



# Year of the Yellow Dog 2018

**By Lillian Pearl Bridges**

February 16, 2018 is the start of the Chinese Year of the Yellow Dog. This is a Yang Earth Year, which will bring much more stability, with a few notable exceptions. The Elements are Yang Earth on top of Earth, which means that they harmonize with each other. So, overall, it is will be a much calmer year and may sometimes even seem boring. But there is a Chinese saying that “Boredom is good luck, because you have choices!” After two fiery years, it is time to exhale and take in a deep breath to regroup. There will be a palpable feeling of relief from the tensions of the previous years, especially as we get deeper into the year. Life should get easier and more relaxed.

The Dog is considered a lucky animal to the Chinese and when one comes to your house, it brings good luck to the occupants. Therefore, anyone who loves and cares for dogs this year will get a little extra luck for honoring them.

The Double Earth Elements of this year implies that more Earth will be made and there are only two major ways to achieve that. Both involve what could be large-scale natural disasters. The first way is for two large pieces of Earth to push together, as seen when Tectonic Plates create strong earthquakes that push up new landforms, such as cliffs, ridges, hills and mountains. So we can expect that there will be more earthquakes in this coming year. Scientists have already been recording a slowing of the Earth’s Rotation, which can cause an increase the number and the severity of Earthquakes in 2018, particularly within 30 degrees latitude of the Equator. This in total alignment with the Chinese Horoscope and involves the strength of the center, as representative of the Earth Element. The Dog also activates the “Tail of the Dragon,” which in Feng Shui is seen as arid or semi-arid places on the back side of mountain ranges where Earthquakes are common. The other way to make more Earth is for Volcanoes to erupt with strong lava flows. And, with the strong Fire Element of the past two years, it is likely that the Earth has been heating up and many Volcanoes are ready to erupt.

The two Earth Elements together also imply the shifting of large quantities of earth from one place to another and this could be caused by major landslides or flooding in mountainous regions where the mud, boulders and rocks are washed down to the valleys below. Or large quantities of mud can also be moved when volcanic eruptions create Lahars, caused by quickly melting snow. The Earth

Element blocks the Water Element by creating dams so expect water to get diverted by rocks and mud, which may cause flooding and block or muddy water supplies.

Yang Earth is so heavy that the weight of it indicates the need for extra caution in any excavating, mining or digging as the collapse of tunnels, subways and mines is likely. And since Fire is “buried” this year, there may be underground explosions. However, the good news is that there will likely be archeological treasures and rare gemstones discovered under the Earth this year.

Earth years are warm weather-wise, so expect more warm fronts and warm rain, which could also melt snowpack quickly. It is likely to produce more atmospheric rivers like the “Pineapple Express,” which produce a lot of rain. Overall, there will be more moderate temperatures this year. However, the Earth Element is also associated with Humidity and Dampness, so there will likely be significantly increased humidity even in areas where it does not usually occur, particularly in the summertime.

Metaphorically speaking, there could be some major political or financial restructuring that occurs, which could be called a social or cultural earthquake or seismic shift. There could be some big changes made that turn over the very basic aspects of society, perhaps taking place through voting or in legislatures and parliaments around the world. There will be a return to more traditional values and virtues. The Dog is conservative in the non-political use of the term. It is more closely related to the ideal of conservation - keeping what is good, right, just and true. And because the Dog is also practical, it is about remembering what has worked before.

One of the major themes of the Dog Year is Justice and people will want to fight about injustice and unfairness, but not much else. You can expect to see more court cases with common sense rulings and adherence to previous higher standards. There will be more fairness and impartiality. This is also a year to right wrongs and return to believing in higher principles and ideals. There will be very little luck for anyone involved in unethical or illegal activities. Dogs also value Honesty and Truthfulness and this will be seen in the courtroom and in the political arena as well.

