

Frequency CALENDAR

ELLEN ERCOLINI



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Water

Themes: rest, restoration, dreaming

Tools for success: Give yourself time and space to really sink into the dreaming and visioning. Consider what you want to have grow up over the next 9 years.

Things to watch out for: Don't force things when they feel slow or stuck. Value the under the surface work.

Bamboo (Wood)

Themes: shaking things loose, evolution, internal growth

Recipe for success: Physical movement with a spiritual or internal element -- yoga, active meditation, something that helps your body move and your mind focus and grow. Be intentional about how you spend your time and energy and stay true to your big picture goals.

Things to watch out for: Changing your mind or veering off the path

Princess (Metal)

Themes: celebration, joy, delight

Recipe for success: Even if you don't feel wildly successful all year, practice being grateful and letting your joy shine through. Do things that light you up and feel fun. If you find yourself struggling with fears about money now is a good time to develop a grounded relationship to your money.

Things to watch out for: Stressing out about small details. Being so afraid of criticism that you make yourself small and try very hard to not make any waves. Worrying that you'll never have 'enough' and being overwhelmed by future worries.

Fertile Earth

Themes: home, scaffolding for growth, relationships

Tools for success: Take care of yourself so you can take care of others. Say yes to opportunities, you never know which seeds will bear fruit.

Things to watch out for: Giving too much energy to other people and

Empress (Earth)

Themes: you, home, relationships

Recipe for success: Have clear boundaries and be willing to be selfish. Think about no's as creating space for more yeses, so be really intentional with what you say no and yes to. Be intentional about what you allow to stay in your life.

Things to watch out for: This year has a lot of energy, and if you're not intentional about your space and life, you'll end up bowled over by the tidal wave. Everyone will want something from you, watch out for feeling like you'll have nothing left for yourself. Remember you are the only one who can guard your time and energy this year and if you don't do it, you'll end up totally exhausted.

Mountain (Earth)

Themes: integration, processing, taking in lessons of the past 7 yrs

Recipe for success: Create space to process and integrate the lessons. Make extra time to spend time by yourself -- journaling, meditation, retreat time. The more you focus on doing the work and learning the lessons, the more in alignment this year will feel.

Things to watch out for: Pushing through to the next thing and not slowing down to learn what you're being taught. If you don't take the time to process and learn, you'll keep getting opportunities to do so, which can feel hard. Communication snafus can happen easily this year, be careful and intentional with your communication.

Beanstalk (Wood)

Themes: growth, transformation, change

Tools for success: Physical movement. This is a great year to sweat it out.

Things to watch out for: Feeling overwhelmed and like everything is urgent even when it's not.

Emperor (Metal)

Themes: more money, work and clarity

Recipe for success: Think about how to use the areas you are getting recognition in and what you are known for to get more work and money. Deepen your spiritual or divine connection.

Things to watch out for: Tipping into arrogance and being over sensitive about your work. Stay lighthearted with your success.

Fire

Themes: spotlight, high energy, endings

Recipe for success: Enjoy the ride, it's going feel much higher energy than your year before, savor it. Be willing to let things go. This is the end of your nine year cycle, there's a natural release here to create space for the evolution and growth of the next nine years.

Things to watch out for: Burnout. There will be a ton of opportunities, both socially and professionally, and if you're not taking care of you and your energy, it's easy to dip into burnout territory.