

Clara Cohen: Oh, please do not, do not laugh at my Chinese pronunciation, but happy Chinese New Year. I cannot believe that this is the year of the fire horse. We are going to gallop into 2026. I'm so glad you're here because. My good friend, Dr. Sonia Tan, is here with us to share her amazing knowledge when it comes to Chinese astrology and what this year has in store for us.

Let's look at it from the fire perspective, which is inspiring, fun, fast, bright, right, fire, right? And the horse is such a beautiful, strong, powerful animal. But she'll talk also about the other side of the coin, 'cause everything is about yin and yang and what we need to be mindful of because it is a very fire year and so we could burn out.

So are you ready for this one? Let's go.

Clara Cohen: Welcome to AcuPro, a show dedicated to making Chinese medicine and acupuncture. Easy to grasp and fun to learn. Hi, I am your host, Clara Cohen. I support practitioners and students and like you in changing the world one patient at a time. My goal is to share my passion for TCM and empower you to achieve superior patient care.

I love to showcase the amazing benefits of acupuncture because after all, acupuncture rocks.

Welcome back to the AcuPro Show, Dr. Sonia Tan, who's a good friend of mine and a colleague who actually graced us with her amazing teaching of the balance system, acupuncture. Her courses are on our platform at AcuPro Academy, so if you have ever wanted to learn the balance system, she is your gal.

'cause her teaching is phenomenal and the feedback on that course has been amazing. We'll have the link for you in the show notes. She also teaches scalp acupuncture. She teaches feng shui and she even has a mentorship to teach. Astrology, specifically Chinese astrology. So today I'm so glad she's here to talk to us about this new year of the Fire Horse! Welcome back, Sonia.

Dr. Sonia F. Tan, DAOM, RAc, RTCMP: Thank you so much. It's always a pleasure coming back to talk with you and to talk about astrology or any topic you know. It's always fun. I like sharing the knowledge too.

Clara Cohen: I know and it's so good to see you 'cause we don't see each other that much anymore, so it's kind of cool to get together

Dr. Sonia F. Tan, DAOM, RAc, RCMP: Catch up face to face.

Clara Cohen: The podcast. Yeah. So it's kind of like for us too and for everybody that's listening. So I'm gonna jump right in and say you've been here for three years in a row to talk about each year, and what does that entail for us?

So I know last year we talked about the year of the snake, so I feel like we shedded this kind of thing and we are going in a completely different year. And so before we start talking about the fire horse, I want for people that have not had the opportunity to listen to the past two years to kind of explain how Chinese astrology is really set or how does it work?

Dr. Sonia F. Tan, DAOM, RAc, RCMP: I think that's great about you introducing with the snake because a lot of people like to use the analogies of what a snake is, so the shedding of this. Skin kind of like observing before striking. And one of the things I love educating about astrology is that the animal names actually came in much later in and around the Han Dynasty. the actual original astrology characters are not animal characters. So what the animal assignments you could say, give us is a quick idea of the energetics. Of what that astrological symbol or character is. So you get an idea of what snake is. By just saying the name, knowing what that animal quality is like.

So I think that's important because that's also one part of an astrology, what we call a pillar. So the animal names are on the bottom of the pillar. The bottom of the pillar represents this cycle of energy here on planet Earth. And the language of the cycle of energy is in a whooshing, or five behaviors, five elements language.

So it's the seasons that we go through. All the seasons go through a cycle of energetic change, so that's called the earthly branches. Now, on the top part of an astrology pillar you'll hear something like the fire horse that we're coming into, that top part is called the heavenly. Stem, and that's the cycle of energy from the heavens as the Chinese like to say.

So we could look at that like universal energy, planetary energy, how the planet's cycle and change and the energy or language of change is also a whooshing or five behaviors, five element language. So the Chinese figured out how these cycles of energy changes. Now on the top there's only 10, so there's five Wu Xing but each has a yin yang. And on the bottom, we have 12. There is a yin yang, but we have the earth earth ones that have yin yang as well. Maybe let's keep it more simple, but there's a 10 and 12 segments. So the top row, you have 10 times that it occurs in cycles. And the bottom row, there's a cycle of 12.

