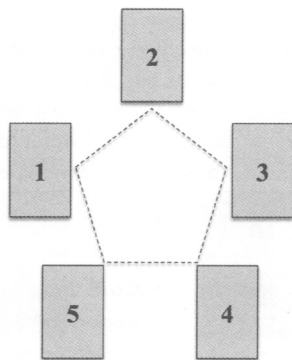
This three-card spread is helpful for all types of questions. Lay three cards in a triangle, as shown.



- Card 1 offers guidance from Heaven.
- Card 2 highlights opportunities or challenges presented to you by Earth.
- Card 3 contains messages from your inner self.

The Five Elements Spread

This five-card spread is based on the productive cycle of the five elements, starting from Wood, the element that represents growth, to Water, the element of wisdom. Use this spread when you're seeking more in-depth guidance on your current direction in life.



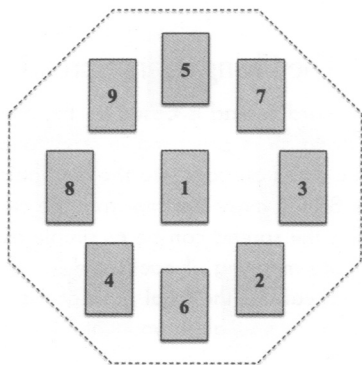
- Card 1 (Wood) highlights the aspect of life with the most potential to grow or expand.
- Card 2 (Fire) helps you identify sources of joy.

- Card 3 (Earth) indicates resources that you need to invest in to build a solid foundation.
- Card 4 (Metal) brings clarity to what needs releasing.
- Card 5 (Water) shows how you can rise above your fears.

The Flying Stars Spread

This nine-card spread is based on the movement of the flying stars practiced in traditional Feng Shui. The cards are laid into the nine palaces inside the Bagua map, starting from the center. Interpreting the spread can be as simple as taking the primary meaning of each card in relation to the central card as the focal point of the reading, or as deep as you allow your intuition to delve. Those who are practitioners of Chinese metaphysics can incorporate the five elements, the trigrams associated with the stars and their directions, and the interactions and affinity between the elements of the cards with their own elements for an in-depth reading.

The Flying Stars spread is best for a longer time frame, such as annual guidance for the year ahead. You can also use the spread as a framework to elevate your frequency in times of hardship. I suggest that you take a snapshot of the cards so you can return to the messages through the year.



- Card 1 is the focus of the reading. It highlights the heart of the matter, the main theme, or the main solution. Every other card relates to the center card.

- Card 2 reveals what's being released, or what you need to let go.
- Card 3 is a reflection of your state of mind. Messages from this card can also help you communicate better.
- Card 4 shows possible actions you can take to manifest your dreams. It may also expose current blockages that are preventing you from manifesting those dreams.
- Card 5 helps you cultivate joy.
- Card 6 illustrates how you can conquer your fears and learn to relax.
- Card 7 offers guidance from Mother Earth and highlights what needs to be nurtured.
- Card 8 identifies where or how you can grow and expand.
- Card 9 illuminates the aspect of life where you need to be more flexible.

Wisdom and Communication Cards

(Wood Rat Cycle)



1. Wood Rat

ALIGNED WITH YOUR PURPOSE

The Wood Rat, as the first pillar in the sexagenary cycle of 60 pillars, portends that a new beginning is in store. Wood is associated with the element of spring, and this card emphasizes stepping into a path of new growth. You've been doing the work and living in alignment with your purpose. The path ahead is clear, and it's time for you to take a step farther in the direction of your dreams.

Everything is as it should be with Heaven and Earth in alignment in the Wood Rat pillar. Know that you are more than ready for the journey ahead. Your knowledge and skills will take you far. Keep learning to enrich your resources.

The Water element of the Rat in the earthly frequency supports the Yang Wood in the heavenly frequency, creating a continuous cycle of growth. Adopt a beginner's mind to fully experience what's waiting for you on the other side.

Message from Heaven: Wood as the element of expansion supports a long-term vision and a growth mindset. Where do you see yourself in a year, 5 years, and 10 years from now? Like a tree, Yang Wood doesn't grow tall overnight but keeps reaching higher as years go by. See each progress, no matter how small, as a stepping stone toward something greater.

Message from Earth: In the spirit of the Rat, a Yang Water sign associated with oceans and seas, keep your eye on the horizon and your imagination far into the future. Take another step toward your dream and jump in. Don't overthink it.

2. Wood Ox

KNOWLEDGE BRINGS WISDOM

Yin Wood in the heavenly stem of the Wood Ox pillar represents a flexible mind, one that's interested, curious, and open to different views. This card emphasizes the critical role of knowledge in your personal and professional growth. Your guides would like to remind you to always be open to learning something new every day. Knowledge leads to wisdom, the key to a higher consciousness and enlightenment.

The Ox as a Yin Earth sign is nurturing and resourceful, but also complicated. There's more than meets the eye when the Ox appears. Hidden Yin Water in the Ox serves as a message to dive deeper into the subject matter to unearth buried wisdom, while hidden Yin Metal points to discovering inner treasures.

The Wood Ox pillar often appears when you're experiencing a lack of progress despite your best efforts. Your current blockage is the Divine nudging you to upgrade your skill set with new insights and experiences. Read and listen

more. Seek advice from a mentor or a coach. Engage with those who inspire you. Invest in that course you've been thinking of taking, or enroll in a higher education program to open new doors.

Message from Heaven: Yin Wood highlights an open mind unencumbered by attachments, beliefs, and expectations. Stay curious to keep feeding the mind.

Message from Earth: The Ox may value persistence and consistency above all, but you must also be able to detach from your routines and go with the flow when the situation calls for it.

3. Fire Tiger

SHARE YOUR GIFTS

The Fire Tiger pillar offers positivity and support when it appears in a reading. The Tiger is highly creative and inventive as a Yang Wood sign, while Yang Fire in the heavenly frequency is associated with joy and unconditional love. As Wood produces Fire, those who channel the creative force also cultivate inner joy in the process.

This card is a confirmation that you're using your gifts wisely. It's now time to share your gifts and spread your joy to a larger community. The creative force within you is emerging stronger than ever. You've been listening to your calling and enjoying the creative process. Keep doing what makes your heart sing to stoke the Fire within. Yang Earth and Yang Fire hidden in the Tiger will help you persevere and be consistent in your quest. You can always find inspiration from within your heart.

Relax into the creative process and take as much alone time as you need—the creative well within will never run out. Creativity is a gift from

the universe that keeps on giving the more we foster it. No matter what line of work you're in, your creative approach is what makes you stand out and be noticed.

Message from Heaven: Yang Fire, like the sun, shares its light generously and unconditionally. Offering your services will serve as a healing tool not only for yourself but also for others.

Message from Earth: The Tiger doesn't hold back, and neither should you. Think big and make a difference to the world with your creative power.

4. Fire Rabbit

WELCOME THE MUSE

The Fire Rabbit pillar reminds us that our light shines brightest when we can easily find the joy within. The key to cultivating that inner joy is following your muse. Yin Fire inspires, while the Rabbit, a Yin Wood sign associated with the artist, creates. Collaborate with the muse when she comes as a flash of inspiration, and feel the heart expand as you transform ideas into form.

The muse can be elusive, and at times you may have to make extra efforts to feel her presence. Be patient—take a walk in nature and allow your mind to wander. Inspiration may strike when you admire the perfect symmetry, shade, and intoxicating scent of a flower. Explore your interests and pay more attention to what makes your heart sing. Tune in to the heart to help you discover your sparks of joy.

The Fire Rabbit invites you to open your heart and your senses to experience the beauty around you. Let it inspire the muse within. Like joy begets joy, beauty also begets more beauty.

When we can see the beauty in everything, beauty becomes a joyful part of us as we work with the muse to create magic from the beauty around us.

Message from Heaven: With Yin Fire in the heavenly frequency, make joy your first priority. Cultivating inner joy is hard work, but once you've found it, it will lead you to a cycle of positive changes.

Message from Earth: Create space in your daily life to honor the muse, the essence of the Rabbit. Be patient—she likes to show up during meditative moments when the mind is idle and the heart is open.

5. Earth Dragon

AS ABOVE, SO BELOW

The Earth Dragon commands reverence for the sacred. It's one of the most intuitive pillars in Chinese metaphysics. Yang Earth in both the heavenly frequency and the Dragon's Earthly Branch indicate that you have developed a connection to both Heaven and Earth. Strengthen that connection by recognizing the many signs of the Divine reflected in the earthly realm below.

The Dragon is a Yang Earth sign, associated with mountains, valleys, and sacred temples of the world. Have you noticed that many sacred temples were built in the shape of a mountain? And mountains themselves resemble sleeping Dragons? In Feng Shui, mountains are, in fact, called Dragons. The next time you find yourself in a mountain landscape, try to spot the shape of the Dragon.

Take this card as an invitation to honor the unexplainable and the invisible. Not everything can be explained by logic. Your connection to the Divine grows stronger the more you can accept

that certain mysteries of life are best left as such. Mountains can intimidate with their stillness and imposing height, but they also invoke awe in those who are attuned to the essence and energy of the elements contained and cultivated over countless generations.

Message from Heaven: Imagine yourself in a place surrounded by majestic mountains. Your heart and mind feel at one with the mountains while your body feels energized and anchored. Remember this grounding energy of Yang Earth whenever you need to recenter.

Message from Earth: The Dragon as the sign that bridges Heaven and Earth can help expand consciousness. Hidden Yin Water and Yin Wood in the Dragon indicate wisdom and creativity contained within you that can be unearthed with a consistent meditation practice.

6. Earth Snake

GRATITUDE LEADS TO ABUNDANCE

Yin Earth in the heavenly frequency brings blessings from Mother Earth. She will provide you with the resources needed to manifest your dreams. Tune in to her frequency of peace and gratitude. The more you give back to her land, the more abundance she will give you in return for your generosity.

The Snake is an interesting Yin Fire sign with hidden Yang qualities of Metal, Fire, and Earth. She appears feminine and nurturing on the surface, and it's only when you get to know her that you'll also discover a determined and bright character who can also be very persistent. This card tells you to search deeper. You may be surprised to find buried treasures hidden underneath the surface.

The Earth Snake pillar brings messages of love and joy. Engage in activities that make your heart sing to spark the joy within. You have an infinite capacity to love. Be bold with your love and sincere with your heart.

Message from Heaven: Yin Earth reminds us to consider our actions with sustainability in mind. Nurture Mother Earth as you would yourself and your loved ones—we are all part of Her.

Message from Earth: The Snake's Yin Fire carries the frequency of joy, which you can cultivate by bringing in more of what uplifts you. Where in nature do you feel happiest? A simple awareness practice is to note the dominating colors in your wardrobe and your surroundings. Which colors and objects uplift your mood?

7. Metal Horse

ENGAGE THE HEART TO HEAL

The elements of the Metal Horse pillar may not seem supportive of each other at first impression—Metal is associated with grief, and by nature is cold and detached, while the Horse as a Yang Fire sign associated with the Sun and the heart spreads light and joy with exuberance. Fire can melt and destroy Metal, but it is also the element that transforms Metal into shape and function.

This card is an invitation to turn your grief into a source of hope and inspiration. You've experienced a loss, whether it's the loss of a relationship, a loved one, a project, or an idea that's no longer valid. Oftentimes we try to suppress our grief instead of fully experiencing and processing the emotions that come with grieving. Or we get drowned by our grief and stay rock bottom with no way up. Allow your heart to express and heal the grief by engaging the creative within: write, draw, or paint to soothe the heart and channel your grief away.

Give your grief a shape, a color, a story, a sound, a movement, a poem, or a song to help bring healing to you. Your heart holds the most powerful healing force that can transform inner suffering into sparks of joy. Engaging the heart will help you find hope again and ultimately lead you to the light at the end of the tunnel, no matter how long the journey may take.

Message from Heaven: Yang Metal in the heavenly frequency, like a sword, clears the path. You may be hurting now, but you will look back in the future and realize that grieving is a necessary process that helps you to move forward.

Message from Earth: Your grief has opened your heart and sparked the fire within. Hidden Yin Fire and Yin Earth in the Horse help keep that fire burning. Nourish your spirit with activities and creative projects that touch the heart.

