2026 - Year of the Yang Fire Horse, Ignite!

February 17, 2026 launches the Lunar year of the Yang Fire Horse. Lunar New Year begins on the second new moon following Winter Solstice, when the Sun and New Moon are conjunct in Aquarius, along with a powerful Solar Eclipse this year.

The Fire Horse brings an intense "wildfire" energy. Its' unstoppable momentum is purifying, disruptive, explosive and deeply transformative. A time of dramatic change, and potential breakthroughs, this is the year to ignite your passions and to get clarity on what lights you up. Let your true and deepest self shine - dream big, think big, move big, it's the year to be visible. The powerful Fire Horse brings us the courage, confidence, strength and fueled creativity to take risks in new ventures. There's a huge amount of energy and more joy accessible this year. If ever there was a year to be bold, this is it. We'll see a spiritual acceleration of higher frequency, offering more opportunities for awakening. Impulsiveness, volatility, anxiety and upheaval will be things to watch for. I wouldn't expect a comfortable or peaceful year, but a pivotal one.

Since we are still in the energy of the Wood Snake until February 17, continue doing the work of shedding the old skin of what no longer serves us going forward into the new. In order to receive the powerful energies and gifts of the Fire Horse year, this completion work is crucial. Clear old patterns and belief systems, old energies, relationships that no longer serve, old stuff in your physical environment, etc. This will be super beneficial in gaining clarity moving forward. There is an overlap in energies of Snake and Fire Horse now, so it is recommended to simultaneously work with and put energy into your future visions and intentions. If you don't know what they are yet, focus on how you want to feel.

Attributes of the Horse (all elements)
Adventurous, enthusiastic, unconventional, and flamboyant, the trailblazing Horse is a natural leader. He is action oriented at an accelerated pace. The motivated and creative Horse can also be impulsive and rebellious and must have freedom at any cost.

Attributes of Fire Horse
"The Fire Horse is the daredevil of the zodiac and can throw caution to the wind. Hot blooded, and hot headed, he tends to become easily distracted and inconsistent. A competitive thrill seeker and skillful at resolving complicated situations, Fire Horse can be argumentative and unreasonable. With superb intellect and great personal magnetism, he has much ingenuity, but he is not known for perseverance. He tends to create change through force and sheer will power." Theodora Lau

In times like these we can expect sudden shifts and changes, endings and beginnings, and very unexpected events and opportunities. Fire Horse is very social, talkative and greatly values relationships. Affirm your intention to form new bonds with others with likeminded values. Fire Horse comes only once every 60 years so this energy may signify a generational igniting. 1966 was the last Fire Horse year.

Yang Fire Element - times 4
This is a time of *extreme* Fire - the most Fire possible actually. The Horse is innately the Fire element; we have Yang Fire as the supporting element this year; Horse represents the peak of Summer, the highest Fire element time of year; and 2024 began a 20 year Fire element cycle. Whew! Fire represents purification, illumination, and transformation, it burns off illusions and false pretenses and won't tolerate stagnation.

In order to navigate these extreme Fire energies, it's important to understand how to create balance so you can stay in the flow with the energies available. Burn out and anxiety/anger are a side effect of too much Fire.

With the overabundance of Yang and Fire, Yin Water and Earth Element are required for balance. With its cooling and flowing affect, Water can add balance by being on, in or around bodies of water, do water ceremonies and rituals often, have images and elements of water in your environment, etc.

A great way to work with the stabilizing and grounding qualities of Earth Element is to do practices that calm the mind, things that slow you down and are grounding - like yoga, meditation, tai chi, walks in nature, breathing, writing, art making, taking frequent breaks, napping. Earth element will also be beneficial in balancing the impulsive tendencies of Fire Horse. Taking *calculated* risks rather than jumping in recklessly to a venture is a better approach for success. Earth element helps by preparing ahead, planning a grounded framework and well thought out structure to keep on track.

BaZi Four Pillars Chart 2026
There is not just one, but four animals and four supporting elements in the year chart. The chart for 2026 contains primarily yang, a lot of Fire and a lot of Wood (which feeds the Fire), all

indicating 'extreme heat'. This includes internal heat, which are our thoughts that drive our emotions and actions. Volatile emotions, anger, impatience and anxiety will be amplified this year and can create problems without balancing. All the heat in the chart also indicates the increase in natural disasters, particularly fire and dry /wind events. Prepare for potential disruptions in travel and plans, flexibility is key.
Expect even more political and economic instability and volatility.

There is no Water element whatsoever in this chart, not a drop. This can signal overthinking, over analysis and can stop progress and follow through. Once you have clarity on an idea and the energy behind it, strongly commit and use the courage and fortitude of the Horse to take action, or the energy can get obstructed.

Body Systems
Because of the lack of Water, it is recommended to nourish the kidneys. The (excessive) Fire is related to the heart (physical and emotional), nervous system, eyes/vision. Pay special attention to nutrition, practices and healing modalities that nourish and balance these systems. The digestive system (Earth) is always good to support.