So what that means is when you hear the animal sign come in, that means it didn't appear previously from 12 years ago. So now it comes again in, its 12th cycle, the top one. also did not appear previously till say from 10 years ago. So if you do math, and I'm not gonna do the math for you, but the pillar that we've created here uniquely, the Yang Fire Horse year Bǐng Wǔ is what we call that unique combination, doesn't come around for every 60 years because they have to cycle through changes.

So the last time we had a horse year was a wood horse year. And that was back in 2014. So now we're in a fire horse year. So the energetics of how they play together make a difference because the pillar is also going to interact top and bottom. So you can see now we're dealing with two fires, double fires.

We're not dealing with wooden fire. So that's already gonna tell us what's in store for us for the year.

Clara Cohen: I love that explanation. I know that's a great explanation. So let me see if I got this right. So each animal, which they were not at the beginning, that's something I didn't know, so thank you for sharing that.

Dr. Sonia F. Tan, DAOM, RAc, RCMP: Yeah.

Clara Cohen: say we have the horse, and the horse can obviously be yin or Yang, depending on the year of course, and then it can be any of the five elements.

Is that correct?

Dr. Sonia F. Tan, DAOM, RAc, RCMP: The horse is always one polarity.

Clara Cohen: Okay.

Dr. Sonia F. Tan, DAOM, RAc, RCMP: It's always a yang polarity. It's got yin within it. We can't have like a yin horse year or a yang horse.

Clara Cohen: Okay.

Dr. Sonia F. Tan, DAOM, RAc, RCMP: The animals have a distinct polarity in its location, in its timing,

Clara Cohen: Okay.

Dr. Sonia F. Tan, DAOM, RAc, RCMP: and then there's like little whooshing within it that could be yin or yang.

It, see, it's so layered and

Clara Cohen: Oh, okay. Okay. So that's okay. That's the element that can be yin or yang, and then attached to that year with the element, the yin or the Yang that's attached to the element and then now attached to the animal. Got you.

Dr. Sonia F. Tan, DAOM, RAc, RCMP: Yeah. Yes,

Clara Cohen: So having

Dr. Sonia F. Tan, DAOM, RAc, RCMP: Yeah. Yeah.

Clara Cohen: said that, quick question, if I am born a fire horse and I turned 60 years old at 60.

I'm the same fire horse. Is that what it means? Because it's 60 years. Okay.

Dr. Sonia F. Tan, DAOM, RAc, RCMP: You got it.

Clara Cohen: Okay. Is that a really big significance to turn 60 because now you are in the same way you were when you were born, or does that matter?

Dr. Sonia F. Tan, DAOM, RAc, RCMP: It can be, it can be really amazing. It can be kind of shaky. So this is where I love teaching about astrology 'cause it really is important to know your helpful elements individually with your own personal chart. Because we have actual four pillars in a birth chart. We have the year, the month, the day, and the time. So in each pillar we have the heavenly stem and the bottom row, the earthly branch. So we have eight Wu xing characters. And so when an astrologist is looking at the whole thing, we're looking at the interaction with your core self. The core self is from the day pillar and the day heavenly stem. That's the core of who you are, and that's the when push comes to shove or the stress response. But we're looking to see what's the best thing for the core. So let's go back to your original question about, okay, so I know whenever someone turns 60, it means it's their year of birth, reappearing. Is that good for them or not? So it's only good for them if the Wu xing five elements is good for them. And,

and it's not necessarily shaking up all the other pillars in a harmful way. So for example, this year it's a double fire year. We have yang fire on the top, Bing,

and we have a horse on the bottom, which is it's a yang animal, but it's got a yin fire polarity in it.

So it's a lot of fire. In it. If you're turning 60, I sure hope you need fire this year, and if you do, it's going to be fabulous, monumental, transformative, really smooth. But if you don't, It could be also really transformative, but in a different way, right? Pushing you to really change, and that's something that you're maybe not ready for or maybe don't have all the resources for.