8. Metal Sheep

FORESIGHT AND CAREFUL PLANNING

The Metal Sheep pillar supports strategic thinking and careful planning. Yin Metal's detached nature enables us to make decisions without bias. The calm and peaceful Sheep is a Yin Earth sign associated with Mother Earth. The Sheep helps us reach our goals through sheer persistence. Slow and steady, the Sheep's Earth element enhances Metal's sharp intelligence.

This card is a message from the Divine to be meticulous with your planning and strategic yet considerate in your action. Know that you already possess the most powerful tool: your mind! Free the mind from the baggage of worries, expectations, self-imposed limitations, and beliefs. Gather your resources and take stock of your strengths, experiences, and lessons learned—how can they contribute to your growth?

Take your time. You're on the right track, but you need to get clear with your visions before you make the next move. Pay attention to the small

details but focus on the long-term vision. Keep going at your own pace—there's no need to compete with anyone. Your path belongs to only you. You've been doing the work and building a solid foundation for yourself. Trust in Divine timing. You will know when you're ready.

Message from Heaven: Yin Metal reflects the truth. Let go of your judgments and assumptions so you can see things as they are.

Message from Earth: As one of the most resourceful signs, with hidden Yin Fire and Yin Wood continually replenishing her Yin Earth, the Sheep reminds us that our best resources are already within us. Utilize your unique talents and skills to carve your own path.

9. Water Monkey

CONQUER YOUR FEAR

The Water element of the Water Monkey pillar refers to powerful Yang Water in the heavenly frequency. Imagine a deep ocean, a tidal surge, raging rivers, and majestic waterfalls. Yang Water commands reverence and fear—we can't control it, but we can work with its forces to keep us afloat. This card indicates that there are opportunities ahead, but you must have the courage to deal with the uncertainties.

The Monkey, a Yang Metal sign, is courageous and protective. The Monkey is also a Travel Star, meaning it triggers change and excitement when it appears in a reading. Expect a new horizon opening up for you. You're excited, but at the same time also terrified of the unknown. Let that excitement be your guide. The more you follow your excitement, the less fear has a hold on you.

Think of an instance when you were glad you took a risk and rose above your fear. It's natural to have fears, although fear itself can be tricky. Does your fear keep you safe, or does it keep you stuck? Does it create opportunities or take

them away from you? Train your heart to discern whether the fear is real or only in your mind.

Message from Heaven: Yang Water intimidates but also inspires wonders. Imagine all the possibilities that are waiting for you once you step out of your fear.

Message from Earth: The Monkey awakens your desire for excitement. Take it as a cue from the Divine to go for your dreams. Hidden Yang Earth in the Monkey provides support, while hidden Yang Water lends courage.

10. Water Bird

SPEAK YOUR TRUTH

Yin Water in the heavenly frequency helps us tune in to the quiet voice of wisdom. Yin Water may be calm, but it can still contain hidden mysteries in its depth. We can see through easily when the water is clear, but it takes patience to wait for the mud to clear in murkier water. The Bird, a pure Yin Metal sign, reminds us that what we say is a reflection of our inner state. As the most communicative sign in the Chinese zodiac, the Bird not only knows how to impress with words but also realizes the impact words can have.

The Water Bird pillar guides us to be truthful in our communication. When you speak your truth, you also live in truth as you learn to differentiate truth from your thoughts and see things as they are. Through self-reflection we will also be better able to accept the self as we gradually stop judging or harming the self with negative thoughts. Truth, after all, doesn't judge or make assumptions.

This card is an invitation to develop a higher awareness of the self through self-reflection. You

can start by keeping a daily journal of your thoughts and feelings. Do your words reflect who you are? Are they aligned with your actions? Can you hear your true self when you speak to others?

Message from Heaven: Our mind, like Water, gets muddy at times. Wait until the mind is clear and calm before you speak.

Message from Earth: The Bird knows that our reality is a reflection of our thoughts. Speak kindly to yourself from a place of love, and truth will embrace you.

Intuition and Inner Knowing Cards

(Wood Dog Cycle)



11. Wood Dog

TRUST YOUR INTUITION

The Wood Dog pillar represents a slight sense of discomfort. At first the Dog as an Earth sign may feel intimidated or insecure in the presence of Wood, before his acute senses awaken to guide him. This card often appears when you find yourself in an unknown territory. Surrender any conditioned response or automatic reactions to situations beyond your understanding, and allow your intuition to take over.

The Dog is the most intuitive and psychic of all the 12 signs in the Chinese zodiac. As the keeper to the gate of the underworld, the Dog can see and sense far beyond the visible. A grounded Yang Earth sign, the Dog also has hidden Yin Metal and Yin Fire, which invite self-reflection and enlightenment.

This card is a message from your spirit guides to tune in to your intuition. We all have psychic abilities—whether you're in touch with your psychic gifts or you've unconsciously repressed them, you can rekindle and cultivate them by practicing a

higher awareness of your inner and outer worlds. Be patient. You may have to struggle first with self-doubts and fears before you get to fully trust your senses.

Message from Heaven: Yang Wood's upward energy, like a tree, needs rooting. Harness your intuition by staying grounded, so you can connect to a higher consciousness without losing touch with reality.

Message from Earth: The Dog teaches us to connect to the land. Listen and feel the ways of nature to awaken your intuition.

12. Wood Pig

MOVING UP THE VORTEX

The Wood Pig is one of the 10 highly Spiritual Pillars, indicating a natural connection to the spirit within. Wood, the element of new beginnings and expansion, helps us toward a path of growth, while the Pig's Water element brings movement and change.

What you start now can manifest quickly—such is the nature of the Pig as one of the Travel Stars in Chinese astrology. The Pig is associated with November, the beginning of winter in the Chinese solar calendar, when nature is active but getting ready to rest. Hidden Yang Water adds momentum while hidden Yang Wood reminds us that spring, the season associated with Wood element, is coming next. Where do you see yourself when spring comes?

This card often appears as a sign that better days are coming. Life is a cycle, and once you've experienced rock bottom, the only other way is up! You've stepped up your frequency, and now your dreams are being manifested into reality. While

others may see the positive changes happening in your life as an overnight success, you know that it's taken a lot of self-work and dedication to be where you are now. Keep moving up the vortex, your own personal path to a higher frequency, by staying positive in your outlook and doing the work needed.

Message from Heaven: Yin Wood beckons you to experience all that the world has to offer. The lessons learned will help elevate you further up the vortex.

Message from Earth: The Pig represents the energy of a change agent. Recognize that all your previous efforts have prepared you well for the upcoming upward cycle. You're ready to make your impact!

13. Fire Rat

LIGHT AND SHADOW

Associated with the Sun and summer, the most Yang season, Yang Fire is the element of light, love, hope, and joy. The Rat is a pure Water sign that rules winter, the most Yin season. While this animal's physical size may be small, its mere presence can bring fear and anxiety, emotions associated with Water. The Fire Rat pillar reminds us that even the slightest hope can help you find your way out of the dark, and the biggest fear can motivate you to shine your best light.

The Fire Rat is a card of contrast. Like Heaven and Earth, there are two sides of everything—cultivate the ability to see both sides of a story to give you the full perspective. Consider the juxtapositions that exist in your life. Can each one exist without its opposite? Where there is love, there is also fear. We each have the free will to choose one over the other. The Fire Rat pillar invites you to turn fear into love.

It is always possible to cultivate love despite living in fear. The Yin will always be the opposite

of the Yang, but where there is Yin, there will also be Yang within, and vice versa.

Message from Heaven: Be generous with your light like Yang Fire that is the Sun, even in the darkest of times. A simple practice to help you tune in to the energy of Yang Fire is to gaze at the sun at sunrise or sunset, when Yin and Yang are both active. Observe any shift in your energy as the sun rises or sets.

Message from Earth: The Rat encourages you to befriend your biggest fears—they can be the most powerful forces to motivate you out of the dark.

14. Fire Ox

A BEACON OF LIGHT

The flickering Yin Fire in the Fire Ox pillar may bring unpredictability and highs and lows, but as long as you keep your focus on the road ahead, trust that your faith will guide you on your path. The persistent Ox, a Yin Earth sign, gently reminds us that consistency can help bring stability when life gets unpredictable. With hidden Yin Metal and Yin Water inside the Ox, a practice of self-reflection will help uncover more of the wisdom within.

This card is an acknowledgment that your dedication to your vision is key to your success and growth. All your hard work is finally starting to bear fruit, and you can now see the light at the end of the tunnel. You're becoming an inspiration to others, whether you realize it or not.

Your pains and sacrifices to get to this point are worth sharing. In fact, the more you tell your stories, the bigger your light will shine. Sharing how you've surmounted some of life's biggest challenges to a larger world is part of your life purpose.

Message from Heaven: Like the flame of a candle can ignite many others, you can make a difference too. Even if you inspire just one person, that person may light the inner Fire of many others, thanks to you.

Message from Earth: The Ox is a sign known for consistency. Maintaining a routine may sound boring, but it can serve as a guide to manifesting your dreams. There's wisdom in the mundane—let it be an inspiration.

15. Earth Tiger

BREAKING THROUGH THE BARRIER

Yang Earth, like a tall mountain, indicates the presence of a blockage when it appears in a reading. You can either let it stop you in your tracks, or work around it. In this pillar, Yang Earth in the heavenly frequency asks you to consider taking a few steps back so you can see from a bigger perspective. The solution may be right in front of you, but your own filters and expectations make it hard to see the elephant in the room.

The Tiger is a courageous and instinctive Wood sign, and as a Travel Star, loves being on the move. As a change agent, the Tiger helps us break through our own self-imposed limitations. The upward energy of the Tiger's Wood element encourages you to analyze a situation from a higher level for a clearer understanding.

This card appears when you're on the verge of something wonderful, even though you may feel as if you're up against an immovable brick wall. Imagine breaking through the barrier,

because soon enough you will! Part of the blockage is the limitations you've set for yourself. Perhaps you've told yourself that certain outcomes are just not possible. What if they are? Start by changing your attitude from a "can't do" to a "can do," and your approach to your current situation will also change. You hold more resources within you than you realize. Gather your courage and use your strength to empower your every move.

Message from Heaven: Yang Earth holds willpower and persistence. Cultivate these qualities, and no obstacles will stop you from moving forward on your path.

Message from Earth: The Tiger is a highly creative sign. Use your creativity and instinct to work your way through life's challenges.

16. Earth Rabbit

IN HARMONY WITH THE SEASON

The Earth Rabbit pillar brings awareness to your inner conflicts. Earth element's grounding energy is in opposition to Wood element's upward energy, yet Yin Earth's centering quality and the Rabbit's collaborative nature allow them to work together in harmony.

This card invites you to harmonize with the season. Yin Earth in the heavenly frequency highlights the gentle and steady qualities of Mother Earth. Slow down to tune in to the pace of nature. When you're in harmony with the elements of the outer world, you'll also be more in harmony with your inner world. This is the essence of the Tao.

Take a look around you and within you. Is your home a reflection of your inner world and your environment? Do you feel content, calm, and comfortable? In Chinese metaphysics, inner conflicts come from an imbalance of the five elements in our internal and external worlds. A simple way to harmonize with the elements is to follow a lifestyle that's aligned with the season.

Wake up when the sun rises, eat in season, and celebrate the best of every season by bringing a touch of nature into your home, such as natural light, seasonal flowers, and plants.

Message from Heaven: Yin Earth reminds us to be resourceful with what we have. Make more uses out of fewer things. Simplify.

Message from Earth: A Yin Wood sign, the Rabbit represents the peak expansive energy of spring, with flowers in bloom and insects awakening from their winter slumber. Stop and smell the flowers. Enrich and inspire your inner world with the beauty of nature.

17. Metal Dragon

WAKING THE WARRIOR WITHIN

The Metal Dragon pillar combines the heavenly wisdom of the Divine masculine with the nurturing, gentle qualities of the Divine feminine. Yang Metal is the element of loyalty, courage, and justice. The almighty Dragon, a Yang Earth sign, brings out the best of Metal element's protective, noble qualities. The Dragon knows his strength and influence and doesn't play small, yet he'd never misuse his power. Hidden Yin Wood and Yin Water highlight the Dragon's sense of beauty and deep wisdom that guide his actions.

