

Are You Dreaming of Better Times Ahead?

Well, here they come! Taking power on Feb. 9th, 2024, the Emerald Wood Dragon represents abundant opportunities for success and prosperity! Did you know that the Dragon is the only mythical creature in the Chinese Zodiac? Since connecting with Dragon takes genuine imagination and creativity, imagine what assistance it may bring to spice up our lives, working magic into our daily comings and goings, activities, and Beings!

As we mature, we learn to practice stillness in our daily lives and invite illumination! This is what we were tasked with working with the Water Rabbit, generating more receptivity and flow, and power of stillness. Yes, power of stillness. It is up to us to feel, receive, and be content. Last year's message encouraged cultivating and maintaining a stable fixed awareness - or stable seat/posture of contentedness, comfort, and balance (Sthira Sukham Asanam); which applies to not only where we attempt to arrive with yoga asanas, but also where we attempt to be in a meditative posture, and even while walking through life (taking the practice off the mat). From our steadiness, we bring fruitful new energies of centeredness and clarity out into the manifest world to be of benefit, to flourish!

This past year...

Did you become clearer about your passions, gifts, and opportunities?

Did you solidify or establish a daily/regular yoga or meditation practice?

Did you practice more Sattvic activities, eat more Sattvic food?

Did you feel more peaceful in your Being; is Peace more accessible now?

Did you discover new ways of tuning into Nature which fortified your Life?

In Five-element theory, the health of our Wood element determines our capacity to express growth and move forward in the world, leaving stagnation (of Winter/mind/body) behind. A strong Wood element enables one to take action backed by an exceptional capacity for perseverance and discipline. Strengthening the Wood element by using various Qigong forms and cleansing liver/gall bladder/blood in the Springtime may help us function better on many levels that surprise us, and even enhance our sensing faculties to access more profound wisdom from our bodies and environments, plus experience more compassion for self and others. Wood encompasses the "Spring season" period of growth, renewal, rising up, springing forward, blooming, and radiant youthful beauty. Combined with the Emerald Dragon energy, we could very well experience a significant

infusion of creative transformational paradigm-shifting energy, drawing from the fruits of our stillness practices and realized gifts accomplished throughout this past Lunar year with Water Rabbit!

I find myself very inspired approaching Springtime, after a long Yin period of introspection filled with more subtle creativity focused inwards, like tending to my digestive fire through fine-tuning my diet and daily self-care rituals, writing about where my consciousness travels and what I receive, and practicing Qigong, Taichi, and Qi Breathing. Living a Spiritually-charged life is as colorful as the seasons! We should be setting ourselves up for success to spring forward into each new cycle, as these newly energized and realigned actions flowing out of Winter will invite the Dragon energy to expand and manifest these intentions into our real lived experiences. This grounding effect becomes the theme for these coming cycles and lunations... further clarified by the planets influencing and inspiring our individual journeys according to our Heavenly horoscopes!

One of the most prominent themes coinciding with this auspicious Lunar New Year transition is... the small but mighty Pluto changing signs on January 20/21st into Altruistic Aquarius - conjoined with the Sun to shine its light on the sheer magnitude of this collective significance! This is about the People taking their power back! Leaving a lengthy retrograde for another adventure in Saturn's house of Aquarius, Pluto will now ask that the intention for the collective becomes one of personal duty, such as the calling to become more powerful catalysts of inner-change for the benefit of ALL beings, paying special attention to how the powerful transformative energy of Pluto manifests from within rather than as a result of the corporate Capricornian materialistic AI-driven push through digital pathways, which seem to dominate humanity's attention spans and central activities. Can AI deliver altruism and compassion? Can AI quell fear and provide mental comfort? Answer truthfully!

Saturn, as Lord of Karma and great Taskmaster elevates (and possibly levitates!) in the cosmic expansive sign of Pisces to bring the higher opportunities of Seva and Bhakti Yoga (personalized demonstrations of Faith and devotion), and even heightened discernment to present awareness, to act upon or not. The astrological themes of 2024 are so mind-bending, you may already be seeing or sensing the events and timelines which are determined to take place in the future - yet far more important are the unrealized energetic possibilities and karmas ready to be

manifested - which need our heightened awareness and enlightened choices!