So how do we prepare for that? It's good to know that your helpful elements to be prepared.

Ad: Have you ever wanted to learn the balance system acupuncture, but couldn't afford to travel to learn in person? Well, I've got great news for you. The balance system acupuncture is now available. To you, my TCM Rockstar Community at Acupro Academy. It is a recorded course so you can watch it at your own pace and learn this method that is so effective.

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Clara Cohen: That is really cool. So I know we've talked about this before, so before again we go into more in depth about what the fire horse entails for us in 2026. For those who don't know, Sonia does consultation with obviously people and patients that would like to have everything done with them.

And so she does astrology consultation when you do that. So you get the year, you get the date, you get the month the year, the day and the time they were born. And then you can share. Anything that you know how to share. What is it that you share exactly for that person and does that have to do with their life now, or We're just going to look at the past?

We're looking towards the future. Like, you know, astrology has always been kind of like looking at what happens forward, but I feel like what happened in the past also will dictate forward. So can you share what happens in the consultation? .

Dr. Sonia F. Tan, DAOM, RAc, RCMP: Absolutely. So the very first one is called the birth chart consultation. It's exactly that. We're looking at the birth chart, which is the four pillars or the eight characters. That's why it's called Ba Zi eight Characters or the Four Pillars of Destiny. In that first consultation, the time is really taken to analyze what is the helpful element, so the interaction with that Day Master, we call Rì zhǔ. I always look at the past, not only to verify that my analysis is correct. So for example, if I can see someone's water's not good for them and they need instead metal, I can verify times in their life, okay? That means this time in your life wasn't good and this was the learning you were meant to go through at this time. These were the, the themes you were meant to go through. Now, when someone goes through that and they learn from that, they can rise above and they could get prepared for the next phase, which it does come in 10 year cycles in Chinese astrology. And those tens are not exactly on the 10. It could be on the six, so it could be six. 16, 26, 36 for you, but for someone else it could be on the three. So we analyze those cycles of changes and we see what the interaction of that 10 year, we call it, the Da Yun Cycle that's coming in and it's interacting with the birth chart. then when we establish, okay, we know what the helpful and we are looking at the present and. What they went through to get here, what were the themes and what was the learning? And then with that, we have some preparedness for the future. And usually I only touch on say the next 10 year pillar. 'cause it's already a lot. I mean, after all that, it's already been, you know, a lot of integrating, talking and processing. So it's just a little bit of what's in store and how can someone prepare for that when you know your helpful element. There's little things you can do, like just even the clothing color you wear because when you wear a certain clothing color \ it changes your vibrational energy, right? How you feel like, you know, we just talked about this before, like this is my favorite color.

I feel vibrant, I feel alive. I feel that's what we want. We want that vibrancy and clarity. If we keep wearing colors that kind of stagnate us, cloud us, we don't feel as clear. Maybe we're more klutzy. We'll. Then stop wearing it. That's an

unhelpful element, right? And then we can apply helpful elements to career choices.

And a big picture is feng shui. Where should someone live? Because you're gonna absorb the surroundings all the time. So that's really important too, besides the career you choose, you're gonna be working besides sleeping all the time. So that's important too. So we look at that and I give them those tools to make choices going forward.

Clara Cohen: That's what I love about, the Chinese culture, the Chinese history. The Chinese medicine of course, is that it's very well-rounded. So for those who are not able to see us on YouTube and are listen to the podcast, I'm wearing a bright purple sweatshirt that says TCM Rockstar. And before we

started Sonia. I was like, wow. And I was like that's my favorite color, because I wear a lot of black sometimes when I'm teaching and I'm recording videos and I'm like, no, I need my color and my color is purple. She's like, yeah, black's not your color. Right? So I love that. Feng shui is important and it's the energy that surround us in every way possible where we live, our house, our office, where we work, all that, and then our career and then our entire being colors, food, everything that we gravitate towards.

Dr. Sonia F. Tan, DAOM, RAc, RCMP: Yeah.