With the Metal Dragon, when the ego is involved, the law of karma takes over and the power becomes self-destructive. Focus on being of service to your community, and the whole universe will be your most generous supporter. This card is a sign that you're ready to rise up to your highest potential. You have cultivated the spiritual strength, humility, and wisdom needed to change your world for the better.

You are more powerful than you realize, and now that the warrior within has awakened, it's time for you take on a bigger leadership role in your circle. You have the gifts to build and strengthen a community. No matter how big or small your community is, the key to enlarging your influence is to bring benevolence and wisdom into your power. Work in the spirit of collaboration to turn your friends into family and competitors into allies.

Message from Heaven: The more you align your actions with the protective, assertive, benevolent, and courageous qualities of the Divine masculine, the more connected you will be to the spirit within, which is the essence of Yang Metal.

Message from Earth: The tough but sensitive Dragon encourages you to treat your inner and outer worlds with love and kindness.

18. Metal Snake

EMBRACE THE GREAT TRANSFORMATION

The Yin Metal in the Metal Snake pillar represents beauty and charm, but in order to transform Metal, which is cold in nature, into something useful, we need Fire to refine it. The Snake as a Fire sign and one of the Travel Stars in Chinese metaphysics is the change agent, the flame that adds magic and charisma to the Metal Snake pillar.

Imagine an artisan working on a delicate piece of jewelry. You are the artisan, and you are also the jewelry. How do you transform yourself into your best work? The more love and care you pour into yourself, the more sparks of joy you can share with the world.

Like a snake shedding its skin, this card signifies a time of major changes that will take you to a whole new world once the process is complete. You may be conscious of these changes happening or about to happen in your life. Transformation comes with pains and gains—allow them in without fear, for you will be pleasantly

surprised with where you end up. Part of the process involves embracing and loving the person you're becoming.

Message from Heaven: Yin Metal is the heavenly frequency that wants you to shine. Treat yourself like the precious jewel that you are. A positive, radiant self-image attracts goodness from the external world.

Message from Earth: The Snake, a Yin Fire sign, transforms from the heart. Start the process by doing what makes your heart sing. With hidden Yang Metal, Yang Fire, and Yang Earth in the Snake, the early part of the transformation process may not be visible to outsiders, but you can feel the changes happening within.

19. Water Horse

A PATH TO INDEPENDENCE

The Water Horse pillar contains Water on top of Fire, elements that are the opposite of each other. Water represents fear, while Fire, the element of the Horse, brings love and joy. Manage your fears so that they don't dampen your love for life, your enthusiasm, and your hopes. Fear will keep you from stepping out of the comfort zone, while love will open the door to true independence and an extraordinary life.

This card invites you to expand your world by freeing yourself from attachments that have been holding you back from living your highest potential. These attachments may include co-dependency, self-limiting beliefs, self-doubts, and high expectations. Drop these heavy burdens off your back and notice how much more open your heart feels—and how much more freedom you've given yourself. Now you can reach higher for your hopes and dreams with nothing holding you back, just like a horse running free on the beach.

The Chinese Five Elements show us that fear is truly the opposite of love. By letting go of your fears, you're allowing joy and serendipity to enter your life. You now have the lightness to go for what you love and discover more of what makes your heart sing, which in turn opens a new path for you, one that presents you with options.

Message from Heaven: Water is the element that can propel us to great heights, or sink us to new lows. Use your fears as a powerful motivator to guide you on the road to independence, whether it's financial, emotional, or mental.

Message from Earth: Yang Fire expands the heart. Tune in to how your heart feels whenever you need to make a decision. Fear-based actions make your heart contract, while love expands and excites the heart.

20. Water Sheep

WAIT AND LISTEN

This card highlights the qualities of Yin Water, the heavenly frequency, and Yin Earth, the element of the Sheep. Yin Water is gentle water. Imagine morning dew and soft, drizzly rain. Associated with wisdom, intuition, and deep knowledge, Yin Water leads us to mysterious and metaphysical aspects of life. Water is the element that represents communication, our thoughts, and intelligence. An imbalance of Water can contribute to excessive worries, fears, and anxiety.

The Sheep is the sign that transitions us from the joys of summer to the quiet wonders of autumn. As an Earth sign, the Sheep helps us build a solid foundation, so that we can harvest the seeds planted in spring. Kindness is key to your situation, for hidden inside the Sheep is Yin Fire, associated with the heart.

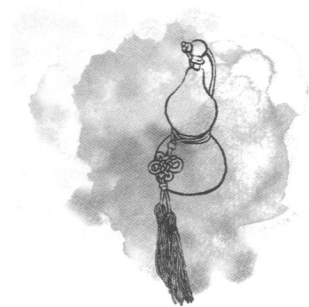
As one of the 10 highly Spiritual Pillars, the Water Sheep reminds us to tune in to the spirit within for guidance. With Water over Earth, you're currently experiencing a lack of clarity and

feeling somehow out of your comfort zone. The universe is telling you to trust in your intuition and that it's better to wait until you have a better understanding of your situation before making a move. Seek wisdom by going deeper into the heart of the matter. Tune in to Mother Earth whenever you need grounding, with Yin practices such as Qigong, meditation, and gentle yoga to help you return to your center.

Message from Heaven: Yin Water is calm and subtle. Enter into a state of stillness to listen to the quiet voice of wisdom.

Message from Earth: Slow and steady, the pace of Yin Earth, is the mantra for your current situation.

Mind, Body,
and
Spirit Cards
(Wood Monkey Cycle)



21. Wood Monkey

CHOOSE YOUR BATTLES

The Wood Monkey pillar has Wood fighting with Metal, indicating conflicts and discord. Yang Wood in the heavenly frequency represents vision, compassion, and leadership qualities, but it can also be uncompromising and unbending, like a tree branch. The Monkey, a Yang Metal sign, symbolizes the warrior within you ready to fight in the battlefield. With hidden Yang Earth and Yang Water, the Monkey can also be uncompromising and forceful while lacking direction.

This card appears as a call to choose your battles carefully. Take the positive qualities of the elements and approach the forces opposing you with Wood's compassion and Metal's intelligence. Study and observe before you fight back. Having a clear vision of the outcome is key to winning your battle. Do your homework before you charge forward.

Part of the homework involves getting to know yourself by looking within. Only by knowing your strengths and weaknesses through self-work

and self-reflection can you be in alignment with your visions and goals. The other part is knowing the subject of your battle. What are you fighting for? What do you stand to gain? The more you know yourself and what you're battling, the more you can plan the most appropriate actions and steer the ship in the right direction.

Message from Heaven: Yang Wood's upward energy encourages you to analyze your situation from a higher perspective. See more before you make your move.

Message from Earth: Metal relates to sharpness of the mind. Keep your mind sharp and alert to move quickly and confidently in any situation.

22. Wood Bird

REST AND RETREAT

Lovely Yin Wood is soft, adaptable, and gentle, but it can be too accommodating at the expense of losing the self, especially in the presence of the Bird's pure Yin Metal. The Bird, after all, loves to charm and indulge but can be harsh and overly critical with the self.

This card serves as a reminder for you to take better care of yourself. The Wood Bird pillar, with Yin Metal in the earthly frequency in a dominating relationship with Yin Wood in the heavenly frequency, illustrates how easy it is to fall into a self-destructive cycle that feels good now but doesn't serve you well in the long run.

Take time to return to yourself before you burn the candle at both ends. Don't feel guilty about stepping away from your busy life. You need to rest and retreat to replenish your spirit and energy. Reschedule your appointments. Take that nap. Sleep in. Move your body slowly. In a world that constantly tries to push and hurry you up, pull back and slow down. Your higher self

will thank you, and you will re-enter the world stronger and calmer. You'll also realize that you haven't missed out on much while you were away.

Message from Heaven: Yin Wood gets its strength from gentleness. Treat your mind and body gently to improve your well-being.

Message from Earth: Yin Metal highlights self-care. Nourish your mind with words that inspire you, your body with vibrant food that awakens your Qi (life force), and your spirit with activities that bring you back to the present.

23. Fire Dog

REDEFINE YOUR BOUNDARIES

The elements of the Fire Dog pillar share a common theme, which is consistency. Yang Fire is generous and never stops giving, like the Sun never stops shining its light. The Dog, a Yang Earth sign, as a creature of habit thrives on routines. Obstacles may stop the Dog temporarily, but their keen intuition will quickly lead them to a different way around the blockage.

This card asks you to be consistent yet adaptable with your boundaries, honoring them yet redefining them as you and your external environment evolve. For example, Taoists have used the solar calendar as part of their daily guidance since ancient times, adapting their rhythms and schedules as seasons change to be in harmony with the Sun.

Whether you've been too generous with your personal boundaries at the expense of your well-being, or you need to expand your boundaries and step out of your comfort zone, the Fire Dog appears as a message for you to explore

the boundaries you've set. Say no to invitations when you need solitude, but open yourself up to new experiences when you feel blocked by life's circumstances. Find a safe space where you can step out effortlessly, and retreat as needed.

Message from Heaven: Just like the light of the Sun (the primary symbol of Yang Fire) guides our daily life, let your energy level be your guide in managing your boundaries. Rest before you're depleted, so you can spring into action when opportunities arise.

Message from Earth: The Dog doesn't give up. Try different approaches to a problem and you will eventually find a solution.

24. Fire Pig

RAISE YOUR FREQUENCY

The Fire Pig pillar is one of the four pillars that carry a special frequency of Divine Support. Hidden inside the Pig, a Water sign, is Wood element, which strengthens and stabilizes the Yin Fire in the heavenly frequency, keeping the inner light going strong. This card is a confirmation that the Divine will always have your back. Connect to the higher frequency of the Divine by cultivating joy from within. Being in joy is a key ingredient in elevating your vibration and manifesting your dreams into reality.

You already have within you an infinite source of joy. Keep stoking that inner joy by practicing gratitude and opening the heart to receive love. Your spiritual team will always guide you to the direction of joy whenever you find yourself in need of a mood booster.

Recognize the many small blessings you receive in your daily life, identify the little things that make you smile, activities that make your heart sing, and remember the special moments

in your life that have brought you laughter and happiness. These joy triggers will help you raise your frequency, which places you in a positive state of mind, in turn bringing more positivity into your life.

Message from Heaven: Stay positive to keep stoking your inner flame, the Fire within. Your bright light will guide you even in the darkest nights.

Message from Earth: The Pig as a Travel Star is quick by nature, an indication that you need only to turn on your inner joy to quickly spread your light. Your brightness gets stronger the more you share the light with others.

25. Earth Rat

CHANGE YOUR MINDSET

The Earth Rat pillar highlights the power of the mind. Yang Earth in the heavenly frequency over the Rat's pure Water element in the earthly frequency presents looming obstacles, yet the solution-oriented Rat always manages to rise above seemingly insurmountable challenges despite Water element's association with fear.

This card appears to reassure you that there are always options. You just have to shift your mindset from one that takes you on a path of fear and despair to one that attracts opportunities to you. Instead of trying to open the same locked door, look for another door or find someone who holds a key. A resourceful, creative mind can unlock mysteries and see more possibilities that a closed mind wouldn't see. Start by being more discerning with your thoughts: train your mind to challenge thoughts that come from a place of self-doubt and fear.

The mind is not separate from the heart. The Chinese character for the heart, *xin*, also refers

to the mind. The union of the heart-mind plays a significant part in elevating our consciousness. An aligned heart-mind allows us to trust in a benevolent world full of possibilities.

Message from Heaven: Yang Earth presents us with restrictions to stir our creativity. Use your imagination to turn limitations into unique solutions.

Message from Earth: The Rat appears to help you be more conscious of the power of thoughts. You are the master of your thoughts. Imagine the ideal outcome, and your possibilities become infinite.

26. Earth Ox

ONE WITH THE UNIVERSE

The Earth Ox pillar contains generosity, kindness, and harmony. Yin Earth in both the heavenly frequency and the earthly frequency represents guidance from Heaven and support from Earth. The Ox, a Yin Earth sign associated with the planet Saturn, builds strength through perseverance and discipline.

