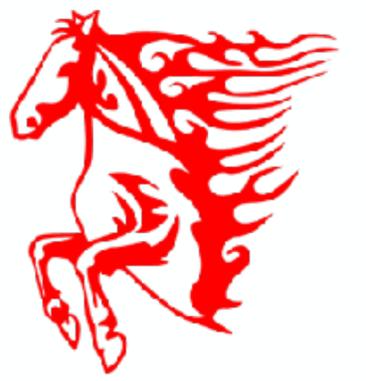


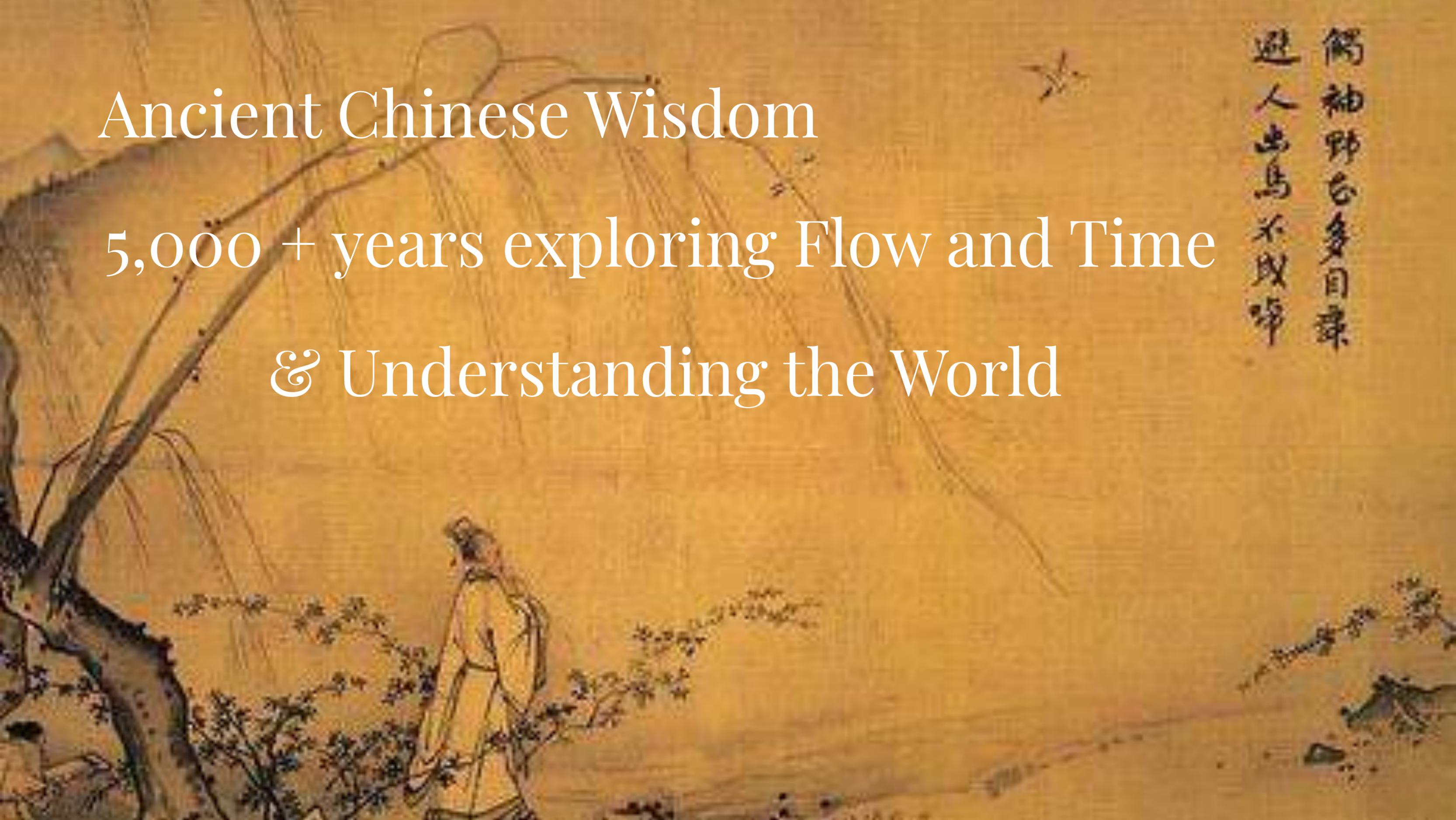


2026 Fire Horse



fiveinstitute.com/fss2026



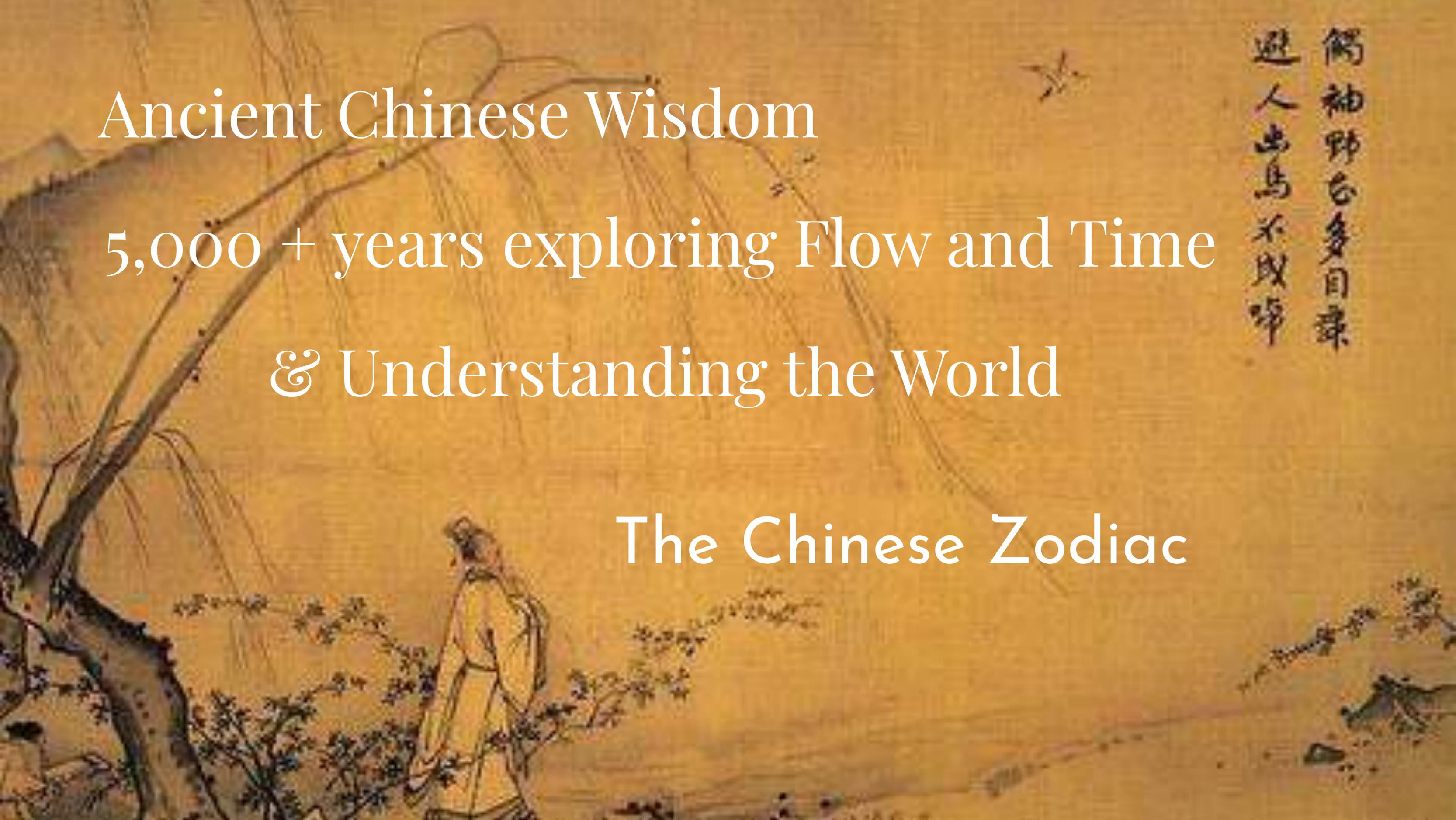
A traditional Chinese ink wash painting (shu) depicting a scholar in a yellow robe standing in a landscape. The scholar is positioned in the lower center, looking towards the right. To the left, a large, gnarled tree with sparse leaves dominates the foreground. In the background, a small pavilion is visible on a hillside. The overall style is minimalist and expressive, with fine lines and subtle washes of color.