Clara Cohen: you're making me feel about, you know, I don't know what my year is when, you know, there's a transformation and a change and et cetera. But it's interesting because throughout my life there's been time where I just go, yeah, I'm done with this and I'm done This time to move on.

And for example, I was in the fitness industry for 15 years. Before I decided to go and learn TCM and go back to school, and I remember. One day I was sitting at the fitness club and I thought, I'm done. I'm bored. I need more. I need something else. And once I knew that, then I started searching for what's next.

But you knew within yourself, and it's the same with colors at a little more lower level is that, I've had years where I'm like, my favorite color is green and everything around me has to be green. And it's all green and I love the green. And I go into a store and I'm like, oh, look at this green thing.

And you know, and now it's purple. So. I like that we are like the snake last year. We are shedding and going into something else and there's always cycles. It's not always the same. So I love that. So thank you for sharing that.

Dr. Sonia F. Tan, DAOM, RAc, RCMP: yeah, yeah. It really, we shouldn't, it shouldn't be the same because that's stagnation. We don't like stagnation in Chinese medicine. Right? And that's the same in any Chinese metaphysics. Stagnancy. There's the difference between stability and stagnation, right? So there's a certain amount of stability where it's a dynamic state of balance.

But if it's stuck and not ever moving and not ever adjusting and flowing, that's different. That's stagnant.

Clara Cohen: Yeah,

Dr. Sonia F. Tan, DAOM, RAc, RCMP: Yeah.

Clara Cohen: And so when, let's say you do astrology consultation, have you done before with this patient A TCM diagnosis? And if you do, do you incorporate this in the now, not past, but in the now to prepare for the future kind of thing of their TCM diagnosis? Do you mix the two or not?

Dr. Sonia F. Tan, DAOM, RAc, RCMP: I do when I need to. So I don't always do an astrology or I don't always draw the astrology chart when I see all my patients. Sometimes I do. It's useful just to know how to interact with them in terms of personality, like if I have a fire personality in front of me versus a wood personality or a metal personality, I know how to.

Speak their language better, but in terms of diagnostics and application, I don't always, because to be honest, like because, you know, I do balance system, it's so quick and effective with its tools. I don't necessarily need some add-ons to help me. when I go to astrology, it's when something's recurred or something's really plateaued and I'm looking for something to take them to that next level.

Something to just break through that plateau. Maybe it's something new that's really complex. I would say maybe very difficult cases right off the bat. They're like, okay, no, no, I'm gonna need some heavenly, heavenly insight here. So I will look at the astrology chart. And you know what's really interesting is it often aligns. What I mean by that is that whatever they need, the helpful channels to a certain point. Herbs and diagnosis, TCM, herbal diagnosis versus channel theory, diagnosis, they often align. If you're, if you're really astute, you can see, oh, that makes sense.

Why this channel set, like I'll talk about Jue Yin and Shao Yang. For example, in channel theory, that's a very wood balancing channel treatment. And so I have a patient, for example, and that's their helpful element. And before I knew

their helpful element, this was the one that worked the best. then later on I looked at their astrology.

I'm like, oh, well that's our helpful element. So it makes sense. I didn't really need to look. it's more like now , I know how to have a conversation differently or I know how to choose herbs differently or I know how to give lifestyle advice differently. It often aligns, which is really fun. but sometimes you need deeper insight, like with complex cases sometimes it's helpful.

Clara Cohen: Yeah, and I could see that. But overall that's really cool because you have so many tools you can use because of your knowledge in Feng shui, in Chinese astrology, in obviously balance and all your TCM background. For those who don't know Sonia, she's like a powerhouse. Her brain is full of so much knowledge.

I could go jump in there and grab it all. It'd be awesome.

Dr. Sonia F. Tan, DAOM, RAc, RCMP: It would be fun, right? Yeah. You could have a party in

Clara Cohen: Oh my gosh. But it's easier to just like, you know, take your course and then learn from you, obviously, but at the same time it's like, yeah, your knowledge is just always blows me away. So let's go for what you know is. The new year and the Chinese New Year. Of course, that is this week, and I'm so excited about the fire horse.

