

**The I Ching is as relevant today as it was at its publication eight millennia ago. The I Ching has been a wise advisor and I have been a personal beneficiary of its counsel which is why I urge readers of my annual forecasts to review all my previous years' predictions to confirm the timeless wisdom of the I Ching.**

**In my 2022 forecast, you will find a general prediction of changes in the world and how they may affect you personally. If you are interested to know specific steps to take in each area of your life, I will reveal them in greater detail at the annual college of Tao retreat which will take place this year from April 27-May 1. For more information or to register, visit [collegeoftao.org](http://collegeoftao.org).**

**To have a deeper understanding of this year's energetic dynamics, I would suggest that you learn about the Five Elements as well as discover which is your element. Go to [TaoStar.com](http://TaoStar.com) and take the quiz to determine your elemental archetype.**

**The 2022 Year of the Tiger is influenced by the elements of Water and Wood. Water and Wood are two elements that are in harmony—Water nourishes Wood, enabling its germination and growth. When the elements of the year are in harmony, the general state reflects balance and congruence. The Wood Element is the mother of the Fire Element which engenders warmth, excitement, and positive energy. 2022 is likely to be a year of healing and recovery from the pandemic that paralyzed and caused so much despair throughout the world.**

**However, the energetic expression of Tiger is that of aggression, and the Water Element, when uncontrolled, can lead to impulsive, unpredictable, and violent action. Like the recent tsunami generated from the undersea volcanic eruption near Tonga in the South Pacific, the surface of the Water appears smooth until the hidden Fire beneath erupts and creates tidal waves.**

**Therefore, despite the general desire to let down our guard, especially after over two years of Covid fatigue, be on the lookout for the Sabretooth tiger lurking in the bushes. The potential for political conflict remains great within the US and geopolitically with Russia and China. However, 2022 is generally positive with life starting to get back to "normal" along with the rebuilding of the economy and the supply chain.**

**Let's revisit for a moment my last year's forecast. In January 2021, for example, I forecasted economically "...with Metal and Earth as reigning elements in 2021, we are expecting a bumpy ride in the economy and the stock market. As long as the Feds continue to print money, keep interest rates low, and stimulus checks continue to arrive, the economy and the stock market will continue on their upward trend. However, since the Fire Element is missing this year, it's challenging to find optimism to support the unbound rise and any hiccups, such**

**as a rise in interest rates, unemployment, evictions and foreclosures, social unrest, and wars, that can spread like a contagion and hammer the fragile hope that people hold on to.”**

**In January 2022, technically still part of a Year of the Ox until the Year of the Tiger begins on February 1, the stock market officially entered correction territory. For example, on January 24, 2022, both the DOW and the S&P 500 lost more than 10% each from their highs, while the technology-heavy NASDAQ was down 18% and the Russell 2000 index was down 20.3% from their respective highs. Want to know what to do this year to protect your financial health? Read more in the Financial Health section of this forecast.**

**The most important objectives for 2022 are to:**

- Safely navigate the reopening of the world from COVID-19**
- Restore and reinforce health and wellbeing**
- Repair the economy and recapitalize financial safety net**
- Bridge the ideological divide and reconnect with the community**
- Promote and foster inner and outer peace and joy**

**It will take enlightened leadership to reopen the world without endangering both population health and the fragile recovery of the economy. One by one, governments of the world are slowly coming around to embracing Covid as an endemic virus, rather than a pandemic—learning to live with an acceptable level of Covid circulating within their populations, similar to the flu virus.**

**As a society, we need to pivot the healthcare system from disease-care to a preventive-health model so we can avoid future health catastrophes. Individually, we are responsible for our own health. By working on disease prevention and promoting wellbeing, even if we do get sick from time to time we will have the power to heal and restore. Read more in my Physical and Mental Health sections.**

**On the macro-economic front, the Feds will raise interest rates to cool inflationary pressures which will have an adverse impact on digital currency and the stock and bond markets, as well as temper the rise in real estate. Despite these changes, individuals can shield themselves from the gyrations of the markets by implementing solid financial discipline. Read more in the Financial Health section.**

**Covid-19 was not only a pandemic it was also a relationship wrecker as political ideology divided not only nations but also family members and close friendships. It's time to put that behind and reconnect with those you care for despite your disagreements. After all, a healthy relationship does not mean agreement on all things—divergent perspectives are useful and at times may even be life-altering. Read more in the Relationship Health section.**