Earth is also the element associated with the center. In Traditional Chinese Medicine, there are three energy centers in the body. The lower *dantian*, located below the navel, is closely related to the gut; the middle *dantian*, located at the center of the chest, is what many of us refer to as the heart center; and the upper *dantian* relates closely to the third eye. When the three centers are aligned, we experience not only a feeling of peace and calm but also a state of oneness with the universe. Clarity comes effortlessly when we're centered.

This card is a reminder for you to return to your center whenever you feel like you're losing

your focus. You've been patiently working toward your dreams and creating a solid foundation for abundance. Your resilience and dedication have been noticed by your allies and mentors, who can guide you further on the path. Keep doing the work, and trust that support will be there when you need it.

Message from Heaven: Stay in your center to keep your connection to Mother Earth, strongly emphasized in this pillar with Yin Earth in both the heavenly frequency and animal sign. Practices that engage the mind, body, and spirit such as dance, Tai Chi, yoga, and martial arts will help bring alignment to the three energy centers.

Message from Earth: When we are aligned, what we say, feel, think, and do are in harmony. Keep your centers aligned and connected to Earth by living in truth.

27. Metal Tiger

RELEASE YOUR ATTACHMENTS

The Metal Tiger may be a pillar of conflicting elements, with Metal on top of the Tiger's Wood element. Picture an axe chopping down a tree. Yang Metal, like a sword or a knife, can be protective and functional. It can also be destructive and harsh when its power is unchecked. The Tiger is fierce, quick, and unpredictable, with powerful hidden Fire inside it. Fire is the element that can melt and transform Metal into something useful. The swiftness of Metal combined with the Tiger's agility and strength show your potential as a change agent. As one of the 10 highly Spiritual Pillars, the Metal Tiger also encourages you to always keep your faith in the spirit within.

This card appears when you're unsure of your next steps. It's okay to stop where you are. Take a break, unplug from the outside world, and get quiet, so you can listen to your inner voice. Your guides want you to free yourself from attachments and expectations. Clarity will come soon after.

You may be holding on to material things, relationships, emotions, and thoughts that weigh you down. Look around you—do you see clutter in your living space? Cleaning your rooms, your closets, and your desk is a simple way to release some of the stagnant energy that may be blocking your path. This is why Feng Shui works: it's easier to change the energy of our immediate environment that is our home than it is to change our inner world through continuous self-work (which requires time, awareness, and dedication) or change the external world (which is mostly outside our control).

Message from Heaven: Metal is the element of self-reflection. Observe your thoughts and emotions; look at the person in the mirror without judgment.

Message from Earth: Rest and recharge to conserve your energy like the Tiger, so you can move quicker when needed.

28. Metal Rabbit

A STATE OF GRACEFUL MOVEMENT

The Metal Rabbit pillar is a creative expression of the Divine feminine, with Yin Metal representing beauty, on top of delicate, artistic Yin Wood. The elements may be at odds, but combined in just the right amount of restraint and moderation, they can lead to extraordinary collaborations, especially creatively. Think of the beautiful sounds created by string instruments or the healing vibrations made when you strike a brass singing bowl with a wood mallet.

This card asks you to expand your definition of beauty. See beauty as more than skin deep. Create beauty and embody beauty. Invite beauty into your inner world and your external environment. Feed the senses with art, poetry, music, and dance to delight the heart. Embody beauty from the inside and outside so that it shines through your whole being and in your every movement. When you look in the mirror, send love to the beautiful soul in front of you.

The Metal Rabbit is also about softening up your stance without losing yourself in a relationship and releasing your attachments to your relationship ideals, so you can enter into a state of graceful movement in giving and receiving. The key is to find balance in accommodating your own needs and the needs of others without compromising your values.

Message from Heaven: Yin Metal makes us aware that our perception is a reflection of our inner world. Appreciate the beauty around you without judgment, and the world will reflect more of its majestic beauty back at you.

Message from Earth: The Rabbit can find beauty in the mundane. Like the humble flowers can instantly brighten up a space, you, too, can transform anything ordinary into something extraordinary when you fill your world with beauty.

29. Water Dragon

MANIFESTING YOUR DREAMS

The Water Dragon highlights the power of determination over fear. With Yang Water as the heavenly frequency, our fear of the unknown can run as deep as a vast ocean, yet our relentless drive to explore the mysteries contained within its depth can defeat the fear itself, especially with the presence of the Dragon. As a Yang Earth sign, the Dragon not only has the willpower and strength to rise above fear but also the playfulness and audacity to ride and fly over the waves.

This card is a reassurance from the Divine that you're on the right path and on your way to manifesting your lifelong dreams, despite challenges and adversities. Feel the change in the air. What you've been working for is finally within reach. You've never been one who shies away from fear, as much as it terrifies you. Every step you've taken out of your comfort zone begins with fear, and yet you've learned to turn that fear into excitement once you're on the other side.

Your guides are cheering your progress and encouraging you to give yourself a pat on the back for each step you take, no matter how small. If you feel like you haven't done enough, just look at how far you've come! Though you still have far to go, the lessons and experiences you've picked up along the path will guide you well through your journey.

Message from Heaven: Yang Water invites curiosity with its depth and vastness. Follow that curiosity to open new doors and new adventures.

Message from Earth: In the spirit of the Dragon, now is the time to empower your dreams. Set measurable goals that will guide you to the next steps.

30. Water Snake

ACCESS YOUR INNER KNOWING

The Snake, a Yin Fire sign, may be at odds with the Yin Water element in the heavenly frequency, but it's an opposition that brings out the best of both elements. Yin Water's coolness calms the Snake's impulsive moves, while the Snake's joyful nature and hidden elements Metal and Earth nourish and contain Yin Water's mysteries and depth.

Joy, the emotion associated with the Snake's Fire element, is the key to accessing your inner knowing—its frequency will tell you when something feels right. Fear will sink you deeper into an abyss of uncertainty and confusion, while joy will inspire you to defeat your inner critic and strengthen your inner knowing. Uplift the heart with enthusiasm and positivity to cultivate joy and stoke the light within.

As one of the four special pillars blessed with Divine Support, the Water Snake also appears as a sign that the Divine has your back. Release your worries and quiet your doubts. Trust in Divine guidance, which can come through signs,

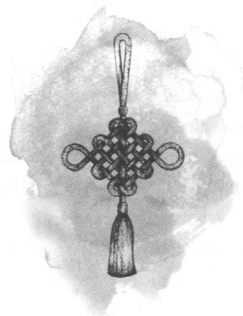
conversations, dreams, synchronicities, and help from loved ones and strangers alike. Listen to the heart to recognize messages from the Divine—the heart understands the language of Spirit.

Message from Heaven: Accessing the wisdom of Yin Water requires stillness and silence. Get quiet to listen to your inner knowing.

Message from Earth: The Snake's Yin Fire communicates through the frequency of joy. If an idea excites the heart and brings you joy, trust that it's your inner knowing telling you to go for it.

Love and Joy Cards

(Wood Horse Cycle)



31. Wood Horse

LIVE AND LOVE JOYFULLY

The Wood Horse pillar brings messages of love and joy. Yang Wood is the element of community spirit and compassion. As a Fire sign and a Peach Blossom star, the Horse connects us to unbridled joy. Together the elements of the Wood Horse transform into expansive and generous Yang energy. Heaven is there to guide you to a bright future, while Earth stands ready to bring you opportunities.

This card is a confirmation of the ample presence of love in your life. Your enthusiasm, joy, and zest for life have uplifted the lives of those around you, who look up to you as a source of inspiration. Your actions are guided by love, and your exuberance in all that you do has put you in the spotlight. Your high-spirited approach to life is an example of how being in the frequency of joy can truly change the world.

Remember that the strongest love originates from the self. Be bold and open with the heart to attract more positivity into your life. Savor each joyful moment, no matter how small, and tune

in to the joys of others by celebrating their joys. Remember these feelings whenever you need to attune yourself to the frequency of joy.

Message from Heaven: As Wood produces Fire, start your actions from a place of compassion to brighten the light within.

Message from Earth: The Horse is a symbol of pure joy. Bring love and joy into everything that you do, wherever you are.

32. Wood Sheep

NATURE IS YOUR HEALER

The Wood Sheep pillar represents disharmony, with Yin Wood on top of the Sheep in a controlling relationship. It may seem as if circumstances are outside of your control, but things are not always as they appear. Make room for flexibility, a Yin Wood quality, in your schedule and your mindset, and step back to view your situation from a broader perspective.

The nurturing Sheep, a Yin Earth sign associated with Mother Earth, encourages us to tune in to the quiet rhythm of peace, in harmony with nature. Take a moment to return to your center. Your recent actions may be in conflict with what the body and soul need. Unplug from your busyness, and allow yourself some alone time to recharge and reconnect with the five elements of nature.

This card is an invitation to seek refuge in nature, especially when you are in need of peace and calm. Turn a regular hike into a walking meditation or forest bathing by engaging your senses

and awareness: soak in the negative ions, listen to the sounds of birds chirping, feel the breeze, breathe in the scents of leaves and wildflowers. Surrender your worries and anxiety to the soil beneath you and let Mother Earth take away your stress. Nature is the greatest healer and mood booster.

Message from Heaven: Yin Wood bends instead of breaking under pressure. Relax and soften up your stance whenever you feel tense.

Message from Earth: The Sheep invites you to slow down from your busy life and search within for what the body needs.

33. Fire Monkey

TIME TO EMBRACE CHANGE

The Fire Monkey pillar points to instability in your current situation, with Fire sitting on top of Metal, the element of the Monkey. Yang Fire, like the Sun, is inclusive and unconditional in shining its light. Like a wildfire, it can also burn everything in its path in a short time. The Monkey is loyal, dedicated, and willing to risk it all to defend the truth, but also quick to let go of what doesn't serve. As a Yang Metal sign, the Monkey doesn't hold on or do anything halfway. He either commits fully or leaves swiftly.

This card signifies a complete change in your situation. You've reached a crossroads. There's no turning back and you're anxious for change, but which way should you go? One path liberates you while the other requires you to give it all. Don't overthink. Take a cue from Yang Fire in the heavenly frequency and let the heart lead the way.

This is a make-or-break time, and you're ready to start a new phase and leave the status quo. Trust that once you've made your decision,

it's for the best. Relief is coming. It's time to take risks and embrace the new.

Message from Heaven: Fire element emphasizes heart-based decisions. Choose your action from a place of love and joy. Feel instead of think. Honor what excites your heart.

Message from Earth: Metal cuts and clears the path while hidden Yang Earth and Yang Water in the Monkey add dedication and forcefulness. Release your attachments to the past to welcome the future.

34. Fire Bird

SEEK AND YOU SHALL FIND

This card is a sign that the Divine and your spiritual team have your back. The Fire Bird is the only pillar that contains the frequency of Divine Support and is also one of the 10 Spiritual Pillars. Ask your guides for help, and you shall find it. Help can come from close friends and family, complete strangers, or the Divine through serendipity and synchronicity.

Like a gentle, flickering flame, Yin Fire, associated with the heart and the emotion joy, brings light into darkness. Just as we need only one candle to light up others, we need only one spark of joy to melt the heart and stoke the fires within. The Bird is a Yin Metal sign, associated with planet Venus, the goddess of love and beauty, the height of autumn, and all that glitters. As a Peach Blossom star, the Bird brings romantic and social opportunities. Those with a Bird in their natal chart usually have an appreciation for luxury and the finer things in life.

Yin Fire in the heavenly frequency emphasizes living from the heart. What the heart needs is simple moments of joy, but our desires often complicate our life. Open your heart to new opportunities: explore your passions, do what you love, treat yourself with love, and be your own best version so that you can't help but love that version of you.

Message from Heaven: Cultivate the Fire within, the source of inner joy, with a daily gratitude practice. Remember that feeling of gratitude whenever you need to elevate yourself to the frequency of joy.

Message from Earth: Like the Bird loves to shine, show the world your best and get noticed. Your confidence will attract support and opportunities.

35. Earth Dog

RECONNECT WITH ANCESTRAL LOVE

The Earth Dog pillar highlights the power of intuition, reverence for the land, and strong ancestral connection. Yang Earth, the most grounded of all the elements, is associated with strength, silence, and mysteries. The fearless, faithful Dog, also a Yang Earth sign, is the Chinese zodiac's psychic detective and humble sage. As the gatekeeper to the underworld, the Dog can take us deep into spiritual matters and hidden realms.