I'm very introverted and I need a balance of fire and water because I'm also, you know, hyper. In some ways I'm online. I get that. But what's interesting is. For me, a horse is like, has different speed and I have no idea if I'm saying this the right way or if this is connected to TCM or to the astrology.

But for me, a horse , is a beautiful animal to me. And I know it's not just from that at the beginning, but they chose the horse for a purpose. And the horse to me is like, you're sitting there. Higher up. You have a great view. You're connecting with this beautiful, powerful animal, and then you're just kind of going along.

But then you could go little bit faster and faster and galloping, and now you're like going super fast. To me, it's like a movement that can go from very calm to very, fast and fire and, and running a lot. And so that's all I see when I think of the horse.

So I'll let you take the rein.

Ho ho ho. Look at the, the, I made a joke in English. That's pretty good for me. That never happens. Take the rein of the horse and explain to us what is this fire horse in 2026 bringing us.

Dr. Sonia F. Tan, DAOM, RAc, RCMP: You know what? I think that was perfect of you describing it. And so where we went back to the beginning, we said, they gave the animal names in the Han Dynasty so you could quickly know the energy of that astrology character. So in the astrology character of the horse, there's a yin fire. With a yin earth, it's some of the, what we call cardinal animals.

So horses, technically something called a cardinal animal. It should be pure. It sits in the south position, in the astrology clock and, the highest noon position in the daytime clock. So it's got the highest amount of Yang energy, which is why it's a fire sign. But what is interesting to note is that it has a little bit of earth in there, and none of the other cardinal animals have some other little hidden heavenly stem in there. And so the analogy you said is perfect. A horse has times where it's grounded. It has four feet on the ground, it can be calm, it can be slow moving. It can tolerate a lot. Earth signs do tolerate a lot. How much does a horse carry on? Its back. We just load it. We load it, we load it, and then at the same time, in just a little instant. In a little spark, it can just go lightning fast. Lightning fast. Like I would say fire signs in general, they don't go slow. They don't go like, I'm just gonna slowly trot. No, no, no, no. I'm gonna go from zero to a hundred in a matter of a millisecond.

Clara Cohen: It's a Ferrari, basically. It's a Ferrari. Okay.

Dr. Sonia F. Tan, DAOM, RAc, RCMP: it's a Ferrari. As many, many, you know, how many horsepower are the Ferrari?

You've got that, and I would say for the fire horse year. So then you add what is happening on top in heaven. So they interact together. So we're adding fire with fire. So the yang fire on top is like the sun and the horse is like a fire. So if you have sunlight and you have a fire going on earth, it's just gonna get bigger and brighter and warmer.

Now there's the positives. We're gonna have a very inspiring bright year. There should be full of transformation, especially digital technology change because fire is about all this spark. What draws us? I mean technology and IT is like, oh, look at this. This is fun. This is fun.

This is fun. Look at this fire is also about fun and joy and spreading warmth and joy. So we're going to see a lot of that in this year. It's going to spread rapidly fast. have a double fire, rapid, fast, rapid, transformational change. So as a person, if this is going to affect your personal chart, this can be rapid transformational change for you.

So all that preparation you're doing up to here, like whatever you needed to let go and shed from last year, that means you're ready to launch in literally like a thoroughbred race this year. So you better be ready. But it's going to be beautiful because fire, when we have double fire, you can think about, okay, in an extreme version you have wildfires and what do they do? They completely burn everything down. But that's needed for some new life to start and that's a new self for to start. on the flip side, I also would say that this happens with countries. Countries go through big transformational changes during this time. Certain ones specifically partly 'cause of the feng shui sector they're in. So on the flip side, 'cause we do have a flip side, there's always a flip side, as you know in Chinese medicine, what happens when we have too much fire?

Clara Cohen: We burn out.

Dr. Sonia F. Tan, DAOM, RAc, RCMP: We burnout, we dry out. There's shen disturbances. This also can translate to people feeling either overly focused, self-focused, somewhat narcissistic or unable to also see beyond themselves because fire can just be very self-focused when it's unbalanced, right? Instead of sharing with others, just like, no, I just want all the attention on me right now. I'm the light. That's when it's unbalanced fire, because it's so bright and illuminating.

