

## Fire Monkey Yearly Health Forecast

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There are many different ways to make a yearly prediction. Each with different strengths and weaknesses. Understandably, most often the choice of system used is not necessarily based on the best tool for the job, but instead determined by popularity of the method and a practitioner's extent of knowledge.

Commonly around the Chinese New Year majority of calculations use *Sichen Bazi* 'Four Pillars Eight Characters'<sup>1</sup>, 'I Ching'<sup>2</sup> or occasionally *Ziwei Doushu* 'Purple Star Astrology'<sup>3</sup>. Each have their own merits and can be interpreted to yield information on health, but none are specific to that task. This is not to say that Four Pillars can't provide insights into wellbeing. Merely that was not originally conceived for that purpose and any wisdom gained in this area is as a result learning to adapt the technique over time.

There was however, one art of 'Fate Calculation'<sup>4</sup> which was designed purely for understanding the effects of climate on the human body. It is known as the *Wu Yun Liu Qi* 'Five Movements and Six Qi' or the *Yun Qi* 'Movements of Qi'<sup>5</sup> for short. First discussed in the 'Yellow Emperor's Inner Classic'<sup>6</sup>, it is over a thousand years older than its more famous sibling, *Bazi*. Unfortunately it is relatively unheard of outside of China, likely due to its unique combination of Medicine and Cosmology. For Astrologers the medical theory may appear too foreign, too complicated. Chinese Medical Doctors are unlikely to have any experience with heavenly stems<sup>7</sup> and earthly branches<sup>8</sup> - the data necessary to complete a chart.

The *Yunqi* system has many levels of analysis, but its distinctive quality is the clarity of interpretation. The results are clearly verifiable. This is because computations based upon the calendar can predict unseasonable and extraordinary weather patterns. The effects of which have documented responses in living beings and resultant illnesses. The reading obtained is a comprehensive breakdown of what potential concerns lie ahead for people susceptible to the diseases foretold. It does not suggest everyone will be ill or healthy, but gives logical guidelines of risk factors and probable conditions. This makes it an excellent model for predicting epidemic illnesses and research in China has shown it to be 80% accurate in forecasting the responsible meteorological patterns. Classically, these statistics were also applied to foretelling possible natural disasters, but this area has not been thoroughly researched to date and remains unproven.

There are three main steps to creating a yearly forecast. In brief the stem and branch of the year constitute two layers and the natural seasonal progression (hemisphere dependant) makes the third. The interactions between them become the horoscope.

## The 丙申 Bing Shen 'Fire Monkey' (2016)

1. The yearly stem 丙 Bing 'Yang Fire' combines<sup>9</sup> with 辛 Xin 'Yin Metal', the resultant element is Water. This is known as the 'Annual Movement'<sup>10</sup>. Traditionally Chinese Musical notation is used to indicate this - *Da Yu* 'Major Water-tone'<sup>11</sup> and the correlating atmospheric influence - cold (see Figure 1 - atop, shaded black). It is a *Yang* year, therefore considered 'Greatly Excessive'<sup>12</sup> and called 'Flow Overflowing'<sup>13</sup>. The excess nature means that the Fire element will be invaded by Cold (Water).

