

Yin & Yang

NonBeing \emptyset gives birth to the oneness 1

The oneness 1 gives birth to 2, yin and yang

Yin and yang give birth to 3, heaven, earth, and beings

Heaven, earth, and beings give birth to everything in existence ∞

Therefore everything in existence carries within it yin and yang, and attains its harmony by blending together these two vital breaths

—Tao de Ching of Lao Tzu, 42

YIN AND YANG is a description of how energy moves in the form of expansion (yin) or contraction (yang). There are many different characteristics of yin and yang, but for our purposes it is enough to know that yin energy is expansive and moving upwards, while yang energy is contractive and moving downwards.

The Romans also recognized the energy of numbers and called it *electra*, from whence we derive the term electricity. The Mayan civilization as well was aware of numbers and order similar to the Nine Star Ki system. The calendars of many ancient civilizations, including that of the Japanese and the Mayans reveal amazing accuracy that reflects the outstanding cosmological awareness of these people.

Numbers play an important part in Judaic ritual practices. They are believed to be a means for understanding the divine. Pirkei Avot 3:23, makes clear that the use of gematria is dated to at least the Tannaic¹ period. This marriage between the symbolic and the physical found its pinnacle in the creation of the Tabernacle. The Hebrew word for symbol is טוֹט , which denotes not only a sign, but also a visible religious token of the relation between God and man. It is largely held that the numerical dimensions of the temple are a "microcosm of creation...that God used to create the Olamot-Universes."

Five Transformations of Energy [also called 5 Elements]

Ancient scholars observed that within the continuous cycle of yin and yang there were four distinct stages of energy. When energy is at its lowest point, such as in winter, then it is dormant and unmoving. They used the idea of Water to symbolize this stage. The stage where energy begins to move again, rising upwards and becoming more yin was symbolized by Tree. The state at the height of expansion was symbolized by Fire, which is the most active. Energy then begins to condense and gather, becoming more yang. This stage was symbolized by Metal. The energy then returns to the Water stage. 4

As they identified these four stages of energy, the ancient scholars of the Far East realized that there was one more, a transitional stage that occurred between all the others. The period between each season, where weather fluctuates erratically, is a

¹ **Tannaim** (Hebrew: תַּנַּיִם [tana'aim], singular תַּנַּי [ta'na], *Tanna* "repeaters", "teachers"^[1]) were the **Rabbinic** sages whose views are recorded in the **Mishnah**, from approximately 10-220 CE. The period of the *Tannaim*, also referred to as the Mishnaic period, lasted about 210 years. It came after the period of the *Zugot* ("pairs"), and was immediately followed by the period of the *Amoraim* ("interpreters").

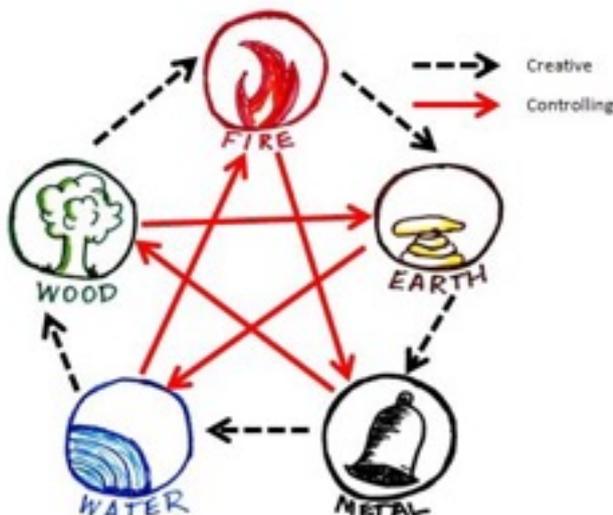
good example. They used the symbol of Soil for this stage, and placed it in the center, as it is the stage that balances all the rest. Five is the ki that regulates all of the other states. Eventually it took its place between Fire (ashes are the result of fire) and Metal (which one could call an extremely condensed or pure form of soil).

Let's take the example of TIME: The energy of the day is changing, minute to minute, hour to hour. When the sun rises, energy also begins to rise upwards, expanding (yin): people begin to move, flowers open, society becomes activated. As sunset and night approach, the levels of energy and activity settle down and gather (yang): people come home to their families, read or watch TV, and go to sleep.