**It's also time to let go of fear and anxiety and work on peace, harmony, and happiness within yourself and those around you. Work on what you can control—your diet and lifestyle, what you say and think, how you spend, save, and invest your money, and practice meditation to increase your awareness of the subtle aspects of your wellbeing. I invite you to sign up for my meditation course that starts in March at [CollegeOfTao.org](http://CollegeOfTao.org).**

**It's not only useful but imperative to heed the advice of the I Ching, the ancient oracle, so that we can avoid needless pitfalls and maximize positivity in all five areas of our lives: physical, emotional, relationships, finances, and career/work in 2022.**

**Keep reading to find out more specific steps you can take for the upcoming Year of the Tiger!**



### **Physical Health**

**Pay special attention to the vulnerabilities of the corresponding Wood Element organs—Liver, Gall Bladder, and the nervous system as well as those of the Water Element organs—the Kidneys, Adrenals, and the reproductive system.**

#### **Nervous System—Liver and Gall Bladder**

**In Western medicine, the liver and gall bladder are considered to be merely the filters and recyclers of the body, ridding toxins, breaking down old cells such as red blood cells, and producing bile to digest fats. However, in Chinese medicine these organs are recognized as having to do more than simply filter and recycle; in Chinese medicine, the Liver has an intimate association with one's emotional regulation.**

**According to the mind-body connection of Chinese medicine, when one's emotions—anger, frustration, depression, and helplessness are suppressed—the Liver's health becomes impacted which in turn, leads to dysfunction to the nervous system, raising blood pressure, exerting pressure on the heart, and increasing inflammation throughout the body. The end result of sustained Liver imbalance can include stroke, heart attack, diabetes, joint and tendon pain, and the development of tumors and cysts.**

The physiological fact that normally liver breaks down cortisol and epinephrine/adrenalin means that if it fails to do its job adequately, over time the corresponding rise in the stress hormones levels in the body will definitively lead to hypertension, heart disease, elevated blood sugar, and inflammation in soft tissue and joints and even cancer.

**Solution:**

- Eat more leafy green veggies and drink lemon in hot water first thing in the morning to aid Liver/Gall Bladder health. [Download here](#)
- Periodic cleanse and detoxify to aid the Liver and Gall Bladder in their function of clearing toxins and unwanted substances from the body. Try the at-home Detox Kit every quarter at each equinox and solstice.
- Practice Liver cleansing qi gong meditation daily to release pent-up anger, frustration, and unhappiness. [Download here.](#)
- Take herbs like dandelion greens, chrysanthemum, and peppermint, ingredients found in the Wood Element formula, to support Liver/Gall Bladder health and keep your nervous system calm

**Reproductive System—Kidneys, Bladder, and the Adrenals**

In Western medicine, these are disparate systems that don't seem to be connected. The reproductive system includes the ovaries and uterus in women and the testes in men, as well as sex hormones such as estrogen, progesterone, luteinizing hormone, testosterone that regulates the baby-making process. In western medicine, the kidneys and bladder merely filter the blood and eliminate toxins through the urine and adrenal gland, and the adrenals produce hormones like cortisol and adrenalin for survival. However, Chinese medicine's understanding of the function of these organs goes beyond the surface.

According to the mind-body connection of Chinese medicine, the Kidney-Adrenal function as a signaling system when fear and the feeling of uncertainty predominate, it negatively affects reproduction and causes the onset of rapid aging process that may lead to infertility, premature menopause in women, erectile dysfunction in men, anemia, heart failure, fainting spells, lower back and knee pain and weakness, frequent urination, and fatigue.

Let us examine physiology to understand how these connections work. Kidneys do not merely filter the blood but they also regulate electrolyte balance, hence affecting blood pressure and urinary frequency. They also produce red blood cells via the release of erythropoietin (EPO) which signals bone marrow to

produce blood. Kidney disease often leads to anemia, weakness, and fatigue not to mention a decline in organ function and an increase in aging.

The Adrenal glands on the other hand release stress hormones when a person perceives danger—fear, fright, and uncertainty, which shuts down the reproductive process in order to ensure survival—pregnant women can't easily climb trees or run away quickly from predators! As for men, forget erection when you've got a Sabretooth tiger on your tail! Over time the effect of stress hormones in your body causes inflammation, blood pressure, cholesterol, and a rise in blood sugar resulting in an increased risk of stroke, diabetes, heart disease, cancer, and infertility!