This card appears as a message for you from the ancestor realm. Dig into your roots to connect with your great ancestors, for their wisdom runs deep within you. You've inherited their gifts, and there's much more ancient knowledge and treasures to be unearthed, the deeper you dig. Listen to stories that have been passed down from generation to generation by the elders in your family. Celebrate your family traditions to get to know your lineages more. Often our most unique gifts come from our heritage. Share those

gifts and embrace what runs in your blood. Your ancestors will help empower you to rise to your highest potential and open a new path that aligns you with your purpose.

Exploring our roots requires us to be present and in our center. Spend time in nature to connect with the energy of Earth element. Check in with the body. Meditate to quiet the mind and find stillness. In silence, your senses are more aware of your ancestors' presence. You may be in solitude, but you know you're never alone.

Message from Heaven: Patience is a quality of Yang Earth. Take your time getting to know your ancestors. They've always been with you and are so happy that you're connecting and listening to their guidance.

Message from Earth: The Dog is persistent. Keep digging down the family tree until you find a story that inspires you to dig even deeper.

36. Earth Pig

SURRENDER TO THE MOMENT

The Earth Pig pillar represents uncertainty and rapidly changing circumstances. With Yin Earth, associated with Mother Earth, in control of the Pig, a Yin Water sign, our desires to love and nurture and be loved and nurtured can sometimes overwhelm our loved ones. The Pig, a Travel Star, is fast and adventurous by nature but can lack vision in the presence of Earth element. Wait for the mud to clear before the wisdom contained in the depth of Yin Water can emerge.

Clarity may be absent when this card appears in a reading, and the best action right now is to take none. In Taoism, *wu wei* refers to letting things happen without force and going in the direction of the flow rather than fighting against it. Simply allow nature to take its course.

Instead of trying to control the outcome of an uncertain situation, simply observe your moods and emotions, and contemplate your options before you make a move. You may be anxious to act quickly, but you feel as if you're stuck in the

mud. Relax—there's no hurry. All the pieces will fall into place in Divine timing.

Message from Heaven: Surrender your worries to Mother Earth. Let go of your expectations and allow what is meant to be.

Message from Earth: The Pig's Water element relates to fears. Take long, deep breaths to calm those fears, and allow clarity to emerge within the breaths.

37. Metal Rat

BE AWARE OF PROJECTION

The Metal Rat pillar challenges us to see what's real. The elements, Metal over Water, may appear to be in a supportive relationship, but they're also forceful and cold by nature as the elements represent the Yin seasons of fall and winter. Yang Metal, like a knife, can be swift and sharp, while the Rat's Yang Water, like powerful ocean waves, can catch us by surprise and sweep us far off the shore. Metal only reflects the truth, but our filters of beliefs and preconceived notions tend to distort the truth. The Rat's Water element also represents fears, which can imprison us from living our dreams.

This card often appears as a message to look beneath the surface. Things are not exactly as they seem. The truth is easy to find once you sharpen your vision and attend to the details. Start listening to the quiet voice of your true self instead of the louder inner critic. Managing your expectations will help you prevent disappointments. Release what does not serve reality.

The Metal Rat also encourages us to take a step back from our relationships and go within for some self-reflection. Do we present ourselves authentically and see our loved ones as they are, or do we unconsciously project our fears and insecurities onto them and in our actions? Awareness of our own patterns of projection can help us recognize it in others, allowing us to respond from a place of compassion.

Message from Heaven: Words can cut like Metal. Think before you speak. Let your words come from a place of truth and non-judgment.

Message from Earth: The Rat can amplify your fears. Friend those fears and get to know them better so you can be more comfortable in their presence.

38. Metal Ox

EXPERIENCE THE GREATEST LOVE

The Metal Ox pillar encourages you to believe in the power of love. Whether it's self-love, family love, romantic love, or love for all beings, love in its pure form carries one of the highest frequencies that can help heal our pains and ultimately lead to inner joy. This card is an invitation to tune in to that high frequency and experience love that comes from within. Start practicing loving kindness toward yourself to align with the love energy, and allow your inner light to emerge.

Metal is the element associated with planet Venus. As a symbol of the goddess energy, Venus is beautiful, enchanting, and powerful. She knows when it's time to turn on the charm, and when it's time to replenish and heal. The deeply spiritual, patient Ox, a Yin Earth sign associated with Mother Earth, is always in tune with what her body needs. Hidden Yin Metal in the Ox inspires us to shine our best while hidden Yin Water reminds us there is more wisdom when we look deeper within.

In the beloved Chinese folktale *The Cowherd and the Weaver Girl*, cosmic fairy Zhinü comes down to Earth and marries a cowherd, Niulang. When the Goddess of Heaven separates her from her lover, heartbroken Zhinü becomes the star Vega, one of the most significant stars in Taoism, while Niulang transforms into the star Altair on the other side of the Milky Way. Their great love is celebrated once a year on the seventh day of the seventh lunar month, when both stars are finally together for one night, high in the night sky. The tale serves as a reminder that love is the most powerful force, and cultivating it starts from within.

Message from Heaven: Like a mirror, Yin Metal reflects what is. Honor the beauty that you see in the mirror.

Message from Earth: Hidden Yin Metal and Yin Water in the Ox represent inner beauty and wisdom. Take time to nurture your spirit with self-love and self-care to cultivate these hidden gems.

39. Water Tiger

A RESET IS COMING

The Water Tiger is one of the 10 Spiritual Pillars, with Yang Water in the heavenly frequency on top of the Tiger's Yang Wood in a harmonious cycle, indicating a deep connection with your spiritual team and support from Heaven and Earth. Yang Water, like the oceans, seas, and wild rivers of the world, can be rough, but vast, limitless possibilities lie beyond the horizon. The Tiger can effortlessly achieve success with his tremendous willpower, patience, speed, and laser focus. As the sign that welcomes us into spring, the Tiger symbolizes new beginnings with promises of growth.

A reset is on the horizon when you receive this card. The time to reach for your dreams has come! New adventures and possibilities beyond your imagination are waiting for you, but for the new to enter, something else that has outlived its purpose must go. Prioritize and keep your focus on what matters. Things are turning around for the better.

The road ahead may be as unpredictable as the ocean, but it's exciting and full of potential. Release your fears and self-doubts. Let your hopes steer you to a path of light and clarity. Set your vision far into the future and ride the waves. Once you've entered the open seas, you're in for the ride of your life and you won't even think of looking back.

Message from Heaven: Yang Water shows us a long-range vision of the future. Go with the flow—navigate carefully on stormier days; move confidently on calmer days.

Message from Earth: The Tiger is guided by instinct. Trust yours and don't overthink your moves. Be quick on your feet when the path is clear.

40. Water Rabbit

THE SWEETNESS OF QUIET LOVE

As one of the four special pillars with Divine Support, the Water Rabbit appears as a sign that your spiritual team is here to support you with love and guidance every step of the way. Listen to their wisdom, represented by Yin Water in the heavenly frequency. The gentle, agreeable Rabbit, a pure Yin Wood sign associated with nature in bloom, is the diplomat of the Chinese zodiac, naturally skilled in bringing people of all kinds of backgrounds together to collaborate and contribute their best. Her strength lies in her readiness to bend and yield to adapt to life's circumstances.

Your guides are more than ready to help you attain everlasting love that will take you to a new phase of life. Open yourself to that love by simply being your most authentic self and accepting your loved ones as they are. Discover your unique gifts and explore what inspires you to be your best self, and encourage your loved ones to do the same for themselves. Give yourself the space and the creativity to thrive and flourish without losing yourself to another.

This card highlights the quiet power of love as a force of the Divine feminine. The Yin attracts love by becoming that love. Instead of pushing and competing against the flow, the Yin manifests and pulls positive energy by simply allowing and surrendering to the flow. Relax into the quiet, and you may realize that you're already surrounded by love.

Message from Heaven: Your guides are easier to connect with when your mind is as clear as Water in a calm lake. Recognize their presence and Divine assistance, which can come through feelings, sounds, and visions.

Message from Earth: The Rabbit awakens the muse within. Express yourself creatively to discover the many colors of love.

Power and Authority Cards

(Wood Dragon Cycle)



41. Wood Dragon

YOU HAVE THE STRENGTH

The Wood Dragon, as one of the 10 Spiritual Pillars, represents tremendous strength and faith in a positive outcome, even in the midst of adversity. The elements, Yang Wood and the Dragon's Yang Earth, may seem at odds, but the Dragon's mighty power, spiritual connection, and confidence perfectly complement Yang Wood's compassion, kindness, and natural leadership abilities. Hidden Water and Wood elements in the Dragon nourish and support Yang Wood in the heavenly frequency. There are no obstacles that the Dragon cannot overcome, and when Heaven and Earth meet in the Wood Dragon, the result is a formidable combination.

Receiving this card is a sign that success is yours. You have developed the grit and inner strength needed to reach your highest potential. Keep your focus on being of service for the common good, and you can always count on the Divine to assist you in living your purpose. Recognize that the more influence you wield, the more

conscious effort you need to put into being a good human. The Wood Dragon highlights great power and integrity. With power comes responsibility, and you are more than ready for it.

Be assured that you're on your way to reach a significant milestone in your life. You've worked your way up and dealt with many setbacks along the way, and you've not only persevered but also enjoyed the journey and become much stronger in your skills and wisdom.

Message from Heaven: Live your life authentically, and choose your actions from a place of compassion, the higher frequency of Yang Wood.

Message from Earth: Mindfulness practices such as Qigong, yoga, and meditation will help you connect to the Dragon's empowering, grounding Earth element. Being anchored to reality is key to manifesting your dreams.

42. Wood Snake

ENJOY THE WAITING GAME

The Wood Snake pillar indicates a period of waiting and strategizing, followed by a quick change when the time comes. Yin Wood in the heavenly frequency encourages us to keep opening the mind with new knowledge, and the heart with compassion, so we can see the bigger picture and adapt to changes. The Snake as one of the four Travel Stars in Chinese metaphysics is fast-paced and agile by nature, but it also has the patience to wait for the right moment to make a move. One of the most complicated signs in the zodiac, the Snake has more hidden elements than any other sign and is a pro at keeping everyone guessing.

This card emphasizes the importance of knowing yourself and your enemy before you jump into battle, especially if you're not familiar with the territory. Observe and study the current situation. Visualize the desired outcome before you plan your actions. Keep your intentions to yourself and go beyond the visible to connect with hidden forces. Listen to your intuition. Allies may come

from unexpected corners. Be patient and trust in Divine timing, when all the pieces of the puzzle are in place. Enjoy the waiting game, for once you make your initial move, it's full speed ahead.

Gather your strength while you lie in wait for the right opportunity to come at the right time. Yin Wood supports a high-level view for a better understanding of the battle ahead. A broader perspective can also help you identify the elephant in the room. Be alert and ready for action, but also relax into your body. Prepare for your moves quietly. There's no need to rush—you're in this for the long term.

Message from Heaven: Wood needs Water, its resource element, to grow. Stay curious—higher knowledge will bring you more options.

Message from Earth: The Snake's Yin Fire can bring unpredictable energy, a reminder to anticipate uncertainties. Better to be prepared when life throws you a curveball.

43. Fire Horse

EFFORTLESS VITALITY

Strong Fire element dominates the Fire Horse pillar. Bright, lively, and vibrant, Yang Fire loves unconditionally and gives generously. The jovial Horse, also a Yang Fire sign, as a Peach Blossom star is social, fun loving, and blessed with charisma and a warm heart that naturally make it the center of attention. All this Fire can lead to nervous energy and restlessness, however, especially after sundown. Fortunately, there's hidden Yin Earth inside the Horse to help calm the excess Fire, which can be accessed in times of silence and solitude.

This card is an enthusiastic message from the Divine telling you that you're on fire! You're being noticed for your positivity and passion for what you do. Stay focused on what brings you happiness and let the inner joy that has inspired so many others be the fuel to living your purpose. The universe will always reward your light and generosity with more abundance and a continuous supply of energy. Manage that precious gift:

burn off excess energy with physical activities, and remember to slow down and rest every now and then to recharge and recenter.

The Fire Horse pillar often appears in a reading to encourage you to follow your excitement to stoke the fire within. Embrace what you love and say yes to new experiences to discover more joys—they may open new doors that lead to an even higher purpose.