These five stages of energy, known to us as the 5 Transformations, are applicable in endless ways in understanding energy flow. From this theory comes the base of Asian Medicine practices, like acupuncture, and shiatsu, the environmental understanding of Feng Shui, our macrobiotic perspective on cooking, the system of the Nine Star Ki 9 and the 12 meridians 12. We can also understand cycles of life and death. ∞

The Transformations are Wood, Fire, Earth, Metal and Water. The five cycles show how these phases transform from one to the other. One of the best ways to illustrate the energies is with the seasons. In spring the weather gets warmer and plants begin to grow (yin energy). As winter comes along, the weather gets colder and plants begin to contract and stop growing (yang).

- Tree represents Springtime and uprising energy, such as plants pushing through the soil. Tree corresponds with anger and kindness, the liver and gall bladder, and sour foods such as lemons.
- Fire represents Summer and expansive, ascending energy, such as flames reaching to the heavens. Fire corresponds with sadness and joy, the heart and small intestine, and bitter foods such as green kale.
- Earth represents Early Fall and stabilizing, grounding energy. Earth corresponds with worry and fulfillment, the spleen and stomach, and sweet foods such as squash.
- Metal represents Late Fall and descending, contracting energy, such as when trees lose their leaves to conserve. Metal corresponds with grief and hope, the lungs and large intestine, and pungent foods such as garlic.



- Water represents Winter and floating energy, such as water seeking its lowest level. Water corresponds with fear and will, the kidney and bladder, and salty foods such as seaweed.

The Creative Cycle works like this (follow the black dotted line):

- Tree feeds Fire
- Fire creates ash (which is soil)
- Earth produces Metal (minerals)
- Metal condenses into Water
- Water feeds plants

To counter balance and keep harmony in the natural world, there is also the Controlling Cycle (follow the red line):

- Fire melts Metal
- Metal chops Wood
- Wood breaks through Earth
- Earth dams up Water
- Water dowses Fire

Sibling cycle - Last but not least the Elements can strengthen each other. Metal strengthens Metal, Fire strengthens Fire etc.

The 5 Elements Chart	Tree	Fire	Earth	Metal	Water
Energy	Upward	Expansive	Downward	Contracted	Floating
Season	Spring	Summer	Late Summer	Autumn	Winter
Environment	Windy	Hot	Humid	Dry	Cold
Time of day	Morning	Noon	Afternoon	Evening	Night
Grain	Wheat, barley	Corn	Millet	Rice	Beans
Colour	Green	Red	Yellow/Brown	White	Blue/Black
Taste	Sour	Bitter	Sweet	Pungent	Salty
Emotions (-)	Anger	Sadness	Worry	Grief	Fear
Emotions (+)	Kindness	Joy	Fulfillment	Hope	Will
Sense	Sight	Speech	Taste	Smell	Hearing
Organs	Liver Gall Bladder	Heart Small Intestine	Spleen Stomach	Lungs Large Intestine	Kidneys Bladder