Ancient Chinese Wisdom

5,000 + years exploring Flow and Time

& Understanding the World

鶴袖野志多目錄
遊人出鳥不以啼



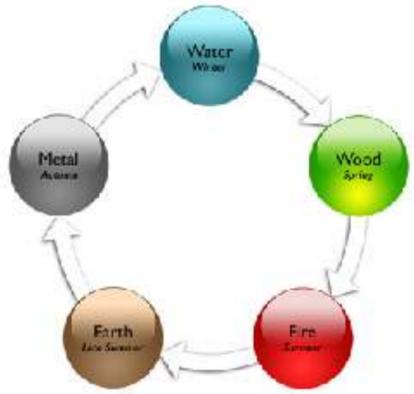
Ancient Chinese Wisdom

5,000 + years exploring Flow and Time

& Understanding the World

The Chinese Zodiac

鶴袖野志多目錄
遊人出馬不以時



Cycles, Flow & Associations



- ▶ **Personal Development**
- ▶ **Health**
- ▶ **Placement, Change & Flow**
- ▶ **Prediction**
- ▶ **Politics & Power**
- ▶ **Peace & War**
- ▶ **Education**
- ▶ **Economics**
- ▶ **Business**
- ▶ **Relationships**

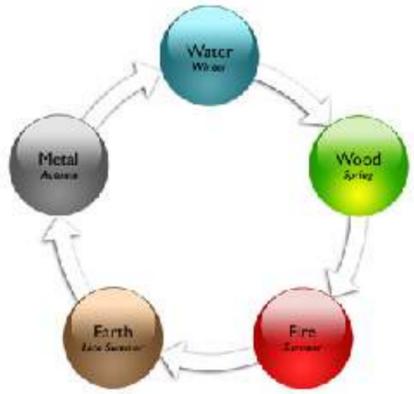




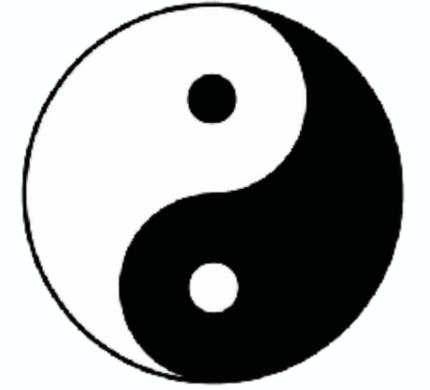
‘Fires of Qin’
221 B.C. to 207 B.C.

**They ordered the burning of all books
except those to do with divination,
medicine and agriculture.**

And They Buried Philosophers Alive

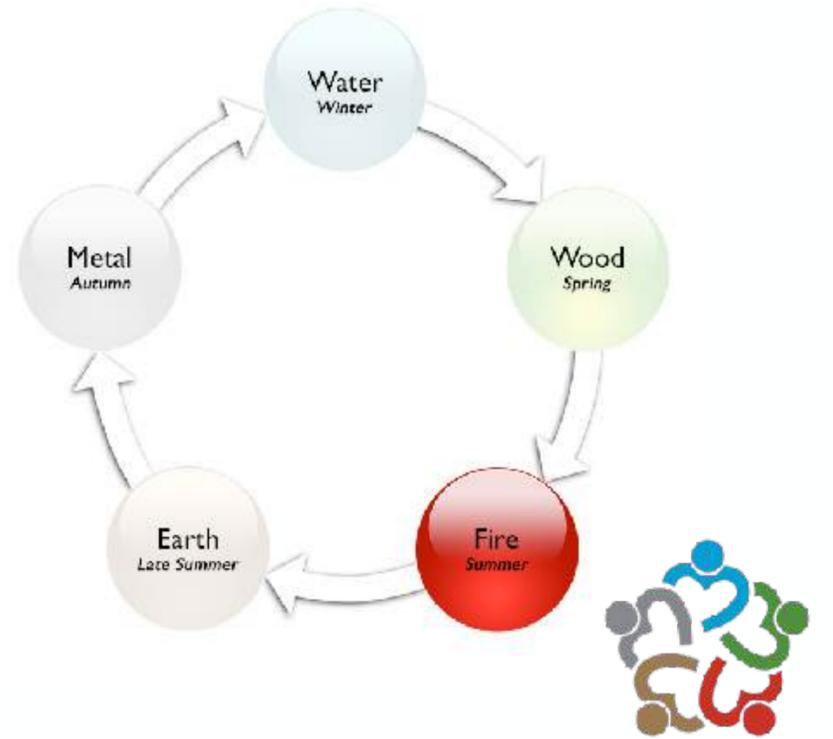
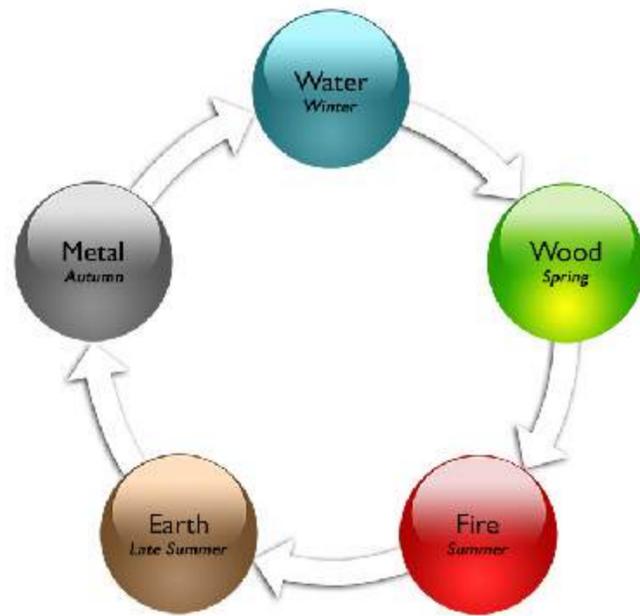
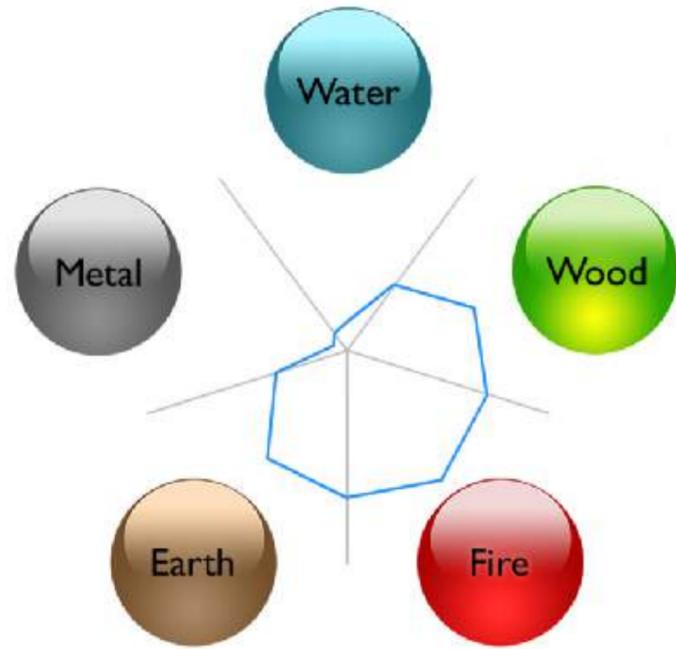


Cycles, Flow & Associations



- ▶ Personal Development
- ▶ **Placement, Change & Flow**
- ▶ Politics & Power
- ▶ Education
- ▶ Business
- ▶ **Health**
- ▶ **Prediction**
- ▶ Peace & War
- ▶ Economics
- ▶ Relationships





The Five Types Of Flow

The Five Types Of Flow

The Flow State

The Five Types Of Flow

The Flow State

The Flow of Internal Energy

The Five Types Of Flow

The Flow State

The Flow of Internal Energy

The Flow of Perception

The Five Types Of Flow

The Flow State

The Flow of Internal Energy

The Flow of Perception

The Flow of Creation

The Five Types Of Flow

The Flow State

The Flow of Internal Energy

The Flow of Perception

The Flow of Creation

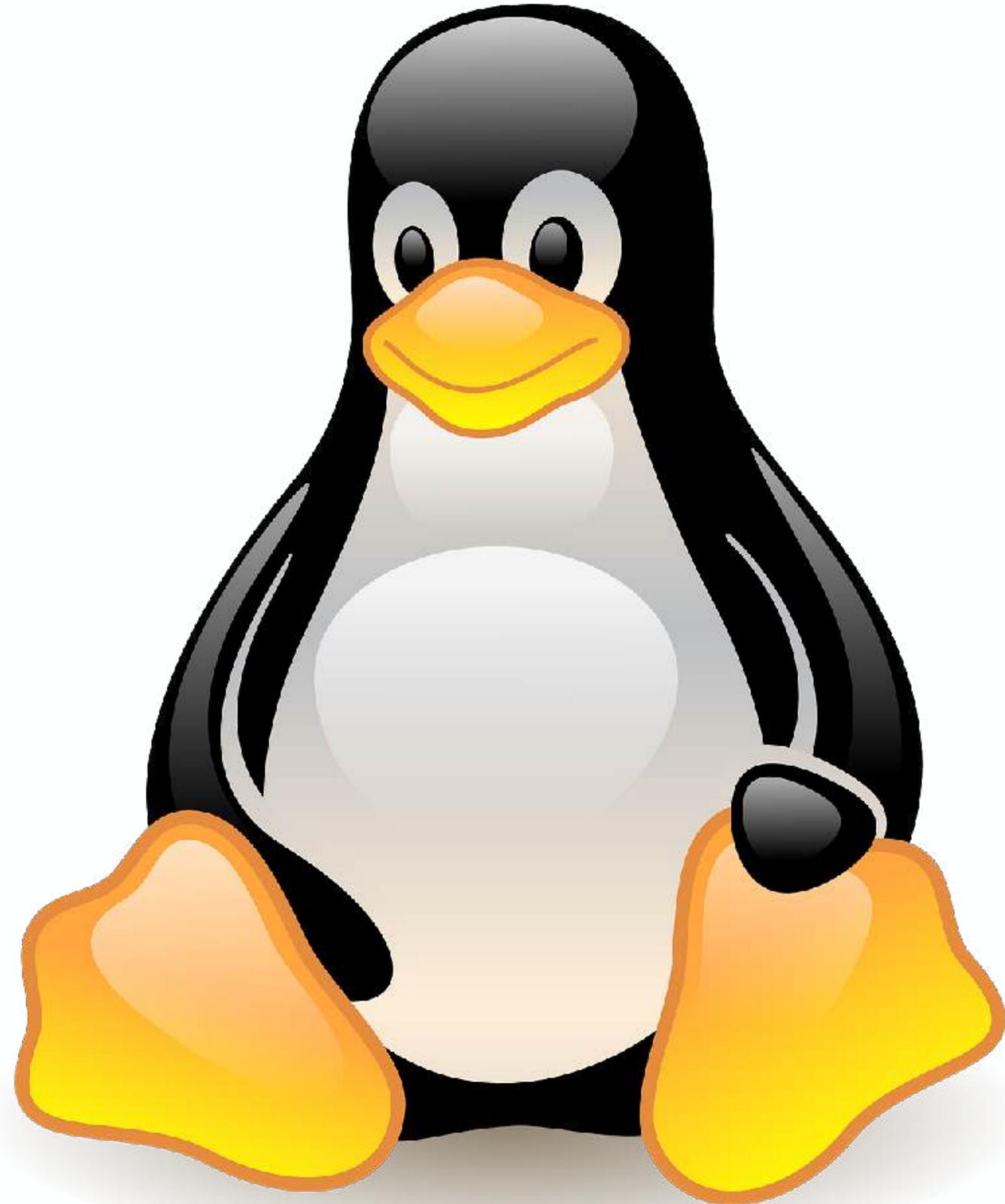
The Flow of External Energy - Energy Waves