Major institutions involving justice will be able to rebuild trust and gain new respect this year. It is also a good year for arbitration. Although it is also a good year for negotiation, it is a better for small compromises rather than big wins. Countries and politicians will end up playing Tug-of-War with no real winners or losers and not very many real gains, but there will be incremental gains to build on. This is because the energy of Yang Earth is symbolic of a Mountain and people and countries will be feeling particularly stubborn and intractable this year.

Dogs are all about protecting and defending, so defense spending will go up and any organization involved with defense – such as the military, police, customs

and immigration, etc., should see gains in funding and see higher recruitment. Companies involved with defense will get new contracts. There will be a return to the values of honor and duty in these organizations. There will be a renewed emphasis on guarding borders and entries to countries, companies and businesses, so expect to see an increase in security guards. Luckily, war is not likely this year, unless attacks have occurred before the start of the Dog Year or where fighting is ongoing. It is not wise for any country to attack another this year as the defensive actions will be vociferous.

Other major themes of the Dog Year are Generosity, Kindness, Sympathy and Empathy. People will care more about others and their plights. Socially, there will be a return to compassionate ideals of how to help others. The Earth Element is about acceptance and is symbolic of egalitarianism. Because of this, there will be a stronger desire to help others this year. That will likely manifest in grassroots movements to help others and petitions designed to make it known what the collective wants. Instead of demonstrations, there may be sit-ins and you will see designated spokespeople who will convey the desires of the collective.

This will give hope to the many people who are suffering rejection, and neglect, such as refugees, the poor and the homeless. Dogs live in packs so you will see more gatherings of family and friends in this year and you will also see that new members will be welcomed as hearts will be softened and opened to those who used to be considered "other". Money will start to trickle down from corporations and the wealthy that are feeling compassion (or guilt). This means charities and foundations will also receive more contributions this year. The "underdogs" of the world will finally be given more support and a voice.

Corporations will find that people and other companies are willing to be more cooperative and there are gains to be made in collaborative partnerships. This is not a year to be competitive and materialistic. Working together will bring greater rewards than individual efforts and consistent effort will be appreciated. And, companies who take care of the health and welfare of their employees will be rewarded. It will be a very great year for Team Sports.

Financial markets are expected to stabilize and plateau and the economy of many major countries will slow down. However, this is a good year for Real Estate, particularly for large buildings and the housing market will also do well. Affordable housing will become a big issue and there will be more people interested in co-housing and shared housing. Businesses in the mountains or that involve mountain activities should flourish this year and more people will be interested in investing in a mountain vacation home.

Farming as an Earth Element industry will do particularly well this year with high yields and food production will be valued. There will also be major interest in creating backyard gardens to grow food. Recycling will also become increasingly important and bartering will become more popular.

The Tech Industry gets a big boost as Earth nurtures Metal and you will see advances made in computer and Internet technology and devices. Banking will also rebound and more people will be interested in saving and investing for the long-term gain.

The Wood Element Industries will also improve as Wood uses Earth to grow. This will be a good year for Publishing, Fashion but only for classic, comfortable and sensible styles and also for Construction – particularly retrofitting to protect homes from natural disasters and weather related events, such as making foundations and walls stronger and adding drains and retaining walls.

In Chinese Medicine, the Earth Element involves the Earth Organs of the Body – the Spleen, Stomach and Pancreas. This is considered a good year for health but there are some health conditions exacerbated by the Earth year. The most common will be digestive disorders. Overeating will be a problem along with Esophageal Reflux. More people will also be diagnosed with Diabetes and Pre Diabetes and it will be harder to keep your blood sugar regulated. Unfortunately you can expect to see an increase in diagnoses of Cancer, particularly those involving the Earth Organs – the Spleen, Stomach, Pancreas and the Lymph System. People must also be careful of Blood Clots as blood will be thicker this year and this forecasts an increase in phlebitis, strokes and heart attacks. It is important to strengthen the Wei Qi, the Immune System, as the Spleen is part of that system. Clear boundaries between self and other will also be very helpful on a psychological level.