Forum of Whole Health I: Yin & Yang, 5 Trans, 9 * Ki

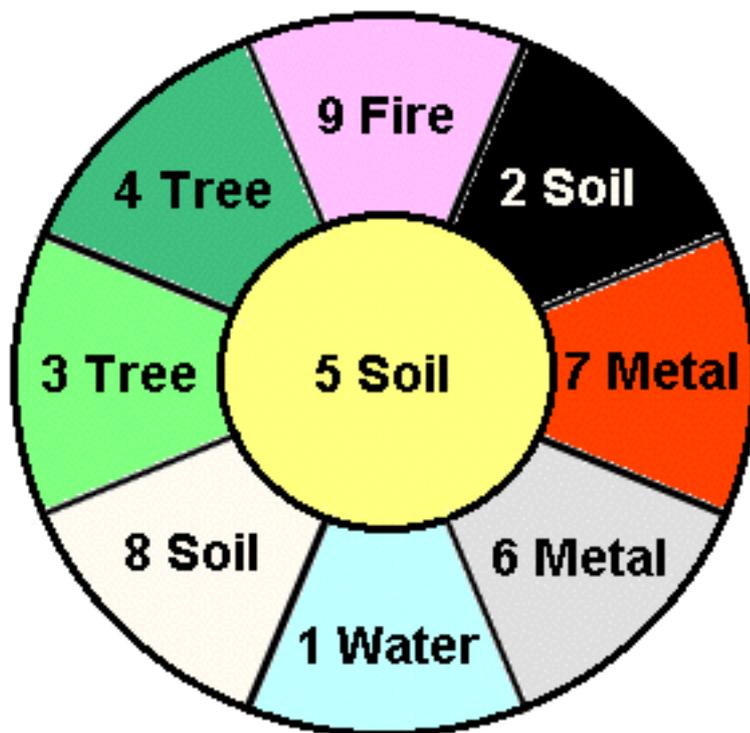
In Humanity	TREE	FIRE	SOIL	METAL	WATER
Organs	Liver, Gall Bladder	Heart, Small Intestine	Spleen/Pancreas, Stomach	Lung, Large Intestine	Kidney, Bladder, Reproductive
Body	Tendons, Ligaments	Blood Vessels	Muscles	Skin	Bones, Teeth
Head	Eyes	Tongue	Mouth	Nose	Ears
Senses	Sight	Touch	Taste	Smell	Hearing
Branches	Nails	Complexion	Lips, Breast	Body Hair	Head Hair
Glands	Pituitary	Pineal	Thymus	Thyroid	Adrenals, Gonads
Fluid	Tears	Sweat	Saliva	Mucus	Urine
Joints	Shoulders	Elbows	Hips	Wrists	Knees, Ankles
Voices	Shouting	Laughing	Singing	Weeping	Growling
Functions	Purification	Circulation	Digestion	Respiration	Elimination
Tonifying	Reading	Walking	Sitting	Lying	Standing
Emotions	Anger, Frustration	Mania, Excitability	Worry, Jealousy	Depression, Sadness	Fear, Guilt
Virtue	Patience	Joyfulness	Empathy	Confidence	Courage
Faculty	Intellect	Spirituality	Creativity	Wisdom	Will
Age	Birth/Childhood	Teenage/Young Adult	Adulthood/Middle Age	Maturity	Old Age/Transformation
Stress Reaction	Controlling	Sadness	Stubbornness	Coughing	Trembling
In Nature	TREE	FIRE	SOIL	METAL	WATER
Energy	Dispersing	Active	Gathering	Materializing	Dissolving
Movement	Upward	Outward	Horizontal	Downward	Inward
State	Expanding	Vapor	Condensing	Solid	Liquid
Color	Green	Red	Yellow	White	Black
Taste	Sour	Hot	Sweet	Pungent	Salty
Direction	East	South	Center	West	North
Season	Spring	Summer	Late Summer	Autumn	Winter
Time of Day	Morning	Noon	Afternoon	Evening	Night
Lunar	Waxing Half Moon	Full Moon	Waning Gibbous Moon	Waning Crescent Moon	New Moon
Climate	Wind	Heat	Dampness	Dryness	Cold
Number	3, 4	9	2, 5, 8	6, 7	1
Planet	Jupiter	Mars	Earth	Venus	Mercury
In Society	TREE	FIRE	SOIL	METAL	WATER
Political	Socialist	Libertarian	Moderate	Capitalist	Authoritarian
Government	Democracy	Anarchy	Republic	Oligarchy	Monarchy
Religion	Hinduism	Buddhism	Taoism, Confucianism	Judaism, Christianity	Islam
Infinity Expression	Justice	Freedom	Peace	Truth	Love
Personality	Romantic	Passionate	Balanced	Disciplined	Flexible
Profession	Trade, Technology	Arts, Media	Politics, Education, Agriculture	Finance, Management	Transportation, Public Facility
In Food	TREE	FIRE	SOIL	METAL	WATER
Nutrients	Fats	Electrolytes	Carbohydrates	Protein	Water
Vitamins	A, B2	B3, B5, C	B1, B6	E	D
Minerals	Copper, Iron	Sodium, Potassium	Manganese, Zinc	Phosphorous	Calcium, Magnesium
Cooking	Sautéing, Frying	Roasting	Steaming	Baking	Boiling, Pressure Cooking
Preservation	Vinegar	Alcohol	Honey	Drying	Salting