2026 Fire Horse & Your Practice







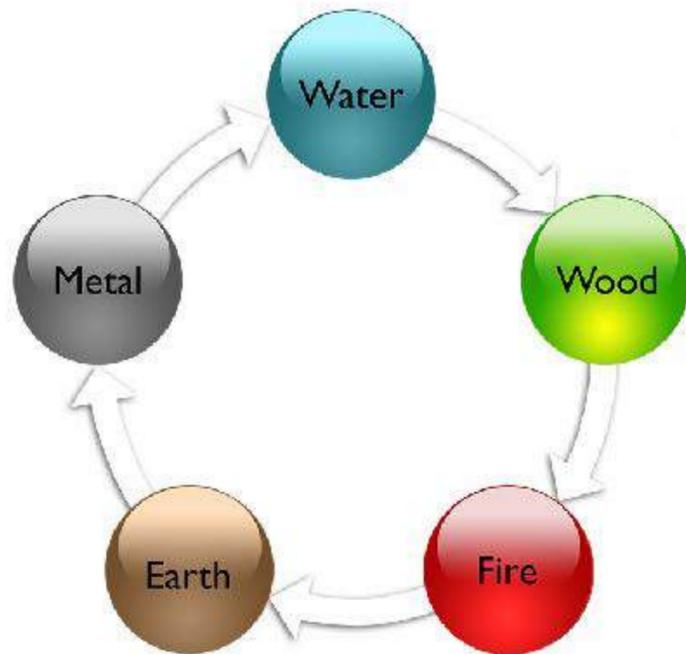
The Chinese Zodiac

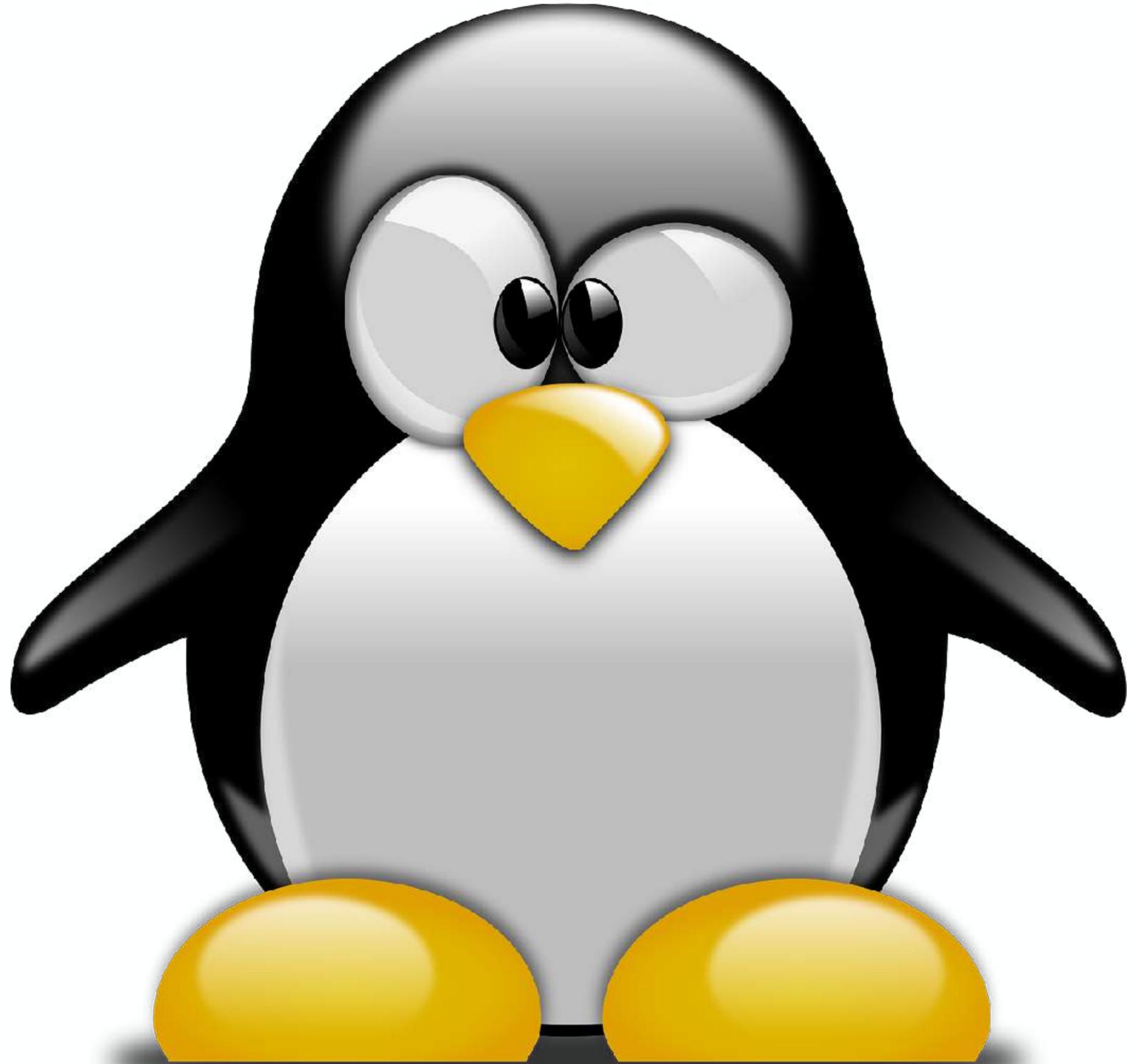


Interact With Your Stars
East & West

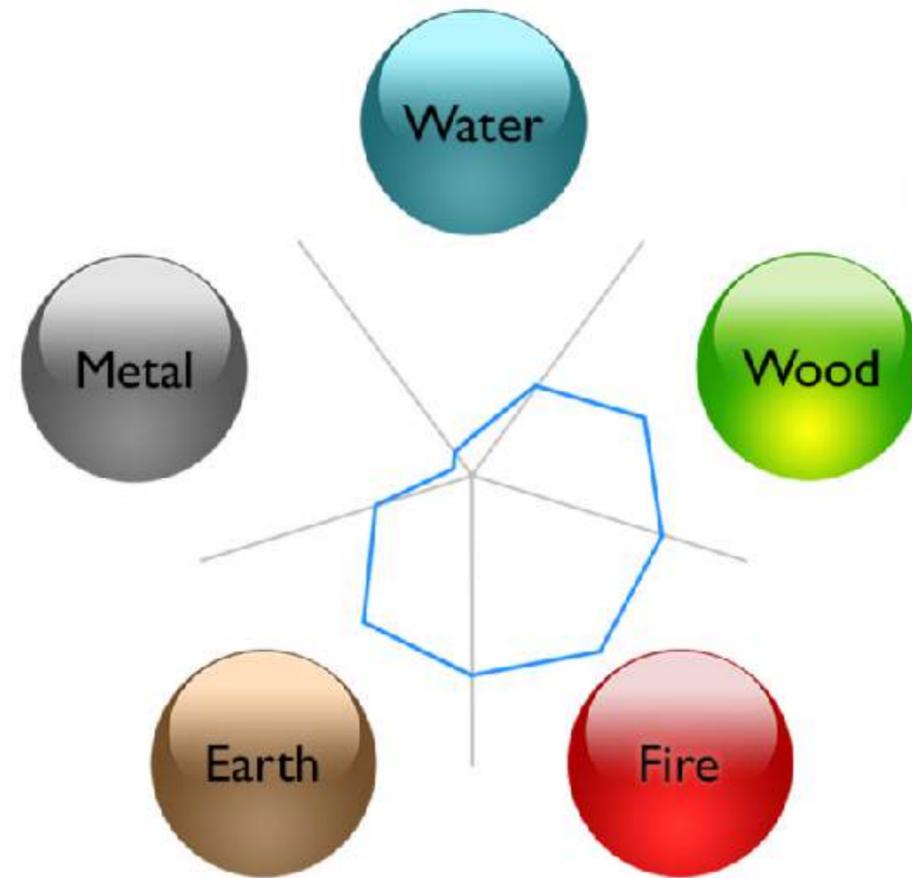