Message from Heaven: Check in often with the heart for the state of the light within, the source of inner joy. What warms the heart keeps the inner Fire burning.

Message from Earth: The Horse is a sign of vitality, associated with the sun. Harmonize your energy with sunlight. Be most active during the day, and start winding down just before sundown.

44. Fire Sheep

CLEAR YOUR BLOCKAGE

The Fire Sheep pillar, with Yin Fire over the Sheep's Yin Earth, can indicate heaviness in the heart or the physical body. As the sign that helps transition us from summer to fall, the Sheep may prepare us well for the season ahead, but her hidden Yin Wood and Yin Fire means she also tends to have a hard time letting go of past attachments. The environment in July, the month associated with the Sheep, with temperature and light/Yang at peak, illustrates the Sheep's overly strong Earth element, which can cause lethargy and sleepiness.

This card appears to assure you that you have within you what it takes to realize your dreams, but first you must release unnecessary attachments to the past, whether feelings, people, habits, or self-limiting beliefs. Attend to the heart to stoke the fire within. Treat yourself kindly. Love and compassion for the self will save and elevate you from what's been dragging you down.

Check in within for what could be keeping you from moving forward and up. Pay attention

to your immediate environment for clues, as our living and working spaces can directly reflect the state of our mind and manifest into various blockages. Clear your desk, remove anything blocking your path at home, and clean up the car.

Message from Heaven: Stay connected to the heart, the source of inner Fire and the center of our being, with meditation, positivity, kindness, and gratitude. When we're aligned, everything falls into place.

Message from Earth: Move your body mindfully and eat foods that are simple and cooling (Yin in nature), such as cucumber, celery, pear, and leafy greens to release Earth element's heaviness, especially if you feel fatigued or sluggish.

45. Earth Monkey

YOU CAN MOVE MOUNTAINS

The Earth Monkey pillar encourages us to keep moving forward no matter how difficult our situation is. Yang Earth, symbolized by mountains, can represent stability and strength as well as obstacles and blockages when it appears in a card. The brave Monkey, a Yang Metal sign, is the Chinese zodiac's revolutionary, spiritual warrior. Truth is important to the Monkey, who can swiftly cut through any barrier that stands in the way of truth.

This card highlights the power of sheer will and determination to make the impossible possible. Believe in yourself and be bold in your actions to achieve the impossible. Your trust in the higher power has helped strengthen your connection to the Divine each time you encountered challenges and setbacks. There may be detours and periods of quiet in your journey, but you know that the only way forward is to courageously experience life's twists and turns.

Trust in the spirit within to help you discern what's real and remove that which doesn't serve your purpose. Enrich your skill sets by turning missteps into lessons learned. You have the ability to move mountains as long as you persevere in doing the work.

Message from Heaven: You may have to step back to see the bigger picture, but don't let Yang Earth's restrictions hold you back. There are always options. Tell yourself, "I'm possible."

Message from Earth: The Monkey's Metal element helps clear the path ahead. Release unreal thoughts, and focus on your strengths to make your dreams a reality. You got this!

46. Earth Bird

PHOENIX RISING FROM THE ASHES

The Earth Bird pillar contains Yin Earth, associated with Mother Earth, her soil, and her healing crystals, over the Bird's pure Yin Metal, the element of beauty, grace, and self-reflection. The wise Bird knows the impact words can have and uses them to influence others. In Chinese metaphysics, the immortal Phoenix is considered a more elevated symbol of the Bird, associated with luck and an auspicious new beginning. As one of the four celestial guardians in Feng Shui, the Phoenix protects the south direction. Displaying a symbol of the Phoenix in the south sector of a home is believed to help invite fame and popularity to residents of the home.

This card is a sign to turn your pains and hardships into healing lessons and a source of hope for others. A new phase of life is starting. Everything looks and feels different to you, and your senses are amplified. You're seeing more vividly with fresh eyes because you're changing and transforming into a higher frequency version of

your old self. Perhaps you've awakened the creative genius within and reconnected with your inner knowing, or perhaps you've finally healed from certain traumas. You've released what doesn't serve you and are ready to embrace your higher purpose.

Now is the time to own your power and beauty. Your moments of darkness can bring light to many. Let your stories serve as inspirations to those looking to heal and renew themselves. The more you share, the more you heal and empower the world, and yourself in the process.

Message from Heaven: Nurturing Yin Earth in the heavenly frequency is a reminder that healing is a continuous effort. Heal and care for yourself before and after you heal others.

Message from Earth: The Bird inspires you to visualize your consciousness rising high, and tell your stories from the higher self—the authentic part of you that's connected to the Divine.

47. Metal Dog

SIMPLIFY YOUR LIFE

One of the 10 Spiritual Pillars, the Metal Dog highlights someone who's equally connected to Spirit and skilled in business strategies. Highly confident in themselves, they may not always acknowledge or recognize that a big reason for their success comes from their sharp intuition and guidance from Spirit. They're naturally a pro at sniffing out upcoming trends and enjoy digging deep into their research, so much that they can easily get caught up in their brilliant mind and lose track of time. Fortunately, the Dog as a Yang Earth sign has the discipline and determination to manifest their goals, while Yang Metal in the heavenly frequency helps the Dog release what doesn't serve.

This card is a reminder to simplify one or more aspects of your life, whether it's your to-do list, your routines, or your ways of living. And, most important, simplify your thought process. More isn't always better. You're so blessed with options, but they're also the very things slowing

you down and preventing you from moving forward. You may view them as obstacles instead of choices when you can't see the road ahead. It's time to clear those distractions from your heart and mind. Clarity likes simplicity.

Instead of overthinking, use your intuition when weighing your options, as opportunities won't stay around too long. Be discerning with what you feed your mind and how you spend your energy and time. Clear your schedules and focus on your priorities and necessities. Enjoy the beauty and ease in simplicity.

Message from Heaven: Since Metal is associated with grief, let go of what brings you down to help you simplify.

Message from Earth: The Dog is a Yang Earth sign, which is associated with the stomach, and is highly intuitive and patient by nature. Trust your gut and bide your time wisely.

48. Metal Pig

PARTNERSHIP AND COLLABORATION

The Metal Pig pillar, with Yin Metal over the Pig's Yin Water, reveals how our partners in love or business are a reflection of who we are. As one of the 10 Spiritual Pillars, the Metal Pig also indicates the work of the Divine in our serendipitous interactions with current and future partners. We may feel a certain familiarity or instant connection—that flicker of recognition is the souls acknowledging each other's light and vibration. The Pig, one of the four Travel Stars in Chinese metaphysics, is not without fears, but she can move quickly once the wheels of fate are set in motion.

This card appears to help us make sense of changes in our partnerships, whether personal or professional. We attract partners who match our frequencies, which change as we evolve. Relationships feel fated when the frequencies align. Separations occur when our vibrations are no longer in harmony, and there comes a time for each partner to move on to the next step in their own unique path. When this happens, let them go

and wish them well as the partnership has served its purpose.

Check in with the heart whenever you're considering partnering with someone for a project. Placing your fears aside, does the heart scream yes with excitement? Then go for it, and enjoy the collaboration and energy exchange! There's no mere coincidence here. Pay attention to synchronicity and serendipity. The universe is always ever supportive in helping us meet the right people and the right group at the right time in the right place. Trust in Divine flow and open your heart to receive its guidance.

Message from Heaven: Metal shows our most significant relationships as a reflection of our soul's journey. Consider how the lessons learned in your relationships have contributed to your growth.

Message from Earth: The Pig signifies ever-changing circumstances. Surrender to the flow and embrace the process.

49. Water Rat

FOCUS ON YOUR VISION

The Water Rat pillar carries double the intensity of Yang Water, symbolized by powerful oceans, seas, and rivers. Water is the element that represents wisdom and intelligence, but also fear and anxiety. Associated with planet Mercury, the ever-changing nature of Water reflects our thoughts. At times we're in a state of flow and riding the waves; other times our thoughts, fears, and emotions can sink us deep into the abyss. The Rat, a Yang Water sign with hidden Yin Water, is so full of ideas that should be contained and filtered, otherwise they will just keep circulating without direction, exhausting the mind.

This card reminds us that our mind has the power to change our reality. Train the mind to be calm and courageous in navigating the unknown. Steer the mind to focus on the positives. Recognize when dark thoughts and emotions sink us further into a vortex of downward spiral. A clear and positive vision can take us far beyond the horizon into a light-filled future.

Imagine a vast, deep ocean, and picture yourself in the landscape. Where are you and how do you feel? Are you looking at the ocean from the shore, swimming, floating, or diving in the water, or riding the wave? Is the water warm and calm, or is it treacherous? If the water reflects your unconscious thoughts and emotions, how would you describe what you just visualized, and how would you change it?

Message from Heaven: Like Yang Water's vast ocean, your imagination can take you far beyond your fears and in the direction of your dreams. Be bold and dream big!

Message from Earth: Meditation, an Earth element practice, helps stabilize the mind from Water element's fearful thoughts, as Earth controls Water. Rather than trying to empty the mind, allow your thoughts to come and go without force, flowing like the waves. Entertain each thought briefly before moving on to the next.

50. Water Ox

SOFTNESS AND GENTLENESS

The Water Ox pillar, with Yin Water over the Ox's Yin Earth, emphasizes softness, stillness, and gentleness over rigidity, noise, and force. Yin Water values wisdom, moderation, and humility and shies away from excess. The Ox knows that real power is neither aggressive nor forceful. With hidden Yin Water and Yin Metal supporting Yin Water in the heavenly frequency, the Ox's gentle and easygoing appearance often conceals her insightful and discerning mind.

This card serves as a message that you are more powerful than you think. You may have felt underestimated by others and even by yourself for so long that you've forgotten the strongest force that lies within you, the Divine feminine within. The Yin is a force so subtle, it takes wisdom and intuition to recognize and appreciate it, and even more enlightenment and inner knowing to consciously unearth and unleash it. Get in touch with the Yin by starting from within, using mindfulness practices to empower the inner self, and working

your way out into your external environment with Feng Shui to bring peace and harmony to your living and working spaces.

A simple way to introduce and work with the mysterious feminine is to incorporate the five Yin elements in your daily life: fresh flowers for Yin Wood; a splash of solid red accent or candles for Yin Fire; earthy colors, crystals, rocks, or pottery for Yin Earth; crisp white, gold jewelry, and metal decorations for Yin Metal; and shades of blues, black, or soft wavy patterns for Yin Water. Engage the senses with the elements. Strive for a balance instead of having an excess of certain elements and a lack of the rest.

Message from Heaven: Yin Water works in subtle, mysterious ways. Yield, listen, and be quiet to receive her wisdom.

Message from Earth: The Ox is a sign of late winter, the most Yin of seasons. This is a time to be gentle with the self and discerning with your energy.

Growth and Expansion Cards

(Wood Tiger Cycle)



51. Wood Tiger

POWERFUL BEGINNINGS AND PROGRESS

Heaven and Earth are in full agreement when the Wood Tiger appears. The element of spring, Wood's upward energy brings growth and expansion. This double Yang Wood card highlights the leadership and protective qualities of the Tiger, a Yang Wood sign. As a Travel Star and the sign that starts the new year in February, the Tiger signals busy times ahead, with activities picking up at full speed after a slower, Yin-dominated season of winter.

This card appears as a sign that new adventures and positive changes are in store. You're entering a new cycle of growth. How much progress is up to your imagination—the more proactive and bolder you are, the more you can make a difference. It's a big world out there, and you're not meant to stay small with your creativity and big-picture thinking. Consider how you can contribute more to your world with your strengths and experience. Visualize a more sustainable

future for yourself and your community, and initiate the changes needed to make it happen. Keep planting the seeds to fuel the growth.

Your knack for defying all odds and turning things around has made quite an impression on your external world. There are many who look up to you for courage and inspiration. It's now time to step it up. The universe is urging you to tackle bigger challenges and be a trailblazer in these changing times. Answer the call. There are places to go, people to see.

Message from Heaven: Wood element invites you to enlarge the scope of your world. Get involved in causes, volunteer, network with like-minded souls.

Message from Earth: The Tiger signifies that it's not only your time to roar but also share your light with others who shine theirs in different ways. Together you'll make a much bigger impact.