#### **Solutions:**

- Eat foods that fortify the Kidney-Adrenal organ network such as beans such as black beans, legumes such as peanuts, nuts such as walnuts, and seeds such as hemp seeds all of which are high in omega 3 fatty acids that combat inflammation as well as lignans that contain phytosterols that support healthy hormone production.
- Do daily squats and strength training to increase growth hormone production which benefits Kidney function.
- Get plenty of rest and relaxation. Be sure to sleep eight hours each night. If you have trouble getting quality rest, try Sleep Tea.
- Take adaptogenic herbs like Schisandra berry, wild yam, and Solomon's seal in the Water Element formula to support Kidney-Adrenal health and keep your endocrine system balanced.
- Practice guided meditation to prevent fear and anxiety from triggering your Adrenals from releasing bad-for-your-health stress hormones. [Download here.](#)



#### **Mind Health**

The Wood Element is associated with anger and the feeling of being “stuck” while the Water Element is marked by fear and uncertainty. It's a wonder that 2022, with political polarization and tension at its highest ever, frustration over

the back and forth of Covid lockdown policies, and fear created by constant media bombardment with negative messages, we can manage to keep our sanity at all! Work on tempering your anger, get back into the flow and release the fear that you may have accumulated from the challenging events of the past two years.

#### **Solutions:**

- **Maintain a perspective of cycles—all phenomena are temporary, and change is always around the corner.**
- **Learn to adapt to changes. Those who succeed thrive, and those who don't perish. Nothing stays bad forever—just as good times will also give way to troubled times.**
- **Master the Laws of Change. Sign up for my online Taoist meditation course which includes the study of the I Ching and learn how to use the wisdom of the I Ching forecast to guide you to anticipate and be better prepared for the changes in your life.**



#### **Relationship Health**

The energetic dynamics of 2022 involve the Water and Wood Elements; Water is nourishing and yielding while Wood is pushing and accomplishing. For the most part, the two elements are harmonious, such as Wood drawing from Water to continue its growth and upward trajectory. Just as when two people are in a symbiotic relationship, one is a natural leader, and the other is a follower and nurturer; there is a natural give and take in the relationship.

However, in relationship interactions when Wood becomes too aggressive and the other party is also similarly demanding and unyielding, sparks will fly, and conflicts will inevitably arise. When one is in a haste to get things done, he will assuredly ruffle feathers unless he is mindful of his strong personality so he will stop pushing so hard.

#### **Solutions:**

- **Cultivate the flexibility of the Water element in dealing with others.**

- **Seek to fulfill the other person's needs first with loving-kindness before advocating for yourself. In this way, you'll preserve peace and harmony with those you love and care for.**

**To learn more about relationship strategies according to your Five Element personality, both you and the other person should take the element quiz to discover the attributes of both of your elements, and also read my book, Live Your Ultimate Life to improve your relationships with others with different elemental personalities.**



### **Career/Work Health**

**As we embark on the beginning of the third year of Covid, the jobs market continues to be in turmoil. The “great resignation” took many people out of the workforce and the rapid spread of the Omicron variant led to shortages in staffing at every business. Taking a pause may actually be a good thing in that it allows people to re-evaluate their career choices or trajectory.**

**In a Tiger year, people will feel more empowered to make career changes and to take bold steps toward their dream job. The Water Element represents movement therefore there will be plentiful opportunities in transportation industries including the movement of people and goods from one place to another. Therefore, industries associated with travel, shipping, and logistics will thrive.**

**Similarly, the Wood Element represents building, construction, and forestry. There will be opportunities in design, construction, hospitality, and outdoor recreation. This is the year when people will take to travel and the great outdoors in a big way to fulfill pent-up demand caused by two years of lockdown. Wood contains the seeds of Fire so entertainment and the arts will prosper, as will the fashion and beauty industry.**

**Now that you've decided to quit your job and explore new fields, there are tons of choices. Maybe you want to do something that allows you to work from home? Or perhaps you're tired of being glued to Zoom and want a job that takes you outdoors? Or better yet, maybe you want your new job to be about traveling to far-flung places in the world? So, what is your ultimate calling? Have a hard time deciding? Here are some suggestions for you to consider.**

