

The 12 Hour Animals

The 12 Branch Animals are associated with the 12 double hours of the Chinese clock. Seeing your day as a succession of animal powers gives you an interesting perspective on your experience that lets you harmonize your activities with the quality of the time.



RAT Hour: 11pm-1 am. Kidneys/Water.

RAT/ Intuitive Navigator. Winter.

This is the start of the cycle, the entrance to the night world. Rat gathers life force, controls the flow of emotions, particularly courage and fear and transforms essence into available energy for the long journey ahead.

The influence of the Rat gives you foresight to plan and invest wisely and not be confused or duped by others. It adds the courage and insight of Water to all aspects of your experience.



OX Hour: 1-3am. Stomach/Spleen/Earth

OX/Perceptive Midwife. Transition

This is the seed's struggle to break through and sprout, the transition from the dark flow of Water to the emerging force of Wood. Ox stabilizes nourishment, governs the free flow of ideas, controls and protects central energy.

The influence of the Ox gives you the strength to work hard, value family and dedicate your accomplishments to the common good. It adds the receptive strength of Earth to all aspects of your experience.



TIGER Hour: 3-5am. Liver/Wood.

TIGER/Groundbreaker/Spring Begins

This is driving energy breaking free and the onset of dreaming. Tiger governs energy and emotion, purifies the blood, links eyes and sexual organs, desire and anger, giving the capacity to act decisively.

The influence of the Tiger gives you the talent to inspire, have many friends and relate well to all types of people. It adds the dynamic strength of Wood to all aspects of your experience.



HARE Hour: 5-7am. Liver/Wood.

HARE/Matchmaker/Full Spring.

This is effortless growth in spring light, linking dream to waking life. Hare assures the free flow of energy and emotion, purifies the blood, links eyes and sexual organs, vision and motivation, giving the capacity to act decisively.

The influence of the Hare gives you the grace to be kind, gentle, subtle and understanding. It adds the penetrating capacity of Wood and Wind to all aspects of your experience.



DRAGON Hour: 7-9am. Stomach/Spleen/Earth.

DRAGON/Perceptive Creator. Spring to summer.

This is vigorous expansion, creative energy moving into the day life. Dragon regulates the rhythm of life, connecting the surface with the central nervous system through sexual stimulation and the power of inner images.

The influence of the Dragon brings intensity and drama to life, excitement in relationships and opportunities for travel. It adds the receptive strength of Earth to all aspects of your experience.



SNAKE Hour: 9-11 am. Heart

SNAKE/Intuitive Visionary. Summer.

This is a moment when plants complete their growth and vigor and power turns inward. Snake commands the pathways of the blood, brings the spark of life and offers a quiet center in which the spirits find a voice.

The influence of the Snake brings patience, intuition and understanding of the human psyche. It adds the clarity and warmth of Fire to all aspects of your experience.



HORSE Hour: 11 am- 1pm. Heart.

HORSE/Instinctive Visionary. Summer.

Sun is strongest and plants reach full maturity, the apex of the day life. Horse commands the pathways of the blood, brings the spark of life and offers a quiet center in which the spirits find a voice.

The influence of the Horse gives you the joy to be popular and well liked and a daring, adventurous spirit. It adds the clarity and warmth of Fire to all aspects of your experience.



GOAT Hour: 1-3 pm. Stomach/Spleen/Earth.

GOAT/SHEEP Inventive Midwife. Transition.

Transition from Fire to Metal energy when things take final form. Plants ripen and all is peaceful and assured. Goat stabilizes and transforms nourishment, governs the free flow of ideas, controls and protects central energy.

The influence of the Goat/Sheep gives an artistic, inventive, creative and peaceful overtone to your personality. It adds the receptive strength of Earth to all aspects of your experience.



MONKEY Hour: 3-5 pm. Lungs/Skin/CNS/Metal.

MONKEY/Inventive Creator. Summer to Autumn.

This is a moment when crops are ready and the harvest is prepared. Monkey regulates the rhythm of life, disperses energy and connects the surface with the central nervous system, sexual stimulation and the power of inner images.

The influence of the Monkey enables you to succeed in many areas and occupations, negotiate skillfully and be witty and charming. It adds the intensity or Metal to all aspects of your experience.



ROOSTER Hour: 5-7 pm. Lungs/Skin/CNS/Metal.

ROOSTER/Mediator. Full Autumn.

This is a moment of harvest, the fruition of the day life. Rooster regulates rhythm of life, disperses energy and connects the surface with central nervous system, sexual stimulation and the power of inner images.

The influence of the Rooster helps you handle money well, communicate skillfully, be suspicious when necessary and work hard to achieve goals. It adds the intensity or Metal to all aspects of your experience.



DOG Hour: 7-9pm. Stomach/Spleen/Earth.

DOG/Gatekeeper. Transition.

This is the transition from the forms of metal and its forms to the dark flow of water, when plants disintegrate and night life begins. Dog stabilizes nourishment, governs the flow of ideas, controls and protects central energy.

The influence of the Dog gives you high moral principles and the ability to be a true friend and a trusted soul. It adds the receptive strength of Earth to all aspects of your experience.



BOAR Hour: 9-11 pm. Kidneys/Water.

BOAR/Instinctive Navigator. Early winter.

Earth is at rest and the night life awaits. Boar conserves life and transforms experience into available energy, controlling the the flow of emotions, particularly courage and fear.

The influence of the Boar gives you the knack to enjoy life, share easily with others and find contentment. It adds the courage and insight of Water to all aspects of your experience.