& Numerology

Your Essence





THE Vitality TEST



Water: 5.7%

Wood: 28.6%

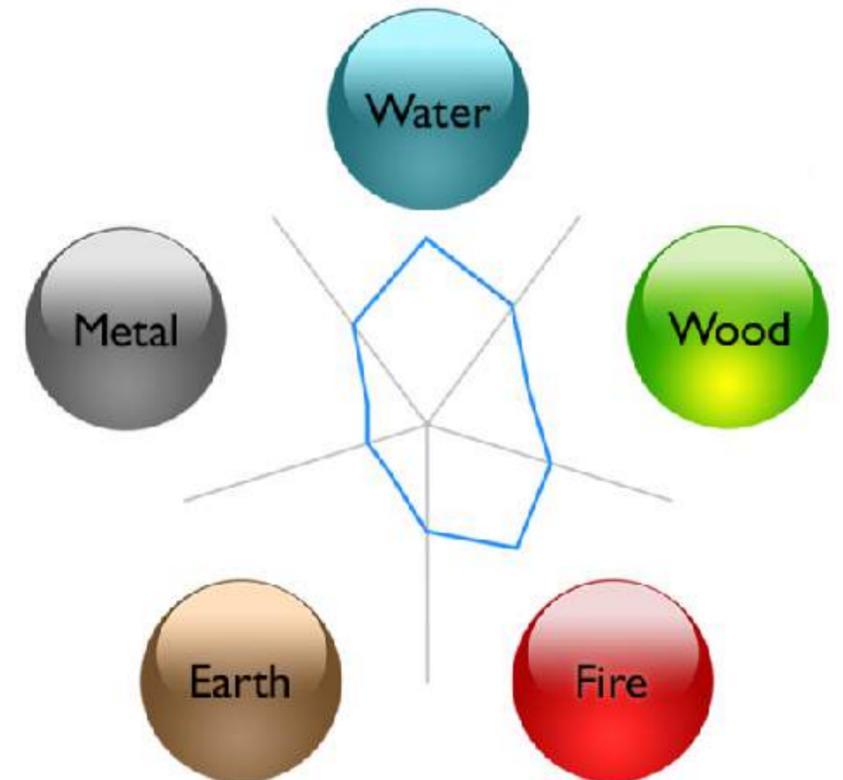
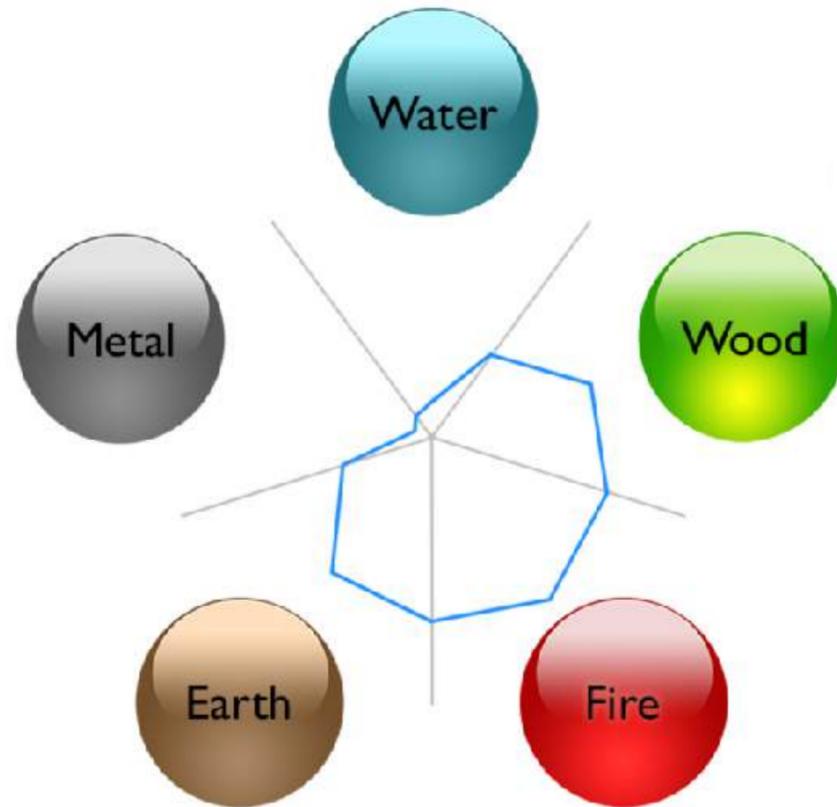
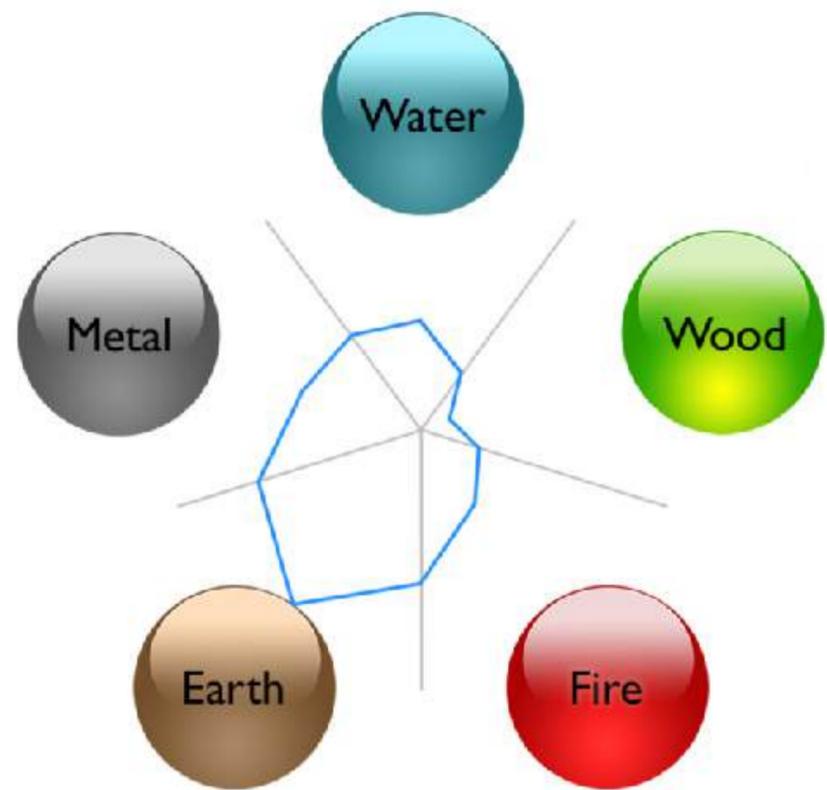
Fire: 34.3%