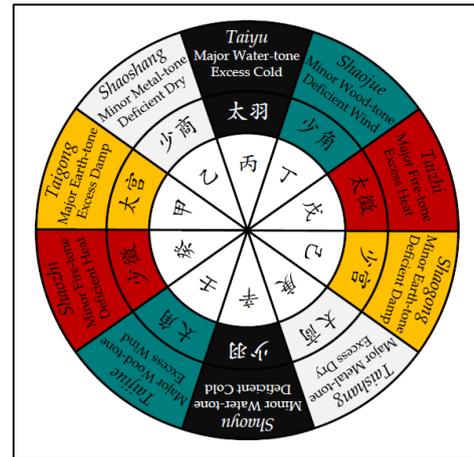


Figure 1. Annual Movement

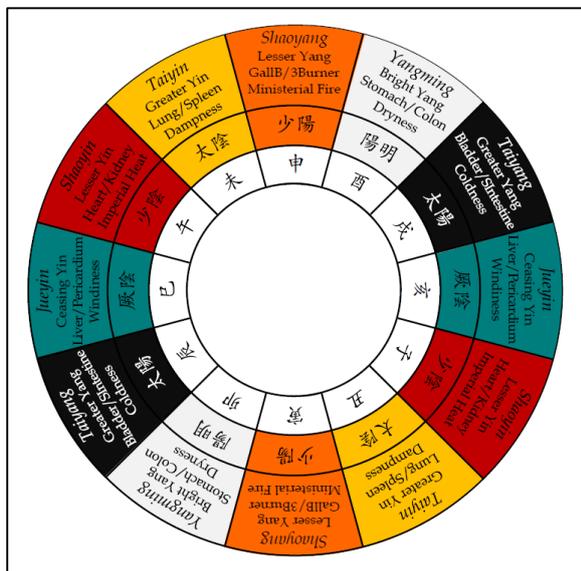


Figure 2. Heaven Governing & Fountain Residing Qi

2. The yearly branch 申 Shen 'Monkey' clashes<sup>14</sup> with 寅 Yin 'Tiger'. These two opposing branches share the designator *Shao Yang* 'Lesser Yang'<sup>15</sup>. *Shao Yang* corresponds to the channels Gallbladder / Triple Burner<sup>16</sup> and the climate 'Ministerial Fire'<sup>17</sup>. This is known as the *Governing Heaven*<sup>18</sup> Qi. The position three steps clockwise (see Figure 2 - atop, shaded orange & right, green respectively) is occupied by *Jue Yin* 'Ceasing Yin'<sup>19</sup> the channels Liver / Pericardium and the climate 'Windiness'. This is known as the 'Residing Fountain'<sup>20</sup> Qi. Together they constitute the 'Guest Qi'.

3. The final factor taken into consideration is the Seasonal Qi. This is the natural progression of the seasons, which obviously will differ dependent upon which side of the equator is being considered. In the Southern hemisphere, the Chinese Calendar year (beginning 4<sup>th</sup> February) starts with Late Summer, then Autumn, Winter, Spring and then back to Summer<sup>21</sup> (see Figure 3). This is known as the 'Host Qi'<sup>22</sup>.

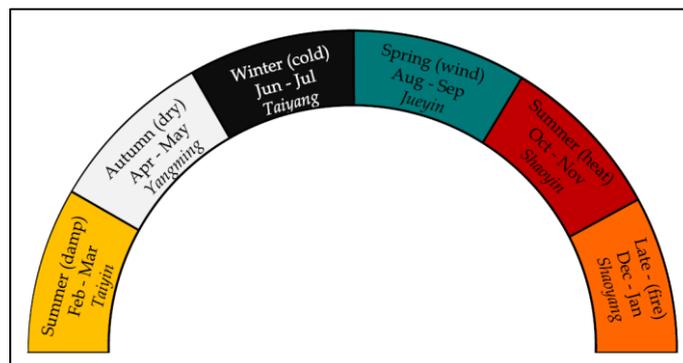
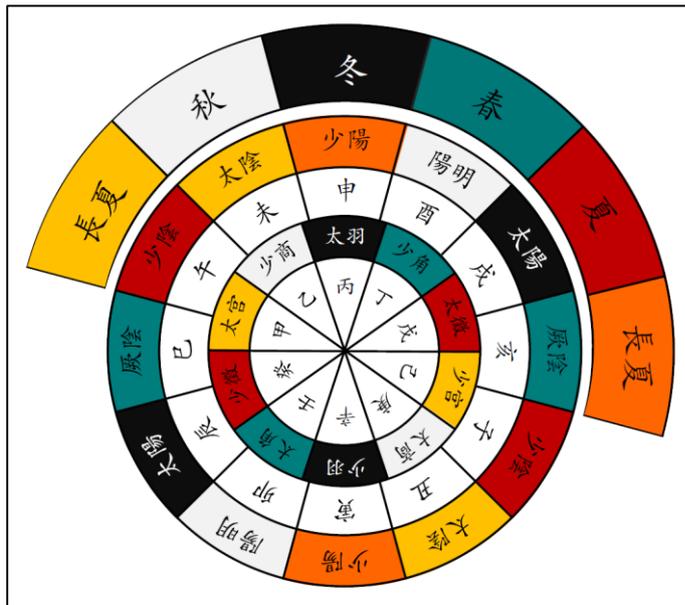


Figure 3. Host Qi

Analysing the completed chart is a simple process of comparing these three steps to one another and following a few simple rules. The 'Guest Qi' is the most important, in particular the '(Governing) Heaven Qi' and must always be dominant – controlling or generating the element of the 'Annual Movement' / 'Host Qi'. When it fails to do so, the relationship is not in accord and more likely to produce a dangerous result. Particularly malevolent combinations are recognised as 'Special Charts'

In this case the 'Heaven Qi' is *Shao Yang* 'Lesser Yang' – Ministerial Fire. The 'Annual Movement' is *Da Yu* 'Major Water-tone'. Therefore the Movement (Water) is controlling the Qi (Fire), this is known as 'Not Harmonious'<sup>23</sup> and an ill omen. The



'Host Qi' at the Heaven Qi's peak (see Figure 4 – atop in black & orange respectively) is also Water, therefore again in a control cycle and again a bad portent. This is known as 'Counter-flow'<sup>24</sup>. There are conditions that on occasion allow a dominated element to rebel<sup>25</sup> or break-out<sup>26</sup> of the situation, but this is not such a case, nor does it meet the requirements of any 'Special Chart'.