All the planets will be out of retrograde come Feb. 9th, with the last planet to return to its proper motion being Uranus as it stations direct in Taurus on January 27th - the planet of liberation and genius whom champions electrifying, revolutionary new advances - in those things which stabilize us on the material plane (Taurus). Like a lightning bolt electrifying this expansive movement and growth in the coming cycles and lunations, Uranus keeps company with "the beneficent Advisor/Guru" Jupiter - also in Taurus - which further expands wherever it roams, being situations, Faith, teachings, generosity, humor, good powers of discernment, and Wisdom – to name a few. It is remarkable to understand which houses these planets are placed in within your own natal astrology chart which will greatly assist with navigation through LIFE and, as well, to seize the opportunities which we are destined to realize in this next pivotal time passage. Truly 2024 holds the power of paradigm-shifting, most specifically our internal paradigms... which then ripple out into the world in dazzling displays which Dragon perfectly symbolizes!

Being with the Water Rabbit this past year offered more challenges to our Spiritual accountability, pushing us to step up and forward as Forces of higher service to our Families, friends, strangers, and especially to ourselves. What are we capable of when addressing someone in need, or showing up for ourselves? We find out so much about ourselves when we are pushed into uncomfortable situations. Did you notice that more people close to you, including you, were in situations requiring a higher level of attention, insights, creativity, and knowledge than what has previously been acceptable? This time-space reality demands that we keep growing towards something higher and brighter, more expansive, more True. This energy also beckoned us to spend more time contemplating what our actions, choices, and reactions have brought into our conscious life experiences, so the reality we experience with our 5-senses. Because as our 5-senses become more conscious, our perspective of reality changes and holds more vivid instructions for choosing "the right way" - call it Destiny, and also greater potential for us to live our Dharmas - to act in higher service to ourselves and others. I refer to this as the Sun-lit Path. If we spent quality time this past year seeking more alignment and centeredness, connected to our Divinity and Nature, and preparing our hearth and Hearts for the opportunities the Planets and sacred Forces have

in store for us, then we are better poised to take flight with the Dragon to explore the abundance, power, transformation, and ambition which Dragon helps energize and manifest. In general, these are ongoing themes of Uranus and Jupiter in Taurus, Saturn and Neptune in Pisces (Rabbit), and Pluto teetering between Capricorn and Aquarius. The Dragon is said to be associated with Jupiter and Saturn, so therefore the Dragon will engage to oversee this time-space continuum of destiny vs. fate, of free-will vs. ignorance, as Jupiter is the ruler of Pisces and Saturn rules Aquarius.

What is also notable about this coming new Lunar Year is that Dragon is combined with green Wood energy, which will likely play out in the following ways: NEW business growth, exceptionally creative ideas and products, financial rewards, super-charged ambition channeled into more beneficial pursuits and livelihood - pathways which were explored last year with Rabbit's oversight. Also, reaching deeper within and discovering the Royalty (Dragon) which lives in each of us and being willing to bring these gifts out into the world! The upgrades to our consciousness which we strive to cultivate, and which are simultaneously streaming in from the Heavens and Earth 24/7, reveal to us a richer awareness of the earthly and cosmic layers of our Beings we have to become familiar with, even embrace. If we effort to increase our faculties to forgive, to transform, to elevate, and to CREATE, we invite a more mystical (and even mythical) Journey which engages our Soul's calling (proclaiming Yes!), to an even greater presence of embodiment and intentional manifesting which Dragon can carry out into the world with such fire of clarity, beauty, grace, and SUCCESS!

May you fly so confidently with Dragon's wings into your Destiny, and so beautifully with your Heart open into the ALL of what today brings.

IT IS SO.

Om Shanti Shanti Shanti.

Shedate Deanne

Special notes:

On January 27, 2024, the Qi is strong, providing an opportunity to connect and rejuvenate our senses. Many experienced practitioners will meditate on this day to connect with their higher selves. Each year, this time holds significance, occurring one week before the Qi Node LiChun 立春 Spring Begins. This year, it

is essential to practice on this day as the **Wood Dragon sets the stage for the next 20 years, bringing a sense of vision and foresight.**

Credit: Master Liu He, Jade Woman Qigong & Celestial Pillar Qigong

Auspicious timing will bring ALL together celebrating and doing rituals in 2024!

Tibetan Losar (New Year), the New Moon in Aquarius, and the Lunar New Year will all coincide, welcoming in the Emerald Green Wood Dragon on Feb 9th/10th.

HAPPY LOSAR! TASHI DELEK! HAPPY NEW YEAR!