

Twelve Western Astrology (Zodiac) Signs

Capricorn (Buffalo) the Goat: December 22 to January 20

Ruler: Saturn **Element:** Earth **Quality:** Cardinal
Capricorn is the **Tenth Sign** of the **Occidental Zodiac**.

Positive Traits: Dependability, Resolve, Ambition, Superiority, Generosity, Wisdom
Short Comings: Self-Doubt, Stiffness, Pretension, Clumsiness, Loneliness, Epicureanism

Capricorn people are serious, pleasant and are reassuring in their quiet manner. If you have ever seen the Woody Allen film, "Zelig", the title character becomes a member of whatever culture or religion he finds himself in, absorbing the language and customs and even taking on the physical characteristics of the group. He is like a chameleon. The Capricorn personality is not unlike Zelig in that it becomes part of the group it is with to the point that it appears to be a founding member. Acquiescence and personal adjustment are qualities that allow Capricorn to blend in and help out. Capricorn people are not given to emotional outbursts; they understand that such venting is not healthy and that they distract energies and attention from the objective, the goal. They are practical and keep their eyes out for what supports their aim. Capricorn people give age and experience the respect they merit. They tend to not offer advice unless directly asked and when they make suggestions they expect them to be accepted and put into real life, otherwise don't ask. Capricorn people are worthy of your trust and they are dependable. They will comfort you when necessary and take care of you when needed. Capricorn people seem to be cool, tranquil and possess great inner reserves of strength and confidence. They enjoy power and authority and the respect these bring. They know the customs and rules of life's games and follow them to the point of conformity. Capricorn people are given to rigid thinking and pessimism. The Iron Shirt Chi Kung practices of Embracing the Tree and Holding the Golden Urn (Yang and Yin positions) combined with the Inner Smile Meditation will help Capricorns strength and rootedness to overcome the stiffness and narrow-minded pessimism. Capricorn people can carry heavy workloads in their professions and are as devoted to their chosen jobs as they are devoted to their loved ones. They are not much for socializing mainly because socializing does not get the job done. In loving relationships Capricorn people are stable and loyal which does not sound overly romantic but that's Capricorn. They are not so imaginative but are down to earth types who will be there for you in your time of need. The Capricorn color is deep red.

