



2018: The Year of the Dog

As we predicted, in the last year, the Year of the Rooster, we faced a new reality. It was one that went beyond our expectations and was filled with surprises and transitions. This was especially true of political events: the events of the first year of the Trump presidency, the North Korean situation, and so on. In this year, that new reality will reach its peak, and its negative consequences will begin to play out. In Yin-Yang theory, when Yang reaches its extreme, Yin begins to rise, and vice versa. When irrationality and chaos reach their limit, rationality begins to arise. The period of change, however, is not immediate, and can be turbulent.

Yang (masculine energy) is action, Yin (feminine energy) is awareness, and in this new period, more rational and feminine qualities will begin to manifest, as a result of the consequences of the previous year. Last year was characterized by sharp spikes; events unfolded in a series of shocks. In the coming year, while controversies will still exist, they will unfold more gradually and smoothly, and in a less extreme way.

This will be especially noticeable in the refugee issue, which will start to be handled in a more compassionate and focused way. Another issue that will benefit from increased awareness is the problem of sexual harassment, which will gradually lead to a shift in the wider culture. This will be a marker for the increased feminine influence as the Year of the Dog progresses.

The political confrontations of the past year will begin to manifest more as commercial confrontations, shifting the emphasis from power to trade. There is less of a threat of war but beware of a rise in natural disasters.

Feng Shui is concerned with the relationship of people and their house; the living environment: how the environment affects the person or people who live in it. However, the soul also has a living environment: the body, which is the host of the soul. In the same way that we pay attention to the living environment of the body, we should also pay attention to the body as the living environment of our soul.

In the larger environment, we talk about wind as energy flow, and about water as space. In the body, wind means breath and chi flow and water means clean and uncluttered space.

In regards to the body, the breath and chi flow should be smooth and unimpeded. Clean and uncluttered space means avoiding unhealthy or unsuitable foods, but more importantly it also means giving up attachments to unnecessary and unhelpful thoughts and emotions. In this way we establish an open and harmonious internal space within ourselves. This is why meditation, Qi Gong, and other approaches to making the body into a harmonious living environment for the soul are necessary. Pay close attention this year to the feng shui of the soul by making a clear mind and body a priority.

A Year of Rising Feminine Energy

Chinese Astrology:

Dog – It will be a year of changes which, if handled well, will help you rise to a higher level. Take special care in handling romantic relationships. This tends to be a fairly smooth year but change manifests slowly.

Horse and Tiger – It will be a great year for you, both in finance and relationships!

Dragon – You will face more challenges in health and career, which should be handled with great care. Avoid making big decisions or major changes.

Rabbit – It will be a smooth and positive year.

Sheep and Ox – You will experience friction, in other words, problems can be resolved but they require great energy.

Rooster – You can expect to experience indirect conflicts: you will have to work to keep relationships stable, but do not expect major disruptions.

Rat, Snake, Monkey and Pig – This will be a fairly neutral year: as long as you stay on course, you should have no major surprises.

The Chinese have a saying that translates to, “everything is best arranged” which means everything happens for a reason. Things often do not make sense in the moment, when you look back on the Year of the Dog, you might later realize there was a good reason for certain situations, often the undesirable was a hidden blessing. Whatever happens this year, have faith that it is meant to happen this way.

Wishing you all a very happy and successful new year!