Plant Groups	Nuts, Seeds, Sprouts	Fruits	Vegetables	Grains	Beans, Sea Vegetables
Grains	Barley, Wheat, Oats	Corn, Quinoa	Millet	Brown Rice	Buckwheat
Vegetables	Sprouts, Leafy Greens	Large Leafy Greens	Rounded Vegetables	Shorter, Rounder Roots	Longer, Thinner Roots
In Healing	TREE	FIRE	SOIL	METAL	WATER
Re-Generating	Broccoli, Bok Choy, Romaine, Parsley, Leeks, Celery, Sprouts, Wakame, Wheat grass, Leaf lettuce	Quinoa, Amaranth, Red Millet, Brussel Sprouts, Mustard Greens, Carrot Tops, Noori, Dulse, Asparagus, Dandelion, Endive, Scallion	Millet, Winter Squash, Cabbage, Onion, Arame, Collards, Carrots, Kuzu, Parsnip, Pumpkin, Rutabaga	Daikon, Hiziki, Cauliflower, Cucumber, Lotus Root, Turnip, Turnip Greens	Azuki, Kale, Kombu, Burdock, Water Chestnut, Watercress, Sea Salt
Maintaining	Barley, Wheat, Oats, Green Lentils, Mung, Alfalfa, Ume, Green Peas, Rhubarb, Avocado, Green Pepper, Sesame Oil, Apple Cider Vinegar	Corn on the Cob, Long Grain Brown Rice, Basmati Brown Rice, Chick Peas, Wasabi, Red Lentil, Red Peppers, Okra, Sunflower, Sesame	Sweet Brown Rice, Soy Beans, Spinach, Sweet Potato, Summer Squash,	Short Grain Brown Rice, Rye, Cucumber, Whole Grain Bread	Buckwheat, Wild Rice, Miso, Chestnuts, Black Soy Beans, Agar-Agar, Shiitake,
De-Generating	Peanut, Brazil, Cashew, Clam, Crab, Trout, Olive Oil, Vegetable Oils, Vinegars, Nut butters, Yeast, Orange, Plum, Sour Cherry, Tangerine, Lemon, Lime, Grapefruit	Popcorn, Tomato, Pistachio, Shrimp, Beer, Wine, Apricot, Raspberry, Strawberry, Ketchup,	Eggplant, Coconut, Macadamia, Date, Fig, Papaya, Pineapple, Apples, Banana, Cantaloupe, Grapes, Mango, Prunes, Raisins, Sweet Cherry, Vanilla, Almond, Pecan, Pine Nut, Anchovy, Salmon, Tuna, Swordfish, Honey, Barley Malt, Maple Syrup, Rice Syrup, Stevia	White Rice, Potato, Hickory Nuts, Walnuts, Peach, Pear, Cod, Flounder, Halibut, Perch, Turkey, Egg Whites, White or Bleached Flour	Blackberry, Black Raspberry, Blueberry, Cranberry, Watermelon, Caviar, Egg Yolk, Abalone, Mussel, Sardine, Scallop, Duck
Toxifying	Butter, Cream, Mayonaisse, Sour Cream, Yogurt, Chicken, Livers,	Whiskey, Tobacco, Lamb, Heart, Liquor, Soft Drinks, Electromagnetic Radiation	Cottage Cheese, Ice Cream, Milk, Eel, Pheasant, Mutton, Rabbit, Carob, Sherbet, Brown Sugar, White Sugar,	Hard Salty Cheeses, Beef	Coffee, Chocolate, Ham, Pork, Iodized Salt
Poisoning	Lard, Hydrogenated Oils	Amphetamines, Stimulants, Radiation	Saccharin, Aspartame, Artificial Sweeteners	Depressants, Barbiturates, Sedatives, Antibiotics	Steroids, Diuretics