Figure 4. Yearly Chart

The over-riding conditions for the year are Water controlling Fire and they are out of balance in the Southern Hemisphere. The predominant physiological pattern of disharmony is therefore 'Cold'<sup>27</sup>. This situation can aggravate temperature sensitive diseases and there is a higher than normal probability that illness will occur in the Fire Element – channel and organ. Therefore Heart conditions are at risk and symptoms such as palpitations, anxiety, vexation, chest pain, oedema (fluid retention), cough and shortness of breath occur more frequently and severely. (In the Northern Hemisphere the Seasonal Qi differs, potentially supporting a Fire pathology – fevers and bleeding, perhaps leading to a worsening of the ongoing Ebola outbreak.)

Recommended prevention/treatment<sup>28</sup> is to fortify *Yang* with a diet of warm natured and salty flavoured foods - root vegetables (carrot, potato, sweet potato, turnip, parsnip, celeriac & pumpkin), onion family (fennel, leek, chive, spring onion), red meat (beef, lamb, venison, kidneys), dark fish (eel, tuna, salmon), nuts (chestnut, pistachio, walnut), culinary herbs and spices (ginger, garlic, chilli, cinnamon, dill, star anise, clove, cardamom, turmeric, nutmeg, fenugreek, coriander, rosemary, pepper, mustard) and even a little alcohol to keep away the winter chill.

As mentioned previously the *Yunqi* system also plots 'Disaster Palaces'<sup>29</sup>, attempting to foresee natural catastrophes. Direction and position is based on the nine squares of the *Luoshu* 'River Writing'<sup>30</sup>. In a year such as above, when Water dominates, the disasters are ice, snow, frost and hail. Manifesting more strongly in the North they are unlikely to effect the Southern regions with any great severity.

One final application is in Personal Health Charts. The year of birth can give a constitutional reading of tendencies throughout life. A child born in the year discussed herein would thereby theoretically have strong physiological water (kidneys) and weak fire (heart) in their future. The water – fire axis forms a very significant polarity in the body. One example of its effects when out of balance can be seen in actress Carrie Fisher (Princess Leia from the original Star Wars trilogy), born in the last Fire Monkey year (1956), and her battle with bi-polar disorder. Swimmer Shane Gould and actor Tom Hanks share similar charts, also turning 60 this year, and may carry some of the same strengths and weaknesses as a result.

1. 四柱八字 *Sichen Bazi*
2. 紫微斗數 *Ziwei Doushu*
3. 易经 *Yijing*
4. 數術 *Shushu*
5. 五運六氣 *Wu Yun Liu Qi* / 運氣 *Yun Qi*
6. 黃帝內經 *Huáng Dì Nèi Jīng*
7. 天干 *Tiangan*
8. 地支 *Dizhi*
9. 五合化氣 *Wuhe Huaqi* 'Five Harmony Changing Qi'
10. 歲運 *Suiyun*
11. 太羽 *Dayu*
12. 太過 *Taiguo*
13. 流行 *Liuyan*
14. 六沖 *Liu chong* 'Six Clashes'
15. 少陽 *Shao Yang*
16. 三焦 *San Jiao*, the three organ cavities – chest, abdominal, pelvic and the connecting lymphatics
17. 相火 *Xiang Huo*, part of a two-fold division of the fire element along with 君火 *Jun Huo* 'Imperial Heat'
18. 司天 *Sitian*
19. 在泉 *Zaiquan*
20. 客氣 *Ke Qi*
21. In the Northern Hemisphere – Spring, Summer, Late Summer, Autumn & Winter
22. 主氣 *Zhu Qi*
23. 不和 *Bu He*
24. 逆 *Ni*
25. 勝復 *Sheng Fu* 'Surpass Reversion'
26. 郁發 *Yu Fa* 'Constraint Effusion'
27. 寒 *Han*
28. According to the Yellow Thearch 黃帝 *Huáng Dì*
29. 災宮 *Zaigong*
30. 洛書