It can be easy to attract. and people, but that doesn't mean they're always good for you. So this is also a time where people, if there's too much fire, it could be a lesson in boundaries of like, how many people are good to have in your life? Who are the good people to have in your life? So on the flip side, we may be dealing with shen disturbances, burnout, insomnia in Chinese medicine.

I wouldn't be surprised or shen disturbances, I wouldn't be surprised about overly hot heat dysregulation could be in play. And I think a lot of this is gonna happen, particularly in the first half of the year because of the way I see four pillars interacting of the year. And then it won't be till the second half that it starts to kind of settle. So I think we're gotta be ready for a lot of change happening in the first six months. There are positives because we transform and we change our way of life. And I've told some people, I said. if you are still holding on to the way the world and life was in the past, you will be left behind,

in this year because this year is going to be rapidly fast with double fire. So the best thing for you to do to learn how to move with the change. Whatever it does, whatever you need, even if it's slow for you, just try or you will get left behind and then you will feel a little more distraught with that. So in order to avoid that, this is why it's beautiful to know and to be prepared. Okay? I know I need to work on what grounds me for what helps me pivot. Those are the two things, regardless of whether this is good for you or not, to keep going with the flow.

Ad: Before we continue with today's episode, I wanna share something that honestly feels like a big moment for me if you've been following me for a while. You know, I've always said no to all sponsorships. I've been approached many times, but I turn them all down because if I don't genuinely use a product or love it, I will never recommend it to you.

But today is different. I am super excited to introduce my very first sponsor. Drum roll please. Jane app. I'm also a Jane Ambassador, so this is a company I actually use and love. I am saying yes because I've used Jane for years in my own multidisciplinary clinic. Truly, it's the best practice management software and electronic medical record.

I've ever worked with before, Jane, we were using a clunky system that made everything harder than it needed to be. When we switched the entire clinic, felt the difference immediately. Jane is built by people who actually understand what it's like to be a practitioner. Running a busy practice. One of my favorite features is online booking.

There is nothing better than waking up and seeing patients booking their own appointment. Well, I was asleep. Your patients can book when it works for them and the wait list feature. Fills last minute cancellations automatically. I love that. I used to spend so much time calling eight to 10 people just to fill up one spot.

Jane also automates the things we never enjoy doing, like intake forms, reminders, confirmation. It honestly feels like having an extra assistant handling all the moving parts. You can focus on what really matters, which is supporting your patients and being the TCM rockstar practitioner. You truly are.

There are so many features I could talk about, but we would be here all day if you are looking for a system that brings more ease, more clarity and comment to your practice. I truly. Recommend Jane. You can check it out at jane.app/demo. And because you're part of the Acupro community, you can use

my code acupro one mo one month when you sign up to get a one month grace period on your new account.

The link and the code are also in the show notes below for you. Now let's get back to today's episode.

Clara Cohen: I love that because I feel like we all know change is inevitable. It is just life, right? Always. It's constant, I guess. That's funny. But change is constant and resisting it gives us so much stress. Years, years ago I had a patient who came to see me and she was like 92 years old. She was from England and she looked like, I called her Queen Victoria.

'cause she had the little pearls and she was always great makeup, little purse. She was completely dressed up like the skirt. And the top was a suit and it was pink. Like she looked like the queen. I was just like. Oh my God, you're like the queen, right? And she was so fun and she came to see me and we talked one time and I said, I would love for you to share some wisdom about being 92 and being so vibrant.

You're vibrant, you're healthy. I see her going so long and so far away, right? And I said to her. If you had one little thing to, advise the younger people, what should we do so we can arrive at your age with your vitality? Because her essence was amazing. And so she looks at me and I was thinking, oh, because she's from England, she's gonna say, oh, you have to have a little bit of whiskey every day.

Or you know something. 'cause she was funny.

Dr. Sonia F. Tan, DAOM, RAc, RCMP: Yeah, yeah, yeah, yeah.

