

Twelve Western Astrology (Zodiac) Signs

Taurus (Snake) the Bull:

April 21 to May 21

Ruler: Venus **Element:** Earth **Quality:** Fixed
Taurus is the **Second Sign** of the **Occidental Zodiac**.

Positive Traits: Determination, Sensuality, Logic, Patience, Industry, Ardor
Short Comings: Jealousy, Complacency, Gluttony, Languor, Prejudice, Intractability

Taurus is of the earth and as such is warm and sensuous. Taurus people want to be rooted in their families. They value stability, balance and wholesomeness. Let's recognize up front that Taurus people can be jealous in relationships and can retreat into laziness. They can be narrow minded and indeed appear hypocritical. The Six Healing Sounds especially the Spleen Sound will be of immense help to open that Taurus mind into fairness and a broader perspective. With the Inner Smile meditation the Taurus will be bound to discover a spiritual dimension of self that is very fulfilling. Taurus people admire beautiful objects. The meditations will expand that sense of beauty to include the wonder of the inner universe and the outer universe. Taurus makes for a true and loyal friend who will share generously of what is needed or desired. Watch out if Taurus gets angry. Taurus peoples' tempers are slow to ignite but when they do there can be fierce and explosive confrontations. You will wonder where is the peace loving, argument avoider. In the end the Taurus makes peace after having vented. Taurus rootedness can be a strong support in a potentially explosive situation. The Bull posture and movement in Tan Tien Chi Kung can help Taurus vent in a safe, healthy way that will let Taurus steer clear of unproductive outbursts. Taurus people are sensualists and can be very sensual in their sexuality. (Taurus, see our book, "Sexual Reflexology".) Taurus people can be gourmets and must learn to control the appetite for good food and drink and to not overindulge. Mentally, Taurus people are sharp and pragmatic rather than intellectual however they can become rigid in their thinking and attitude. They are dependable and will persevere in spite of the difficulties that may arise. As they have materialistic values and physical possessions, respect for ownership and a terror of falling into debt, they will do everything in their power to maintain the security of the status quo and be somewhat hostile to change. To the point: never try to physically move a bull. They can be stubborn to the point of being seen as more mulish than bullish. To sum up and to illustrate the drive and thrust of the Taurus people. at the age of six I wanted to be a cook. At seven I wanted to be Napoleon. And my ambition has been growing steadily ever since. So stated Salvador Dali, Taurus extraordinaire. The Taurus colors are blue and violet.