M**ore in-depth insights on The Spirit of Fire**
"Fire, the Shen, the heart spirit, is the heavenly aspect of all the elements, and in their purist form are divine light. Shen is Insight, the bright idea, the illuminated understanding, the electric current of a lightning bolt. The heart is the center-point of human awareness and is the spirit of enlightened awareness, inspiration, and insight and love that comes to us from the divine. It is the Yang spark of conscious awareness that is said to reside in the human heart. Shen is the way that the light of heaven extends itself into us and then through us to manifest through our actions on earth. Shen is related to heart, joy, awareness, inspiration, insight, knowing our true self, the seventh chakra, compassion, and love. The Shen are like wild birds and need to be nurtured by the essence of the Earth. Fire is related to intuition, to magical bonds and to spiritual transformation. The heart is the mediator between above and below, within and without. It acts as a shock absorber that bears the brunt of our emotional agitations. Its important to cultivate calm and turn the light of awareness inward to the heart. Don't move forward until you get clarity, get calm and listen to your heart before making important decisions. The voice of the heart when paid attention to organizes into a pattern that makes sense, it may come as a flash of intuitive, knowing or sudden insight or gradually gathering clarification. Contemplative practices clear a space to nourish the Shen so you'll be able to hear its voice." Lori Dechar

Yi Jing Hexagram for this year is Fellowship (Heaven/Strength above Fire/Clarity). It supports working together, building principled unity, collaborating with others with like minds and shared values to create change and true community. This is tribal energy and initiates positive collaborations.

Bagua Chart: Flying star one is in the center position which rules the Feng Shui chart this year. It signifies wisdom and new beginnings, and is in the position of Water. As a cure to add some

much needed water element, I suggest to add a water feature in the center of your home or workplace to activate it. If you live in a dry area, a humidifier works well.

Numerology of 2026 is ONE. The Magician in the Tarot.
2025 was the end of a cycle, a nine year, and dealt with completion, letting go, reflection, and forgiveness. ONE has a an energetic, focused, and initiating energy, inspiring new beginnings, new ventures and self expression. This start of a new nine year cycle signifies a huge shift and rebirth, and supports a reinvention of the self. ONE is about courage, leadership, and creative force and insists on authenticity. Because the ONE vibe amplifies intentions, it is essential to have a clear vision, for what we focus on can happen with astonishing speed.

Tips for Navigating the Fire Horse Year

* Be a bigger version of yourself, dream big, take bold action.
* A time to ignite passions, compassion, and joy.
* Take a hold of the reins with courage, confidence, conviction and power.
* Prepare for fast movement-outcomes will arrive faster, lessons will speed up.
* Personal disruptions can lead to sudden breakthroughs.
* Plan adventures for 2026.
* Be proactive in making new connections. Work together with your tribe.
* Take calculated risks. Plan and organize before taking a leap into new endeavors.
* Cultivate flexibility to flow with sudden unexpected changes.
* Contemplative practices to slow down and balance the intense Fire.
* Use Water and Earth elements and practices to balance and ground extreme fire.
* Do physical activity that supports your strength, flexibility and sense of power.
* Living in your truth and authenticity is paramount. Anything false will collapse.
* Have clarity and focus on the expression of what is alive and true to your heart.
* Watch for burnout from moving too fast-speed without intention becomes chaos.
* Watch for impulsiveness, anger, impatience, and volatile behavior in self and others.
* Pursue creative expression, expect to see creative breakthroughs and innovations.
* This year has great potential for a leap in consciousness to take us to the next level.

Wishing you all a fabulous, adventurous and successful year, filled with joy and synchronistic surprises! May the Fire Horse nourish your hearts and take you on a wondrous journey.

Much Love and Many Blessings,

Gaela

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*****Japan Retreat - Late September, 2026** (see below)

We are in the planning phases of putting together an inspiring and beautiful retreat to Japan! It will include: an Onsen (hot springs) resort, time in nature, rejuvenating movement and contemplative practices, a village exploring shrines, temples, visits to traditional artists studios, galleries, Japanese gardens and other cultural sites. We will explore Shinto, Japan's national earth based faith, which is very shamanic. We encourage participants to bring a journal for creative or art practice.

Partnering with me on this adventure is Yasha Siemienski, who teaches mindful movement practices, and leads group retreats drawing on a variety of restorative practices. she has recently moved to Japan and looks forward to leading retreats exploring Japan's beautiful scenery and unique culture.

Details TBD in a month or so. Email Gaela if you want to be on a list for further details.

Retreats being planned for 2027:

May 2027
Gaela is teaming up with watercolor artist and teacher, Gabrielle Raumberger for this retreat. We will explore powerful places in Joshua Tree National Monument during spring bloom and paint our impressions on site and in her beautiful studio. No experience necessary.

September 2027
Living Creatively on Orcas Island - San Juans, Washington. Gaela is partnering with Lee Rome, musician, artist and Tibetan Medicine practitioner. Creative practices and art with nature, lots of music, cooking, and hiking in magical places. We will be camping on their beautiful property.