We may obtain health and well-being by balancing the elements in our lives. We can use the principles to observe excesses or deficiencies in ourselves and others. Imbalances in one aspect reveals potential problems in other aspects of the same element. Because each element nourishes a specific part of the body, if you experience problems in a particular area (e.g., the stomach), you must consume more foods of the corresponding element (in this case, earth foods) in order to restore balance and health. For example, if we have difficulty hearing, we can know that our kidneys are not functioning optimally due to an imbalance in Water energy.

Nine Star Ki: How the Five Transformations show up in personalities.

Homework: To really learn the Nine Star Ki, make a list of everyone you know; Family, friends, co-workers, everybody! Find their birthdays and research their Nine Star Ki charts and personalities.

Nine Star Ki is a blend of commonsense and simple math. It is a map of how ki is moving, which our own biological and spiritual senses can intuitively detect. When you are eating well and are living an active and balanced lifestyle, then you will intuitively know which times are best for what activity without having to check



charts. The best way is to make your decision intuitively, then consult the charts and see what actually happens. Don't let these charts control your life, because the goal of the Nine Star ki is to be free, but informed, in your decision. Nine Star Ki is simply an energetic map to guide it.

This is how you find your main number (the year of your birth):

There are 9 years and they are [currently] proceeding in descending order.

The years count down in descending order.

9, 8, 7, 6, 5, 4, 3, 2, 1, 9, 8....

The years repeat this way:

1955: 9 Fire

1956: 8 Soil

1957: 7 Metal

1958: 6 Metal

1959: 5 Soil

1960: 4 Tree

1961: 3 Tree

1962: 2 Soil
1963: 1 Water
1964: 9 Fire
1965: 8 Soil
1966: 7 Metal
1967: 6 Metal
1968: 5 Soil

From these, you can determine the ki of the year by a factor of 9. For example, take 2009 and subtract 9 until you get to one of the years cited above ($2009 - 9 - 9 - 9 - 9 - 9 = 1964$, a 9 Fire year). So, 2009 is a 9 Fire year. It's that simple because it repeats evenly. Every nine years, you come back to the same number.

This isn't an endless circle. Think of it as a spiral through time. If it were a circle then 1964 would have been exactly the same as 1955. Obviously, it wasn't. More on this later.

Here are some math tricks:

The ki of any year of the 20th century is easy to determine. For 1922, you can add $2+2 (=4)$. Then subtract the 4 from 10 ($=6$). So, 1922 was a 6 Metal year. For 1947, I add $4+7 (=11)$. 11 is greater than 10, so I add again $\rightarrow 1+1=2$. Then subtract 2 from 10 ($=8$). So, 1947 was an 8 Soil year.

For the 21st century add ALL digits of a year: (2005 is $2+0+0+5=7$) then subtract that from 11 and you'll have the 4 tree year.

So, 2000 $\rightarrow 11-2=9$
2001 $\rightarrow 11-(2+1)=8$
2002 $\rightarrow 11-(2+2)=7$
2006 $\rightarrow 11-(2+6)=3$
2055 $\rightarrow 11-(2+5+5=12 \rightarrow 1+2=3)=8$

With this system, the New Year doesn't begin on January 1st. For all practical purposes, it begins on February 4th, every time. So if a person is born before February 4th then they have the ki of the previous year. Again, this is a simple rule. Here's an example:

Steve was born on January 2nd, 1966. At first you might think he is 7 Metal. But he was born before February 4th, so he is affiliated with the previous year, 1965, an 8 Soil year. You can recalculate or simply add 1 to your calculations for 1964. $7 \text{ Metal} + 1 = 8 \text{ Soil}$.

The Months

Your monthly ki is the number of the month you were born. If there were nine months in the year, then each month would always have the same number. But, there are 12 months, so, the same month in each year shifts by 3 numbers.

(Remember- The 9 Star Ki year begins in February.)

Do you see how monthly ki repeats in descending order? But you don't have to memorize the chart because, if you know any month at all (say the month of your birth) then you can count in 9 cycles to find any other. Say, for example, you were

Ki of Year	Feb.	Mar.	Aprl.	May	Jun.	July	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.
2, 5 & 8	2	1	9	8	7	6	5	4	3	2	1	9
1, 4 & 7	8	7	6	5	4	3	2	1	9	8	7	6
3, 6 & 9	5	4	3	2	1	9	8	7	6	5	4	3

born in March of a 3 Tree year. That would be a 4 Tree month. From the chart above, you know that.