Earth: 28.6%

Metal: 2.9%



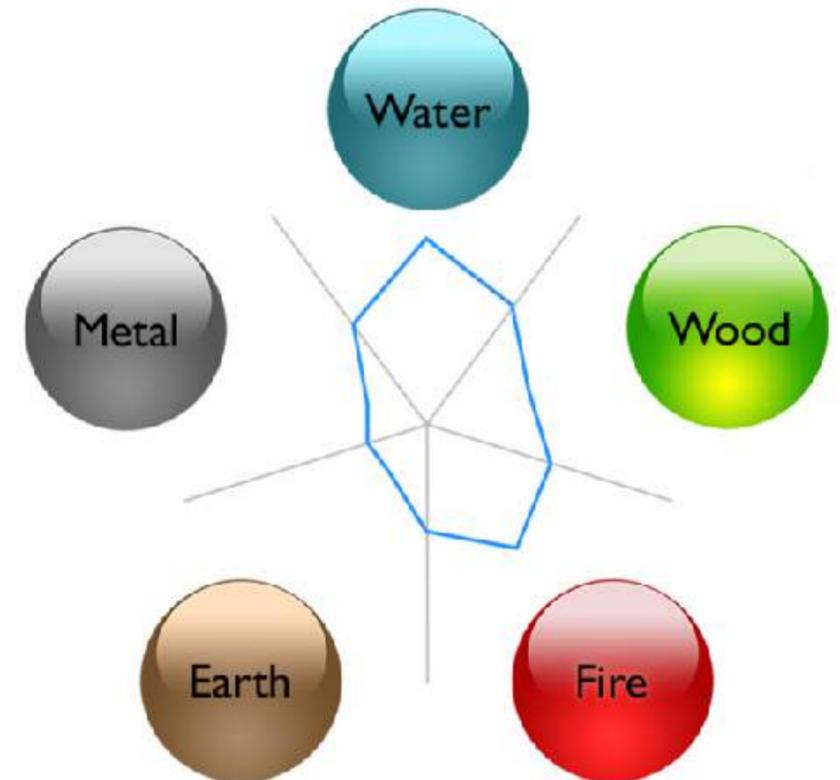
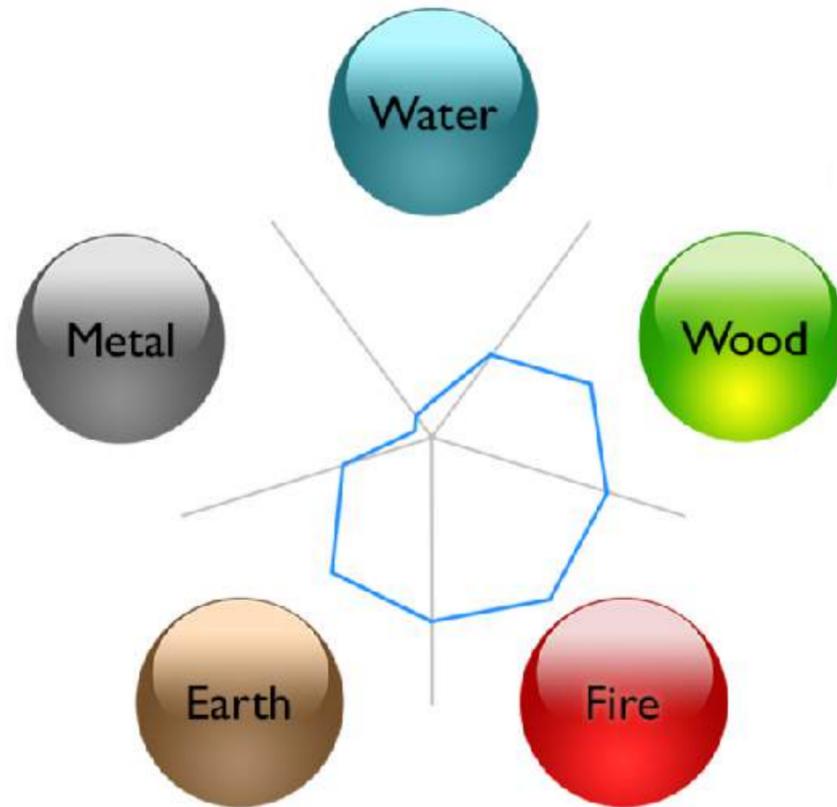
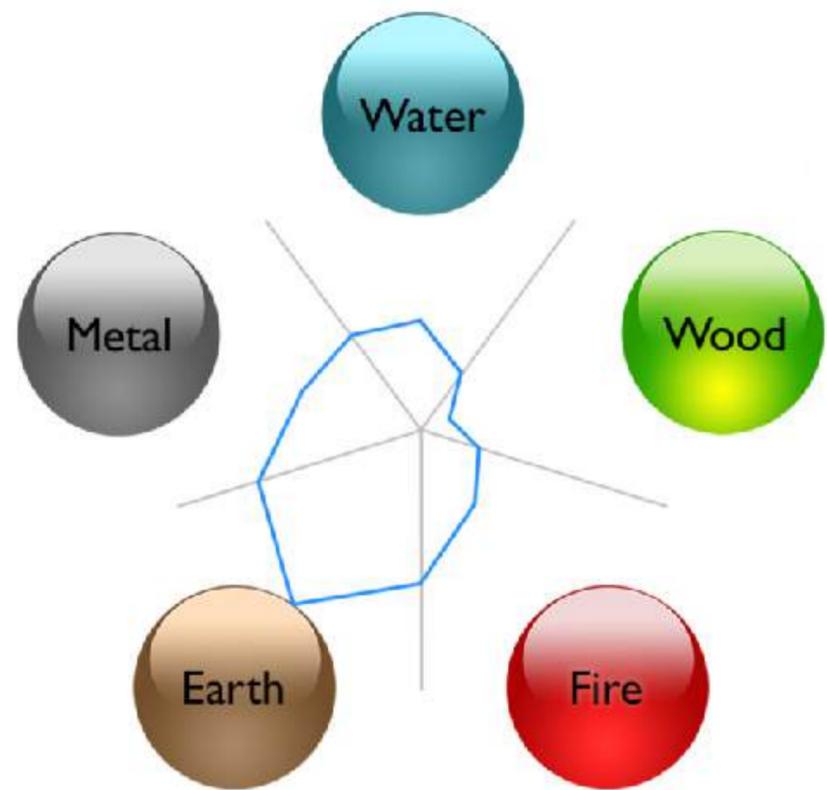
THE Vitality TEST



Our Focus or Way of Seeing the World



THE Vitality TEST



Our Blind Spots or Lack of Focus

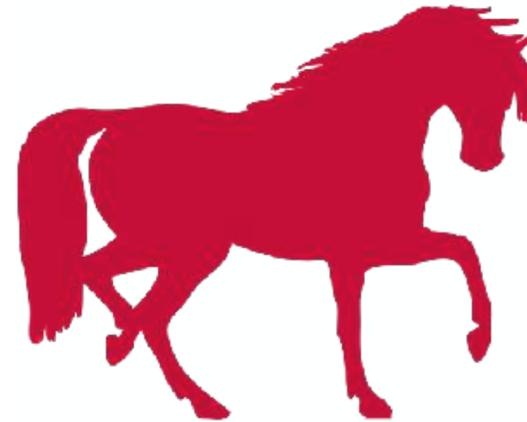
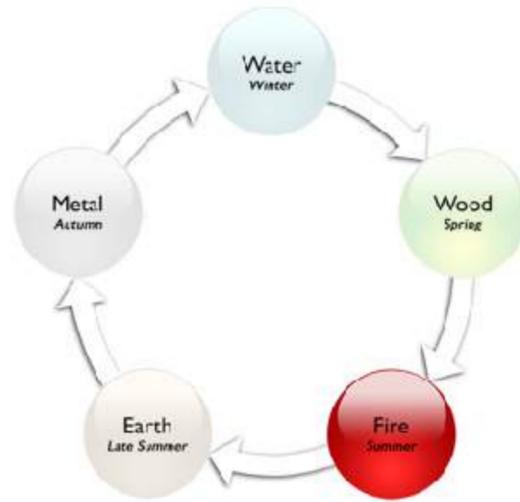