Inertia may be a problem for many people this year, so it will take more effort to move and exercise than usual. The best exercises are those done with others, like walking or exercise classes, done regularly. It is also good to bounce and shake to move the lymph fluids in the body using a rebounder trampoline, shaking Qi Gong or dancing, or get involved in team sports.

Some minor conditions that will be common are Fallen Arches, problems with the big muscles of the body, and an increase in the amount and thickness of phlegm, making the flu season particularly difficult due to an increase in chest and sinus congestion. Obesity will become a bigger issue and you can expect medical breakthroughs to occur about blood sugar regulation and endocrine imbalances that will help those who are overweight recognize that their problem is not about willpower and overeating.

Food is important in an Earth year so eating well will be a big issue. In Chinese Medicine this is called Yang Sheng – nurturing life or nourishing life. This ancient understanding of lifestyle is expected to become better known in the Western world. There will be more new Diets that come out purporting to be the healthiest, but enjoying the food that you eat will be more important than what you eat this year. There will be an increased emphasis on eating fresh food from the garden and eating food that can be gathered, such as fruits and vegetables. Grass Fed Beef, Milk and Butter will also be viewed as healthy food. Root vegetables will be made into more main dishes and people will be craving comfort food and sweets,

especially the kind from their childhood or foods their mothers used to make. This includes casseroles, stews, and roast dinners along with cakes, cookies, pies and crumbles. People will be feeling more self-indulgent so it will be very easy to gain weight this year!

This is a good year for finding a partner and for Marriage as Dogs symbolize Fidelity and Faithfulness and give blessings to unions. Since Dogs form Packs, this means that there will be enhanced family ties and increased family time. This will make family leave a priority. People will cook and eat together more. They will become homebodies and spend their time at home relaxing and sitting on comfy chairs and sofas watching TV or reading or sitting, eating and conversing around the dining room table. Good parenting will be valued, especially regarding the importance of the father's role in child rearing and encouraging fathers to be more nurturing and comforting. Expect more pregnancies and more twins to be conceived. Parents will feel the need to teach their children about responsibility, integrity and ethics.

Friendships are also very important in the Dog Year. People will be drawn to gatherings and reunions of old friends with a shared past and with newly discovered, like-minded others. People will feel the urge to invite friends over more often and enjoy deep conversations. Since people will be friendlier this year, they will also be able to make new friends easily. Community will become more important and the Dog encourages community involvement and there should be an increase in volunteers on the local level.

For the most part, people will become more even-tempered and patient. They will be most difficult this year if you push them to act against their principles, as this will bring out their stubbornness. People will also be more logical and will take more time to make decisions. The Emotion of the Earth Element is worry and people will do a lot of worrying this year, but most of what they worry about won't happen. The Earth Elements of the year will increase clutter and people will feel more disorganized. People will also be concerned with saving money, except for buying essentials and food. They will be drawn more to long term saving, like Certificates of Deposit over any kind of speculation.

People will spend a lot of time thinking this year, another attribute of the Earth Element. It is therefore easy to overthink and get confused. Talking with others will help clear the mind. People will be more fearful due to the control of the Earth Element over the Water Element and a little gloomier and less optimistic due to the lack of the Fire Element. They will also be a bit more serious and careful. But the sense of fun will still be present in family gatherings and meetings with friends. Singing is the sound of the Earth Element so expect to see an increase in people singing together around the home or joining in choral groups and choirs. The Music Industry will do well and there will be an increase in the appreciation of beautiful voices. They will also be interested in crafts such as knitting, needlework, sewing, scrapbooking, carpentry and refinishing furniture.

Oxes, Goats/Sheep, Dragons and Dogs (those celebrating their 60<sup>th</sup> birthday will have luck) will find this year a bit more daunting. However, this only means that they may have to move, travel more, change jobs, start a new job, get married or have a baby – the Chinese call it experiencing “Good Bad Luck.” The remedy besides experiencing big life changes is to carry a Rabbit Charm. Rabbits, Horses and Tigers do very well.

