



Year of the Brown Pig 2019

By Lillian Pearl Bridges

February 5, 2019 is the start of the Chinese Year of the Brown Pig. This is a Yin Earth Year with the Yin Water of the Pig below. This combination is a tricky one as the Elements are in opposition. Luckily, they are in the Yin form of the elements so any skirmishes or conflicts should be minor. The combination of Earth and Water together make mud, which is why this year's Pig is brown! This can be taken literally, meaning that there will be more mud created in the natural world, or it indicates that there may be a lack of clarity in people's thinking. Taken even further, it may be that there will be some mud-slinging politically – a messy proposition!

The Pig is the final animal of the Chinese 12 animal system. This means that many long-term projects, ongoing investigations or delayed lawsuits will be finalized. There is a lot of energy around completion and concluding things that can't make the jump into the next cycle. Pigs are peaceful animals, except when angered, which is rare. To the Chinese, Pigs symbolize the values of family, friends, home and good food. In fact, the pictogram for home is a roof with a pig under it. So plan on being more of a homebody or staying closer to home this year, as that will bring more fortune than traveling around.

The Yin Water of this year is embodied by what is called small water – clouds, mist and rain - especially consistent rain over a long period of time. As rain feeds the streams and then the rivers, it is easy for two rivers to join and cause the water level to rise. This indicates the dangers of flooding over low-lying ground in many places in the world. The rivers run to the sea, which in large quantities carries mud that clouds the water. Unfortunately, this water runoff can cause pollution, increased bacterial levels and algae growth, which impacts sea creatures and animals as well as tourism, fishing and shellfish farming.

The symbolism of muddy water also means that there may be oil spills or problems with water quality and the safety of water supplies in many places. Water borne illnesses may be the catalyst for action. Clean water will become a major governmental issue with more money being dedicated to water safety, clean water distribution and replacing and repairing aging water infrastructures.

Marshes and swamps will increase in size. Lakes, reservoirs and some major dams, levees or dikes may be breached or overflow, and soil or sand erosion is expected. Water supplies can increase if steps are taken to retain the water.

As for natural disasters, volcanoes and earthquakes will calm down, although they will still be a factor on a lesser scale. Earth is on an unstable foundation, so landslides are definitely predicted, especially in burn areas and in arid places that are not used to an increase in rainfall. Flash floods can be a problem and may cause washouts of roads and bridges. Water always seeks to go down, so expect that caves, mines, and tunnels will flood and basements will flood. Bogs and quicksand may become an issue in some places and sinkholes may also become more prevalent. There may be problems with buildings built on unstable Earth that will create problems with the foundation sinking, the building tilting and some may possibly collapse.

Storms should be less intense this year, with storm surges as the bigger threat along with sand and soil erosion. There will be bands of weather across large areas that stay put for long periods. There will be more drizzle and more socked-in fog, which may cause car crashes. And, there will also be a lot of sea mist, which may cause some problems with shipping. Some areas will experience freezing fog and sleet rather than major snowstorms. Be careful and cautious while traveling in the winter months, as there may be an increase in icy sidewalks, black ice on roads and frozen bridges. In summer months, there will be an increase in humidity, even in places that don't usually experience it. The lack of fire in this year means that this may overload the electrical grid and cause outages.

Farming is actually benefitted due to Yin Earth, except where flooding occurs. Crops requiring a lot of water will flourish. These include: rice; cotton; legumes; wheat; alfalfa; sugarcane; lettuce; cruciferous vegetables; and almonds. Livestock - all farm animals - will have more than enough water this year, which they need. Grass will flourish and will feed range and migrating animals, so there will be an increase in offspring. Yin Water nourishes Yin Earth and makes things grow. There should be bumper crops in fruits and vegetables and there will be a renewed increase in biodynamic and organic farming.

Water has a cycle: evaporation of water makes clouds; then clouds make rain fall which makes streams flow to rivers; and rivers flow to lakes and oceans; eventually evaporating again. The Yin Earth cycle makes everything grow and is symbolic of the soil, which nourishes plants that feed insects and animals and composts to create more fertile earth. Both elements are involved with recycling, especially of organic material. This will give a big boost to the recycling industry and scientists will find new ways of dealing with or processing food waste and trash as well as water reclamation.

Governments will pay more attention to the internal workings and policies of their countries. States or Provinces will have more influence on their populace than the central government and representatives of these regions will have a strong

impact on legislation. Countries will be less focused on relationships with other nations or with foreign affairs. There will be withdrawals from occupied or foreign territories and past differences can more easily be resolved. Negotiations, treaties, agreements and alliances between countries will be given blessings from the Pig Year. Changes in command or government positions will be smoother and more peaceful than usual.