52. Wood Rabbit

FOLLOW YOUR CURIOSITY

The Wood Rabbit as a double Yin Wood card emphasizes the importance of seeing the world from a broader perspective in one's self-development. The Rabbit is a Yin Wood sign that appears in March, the height of spring, a vibrant time of equal Yin and Yang, with flowers in full bloom and butterflies emerging from their cocoons. Wood is the element of compassion and community, but Yin Wood is the softer, gentler, and more refined Wood compared to Yang Wood. Like a flower, Yin Wood's flexibility is the source of her strength.

This card invites you to keep expanding your world and never stop learning. It's okay to start small. You may be the only one who keeps track of your own progress, but each step you take leads to bigger dreams and possibilities. Just like flowers taking their time growing—we hardly notice the growth process, but one day they just bloom and take our breath away. In a relationship, give each other room to move so you can both grow and evolve.

The Wood Rabbit indicates a milestone in your personal growth. It's now time to work on your vision for the new cycle ahead. Follow your curiosity and get out of your comfort zone, even if it's only one small step at a time. Allow yourself to explore this wonderful world in all its colors and beauty. Travel, read, study, and listen. Get inspired. Feed your mind and feast your eyes. The larger your sphere, the more opportunities will be available to you.

Message from Heaven: In the same way that a flower doesn't grow overnight, enriching your inner world takes time. Wood calls for practicing self-compassion, especially when you feel you're moving too slowly. Honor your own pace.

Message from Earth: This double Yin Wood card emphasizes the importance of finding beauty in the mundane. Stop and smell the flowers. Let the world around you be your infinite source of wonders.

53. Fire Dragon

CO-CREATE WITH THE UNIVERSE

One of the 10 Spiritual Pillars, the Fire Dragon brings blessings of joy and abundance in material and spiritual matters. Generous Yang Fire in the heavenly frequency over the Dragon's commanding Yang Earth element produces a continuous cycle of support from Heaven and Earth. The Dragon, one of the four celestial guardians in Chinese metaphysics, is a popular symbol of good luck, protection, prosperity, authority, and vitality in Feng Shui. The Dragon's mythical powers, which straddle the earthly and heavenly realms, represent the qualities of the Divine masculine, when Yang is in balance and not in excess.

This card is a confirmation that you've found your wings. You feel like part of the universe, flying above and below, exploring your dreams, and diving deep into its mysteries while at the same time actively serving your calling and fulfilling your responsibilities. Trust that the Divine will continue to guide you toward a path of abundance. Miracles happen when we consciously collaborate

with the forces of Heaven and Earth, combining prayers, visualization, and spiritual work with perseverance and grounded, strategic actions.

The invisible force of Qi is with you when the Fire Dragon appears. Integrate your Qi, your life force, into your purpose, starting from the heart space, the Fire within. In Qigong and various other energy healing practices, where you direct energy with your hands, or where you place your hands, is where healing takes place. Intention is what transforms the freely available universal energy into healing energy. In the material world, intention directs our energy in turning our dreams into reality. Set your intention, focus, and manifest!

Message from Heaven: Keep stoking your inner Fire by following a path of joy. Celebrate the joy of others to tune in to their joy frequency.

Message from Earth: The Dragon can see above and beyond. Honor all the forces of the universe, including the hidden and the intangible.

54. Fire Snake

LIVING FROM THE HEART

The Fire Snake pillar contains double Yin Fire, associated with joy and the heart. Like the flickering flame of a candle, the heart has its highs and lows. Such is the unpredictable, changing nature of Yin Fire. The Snake as a Yin Fire sign and a Travel Star intensifies the role of the heart as a change agent in the Fire Snake pillar.

Fire, especially Yin Fire, is the most powerful element that can change lives in an instant. This card highlights the transforming quality of Yin Fire in igniting the heart to turn passion into purpose. What comes from the heart gives us fuel for courageous and selfless actions that can inspire others to change for good. Being in tune with the heart is especially critical to our well-being in the Age of 9 (2024-2044), which holds promises of hopes, expansiveness, and elevated consciousness to those who embrace the qualities of the Divine feminine (Yin) and live from the heart, sharing their light and restoring Mother Earth and her constituents closer to balance after decades of

too much Yang that emphasized external achievements, ego-based actions, and constant busyness.

The Fire Snake wants you to listen to the calls of your heart. It yearns for joy and excitement. It naturally wants to expand and shine. Allow the heart to take center stage and follow its lead. Do more with what or who excites it, and less with what or who contracts it. Recognize the moment the heart leaps with joy as the spark that can turn into a flame, and return to that moment whenever fearful thoughts take over. The heart prefers to give and receive love in all its forms.

Message from Heaven: Identify your joy triggers, life's little pleasures that turn on the Fire within, so you can access and share your light with those who need help finding their light.

Message from Earth: The strong Yin Fire contained in this card urges you to follow what excites the heart, but be patient as excitement can come and go. Let your passions lead you to new adventures and joy.

55. Earth Horse

STIRRING THE CAULDRON

The Earth Horse pillar, with Yang Earth over the Horse's Yang Fire, highlights strength and dedication fueled by love and passion. Yang Earth, like a mountain, can patiently stand still while absorbing the mysteries of the world, while the Horse, a Peach Blossom sign, walks the path with unbridled joy and enthusiastically picks up allies along the way. Picture a warrior living their best life, feeling on purpose, doing the work, and enjoying the journey, in tune with the heart and the spirit within. One of the 10 Spiritual Pillars, the Earth Horse carries Divine guidance and a natural connection to the higher power.

This card invites you to take stock of resources available to you, including your gifts and talents, your skills and experience, knowledge gained, and life lessons learned. They're your best assets and part of the journey that's empowering you to evolve into your own unique being. Add sweetness, reverence, and gratitude into the mix. Throw in some prayers. Stir the pot with love and

joy. Gather your support teams from the heavenly and earthly realms to share your joy: your angels, spirit guides, ancestors, collaborators, friends, and family. Take your time and stay focused; patience will strengthen your signature brew.

The Earth Horse serves as a sign that you've come a long way. All your pains, gains, and dedications have made you the person that you are. It's time to connect the pieces and package them into something that only you can offer. You have so much to share from within you!

Message from Heaven: Refine your gifts in quiet and stillness to tune in to Earth element's frequency of peace. Enrich your inner world first before you launch your offerings to the outside world.

Message from Earth: The Horse, the sign that rules the height of summer, guides us to light and joy. Let your joys lead you toward fruitful collaborations and a brighter future!

56. Earth Sheep

RETURN TO YOUR CENTER

The Earth Sheep pillar, with Yin Earth over the Sheep's Yin Earth, represents the nurturing, grounding qualities of Mother Earth. Her frequency of peace is easiest to find in the quiet. The sign that prepares us from summer to fall, the Sheep encourages us to look forward to fall harvest as we say good-bye to a joyful summer. With hidden Yin Fire and Yin Wood, the Sheep reminds us to keep cultivating our joy and compassion from within.

This card is a message from Mother Earth to return to the body. Slow down and allow your senses to return you to the present. Treat the body as your sanctuary. Tune in to what it needs: rest when the body feels tired, gentle movement to restore energy when it feels lethargic, and sitting in silence to find stillness when the inner voices are getting too loud. Take time out to replenish the self. Treat yourself to beauty and delights. Engage in rituals that nourish the spirit within.

Earth element is associated with the center, and in the body, it rules the stomach, spleen, and pancreas. Eat whole foods that make you feel vibrant. An imbalance of Earth can lead to worries and heaviness—surrender them to Mother Earth to lighten up. She'll help contain your anxieties and fears. Count your blessings to connect to her energy of gratitude and feel your body relaxed and your spirit lifted.

Message from Heaven: Treat your internal and external environments with love and reverence. Everything around us is part of Mother Earth, including us.

Message from Earth: Tune in to the Sheep's frequency of peace by practicing mindfulness in your every movement, so that everything you do becomes meditation in motion.

57. Metal Monkey

LET GO OF CONTROL

The Metal Monkey, a double Yang Metal pillar, emphasizes the sharp quality of Metal. The Monkey, a Yang Metal sign and a Travel Star, is agile and swift with his actions. Imagine a warrior quickly cutting through every obstacle that stands in their way. They can be so focused on the path ahead, however, that they may lose sight of the bigger picture. Excessive Metal can also sharpen one's mind too much, causing them to lack compassion and empathy. As Fire, associated with the heart, is the element that can transform and shape Metal into usefulness, consider your actions from the heart.

This card appears as a reminder to let go of control over an aspect of life that's calling for more trust and freedom to move. Instead of being so laser focused, expand your perspective. Pick up solutions and opportunities you may have missed, and catch up with those you may have left behind. Reconnect with the spirit within for guidance on the next steps.

Take a breath and loosen your grip. The path ahead is clear. Release your worries and tension—you don't need to micromanage or overanalyze anything. You've forged your path, and now it's time to hand it over to the Divine to do the rest. Everything will fall into place in its own timing.

Message from Heaven: Metal brings you clarity. Now add Fire into your vision. Consider how you can fill your path with joy, and enjoy your journey.

Message from Earth: Like Metal cuts out what's not necessary, prioritize and work smarter, not harder or longer. It's okay to take a pause in your journey to recharge and refuel.

58. Metal Bird

TREAT YOURSELF LIKE ROYALTY

The Metal Bird contains pure Yin Metal, the element of glamour and self-reflection. The Bird, a Yin Metal sign and a Peach Blossom star, like a diva, adores all shiny objects and loves to luxuriate in the sweetness of life. She encourages us to embrace the Divine feminine within. Feel her power rising and surrender to her intoxicating sweetness and seductive darkness.

The Yin exists in each of us. This card invites you to explore the feminine within, especially the sensual side of you. Being in tune with the heart, mind, body, and the senses helps connect us to the Yin energy. Make self-care part of your daily routine. Define your own versions of luxury and invest in it. For example, to many of us, time is a luxury. Prioritize and be selective with who you choose to spend your precious time with. Let the beauty within be reflected in your movement, words, and actions. The Yin Metal energy attracts not only with looks but also with sounds and words, so incorporate music and sound healing into your self-care regimen.

The Metal Bird is also a reminder to value the self in a relationship. Love yourself like the gem that you are. Act like royalty and you'll be treated like one!

Message from Heaven: Yin Metal loves to flaunt. Know your worth and own your look. You are the creator of your reality.

Message from Earth: We can access the Yin Metal energy through self-reflection practices. See your reflection from a place of love and tell yourself something positive. The beauty staring back at you in the mirror will appreciate the feedback.

59. Water Dog

PLAY WITH THE WAVES

The Water Dog pillar, with Yang Water's oceanic force over the Dog's insurmountable Yang Earth, may seem ominous at first. Imagine tidal waves pouring over a mountain. But firm, faithful Earth element conquers Water, the element associated with fears. The waves have no chance of beating the mountain that has stood still for eternity. The intuitive Dog knows when to jump into the water with glee and play with the waves. Our fears may overwhelm us, but they can be contained with positive thinking, confidence, and faith. Setting short-term goals and having a long-term vision can help steer us away from our initial fears.

Yang Water, like fast-moving currents, also indicates rapid change. There's something new waiting when this card appears, but you must first get yourself to the other side of fear. Are you ready to step out of your comfort zone? If you're already feeling a sense of discomfort, accept that you're uncomfortable, and pat yourself on the back, for that means that you've taken a step

forward! It's rough out there, but trust that all will be well despite the ebb and flow. Your skills, intuition, and perseverance will keep carrying you forward.

The Water Dog encourages you to embrace your fears and take a risk. Play a game of what-ifs. Nothing in life is certain. The best-case scenario may take you on the greatest adventure of your life. If you can live with the worst-case scenario, then it's worth taking the risk. Prepare for the best, but don't fear the worst.

Message from Heaven: Like Yang Water's ocean invites fears but also awe and a sense of adventure, befriend and honor your fears—be curious and question them, so you can move on once you've passed the fear period.

Message from Earth: The Dog's Earth element is a stabilizing influence. Stay grounded and connected to your center to navigate through life with calm and ease.