THE Vitality TEST

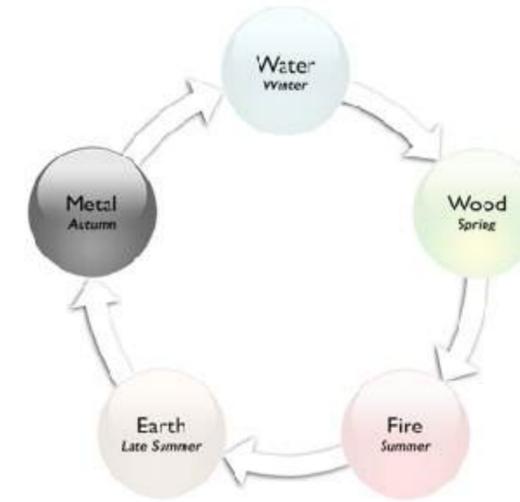
www.FiveInstitute.com



2026



Year



Block



2020 - 2031



Metal



Metal



Tiger



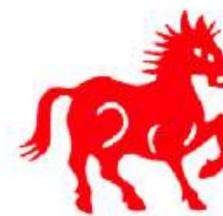
Rabbit



Dragon



Snake



Horse



Goat



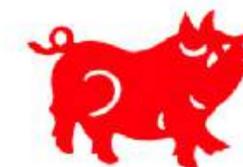
Monkey



Rooster

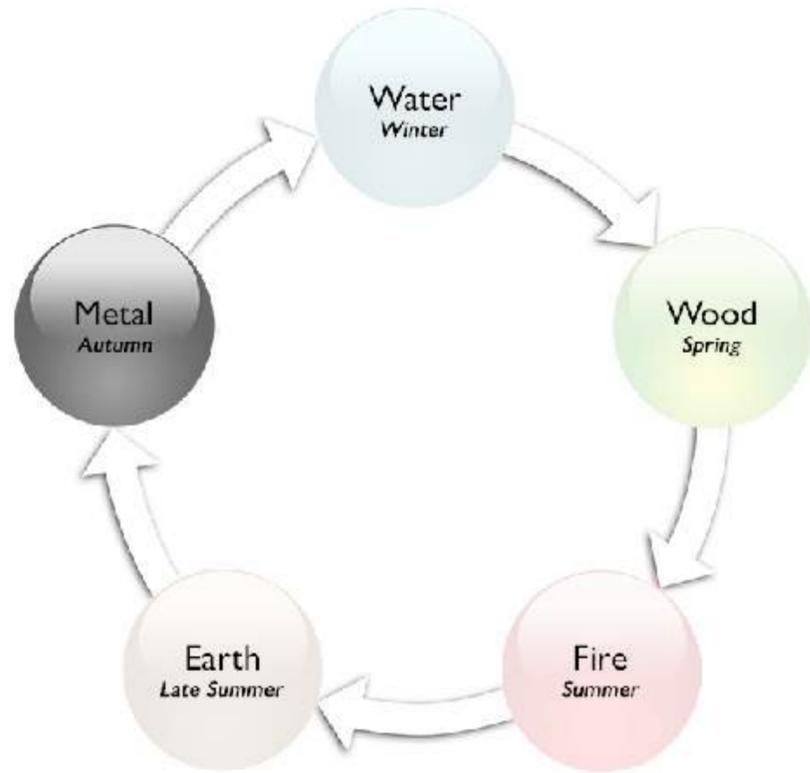


Metal



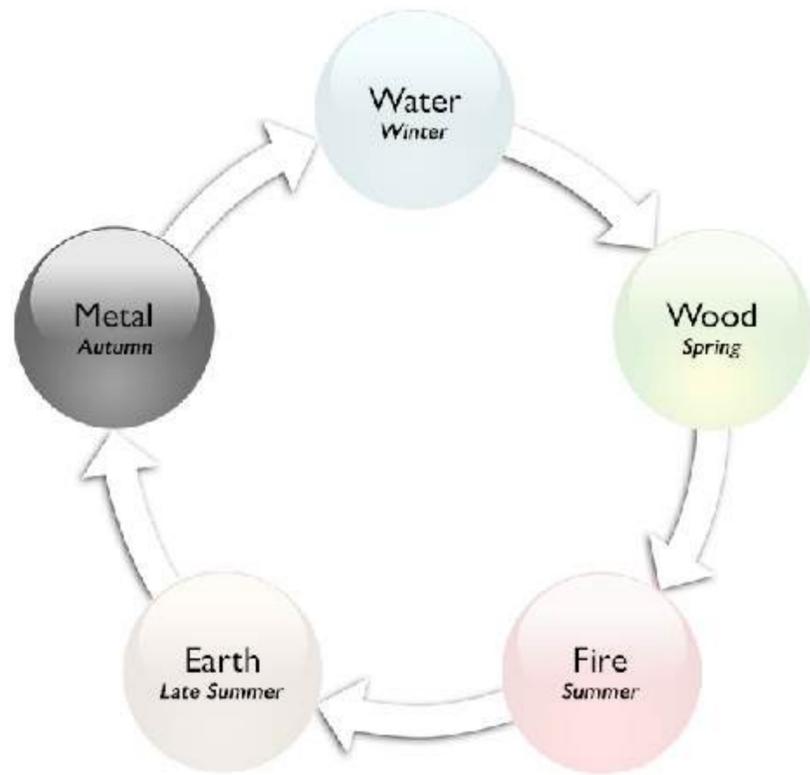
Metal

Opens and closes with Metal Energy

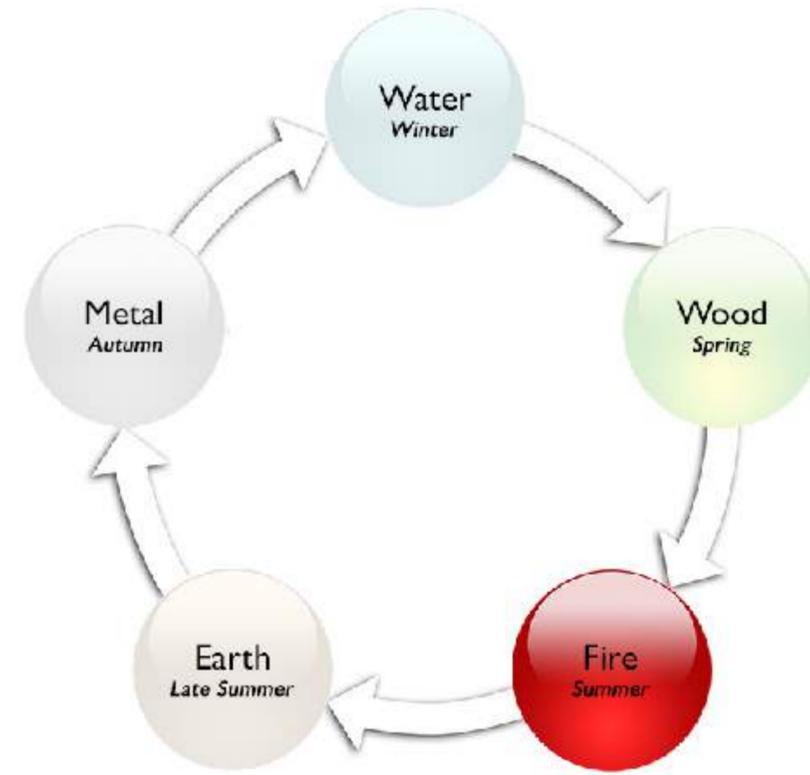


Block



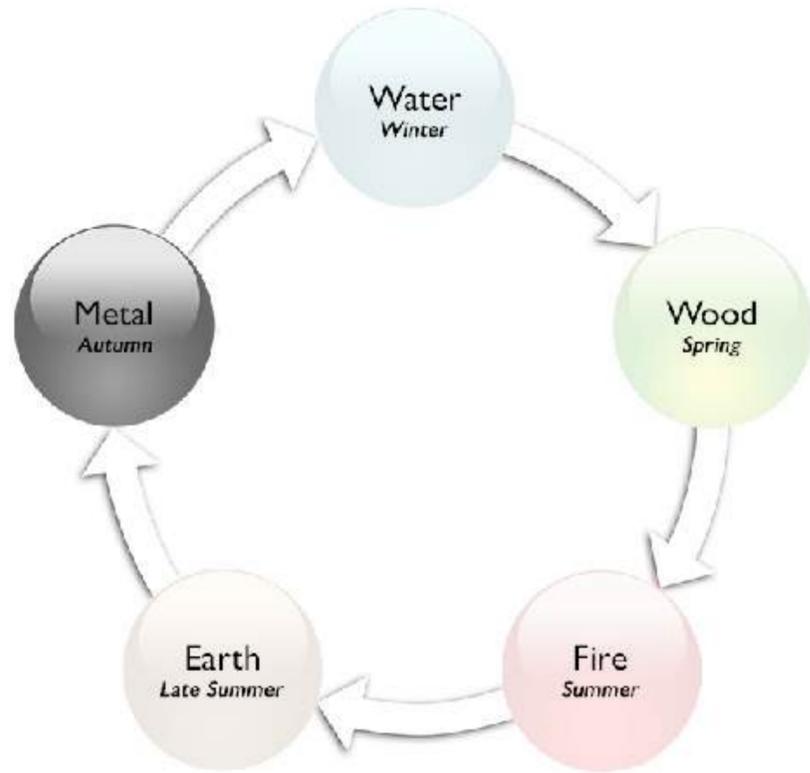


Block



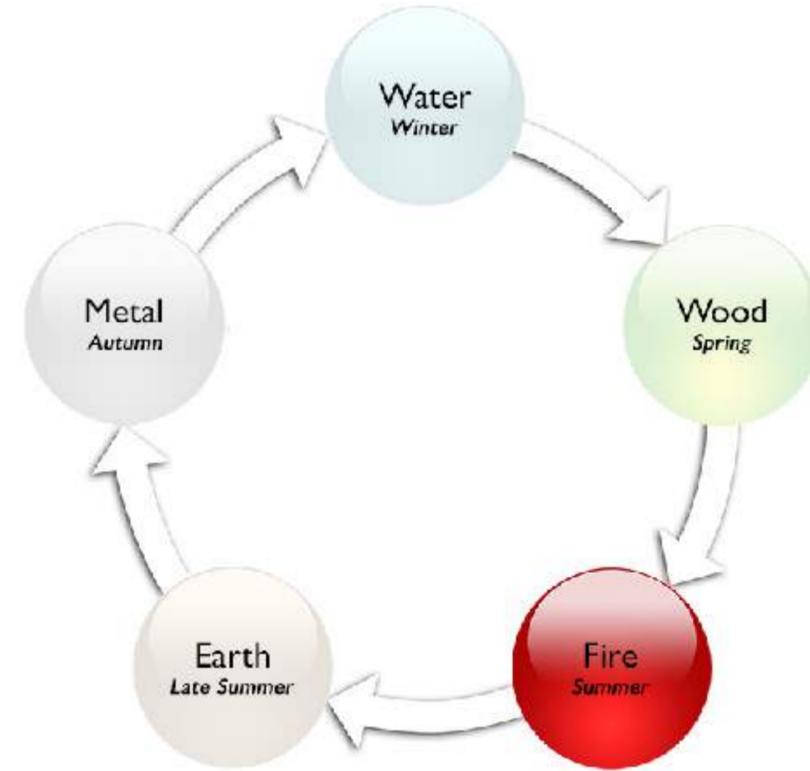
Year





Block