**Solution:**

- **First, know your gifts— who you are is key to unlocking your life’s purpose and setting you on a path to actualizing your life. Knowing your core element will help you harness your strengths and leverage them in a direction that aligns with your ultimate life purpose. It all begins with taking the element quiz if you haven’t already done so.**
- **Be honest with yourself; don’t take a job just because it’s easy. You spend a third of your life working so you’d better think about what and how you would like to spend your life. Ideally, whatever choice you end up making will include personal growth opportunities.**
- **Identify the field that you care most care and are passionate about, and then apply your core element strength to the work that best expresses who you are.**
- **Take my online e-course on Ultimate Career & Work Health to discover what you are meant to do on this journey.**



### **Financial Health**

**With Water and Wood as reigning elements in 2022, we are entering a year of overall optimism notwithstanding the Fed’s attempt to tame inflation by raising interest rates. With nurturing Water, Wood is able to continue its growth and with the eventual opening of the world from Covid, consumer discretionary spending will rise for everything from travel to hospitality, fashion to entertainment, and in the restaurant industry. Similarly, Wood and Water energy bode well for construction, transportation, textile, industrials, and manufacturing.**

**On the subject of the greening of the world, 2022 will go down as the beginning of heavy competition for renewable energy, electric cars, and consumer products. Could this be the year that tree farms gain ground as a credible carbon offset? There will be winners and losers but at the end of the day, the trend generally bodes well for the environment although recycling of batteries, old solar panels, and the like will create new environmental challenges as well as opportunities for growth.**



**Regarding personal financial health, it's important to have a savings and investment plan and to practice restraint in a up and down market. For example, the stock market entered correction territory on January 24, 2022, both the DOW and S&P500 lost more than 10% each from their highs; the technology-heavy NASDAQ was down 18% and the Russell 2000 index was down 20.3% from their highs. What should you do, if anything, to protect your hard-earned money and retirement savings?**

**Despite the corrections the only constant in the market is change. In 2022 there will be headwinds for sure. However, understanding the elemental alchemy at work this year you'll discover favorable and unfavorable industries. Here are my own strategies that I've put in place. You should always do your homework and not blindly follow my personal financial moves and work with a financial professional to assess your risk tolerance and adjust your investment portfolio accordingly.**

#### **Solutions:**

- **Have at least 6 months of living expenses in savings. Do not touch this rainy-day fund.**
- **Generally, I execute my financial adjustments a month before the start of the next Chinese New Year cycle which in 2022 begins on February 1. Therefore, make financial moves by the end of each year.**
- **Sold off industries related to last year's Metal and Earth Elements which included metals, industrial materials, auto, banking, digital currency, mining, and technology.**
- **Repositioned my portfolio to prepare to buy during dips and corrections in consumer discretionary industries associated with 2022's Wood and Water Elements i.e. travel, hospitality, dining, fashion, and entertainment. This also includes home construction and improvements, shipping, transportation, and manufacturing.**
- **Raised cash to take advantage of market corrections that create undervalued opportunities. Money is made not when you sell, but when you buy at the right price.**
- **Never speculate. Investing is not gambling. If you want to gamble, go to Vegas and be prepared to lose money. Don't follow the herd lest you are willing to be trampled—look what happened with meme stocks—when the music stops someone always ends up holding the bag.**
- **Saving and investing is like cultivation—through steady and consistent effort, resisting greed and taking profits at a preset gain, reinvesting dividends to enjoy the power of**

**compounding, know the company and industry you are investing in by talking with experts and doing your research and finally, invest for the long term otherwise don't put your money in the stock market.**

**If you want to get your finance house in order, I suggest that you sign up for [my online Ultimate Financial Health e-course](#).**

### **Summary**

**The world will breathe a sigh of relief in 2022 as the Covid pandemic recedes into the periodic ebbs and flows of an endemic. There will be more optimism and continued economic growth, albeit uneven due to inflationary pressures and rising interest rates. More effort will be made toward peaceful resolutions and harmonious co-existence among people and politics. However, in an unpredictably aggressive tiger year, one should brace for unexpected conflicts and turmoil.**

**Take care of your Liver and Kidney health by cleansing and fortifying, avoid getting emotionally "stuck," cultivate flexibility in relationships with others, move more, get out in nature, see the world, but guard against exhausting yourself. Do a career checkup to see if yours is aligned with your life purpose, take care of your financial health, be happy and grateful for what you have and share your extras with other less fortunate.**

**May you live long, live strong, and live happy!**

**Thank you!**

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