### **Individual Animal Forecasts for 2017**

**Rat** - Water Element: 1924, 1936, 1948, 1960, 1972, 1984, 1996, 2008, 2020  
Rats are feeling more creative, business is generally good and there is a chance to be very social. However, watch out for arguments with family members.

**Ox\*** – Earth Element: 1925, 1937, 1949, 1961, 1973, 1985, 1997, 2009 and 2021  
This is not an easy year due to the many obstacles that arise - most are not serious. Business plateaus, but it is a good year for love relationships

**Tiger** – Wood Element: 1926, 1938, 1950, 1962, 1974, 1986, 1998, 2010, 2022  
This is a very good year overall – There is luck, especially in business and Tigers will feel optimistic and act more gregarious. They will be very busy in a good way.

**Rabbit** – Wood Element: 1927, 1939, 1951, 1963, 1975, 1987, 1999, 2011, 2023  
Progress will finally be made in business, although the results will not be immediate. This is a very good year for romance and marriage. Home life will be much happier and life will start feeling more fun.

**Dragon\***–Earth Element: 1928, 1940, 1952, 1964, 1976, 1988, 2000, 2012, 2024  
This is the opposite sign of the Dog so Dragons need to be cautious with money and health. Home life may be difficult. However, business is good and Dragons should travel and meet new people or they may start feeling bored.

**Snake** – Fire Element: 1929, 1941, 1953, 1965, 1977, 1989, 2001, 2013, 2025  
This is a mixed year for Snakes. Business will seem very slow and Snakes are advised to work steadily and harder. Snakes will feel more introverted. However, family life will be enjoyable.

**Horse** – Fire Element: 1930, 1942, 1954, 1966, 1978, 1990, 2002, 2014, 2026  
This is potentially an exciting and action packed year for Horses. Business will be much more profitable and Horses will enjoy the company of friends and family more than usual. They may move or big changes are possible in the home.

**Sheep\***–Earth Element: 1919, 1931, 1943, 1955, 1967, 1979, 1991, 2003, 2015  
This is not a peaceful year as Sheep may find that they are thrust into many confrontations they don't want to be involved in. There is also increased competition. However, they will find solace in friends and a very happy home life.

**Monkey**-Metal Element: 1920, 1932, 1944, 1956, 1968, 1980, 1992, 2004, 2016

This is a year of ups and downs for Monkeys, but there will also be times of sudden luck. Monkeys will be feeling more assertive and will find success in implementing some of their unusual ideas that previously were not appreciated.

**Rooster**–Metal Element: 1921, 1933, 1945, 1957, 1969, 1981,1993, 2005, 2017  
This will be a lot of challenges for Roosters this year, but business will be good and more money can be made but they shouldn't take any unnecessary risks. It is important that Roosters hold their tongues and keep from fighting.

**Dog\*** – Earth Element: 1922, 1934, 1946, 1958, 1970, 1982, 1994, 2006, 2018  
This is a mixed year. It is good for moving, remodeling or redecorating. Dogs will be feeling very social but they will not accomplish as much as they want, but they will make good connections and business deals for the future. If it's your 60<sup>th</sup> birthday year, it's a restart and there will be luck for these Dogs.

**Pig** – Water Element: 1923, 1935, 1947, 1959, 1971, 1983, 1995, 2007, 2019  
This is a good year for planning for the future – saving money and getting healthy. Overall, this year will feel slow and even boring, but Pigs need to prepare for the events of their own year coming up. Family life will be enjoyable.

\*Dragons, Oxes, Sheep and Dogs should carry a Rabbit charm for protection this year and to bring more luck their way.

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*DISCLAIMER: All information provided in this forecast is based on the ancient principles of the Chinese Five Element Theory and on an understanding of the animal symbolism in Chinese Astrology. It is intended for entertainment purposes only. There is no express or implied guarantee of results from using this information, and individual users are solely responsible for their own interpretation or application to their own circumstances. Further, the information is not, nor is it intended to be, a substitute for legal, medical, or psychological advice, evaluation and/or treatment. You are welcome to share this post, but please refer to the source.*

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