Internationally, most relationships should be harmonious and amicable. If heads of government or politicians choose to fight with others, they will find that they will be more evenly matched this year and will not be able to dominate as they have in the past. Resistance will meet an equal resistance. This can lead to impasses where both sides need to lower their expectations considerably in order to compromise and find solutions. Incremental gains and small wins will be much easier to achieve this year.

It is not expected to be a good year for the Stock Market and it looks to become decidedly Bearish. This is due to Fire being trapped inside Earth and put out by Water. The stock market's volatility is considered fiery and there is a dampening energy on market growth. Risky investments or investing for quick profits is not advised. Investors will be feeling less optimistic and more fearful, so more conservative investment strategies will become more popular and more comfortable for investors. It is a time to hold onto your money and for the first time in a long time, savings accounts may do better than many investments.

Overall this is a good year for business because both the Earth and Water Elements feed the Wood Element that business runs on. However the Chinese saying is that "Businesses should plan in the Pig Year and launch new projects and expand in the Rat Year", which is in 2020. Home building, publishing, environmental/ecology industries and businesses based on natural sciences should all have good years. Earth Businesses, like Real Estate home sales and all businesses involving Food will get a boost: food growing, production, distribution, preparation, and sales will also have a good year. Farm to Table restaurants and family dining restaurants will do best. Beauty products and spa treatments using mud, clay, seaweed or stones will be very popular. Partnerships and businesses working together and joining forces will become stronger and gain mutual benefit.

The energy of the Pig will make Education-related businesses flourish, particularly involving children and children's educational toys. The Pig also benefits all professions involving caring – healing, therapy, counseling and social work. Charities and nonprofits that focus on the welfare of children and the disenfranchised, as well as shelters for the homeless and feeding the hungry will receive more donations and gain more volunteers. This is definitely not a year to flaunt money, power, status or conspicuous. Generosity will be one of the themes of the year and people will be more inclined to help others less fortunate.

This is a year for cultivating all domestic skills – cooking, scrapbooking, housekeeping and gardening and these skills can more easily be made into

professions this year. People who practice these crafts will be more appreciated and those who work in support positions, such as all assistants or those working on assembly lines in manufacturing, will get more credit.

One of the curious aspects of the elements of this year is that they are both Yin – Yin Earth and Yin Water. Because both the Earth and the Water Elements are also considered more Yin, it is almost like having a quadruple Yin year. Yin and Yang are often misconstrued as opposites, but they are actually interdependent and can transform to become the other, as each carries the seed of the other within. In Chinese Medicine, men are said to be Yang on the outside and Yin on the inside, whereas women are said to be Yin on the outside and Yang on the inside. So everyone certainly has both Yin and Yang characteristics. However, most societies have been incredibly Yang-focused for a very long time and that balance is about to change.

This points to the rising power of Yin in 2019, and it is important to find strength in a Yin way, not in a confrontational Yang way, particularly for women. There will also be an expectation for men to express more of their Yin nature. Men need to be brave enough to start exploring their inner selves and bring forward more Yin actions, like compassion. This is a year of focusing on family, friends and community.

The Yin issues are important this year and improvements in these areas of life can and will be made legislatively and as movements. This involves things like: birth control; pregnancy; parental leave; childcare; children's health; women's health; family health; and eldercare. The previously disenfranchised will gain more rights. This includes: women's rights, gay rights; and children's rights too. The silent minorities will find their voices and be heard. Expect to have more spokeswomen emerging to fight **for** these causes, not just against men in power or the current system. Educating children will become a priority and other social causes, such as feeding the hungry, housing the homeless and caring for refugees, particularly child refugees, will become rallying causes.

Aggression and violence will not be tolerated this year and strides will be made in creating systems or passing legislation to deal more effectively with these societal problems. This is not a year for holding grudges or plotting revenge. These energies will not be appreciated or allowed and will bring rebukes and ostracism and censure. Conciliatory words and soothing tones of voice are advised in communication for harmonious interactions. People will feel much more Pro-Peace and will find it easier to cooperate and compromise.

The energies of this Pig Year will also encourage retirement in those that are close to retirement age, as the Pig values the reward for working hard and the relaxation and rest that comes at the end of effort. This coincides with the peak of the Baby Boomer generation who are reaching retirement age. So if you are not retiring this year, you may find yourself wanting to retire. Be sure to dedicate more time to rest and relaxation and vacations this year.