Clara Cohen: But she goes, she looks at me and seriously deadpan. She said, adaptability. And I was like, oh, just thinking about it. Give me shiver. And I said, can you expand on that? And she said, Clara, your whole life change is gonna occur. There's gonna be small waves, big waves, massive tsunamis, and if you fight it.

You will get taken under. So you can't fight the wave. You're gotta ride the wave. And so that's, so what you just said, fighting change, fighting technology. Even though you may not like it, I get it, but it is inevitable and it's coming. So either we go with it and we ride the wave or we fight it and we get taken under, which means we get stressed and we get.

Health issues. And mentally, we feel really, really not good. So that was a perfect example. Thank you for that.

Dr. Sonia F. Tan, DAOM, RAc, RCMP: That's perfect. I think as you get older you realize that that's what it is. It's about adaptability and change.

Clara Cohen: It's exactly it, right? So now that you told us about the bright part and the tougher part. What can practitioners and students of Chinese medicine do in order to go through this year in the best way possible? Is there things they can do for themselves?

Dr. Sonia F. Tan, DAOM, RAc, RCMP: Well, I would say this is not just for themselves, but how they can advise their

Clara Cohen: Mm-hmm.

Dr. Sonia F. Tan, DAOM, RAc, RCMP: we talked about how fire can. Initiate rapid change. So for some they're gonna love it, it's just what they wanted. And they're like, yeah, I'm on this horse leaving you behind. And so for them it's still a reminder because fire will burn out no matter what. What is it that keeps them replenished as they're going? Earth is within the horse, so it has some way to ground itself. So, because otherwise you will burn out. Even though you're riding this galloping thoroughbred down the race and you feel like you're gonna win in the finish line, you will burnout.

But we don't want burnout because we know burnout taps into all our resources and it won't set up for our best self, number one, nor the next stage or even the next year. We don't want to burn through all our resources, our qi, blood and jing. And have nothing left for the rest of her life.

I advise people to go through it with mindfulness of how much they're going or expending on that. So really it's what are the tools that help ground you? What are the tools that help keep you planted while you're enjoying this rapid transformational change? Paying attention that things can happen rapidly fast.

So don't put it off this year. This isn't a year to put off. I'm gonna do that. Oh, I wanted to do this. This is not the year, 'cause this is a rapidly changing year and all the other years I was kind of like talking in my notes in my article saying, make sure you have your resources in place.

What is it that you do replenishing your qi and blood? What's the routine? Very much so ready for this year, because this year you will not have time. You need

to have those things in place, have that routine in place, and then that way you'll be able to not burn out and enjoy and enjoy this transformational change that may happen.

Clara Cohen: So Could be herbs.

Dr. Sonia F. Tan, DAOM, RAc, RCMP: Could be Qigong, Tai chi. Qigong. Some activities are really interesting because Tai Chi Qigong in general is a very watery type activity. So if you are someone that suffers from too much fire or are affected by this fire year doing a watery type activity, for example, will calm the fire down.

Could be tai chi qigong, or maybe it means you go swimming more. Or maybe do standup paddle boarding where you get literally in the water more, that's you using the feng shui to your advantage. Versus if you're the person that's like, I've been needing this fire because maybe you're been mood dysregulated, you haven't been able to feel the light within, you're only now just feeling that spark. Well then you wanna avoid the water. You want to go when it's dry and it's sunny. You wanna do land-based activities. In the sun maybe you wanna do an infrared sauna more. I mean, this year you're gonna get a lot of fire, right? So here is an example of how you can incorporate lifestyle into your world to help your flow or to mitigate unhelpful flow. Does that help?

Clara Cohen: Yes, that helps. So. If we are in this year, is it a good year to learn more stuff. To give you an example, I'll take it very selfishly, but I'm obsessed right now with wanting to learn Italian.

I am like gonna go for two weeks in Italy. I'm gonna go in intensive program where you learn in the morning and then you're part of the culture and they make you do everything. Including cooking, pasta from scratch and all that kind of fun stuff. But all in Italian, no English whatsoever.