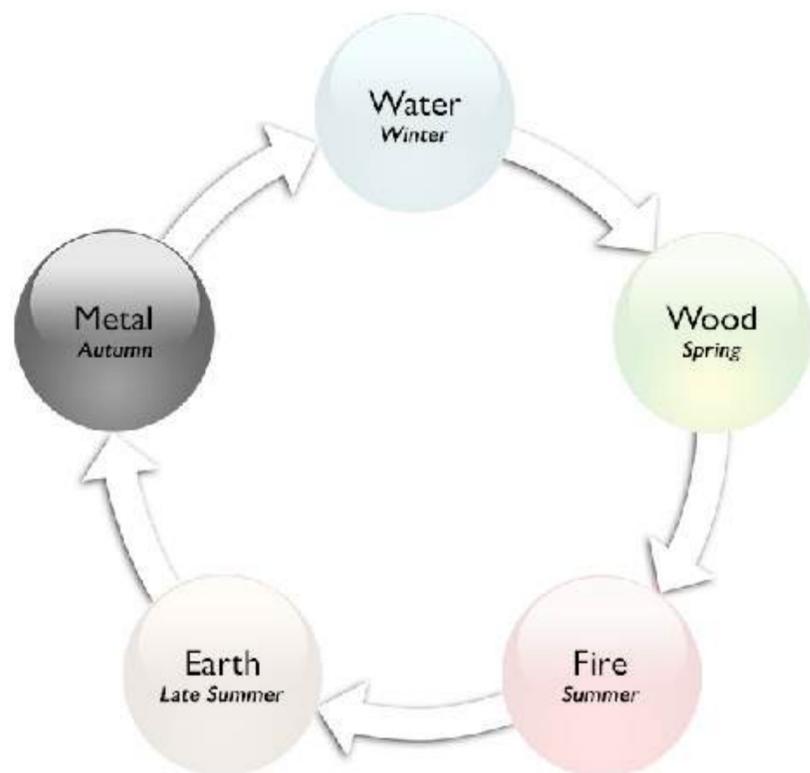
Ending



Year

Expanding





Block



Rat



Ox



Tiger



Rabbit



Dragon



Snake



Horse



Goat



Monkey



Rooster



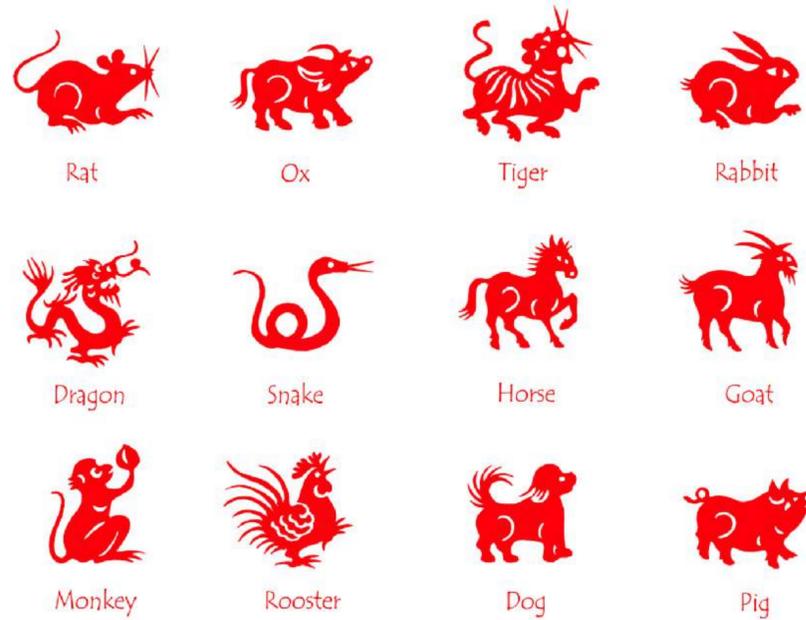
Dog



Pig

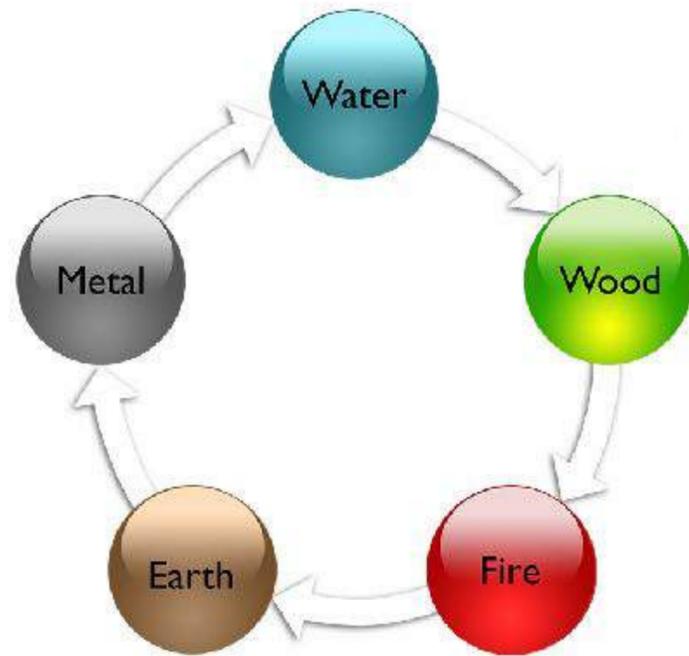


The Chinese Zodiac



Each Year Occurs
Once Every 60 Years

2026 = 1966









Out of the 60-year cycle, this is the most pivotal time and a decider for the future

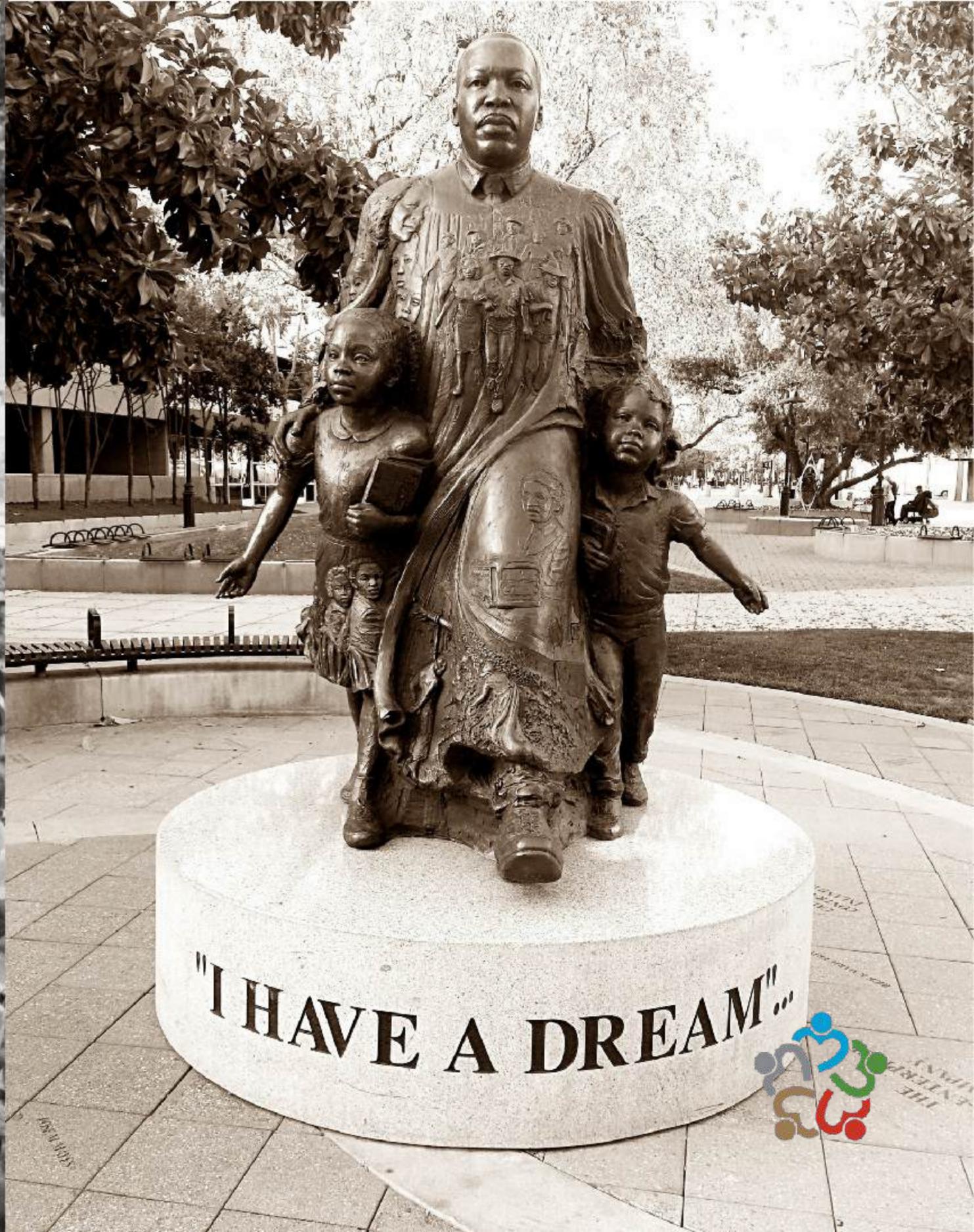


complet. Il a trente
encore r. R.VE. adj.
* RÉVOLUTIF, IVE. adj.
RÉVOLUTION. S.
rouler). * T. Géom. I
corps autour d'un
dré par la r.