Now, suppose that someone was born 3 years after you, in July. That would be a 9 Fire year. Right? Well, just look at the chart. July of a 9 Fire year is a 9 Fire month. There! Now you have their annual AND their monthly ki.

Now, look again. See how the monthly number is always the same for Soil people (2 Soil, 5 Soil & 8 Soil)? That means, if you can just remember the monthly ki of a single Soil person, then you can quickly ascertain the monthly ki of ANY Soil person, simply by adding or subtracting the number of the month.

For example, Shulamit was born in May of a 2 Soil year, so her monthly number is 8. Say her friend was born in July of a Soil year, so I simply subtract 2 (June, July) and I know that the friend was born in a 6 Metal month. It doesn't matter what Soil number she is, because ALL Soils have the same monthly chart.

Now take the other types. See how each of the rows steps by 3? (3, 6, 9) (1, 4, 7). That means, if you know the monthly ki of just three people, you can quickly determine the monthly ki of ANYONE, with no chart.

Here's what I use.

- Shulamit was born in May of a 2 Soil year (2, 5, 8 Soil) so I remember that May of a Soil year = 8 Soil.
- I was born in early July of a 4 tree Year, so I remember that June/July is a 4 tree month. Therefore, I can use my monthly number to quickly arrive at the monthly number of anyone born in a 1, 4 or 7 year.
- Christina Pirello was born in December of a 9 Fire year. I remember this is 4 Tree, so I can quickly count up or down to arrive at any monthly ki number, for anyone born in a 3, 6 or 9 year.

This may take awhile to sink into your mind. But please do study this. Until you are accurate, you can simply use the chart.

If the person is born early in the month, then they have the ki of the previous month. Just like with the year, you add one number. (And if the number is 9, you go back to 1.)

For example, if Ploni had been born on May 17th of an 8 Soil year, then her monthly ki would be "8 Soil Month / 8 Soil Year". If, on the other hand, they had been born on May 3rd, their number would be "9 Fire Month/8 Soil Year."

Because the monthly "ki change" varies, here is the list. Just add 1.

January 5th
February 4th
March 5th
April 5th
May 5th
June 6th
July 7th
August 7th
September 8th
October 8th
November 7th
December 7th

Besides the Annual & Monthly ki, there is a third number, derived from the Annual & Monthly numbers. So everyone born with the same annual and monthly numbers will have the same third number. The Third number is our energetic number said to describe one's outward behavior, personality, or the first impression one usually makes on others.. It describes the "face" we show to others upon first meeting. It doesn't refine the ki and it doesn't tell you much new information. Also, there are two different ways to arrive at the third number and they arrive at different numbers! Enough said about the 3rd number.

In sum, the Principle Number (Heaven) represents our Spirit, our karma. It's our personality. The second, is the Character Number (Earth), which represents us physically. Or, that we genetically inherit from our Mother. The third, is the Energetic Number (Man), which represents our behavior.

You know how to find your 9 Star Ki numbers. Now, what do you do with them? Your annual or primary number defines your general outlook, the way you think and how you interact with the others unless you become so imbalanced (unhealthy) that you bury your true ki and take on a different persona. This can rob you of a fulfilling destiny. In a way, we all do this to a degree but not to the extent that we "switch tracks." Fortunately, divorcing your ki completely is rare and you won't see it often.

But until you're about 18 years old, your monthly number is primary. For example, Amy was born in a 4 Tree Month, in a 6 Metal year. So, while she's growing up she's a 4 Tree and her ki position changes every month. Ever wonder why growing up is so crazy and exciting? Now you know.

Around the age of 18, Amy 'metamorphosizes' into a 6 Metal adult. Ever wonder why it's so confusing to be 17 or 18? Now you know. Except, the switch-over isn't so hard for everyone. For example, Bill was born in a 3 Tree month, in a 4 Tree year so, at 18, his transformation has a high degree of consistency. Unlike say a 9 Fire / 1 Water.

