

Twelve Chinese Animals

Rabbit

Years: 1903, 1915, 1927, 1939, 1951, 1963, 1975, 1987, 1999, 2011, 2023, 2035, 2047, 2059, 2071, 2083

Rabbit is Yin and Fourth Sign of the Chinese Horoscope.

Positive Traits: Ambition, Longevity, Finesse, Tact, Virtue, Prudence

Short Comings: Complexity, Secretiveness, Pedantry, Dilettantism, Hypochondria, Squeamishness

Rabbits are thrifty and if they loan out money they are sure to collect what's due with interest; not a penny more and not a penny less. Waste not, want not may be the motto of some Rabbits. Others may go to the extreme, do with or do without. Rabbits are not seeking wealth; they do take good care of what they've acquired through ambition and prudence. They are the detail people. They also make warm friends with their kind ways and discretion. Rabbit understands nature insures firm bonds especially with Ram and Boar. Rabbit appreciates fully their good manners and gallantry. Rabbits avoid stress and conflict preferring peace and quiet. This makes them natural for meditation; they were born with knowing Inner Smiles. The Healing Heart Sound HAWW is an effective method for encouraging those qualities of love and joy which Rabbit so delights in others. Rabbits own heart would benefit mightily from the physical practice of Spinal Cord Breathing as taught in the Universal Healing Tao Chi Kung curriculum. Rabbits are generous with what they have and can be personable when not lecturing. Rabbit people can be elegant and refined. Because of their ambition and diplomacy Rabbits can become successful leaders. Although a Rabbit can sit a long quiet time it is also nimble and quick, and can be on the other side of the garden in a flash. Peter Rabbit found himself in a sticky dilemma with the farmer but with finesse (and not a little luck) he made his way back to his forest home (and the trouble waiting there). Rabbit's predisposition to evasiveness and secrecy can be overcome by patient understanding and love, love, love. We should say that is Rabbits patient understanding and love for Rabbits own self that needs be put in action. Have the pleasure of observing a Rabbit out in the woods, it is their home territory. A Rabbit characteristic is prudence; Rabbit has the good sense to quietly assess its surroundings and situation before making a move. After all, Rabbit in the forest is often the prey not the predator. Its Yin character serves Rabbit well as whatever it needs seems to manifest especially when Rabbit follows the plain dictum: simplify, simplify, simplify. Rabbit tends to complicate the scene with too many useless details that become like a web and stifle Rabbits latent imagination. Rabbit, be less serious and more open to humor. Before the Inner Smile Meditation sit with closed eyes and begin laughing, laughing and laugh some more. This can be very effective when done in front of the mirror. In fact laughter has been known to heal so Rabbits hypochondria stands a good chance of being laughed right down into Mother Earth to be transformed into that sense of well-being so necessary to Rabbits' longevity. Pedantry or lack of imagination can slow Rabbits spiritual growth. The Fusion of the Five Elements Meditation will support Rabbits transformative capacity and he and she will soon be hopping down the bunny trail of peace and tranquility.