People will be very interested in food this year and the theme is that food must taste good. They will be less concerned about the calories or the nutrients and more focused on flavor. People will be cooking more; gathering and eating together more. They will cook family recipes and from their heritage. Comfort foods will bring pleasure. It is important to eat more cooked foods this year instead of so many raw foods. Fruits and Root Vegetables and Pulses all belong to the Earth Element and will be very nourishing this year. Yin Earth is also lightly sweet foods or sweets eaten in small quantities, so small pastries, light desserts, and creamy custards will be popular and consumed more than dense heavy desserts.

Weight gain is very likely this year, especially around the stomach. But it will occur in small increments and may not be noticed until the end of the year. This might also occur because people will be drawn to wearing comfortable, oversized clothing that drapes and hides weight gain well. Because the Pig energy can be somewhat sedentary, light exercise, particularly bouncing with rebounders and Shaking Qi Gong is recommended for moving the lymph fluid. Massages, including Lymph Massage or Bodywork will help alleviate tension and enhance relaxation. Calisthenics and stretching like Yoga, Pilates and Tai Chi are also good and taking frequent strolls will be enjoyable forms of exercise. People will also be drawn to group exercise and exercise classes, instead of individual training.

The combination of Earth and Water signifies Spleen Dampness in Chinese Medicine. To counterbalance this dampness, saunas can be helpful. This dampness can manifest as problems with the Spleen, Pancreas and Stomach, which are Earth organs. This may cause digestive disorders, so warm, cooked foods are recommended to ease digestive distress. It is also advised to add Ginger to the diet to aid digestion and for warming the stomach, along with more spices like Cardamom and Cinnamon, and hot drinks. Soups and stews are also good. It is very important to eat very regular meals. However, people won't be able to resist snacking this year.

The lack of fire makes circulation problems increase and there is slightly more risk of heart failure and small blood clots, hemorrhoids and varicose veins due to stagnant and thicker blood. Giving blood helps alleviate these conditions and some foods are considered very good for improving blood quality. These include Mu'er (Wood Ear) Mushrooms and red fruits that look like hearts, like Cherries, which in Chinese Medicine is said to clean the blood.

The combination of elements symbolized as muddy water can also affect the Kidneys and Bladder. This can manifest as more Urinary Tract Infections, which make the urine cloudy (Blueberries can be helpful). Or, there may be an increase in small kidney stones (Watermelon juice can be helpful). It is unfortunately easier for Kidneys to fail, requiring dialysis or even transplants. Kidney deficiency may also manifest as lethargy, low back problems, teeth problems, knee problems or as a low sex drive. Be sure to rest and sleep more to support your

Kidneys. Interestingly, although people may not be having as much sex this year, they will likely be much more fertile and many babies will be conceived.

Phlegm is another manifestation of muddy water, so the number of people who fall ill with respiratory infections is expected to rise, with congestion lasting longer than usual. If you find yourself suffering from congestion, cook more Chicken Soup with Garlic, Ginger, Green Onions and Cayenne Pepper and drink hot Water with Lemon and Honey – a shot of whiskey makes it even better!

People will want to stay at home more because the Pig is considered a home-loving and family-oriented creature and they value comfort. There will be a strong pull to gather together with family, friends and workmates often. It is a good year to spoil children and grandchildren. The Yin nature of the year may bother a lot of people, but it will balance out their Yang natures. Take naps and spend more time just being. The idea is to relax and enjoy life in the Pig Year and spend time with loved ones.

People will be more caring, considerate and nurturing this year, and more willing to help others. This is a very good year for dealing with family issues and overcoming previous hurts. Forgiveness is easier and reconciliation is one of the themes of the year. People will take romance seriously and there are likely to be more proposals. It is not a good year to play with someone's heart or engage in superficial relationships.

The Pig is considered an honest creature, so truth will be valued. However, muddy water means that things won't always be that clear. People will be a bit more confused and hidden danger will not necessarily be easy to see. Those who attempt deception must be very good at keeping secrets as water is always trying to become clear. So this year, their deceptions will likely not be as hidden as they think or won't stay hidden as long.

The downward push of Earth into Water makes mud, but then rises up to dry in the sun. This means what's been hidden below must come out. So, past venial sins will rise up to be remembered and will need to be cleansed and consciences cleared. Therapists and ministers will be busier counseling, and Catholic churches will see more people seeking confession. These sins may also be revealed to the world but anonymously or in confidence and those who prey on Yin people will be found out, as Yang does not have as much power this year.

