

The year of the WATER TIGER is almost over and it seems that we have survived Corona and a certain normality is spreading.

But unfortunately something new and unexpected has now happened in 2022 that is making people even more unsettled and frightened. The war in Ukraine, now more than 10 months old, is challenging the peace, security and familiarity and has established a polarity not seen so clearly since World War II. My last annual horoscope for 2022 indicated this development, because a tiger year has often been the starting point for wars in history. But whoever rides a tiger should also be able to dismount. Let's hope that political rationality and solidarity against war will end this in this year 2023.

The changes in nature caused by climate change seem to have receded into the background. The climatic changes of recent years are almost more frightening than the inhuman reality of war.

The year of the WATER RABBIT begins on January 22, 2023. It is associated with the heavenly stem *Gui* 癸 and the earthly branch *Mao* 卯. In humans, *Mao* corresponds to the large intestine, the hour 5-7 in the morning, the month of April, the sign of the zodiac RABBIT and the wood element. The annual stem *Gui* corresponds to water-yin, it belongs to the kidney and to winter.

According to the connections of the heavenly stems it develops a weak fire year as a great movement in heaven (*Wu Yun* 五運) for the year 2023. There is small Heat from heaven because a weak fire is easily overcome by water. Likewise, the fire cannot adequately control the metal, and so 2023 is likely to be a colder but drier year. The connection of the earthly branches results in the climate (*Liu Qi* 六氣), that is dominated by dryness. In the human microcosm it is the Yang Ming layer, especially the large intestine, that is affected. The guest energy in the 1st half of the year is also metal-dryness (Yang Ming), and in the 2nd half it is fire-heat (Shao Yin). So in 2023 there will probably be many illnesses with dehydration, dryness and empty-heat (*Xu Re* 虛熱).

As practitioners, we should moisten the lung and large intestine and supplement the kidney-water. The acid taste protects the juices and sweet forms new liquids. Foods that are particularly liquid-producing are: bananas, pineapple, honey, milk, all dairy products, pork, eggs, sardines, asparagus, cabbage, mussels, squid, coconut, duck, soybeans, tofu, spinach, chocolate, and many more. Of course, a balance between cold and hot food and drinks must be achieved! Drinking enough is particularly important in this year 2023! For acupuncture, besides the required points, also choose metal points, water points and the mu points!

What does the coming year look like for people in general, what circumstances arise in the year of the rabbit for the individual signs of the zodiac? As a sign of the zodiac, the rabbit is a sociable animal. He desires company and needs to belong to a fixed circle in which he feels safe and secure. The typical rabbit is submissive, almost humbly. He wants everyone to be fine and he avoids confrontations. When faced with danger, however, he can develop remarkable courage. His knowledge of human nature and his instinct make the rabbit a good diplomat. He can easily sense sincerity and falsehood in others and sees through deception at once.

According to old tradition, the recipe for a divine elixir of life is attributed to the rabbit (moon rabbit). One finds outstanding healers among rabbits, who can alleviate both mental and physical suffering

After the year of the tiger presented 2022 an extreme Yang and a lot of aggression and destruction - can we hope that in the year of the rabbit 2023, a year with a Yin character, the gentle rabbit succeeds with diplomacy and reason to create more harmony and peace? We will see!

How does it look now for the individual signs of the zodiac in the year of the rabbit?

For the **rat**, there are few opportunities for big leaps. In the year of the rabbit, the rat has to be patient. When it comes to love matters, she believes that luck has left her, but personal relationships require the greatest caution. But monkey and dragon are favorable partners for the rat.

2023 is a good year for the **Ox**! Progress is being made in all areas and it is an exceptionally positive time for love. Rat and monkey face him.

The **tiger** has a strange year ahead of him; Due to his excessive activities in the tiger year 2022, he now seems drained. His energy is stunted and he lacks the strength to make new plans. But there are many opportunities for rest and relaxation in the physical and mental area. Dog and horse are favorable relationships for the tiger.

2023 is a blooming year for the **rabbit**, in which he can develop his personality in all areas! The energy is renewed, confidence fills him and success beckons in his job and in love. All in all, an excellent year for the rabbit. Pig and sheep are loyal companions of the rabbit.

It also applies to the **dragon**, that after an exciting tiger year, he now needs rest and withdraws. 2023 may seem boring to the Dragon, but the period of stabilization is good for it. He can calmly reflect on the past year. As always, the dragon is supported by the monkey and the rat.

The **Snake** loves scandals and gets caught up in one in the Rabbit year. She disregards her caution and gets caught up in a scandal that may damage her reputation. Financially, the Snake is doing quite well this year, and she can satisfy her need for consumption with her means. Rooster and buffalo are the ideal partners for you, also for shopping!

The **horse** is struggling this year. From a social point of view, it is a turbulent time, but professionally there is a risk of a slump in profits. A number of stale, unfulfilled and short love affairs have a depressing effect and damage health. Tiger and dog are the ideal partners for the horse, they can rush to his aid!

For the **sheep**, the rabbit year is an excellent year. Satisfaction and general well-being prevail. Business is good and the sheep is on the road to success. If you want to get married and start a household, you couldn't choose a better time! Contacts with pigs and rabbits are also good for the sheep!

For the **monkey**, 2023 is a difficult year. He advances slowly, his activity is curtailed and his spirit of enterprise depressed. In terms of finances and love, the Rabbit year is also uneventful for the Monkey. For intellectual workers, however, 2023 can be a creative year. Snake and rooster can support the monkey.

There have been better days for the **rooster**. A general sense of frustration sets in for the Rooster in 2023 because he has opportunities but no money to execute. Roosters do well to focus on the current situation and cautiously explore new possibilities. In the year of the hare lies strength! This is a good motto for the rooster. Ox and Snake are his allies.

For the **dog**, 2023 is a continuation of the tiger year. Much of the momentum of the previous year has remained and many plans can still be realized. A marriage or a move will be successful in the rabbit year! The dog receives support from its reliable and loyal companions, who were born under the sign of the horse and the tiger.

Finally, the **Pig** has a wonderful year in the year of the Water Rabbit. Family life is paramount and the year 2023 is filled with joyful social gatherings. The pig is now successful, the income is growing and there is enough money to move to a nicer apartment. 2023 is the ideal time to go on vacation with your loved ones. Sheep and rabbit are the faithful companions for the pig in need, but also for joint activities.

I would like to thank all my colleagues, students, patients and chinese friends for their support and for their interest in dealing with Chinese medicine.

Have a good time and stay healthy! Trust the Chinese medicine and lifestyle. I sincerely wish you a good start into the year of the WATER RABBIT 2023

Udo Lesecke