60. Water Pig

BEING IN THE FLOW

The Water Pig, a double Yin Water pillar, highlights the depth of the soul. Water element invites us to look into our darkest side. The deeper we dive into the self, the more conscious we become of our hidden fears and anxieties. There's wisdom waiting to emerge from underneath the fears once awareness has brought them to light. The Pig, a Yin Water sign and a Travel Star, moves quickly but can get bogged down by her own insecurities and self-doubts. A higher consciousness enables the versatile Pig to enter a state of flow.

This is a card of movement and change. Go with the flow instead of resisting the inevitable. You have within you the abilities to move through change with ease once you get past your own barriers. The more aware you are of the obstacles facing you, the easier and quicker the process.

Your dreams are closer than you think when the Water Pig appears. The only obstacles standing in your way are your own fears. It's time to bring them into consciousness, so you can see

your vision clearly and listen to the quiet voice of wisdom without getting drowned by the voice of your inner critic. You will only have to take a small step out of your comfort zone to realize that your fears are what have been keeping you constrained. Take that step forward. Great change can happen in an instant once you get into the flow.

Message from Heaven: See yourself looking into a still, clear lake, with your dreams reflected in the Water. What fear is blocking you from manifesting those dreams? Can you release that fear to make your dreams a reality?

Message from Earth: The Pig is a symbol of change. Anticipate and get ready. When the time comes, trust your instinct and let the flow carry you forward.

APPENDIX A

Qualities Associated with the Chinese Five Elements

Everything in life can be classified into one of the five elements, whether it's a mood, an emotion, a taste, a specific season, part of the body, or a particular direction. Each element has distinct attributes, or what I call their Elemental Nature, which is something to keep in mind when trying to gain additional insights from the element. For example, anything visionary or artistic is Wood in nature, so if you pull a card that contains Wood in the heavenly frequency or the animal sign, those characteristics can be incorporated into your reading. The elements are also reflected in our actions. These Elemental Actions influence the elements within. For example, whenever we feel hopeful or excited, we're activating and stoking our inner Fire.

Wood

Wood is the element of spring, associated with new beginnings, community spirit, and creativity. Its upward energy promotes growth, vision, and expansion. Think of a tree always reaching up toward the sun. Wood element encourages diversity and big-picture thinking through continual learning. The more we learn, the broader our views of the world. In the body, Wood rules the liver, the gallbladder, and the limbs. When Wood is in balance, we're curious and compassionate toward all beings, while an out-of-balance Wood brings out anger and intolerance.

Elemental Nature: visionary, artistic, progressive, open-minded, strategic, farsighted

Elemental Actions: "I learn," "I grow," "I visualize," "I create," "I believe"

Yang Wood

Wood in its most positive Yang qualities manifests into a benevolent, sturdy, and compassionate character with natural leadership abilities. On the other hand, Yang Wood can also be so rigid and

divisive that it can break under pressure. The forest, large trees, tree roots, and tree trunks are symbols of Yang Wood. Its animal sign is the Tiger.

Yin Wood

Wood in its Yin aspect is flexible, diplomatic, artistic, and expressive. Like flowers, leaves, and vines, Yin Wood is yielding and always reaching up toward sunlight. Yin Wood's animal sign is the Rabbit.

Fire

The most Yang of the five elements, Fire is the element of summer, when light is at its brightest. Associated with the heart and small intestine, Fire element uplifts the spirit with its frequency of joy. Its energy radiates outward, like the sun shines its light. Fire is the element that raises our vibration. We are naturally joyful, happy, upbeat, and open to love and inspiration when Fire element is in balance. Do what makes your heart sing to stoke your inner joy. A lack of Fire can trigger negative thinking and depression, while excessive Fire can contribute to mood swings and impulsive behaviors.

Elemental Nature: loving, joyful, warm, passionate, positive, giving, generous

Elemental Actions: "I love," "I enjoy," "I'm inspired," "I'm hopeful," "I'm excited"

Yang Fire

The Yang aspect of Fire element is generous, uncomplicated, consistent, and unconditional in sharing its light, like the sun always shines. Yang Fire's warmth attracts and heals those who need light. In a reading, Yang Fire highlights vitality and a vibrant character. The animal sign that represents Yang Fire is the Horse.

Yin Fire

The Yin quality of Fire element is more unstable and unpredictable compared to Yang Fire's steady light. A single candle can bring light to a whole room, but its light is also easily extinguished. Heart-opening practices and activities that strengthen the inner spirit will keep the Fire burning. Yin Fire sign is the Snake.

Earth

The most abundant element in nature, Earth is the bridge between the other four elements that helps us transition from one season to another. Its energy is downward, grounding, and stabilizing. In the body, Earth element, associated with the center, rules the spleen, pancreas, and the stomach as well as muscles and cells. We feel at peace when Earth element is in balance. Too little Earth can contribute to instability and difficulties in manifesting dreams into reality, while too much Earth brings inertia and a feeling of heaviness.

Elemental Nature: mindful, meditative, still, down-to-earth, embodied, persistent, abundant, slow and steady

Elemental Actions: "I sense," "I intend," "I persevere," "I care," "I'm present"

Yang Earth

Like a mountain, Yang Earth can stand still and hold its ground forever. In a reading, Yang Earth can represent a blockage, or an encouragement to persevere, depending on the pillar. The most

grounded of the 10 Heavenly Stems, Yang Earth's immovable attribute is strength when a situation calls for patience and persistence. The animal signs associated with Yang Earth are the Dragon and the Dog.

Yin Earth

Yin Earth, the essence of Mother Earth, is nurturing, resourceful, and versatile. Like soil provides space and nutrients for plants to grow, Yin Earth reminds us that we're all connected and that in order to thrive, we need to care for the self, the land, and one another. Yin Earth signs are the Ox and the Sheep.

Metal

The most mysterious and misunderstood of the five elements, Metal is also the element most out of balance in our modern society. Encompassing above and below, Metal emerges from deep below as gold, silver, copper, and other precious metals. Metal is also the element of self-reflection that connects us to the spirit within, enabling us to access a higher consciousness. Metal is related

to the breath as it rules the lungs and the nose as well as the skin and the large intestine. The element of fall, a season of harvest and letting go, Metal helps us reap what was planted in seasons before while clearing what no longer serves. A lack of Metal can cause prolonged grief and unhealthy attachments, while an excess of Metal can lead to lack of empathy and sharpness of words.

Elemental Nature: reflective, sharp, spiritual, reverent, just, courageous, confident, charismatic

Elemental Actions: "I let go," "I surrender," "I analyze," "I pray," "I look within," "I reap"

Yang Metal

A symbol of the warrior, Yang Metal defends, protects, and fights for justice. In a reading, Yang Metal represents courage and a clear path ahead. Imagine cutting through obstacles with a sharp blade. Yang Metal's animal sign is the Monkey.

Yin Metal

The Yin aspect of Metal is a symbol of beauty, glamour, luxury, and elegance. Whereas Yang

Metal's sharpness cuts, Yin Metal shines and attracts like a delicate piece of jewelry. Its animal sign is the Bird.

Water

The most Yin of the elements, Water is the element of winter, the most Yin time of the year, when Yang is at rest and darkness dominates. Its energy is receptive and flowing—Water follows and yields to any form and fills every hollow. Water element connects us to the contemplative nature of silence, enabling us to activate our intuition and imagination and access the wisdom within. In a world where Yang dominates, we need the quietness of Yin to rest and replenish our energy. In the body, Water rules the kidney, known as the gate of vitality, as well as the bladder, the bones, and the ears. An imbalance of Water can bring excessive fear and lack of motivation.

Elemental Nature: deep, mysterious, wise, imaginative, intelligent, communicative

Elemental Actions: "I rest," "I seek," "I hear," "I imagine," "I hold space"

Yang Water

Relentless and always on the move, Yang Water is forceful, deep, and vast. Visualize high ocean waves, turbulent seas, fast-flowing rivers, and waterfalls. Its energy can be destructive and chaotic unless contained and directed. The animal sign that represents Yang Water is the Rat.

Yin Water

Soft and still, Yin Water may appear calm, but underneath the surface it can hold many mysteries and undiscovered treasures. Symbolized by morning dew, Yin Water reminds us to never lose our sense of wonder. Its animal sign is the Pig.

APPENDIX B

Qualities of the Animal Signs

The 12 signs of the Chinese zodiac represent the elements manifested as Earthly Branches in the 60 pillars. Each sign interacts differently with the other signs according to their natures and relationships with one another, which give additional insights into a reading. They can be divided into the following three categories.

The Travel Stars

The first signs of the four seasons are the Travel Stars and change agents of the Chinese zodiac. They are alert, fast-paced, and always on the move, moving forward.

Their appearance in a reading indicates dynamic situations and actions that lead to quick changes. More than one Travel Star in a spread can represent clashing forces, a crossroads, or major transformation in more than one aspect of life.

- The Tiger, a Yang Wood sign associated with the beginning of spring
- The Snake, a Yin Fire sign and the first sign of summer
- The Monkey, a Yang Metal sign that marks the beginning of fall
- The Pig, a Yin Water sign and the first sign of winter

The Peach Blossoms

These are the signs associated with the four cardinal directions in the Bagua (the 8 Trigram) map, the octagonal energy grid used by Feng Shui practitioners to assess the energetic qualities of a space. Also called the stars of romance, the Peach Blossom signs are social and affable, with natural charisma. They are the middle signs of the seasons that represent the purest, most powerful expressions of their associated element and the height of their respective season.

These signs highlight social opportunities, spending time with loved ones, and matters of love when they appear in a reading. They also

intensify the attributes of the elements associated with the pillars. As these signs clash with one another, two or more Peach Blossom signs in the same reading can indicate conflicts and excess or too much of a good thing.

- In the North: the Rat, a Yang Water sign present at winter solstice, the height of winter in the Northern Hemisphere
- In the East: the Rabbit, a Yin Wood sign present at spring equinox, the height of spring
- In the South: the Horse, a Fire element sign present at summer solstice, the height of summer
- In the West: the Bird, a Yin Metal sign present at fall equinox, the height of fall

The In-Betweens

These are simply the four Earth signs. They are the signs between seasons and traditionally called *the graveyards*, as they carry elements of seasons past. The In-Betweens are slow and steady. They

build framework and structure into what was started in the past season for use as a foundation in the next. Their strengths can be attributed to their patience, dependability, and dedication.

In a reading, an In-Between sign highlights commitments, boundaries, and responsibilities. More than one In-Between sign appearing in a spread can indicate blockages and resistance to change.

- The Dragon, a Yang Earth sign of late spring
- The Sheep, a Yin Earth sign of late summer
- The Dog, a Yang Earth sign of late fall
- The Ox, a Yin Earth sign of late winter

ABOUT THE ARTIST

Candice Soon is a self-taught artist and illustrator with a love for the islands that shaped her into who she is today. Born and raised in the island-nation of Singapore, she discovered her passion for art in Okinawa, Japan, where she taught English for three years. While living there, she began dabbling in watercolor painting and other mediums. She currently lives in Hawai'i, another special island that she calls home. Each of these places have deeply influenced her artistic style and subjects, resulting in a colorful palette with tropical and floral themes that pay homage to their natural environments and rich histories.

ABOUT THE AUTHOR

Vicki Iskandar is a writer and an expert in Chinese metaphysics. Her specialties include classical Feng Shui, BaZi (Chinese astrology), the I-Ching, and the ancient art of war of Qi Men Dun Jia.

Born in Indonesia to parents of Chinese heritage, Vicki grew up in a mix of Indo-Chinese cultures rich in metaphysical rituals and practices. She started her metaphysics studies with Western astrology in 2000 after getting her graduate degree in business. It wasn't until she answered her ancestors' calls to go deeper into Taoism, Qigong, and Chinese metaphysics a few years later, however, that she realized how profoundly applicable, strategic, and helpful these ancient arts can be as a mindfulness tool in today's busy lifestyle.

Based in Los Angeles, Vicki was in digital marketing before she started her own Chinese metaphysics consultancy at Functional Feng Shui. You can read her in-depth monthly insights on

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VICKI ISKANDAR is an expert in Chinese metaphysics and a strategic consultant at Functional Feng Shui. You can read her in-depth monthly insights on Feng Shui and Chinese astrology at vickiiskandar.com. Her daily insights based on the five elements and Western astrology can be found on Instagram and Twitter @5elementsoracle.

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