

TECHNIQUES IN ENERGY MEDICINE

Welcoming the Divine Feminine in 2024



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Fire is the element of hope, light, inspiration, and elevated consciousness. Prepare yourself for the next evolution of Mother Earth by stoking the fire within. The heart is the source of our greatest strength and courage.

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2024 is poised to be an extraordinarily special year, not only because it's the year of the Dragon (which comes every 12 years and is always significant), but it's also the start of a new era called the Age of 9 in Chinese metaphysics. Ruled by the Fire trigram, associated with joy, the heart, the light within, and the middle sister, the Age of 9 is a 20-year period that will shift the general moods and trends of the world at large.

The Age of 9 highlights the rise of mature Yin energy after 20 years of youthful masculine energy in the Age of 8. This period is associated with the Mountain trigram, which depicts the little brother. Think back to 20 years ago. Can you imagine then what we do so casually now, especially in the realm of digital technology? Now imagine what can happen 20 years from *now*.

Each new 20-year cycle brings significant changes in world trends, preferences, lifestyle, and energy shifts. This impacts not only our daily life, but also the

environment - from immediate spaces and buildings we spend time in, to neighborhoods, cities and countries. These energy shifts are influenced by the nature of the trigram associated with the new age. Knowing what to anticipate in the new period can help us identify opportunities and plan a few steps ahead.

Buildings whose residents or businesses thrive during one period, for example, may continue to generate supportive *qi* in the next. Or, it may start to "get tired," depending on how its natal Feng Shui is affected by the current cycle. This is one reason certain commercial buildings or neighborhoods go into a phase of decline after their auspicious cycle has ended. It may also be why certain shops prosper one year and struggle in another. In Asian countries such as Singapore, Hong Kong, and Taiwan, major Feng Shui projects often involve updating older buildings and neighborhoods before the start of a new 20-year period to keep them vibrant and away from economic, functional, or social obsolescence.



THE LAST 20 YEARS FAVORED YOUTHFUL MASCULINE ENERGY

The Age of 8, which started in 2004, was ruled by the Mountain trigram (“Gen” or ☶), associated with Earth element and star 8 in the center of the *Bagua*, the eight-sided energy map used in Feng Shui. The Mountain trigram represents knowledge, which has flourished rapidly in the past two decades thanks to digital innovations.

The trigram’s one solid *Yang* line at the top traditionally describes the youngest brother, which in today’s world translates into youthful male energy. The symbolisms of the Mountain trigram can be applied to illustrate the numerous digital advances and disruptions by young tech innovators during the period. Mark Zuckerberg, for example, launched Facebook on February 4, 2004 - the first official day of the start of the Age of 8! Zuckerberg, along with other tech founders of the time, personified the period’s bias towards youthful masculine energy. We saw numerous startup stories in the news dominated by young entrepreneurs, whether males or females, who embodied the vibrant, brash masculine spirit and traits of the Mountain trigram.

The Wood Dragon year takes us into a new era. The Age of 9 officially begins at the start of the Wood Dragon year on February 4, 2024 according to the solar calendar, which is the calendar used by Chinese metaphysics practitioners to calculate one’s natal chart or the Feng Shui of a space. New houses built between then to February 3, 2044 will be called period 9 homes and have different energetic signatures from homes built in previous periods.

Whereas the Age of 8 favored youthful masculine energy, the Age of 9 puts the spotlight on more mature feminine: *Yin* energy. We can expect the rise of the female power, especially concerning those considered to be in the midlife, as the Fire trigram represents the “middle daughter,” interpreted today as middle-aged women. More and more women will finally get long-overdue respect and recognition from others in their professional circles, and take center stage in leadership across various communities and industries.

The energy of 9 may be *Yin* in nature, but Fire element is *Yang* in character – lively and bright like the sun. Fire also spreads fast – innovations will come at a quicker pace, especially in the fields of virtual reality and artificial intelligence as Fire energy opens us up to other realms, which include not only the metaverse, but also the spiritual and energetic realms as our consciousness keeps rising.

CULTIVATING INNER JOY IN THE AGE OF 9

We can look into the meanings embedded within a trigram for insights into a particular period of time. A trigram may only have three lines, but those three lines can reveal the mysteries of the universe. The Fire trigram (“Li” or ☲), for example, features a single broken *Yin* line between two solid *Yang* lines. The *Yin* line in the center represents the middle sister, as well as Earth being embraced by Heaven. You can also see the gap in the broken *Yin* line as a portal between the higher realm and the lower realm. Imagine yourself at the portal and consider the center to be your baseline – in the Age of 9, you can move up and down between the higher and the lower realms from the portal. It’s the nature of Fire element to be reactive and unpredictable, and we will naturally feel emotionally high and low during the cycle. It is easier to fall into the lower realm, however, as it requires self-work for one to raise their frequency and keep their frequency high. While fear and negative thoughts lower our frequency, love, joy, and positivity raise it.

The Age of 9 itself is the last of a 180-year grand cycle of the Nine Periods in Chinese metaphysics. The 180-year cycle has its origins in the nine palaces of the *Bagua*, with each period named after one of the nine stars associated with the nine palaces. In the next 20 years, the door to a higher frequency is open and available for those who consistently practice cultivating inner joy, but that portal will close when the next grand cycle starts with the Age of 1 in 2044, ruled by the Water trigram (☵).

As you can see from the trigram, there is now one solid *Yang* line between two broken *Yin* lines, which is the reverse of the Fire trigram. The Water trigram



shows a portal at the top and another one at the bottom. Those who've managed to keep their frequency high will keep ascending higher, while those who live in fear will have nowhere to go but down.

In the next 20 years, as the world gets more divided, it is critical that we connect to the frequency of joy to elevate the spirit within. Follow your passion and find a vocation that brings you joy and purpose. The heart expands when we do something we love. As Fire needs air to thrive, the more connected we are to spirit, and it becomes easier for us to open our heart to more love and joy - the emotions associated with the Fire trigram.

FOCUS ON LIGHT AND THE HEART

The Fire trigram may highlight the Yin, but it's not gender specific. Anyone can thrive in the Age of Nine by tapping into the frequency of joy, acting from the heart, and honoring the Yin side of them; the divine feminine within.

Since Fire element symbolizes the light and rules the heart, heart-centered occupations, energy healing, intuitive counseling, astrology, spirituality, and the mystical will thrive during the Age of 9 as more people look for a more sustainable lifestyle and open their mind, heart, and spirit to the unknown. We may have noticed the rise of the feminine and awakening of the heart already occurring in the past few years as the transition between one period to another is a gradual process instead of a sudden shift.

Fire is the element of hope, light, inspiration, and elevated consciousness. As more people embrace their *Yin* side and live from the heart, more light will be shared, restoring Mother Earth and her constituents closer to balance after decades of too much *Yang*. Prepare yourself for the next evolution of Mother Earth by stoking the fire within. The heart is the source of our greatest strength and courage. 🔥



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