Emotionally, people will feel more worried and more fearful, but can be consoled easily by their loved ones. Most people will feel like hugging and cuddling more. They will feel more affectionate and less angry. Confrontations should be easy to diffuse and patience will help. It is easier to feel a connection to others and it is easier to make friends. The main goal is contentment and enjoyment of life – resting and healing to prepare for the new cycle.

Overall, the Pig brings gifts to most people this year. Tigers, Rabbits and Sheep get particular benefit, but any barnyard animal is favored. Snakes, Monkeys and

Pigs (except those celebrating their 60th birthday) will find this year more difficult. This means that they may have to work harder, move, travel more, change jobs, start a new job, get married or have a baby – the Chinese call it experiencing “Good Bad Luck.” The remedy is to carry a Tiger Charm.

Individual Animal Forecasts for 2019

Rat - Water Element: 1924, 1936, 1948, 1960, 1972, 1984, 1996, 2008, 2020
This is a good year for socializing and romance. However, finances are tricky so be careful with money and don't take a lot of chances. It's a time to finish up with projects already started.

Ox – Earth Element: 1925, 1937, 1949, 1961, 1973, 1985, 1997, 2009 and 2021
This is a good year for Oxes. Finances improve and reputation is enhanced. However, it is best to stay close to home.

Tiger – Wood Element: 1926, 1938, 1950, 1962, 1974, 1986, 1998, 2010, 2022
This is a good year for Tigers. Business grows and finances improve. New plans can be implemented with success. Some family issues may occur and caution is advised when traveling even short distances.

Rabbit – Wood Element: 1927, 1939, 1951, 1963, 1975, 1987, 1999, 2011, 2023
This is a happy year for Rabbits, especially in the family. They will feel more creative, express themselves better and will be more appreciated. However, Rabbits should be cautious about spending money.

Dragon–Earth Element: 1928, 1940, 1952, 1964, 1976, 1988, 2000, 2012, 2024
This is a fortunate year for Dragons, financially and socially. However, Dragons may be more irritable and have less patience with others. This is not a year for doing any remodeling or redecorating.

Snake* – Fire Element: 1929, 1941, 1953, 1965, 1977, 1989, 2001, 2013, 2025
This is an up and down year for Snakes. Family connections can become frayed, but it is a good year for romance. Money can be made, but will require hard work. Travel, especially over water, is not well-aspected.

Horse – Fire Element: 1930, 1942, 1954, 1966, 1978, 1990, 2002, 2014, 2026
This is a stable year for Horses emotionally and the family is happy. There is positive growth in work and finances. However there may be some problems with the home, requiring repairs.

Sheep–Earth Element: 1919, 1931, 1943, 1955, 1967, 1979, 1991, 2003, 2015
This is a happy year for Sheep, especially in family life. This is a good year to add to the family, by marriage or birth. Short trips are better than long and will make some happy memories.

Monkey*-Metal Element: 1920, 1932, 1944, 1956, 1968, 1980, 1992, 2004, 2016

This is a tricky year for Monkeys, so they need to be more careful than usual. However it is a good year for making money and expanding business. Watch out for overconfidence and internal tension.

Rooster–Metal Element: 1921, 1933, 1945, 1957, 1969, 1981,1993, 2005, 2017
Life improves a lot this year after two hard years. You get along better with others or reconcile with family members. There is luck in business and finances and it may also be a more social and romantic year.

Dog – Earth Element: 1922, 1934, 1946, 1958, 1970, 1982, 1994, 2006, 2018
This is a happier year for Dogs with some sudden good fortune in business. They will spend more time at home and it is recommended that they do not travel very much. People around them may need emotional support.

Pig* – Water Element: 1923, 1935, 1947, 1959, 1971, 1983, 1995, 2007, 2019
This is a slow year for Pigs and may feel boring, but it will be peaceful and calm for the most part. Travel, especially international travel, should be limited. There will be few gains financially, but also no real losses.

*Pigs, Snake and Monkeys should carry a Tiger charm for protection this year and to bring more luck their way.

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DISCLAIMER: All information provided in this forecast is based on the ancient principles of the Chinese Five Element Theory and on an understanding of the animal symbolism in Chinese Astrology. It is intended for entertainment purposes only. There is no express or implied guarantee of results from using this information, and individual users are solely responsible for their own interpretation or application to their own circumstances. Further, the information is not, nor is it intended to be, a substitute for legal, medical, or psychological advice, evaluation and/or treatment. You are welcome to share this post, but please refer to the source.

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