So Amy starts life with late spring energy (green fruits upon the branch). She is inquisitive, warm, inspiring, and able to make intuitive, mathematical and intelligent connections -- putting the pieces together. But sometimes she spreads herself too

thin and may feel overwhelmed. Around her 18th year, she gradually transforms into late autumn (harvest). Now she is more matter-of-fact, cooler, solid and encouraging, ethical, with ponderous but very clear thinking. But sometimes she can be too rigid and stubborn. She never loses her childhood nature. Those qualities always remain in the background, even if they tend to conflict with her adult nature. In fact, Amy will subconsciously resort to her childhood number when solving tricky problems and in times of stress. We all do.

A description of the numbers follows:

1 - Water: 🌸 **Flexible**

Associated with: Midnight, North, Winter, Kidneys/Bladder/Reproductive organs, Transparent/White

Character of House: Dormancy, Hibernation, Planning, Stillness, Contemplation, Study, Self-Reflection, Spirituality

The 1 water personality: Adaptable, flexible, easy-going, agreeable, mediator, facilitator, social relations, communications, creativity, gentle, reserved, strong, good listeners, good keeping secrets, insightful, sensitive, discreet, empathetic

Extremes: Noncommittal, indecisive, lacking clear opinion and direction

2 - Soil: 🌸 **Friendly**

2 Soil corresponds with early afternoon and Indian summer, the siesta times of the day and year.

Associations: Early Afternoon, S.W, Indian Summer, Spleen/Pancreas, Black

Character of House: Stagnation, Preparation, Listening, Conservative, Strengthening, Self-Development, Friendship

The 2 Soil Personality: Kind, secure, thoughtful, nurturing, sincere, maternal, attentive, devoted, self-motivated, efficient

Extremes: Perfectionist, overly-sensitive, non-adaptive, demanding, idealistic, pushy, procrastinating

3 - Tree: 🌸 **Romantic**

3 Tree, corresponding with early morning and early spring. This person is very idealistic, but like many of this sign he is zealous, self-righteous, and pushy to the point of being obnoxious (eg. Ted Cruz, born in 1970).

Associated with: Sunrise, East, Early Spring, Liver/Gallbladder, Light green

Character: Proceeding, Advancement, Beginnings, Accomplishing, Optimism, Creativity

The 3 Tree Personality: Emotional, strong, idealistic, poetic, brilliant, active, aesthetic, kind-hearted, straightforward, romantic, successful

Extremes: Temperamental, opinionated, stubborn, competitive

4 -Tree: 🌸 **Romantic**

4 Tree manifests late morning and late spring—bright but slow, gentle time frames.

Associated with: Morning, South East, Late Spring, Liver/Gallbladder, Dark Green

Character: Growth, Development, Maturation, Flourishing, Artistic, Experienced

The 4 Tree Personality: Thoughtful, practical, ambitious, socially oriented, analytical, theoretical, sensitive, open-minded, eloquent, romantic

Extremes: Over-idealistic, impractical, wasteful, risky, indecisive, over-ambitious

5 - Soil: 🌸 **Balanced**

Associated with Transition, Center, Balance, Stomach/Spleen/Pancreas, Yellow

Character of House: Up/Down, Positive/Negative, Heaven/Earth, Balance

The 5 Soil Personality: Well-defined opinions and character, center-oriented, realistic, practical, direct, integrity, studious, self-confident, independent, willful, responsible, extremely influential

Extremes: Self-important, opinionated, egotistical, unadaptable, detached

6 - Metal: **Disciplined**

Associated with: Evening, North West, Late Autumn, Lungs/Large Intestines, White/Silver

Character of House: Prosperity, Harvest, Success, Finance, Self-Development

The 6 Metal Personality: Self-disciplined, strong, clever, logical, ethical, orderly, intellectual, leadership, honest, straightforward, creative, conservative

Extremes: Unadaptable, closed-minded, stubborn, imposing, difficult social relations

7 - Metal: **Disciplined**

Associated with: Sunset, Early Autumn, Lung/Large Intestine, Red

HouseCharacter: Joy, Fruition, Satisfaction, Benefits, Consistency, Finance, Tradition