So I'm all excited about that and it's something that I've been wanting, but this year it just came and it was like, I wanna do this this year. So my question is, when you were saying like, you have to be ready because it's a fast year, is it the kind of year that you don't wanna put too much on your plate because it's such a fast year?

Or is it a year where you just wanna go, like you said, with the flow and then do the things you wanted to do prior, you know what I mean?

Dr. Sonia F. Tan, DAOM, RAc, RCMP: That's very individual. Basically, if you needed fire. Do as much as you want. Take advantage of this double fire year because it's going to be helping you and it's going to be adding to your energy for clarity, for gusto, for inspiration, for just to have the energy to do all those things. But if fire isn't helpful for you, then it's more like be conservative with your choices. Be more mindful with your choices. Though will say fire in general is a teaching. Career activity. And because teachers inspire us, they shine the light within us. They help brighten our world and lead the way, literally the sun in the sky leading the way or leading literally a torch, a fire leading the way. And so a lot of leaders. In the world are fire signs as well. So I'm not surprised at how learning and teaching they kind of go together that this year can inspire a lot of people to want to learn and do new things.

Clara Cohen: Oh, that's awesome. I'm so excited. You're absolutely right. I love to learn. I'm always excited to learn something new. It's a great day. I'm very curious. I love to found things out and learn and I love to teach. Obviously we know that that's something that I really enjoy. So it's kind of like.

Dr. Sonia F. Tan, DAOM, RAc, RCMP: And you're good at it.

Clara Cohen: Oh, thank you.

Dr. Sonia F. Tan, DAOM, RAc, RCMP: you're good at

Clara Cohen: Thank you. Someone actually said that to me recently and, I was humble, but at the same time I'm like, you know, we all have a gift and I feel like my gift is to just make things simple because I don't learn when things are complicated. I learn from simple. So then that's how I like to do it.

You know? I think we always go the way we learn. So for me, I learn when you make it simple, if you're gonna make it complicated, you're gonna lose me, and then I'm not interested. Right. So something that I will say, , being able to make things simple is something that I'm comfortable with and I feel really good about.

So thank you for that. I appreciate that. I appreciate you being here today. Before I let you go, 'cause I wanna be mindful of your time, anything else you'd like to add up for this beautiful year of the fire horse galloping down.

Dr. Sonia F. Tan, DAOM, RAc, RCMP: No, I don't think there's much to add. I mean, there's obviously, there's lots I could add, but in the time we have, I'll probably just like keep it to, it is a transformational year in the world for

countries, but also can be for people. So that all meant to happen. That's important to say, like everything here is meant to happen. So instead of being distraught about the changes that are happening, find a way to embrace the change and way that you can adapt to the change. Now, you might be a person who needs to go slow, then do that. Find the resources that you need to go slow, but don't stop. Keep putting one foot in front of the other like a horse does. And if you're like, I cannot wait. I really wanted this. Then have so much fun.

Clara Cohen: I love the fun of the horse. So thank you again for coming for the third time. I'm sure I'll see you again next year,

Dr. Sonia F. Tan, DAOM, RAc, RCMP: Yes!

Clara Cohen: You're like the person that has been the most on the podcast 'cause it's just your knowledge and stuff. I could have you all the time and have discussion. So thank you Sonia.

We'll have all the links in the show notes for your astrology course or mentorship. The mentorship is three years you said, right?

Dr. Sonia F. Tan, DAOM, RAc, RCMP: Correct.

Clara Cohen: Okay, so we'll have the link below if anybody is interested. 'cause I think that's just such a fascinating topic. So thank you for coming and sharing it today. Yeah,

Dr. Sonia F. Tan, DAOM, RAc, RCMP: Thank you. Thanks for having me. Always a pleasure.

Clara Cohen: Thank you so much for spending your time with me today. I truly hope you benefited from this episode, and I would love for you to share it with a friend that may benefit from it as well. Follow the show, live a review, and if you want more, go to my website, acupro academy.com. I have tons of resources there with treatment protocols, case studies, free courses, and so much more.

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