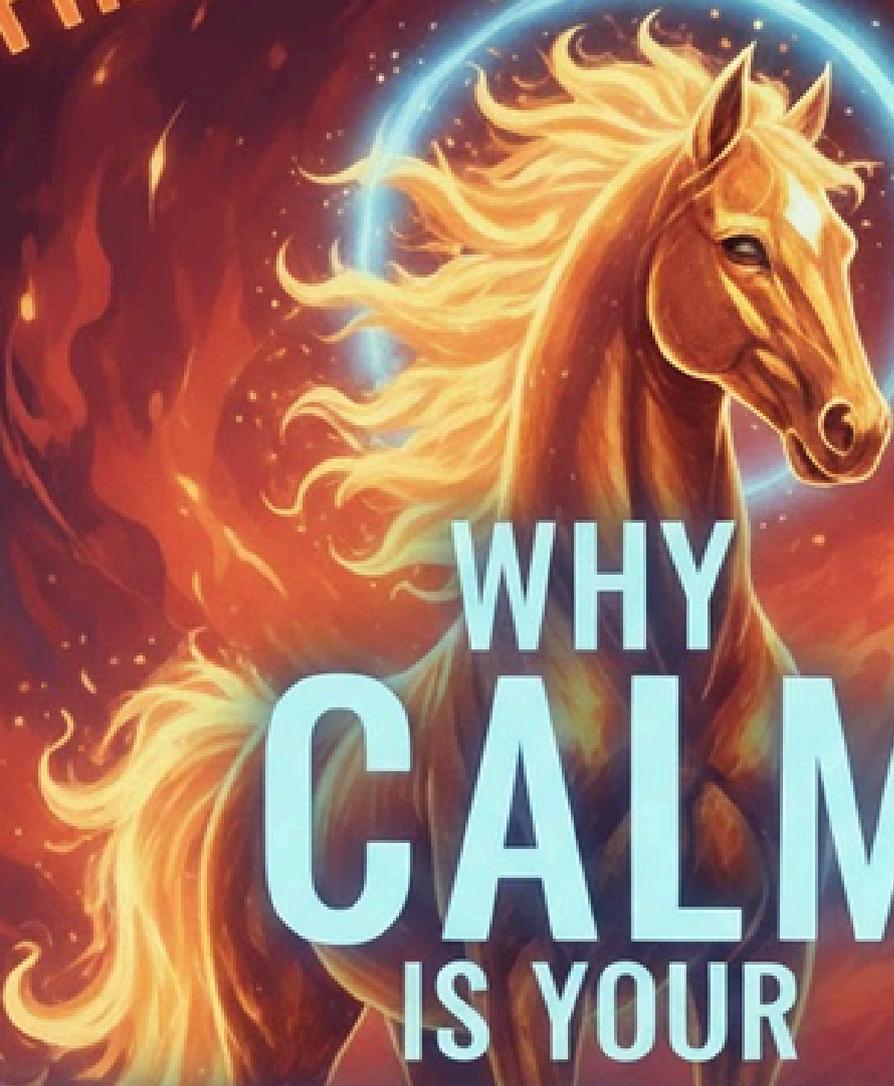
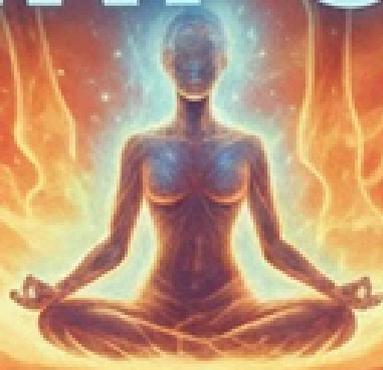


FIRE HORSE YEAR 2026



WHY  
CALM  
IS YOUR  
SUPERPOWER



KEDON

*Return to your resonant nature*

"I DO NOT CHASE THE ENERGY. I STABILIZE AND LET IT CARRY ME."



## FIRE HORSE 2026

2026 carries strong "Fire" energy — momentum, movement, visibility, and change.

Fire amplifies whatever it touches.

If you are grounded, it amplifies confidence and clarity.

If you are stressed, it amplifies overwhelm and exhaustion.

The key to thriving this year is not speed.

It is nervous system stability.





## THE NERVOUS SYSTEM LENS

Your nervous system constantly asks:

- *Is this safe?*
- *Or is this a threat?*

When you feel regulated, Fire energy becomes:

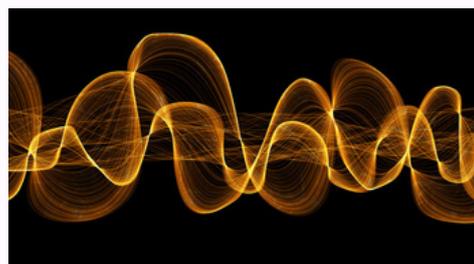
- Motivation
- Creative flow
- Confidence
- Clear decision-making

When you feel dysregulated, Fire energy becomes:

- Anxiety
- Urgency
- Irritability
- Poor sleep
- Fatigue

The energy of the year is **neutral**.

Your nervous system determines your **experience**.



## CORTISOL & STRESS IN A HIGH-ENERGY YEAR

When stress is perceived, your body releases **cortisol**.

Cortisol is protective — but chronic elevation leads to:

- Blood sugar instability
- Sugar cravings
- Belly fat storage (especially 40+)
- Mood swings
- Brain fog
- Poor sleep
- Increased inflammation

In a Fire year, **stimulation increases**.

If cortisol is already high, everything feels louder.





## THE REFRAME

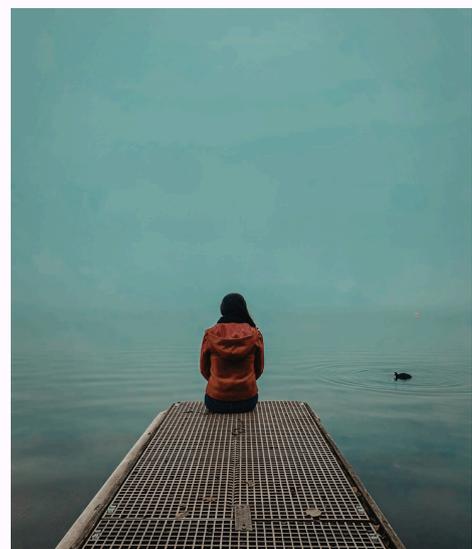
**Calm** is not passive.

**Calm** is containment.

Containment allows fire to *burn steadily* instead of *burning you out*.

When you stay calm:

- Hormones regulate more easily
- Energy stabilizes
- Emotions settle
- Decisions improve
- Momentum becomes sustainable





## HOW TO PROTECT YOUR ENERGY IN 2026

### 1 Regulate Before You Accelerate

- Slow mornings. No rushing.
- Pause before reacting.

### 2 Stabilize Blood Sugar

- Eat within 60–90 minutes of waking.
- Prioritize protein and healthy fats.
- Avoid caffeine on an empty stomach.

### 3 Breathe With Longer Exhales

- Longer exhales signal safety to the brain and reduce cortisol.

### 4 Remember This:

- Intensity does not mean emergency.
- Pause. Breathe. Regulate. Then decide.





**YOUR ANCHOR FOR 2026**

***"I do not chase the energy.  
I stabilize and let it carry me."***

Your calm is your power.

Your nervous system is your foundation.

Your energy leads the way.