7 Metal Personality: Very practical, materially well versed, intuitive, organizational, good common sense, bright, active, stylish, eloquent, strong work ethic

Extremes: Bossy, picky, compulsive, materialistic, excessive

8 - Soil: **Visionary**

Pre-Dawn, North East, Late Winter, Stomach/Spleen/Pancreas, Stark White

Character: Revolution, Change, Transformation, Renewal, Reincarnation, Resurrection

The 8 Soil Personality: Serious, quiet, strong, deep thinkers, refined, intelligent, self-reliant, optimistic, introspective, adventurous, gentle, just, resourceful

Extremes: Isolated, stubborn, reclusive, materialistic

9 Fire: **Passionate**

Associated with: Noon, South, Summer, Heart/Small Intestine, Purple

Character of House: Activity, Fame, Brightness, Success, Movement

The 9 Fire Personality: Active, outgoing, sociable, energetic, clear opinion, spontaneous, quick and sharp mind, good public relations, independent

Extremes: Too impulsive, arrogant, superficial, lacks kindness, overconfident, critical

The qualities within each individual year can either be enhanced or diminished. Take being stubborn as an example (3s, 6s, 8s). Stubbornness can lead to narrowness and isolation, or determination and endurance, depending on how and when we use that quality. So, regarding stubbornness, 9 Star Ki offers insight about when being assertive is favorable or unwise.

In understanding the Five Transformations and how they relate to the Nine Star Ki, a device known as the "Magic Square" is used. This numerological chart has ancient roots and amazing features. The numbers from one to nine are organized in a square in such a way that the numbers in all horizontal, vertical and diagonal rows each add up to the 15. In this sense, The Magic Square is perfectly "balanced."

Each of the five stages of energy is represented by numbers: Water is represented by the number 1; Tree by 3 and 4; Fire by 9; Soil by 2, 5, and 8; and Metal by 6 and 7. These numbers and elements are charted on the square in a way that also indicates their respective energy characteristics. Number 9 Fire, the most active, resides at the top of the chart, South. Number 1 Water, the most inactive, resides at the bottom, North. Number 5 Soil, the most balanced, resides in the center, and so on.

growth process to begin. Now is the time to dedicate yourself more fully to what you believe in. 2016 is a year that favors and supports first steps and preparation for the future relating to these qualities. Whatever it may be that you would like to do or see happen within nature and society, start now. Then you can begin creating the environment of support, dedication and nurturance for it to flourish. This 2 Black Soil period is where all of the qualities of Number 2 have potential to be nourished and developed, or possibly destroyed. The positive actions and steps that we take for this present Number 2 year affects the start of the 2018 cycle. It is like Ben Franklin's adage "a stitch in time saves nine."

2017, like 2009, will be a Number 1 White Water year, which corresponds with water, connection, reproduction, internal energy and power, difficulties or struggles, self-reflection, meditation, and resolution. It will be a favorable time for gathering and nourishing our internal energy (imagine a seed buried or stuck in snow), to prepare for a new beginning. When taken to extreme, it can be rash, chaotic or even violent. During this time, people began to more clearly express their plans and visions for the future. We became more aware and more in agreement about the relationships and connections between people, animals, and the planet. The agreement about the best way of eating and living will develop over time. 2017 is the ideal period of favorable conditions to "plant seeds" for the next cycle ends. From there, whichever ideas and intentions we have placed into the soil have the potential to take root within the next nine-year cycle. If we are planting seeds for food, the planet, and the future, 2016 is the most favorable year to do so.

2018 begins a nine-year Number 9 cycle.

In some sense we are experiencing a crisis in all aspects of life and society. These crises are an opportunity to create positive change. This change will only happen when we enough people participate and become a part of the solution. Waiting for it will not make it happen. We are in a cycle where expression and taking the first steps are necessary to shift society's direction. Macrobiotics is not against sickness, it's for health: personal, social, and planetary. Health is not a fixed state; it is a dynamic orientation that guides us in our daily lifestyle choices. If we align with our unique talents, passions and internal, nurturing nature, the change will naturally unfold. What will you plant this Spring?

[Music:](#)

[Sleep, Meditation, Relaxation music--the five elements \(YouTube\)](#)