Tired Revolution



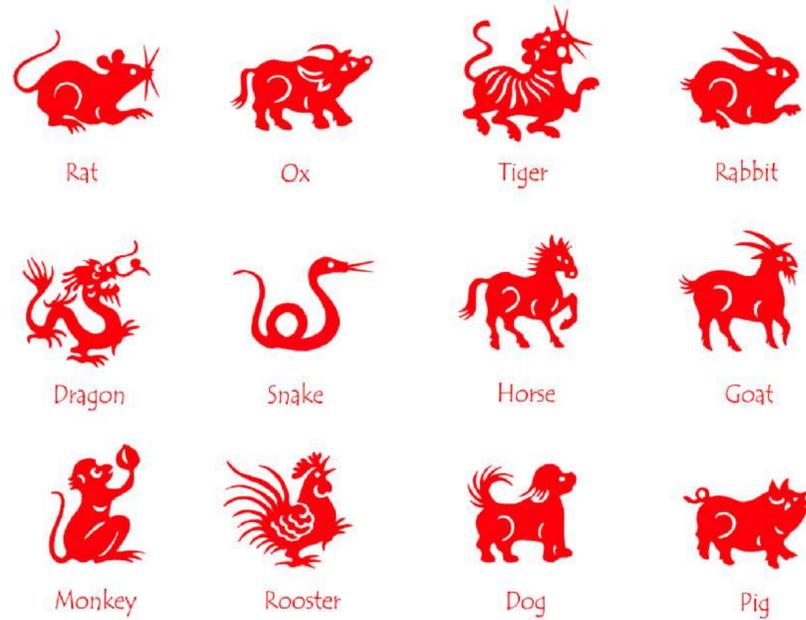
Inspired Revolution



Angry Revolution

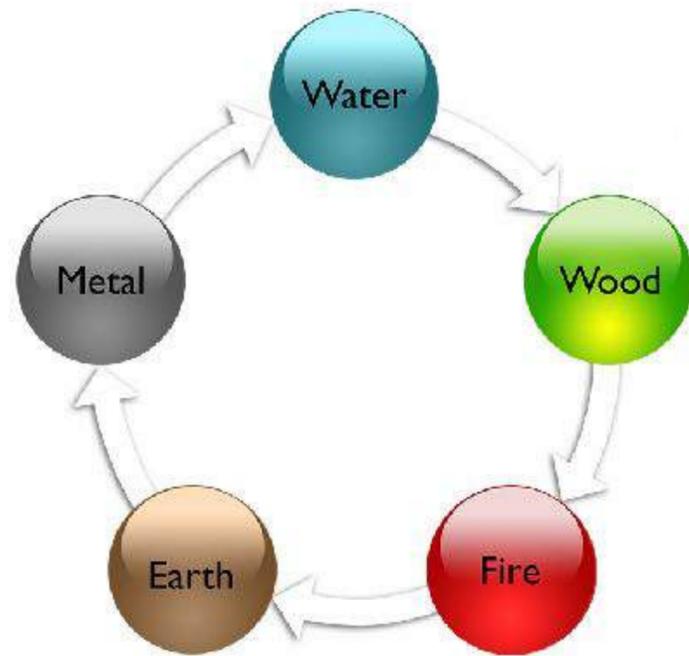


The Chinese Zodiac



Each Year Occurs
Once Every 60 Years

2026 = 1966









1966 was a tipping-point year



1966 was a tipping-point year

Society moved from *asking for reform* to *questioning the entire system*.



1966 was a tipping-point year

Society moved from *asking for reform* to *questioning the entire system*.

Identity, freedom, and equality became central themes.



1966 was a tipping-point year

Society moved from *asking for reform* to *questioning the entire system*.

Identity, freedom, and equality became central themes.

The idea that individuals could (and should) reshape society gained momentum.



Like the 1960's, we're in a time of
revolution and challenging norms

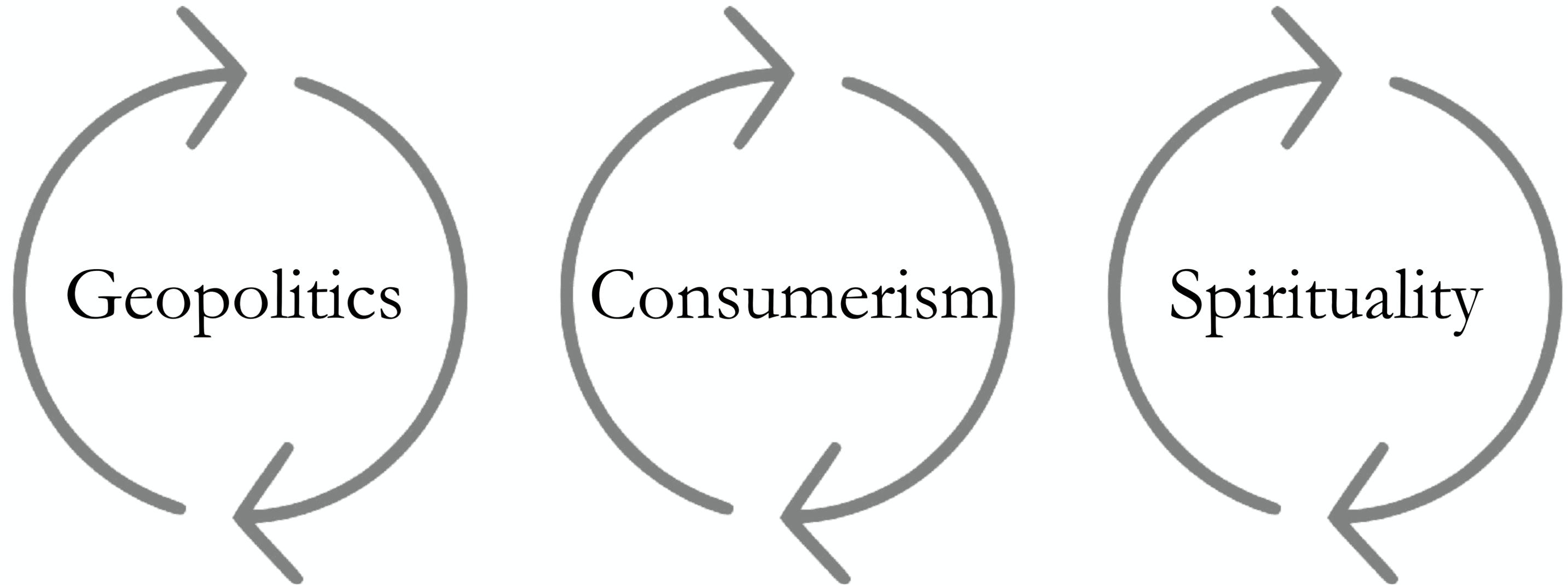


Like the 1960's, we're in a time of
revolution and challenging norms

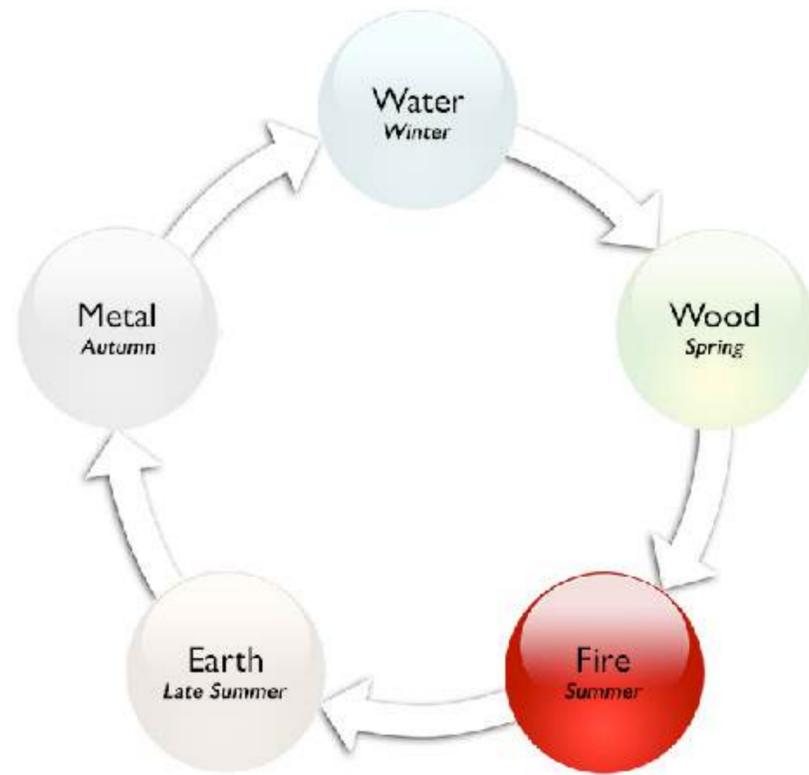
But on Steroids!



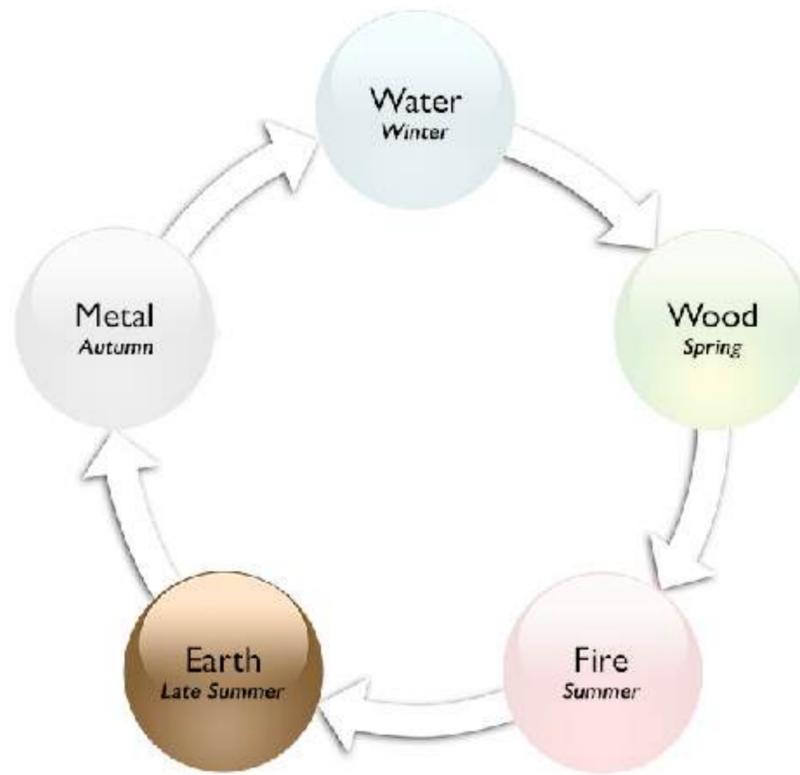
Cycles of Time & Humanity



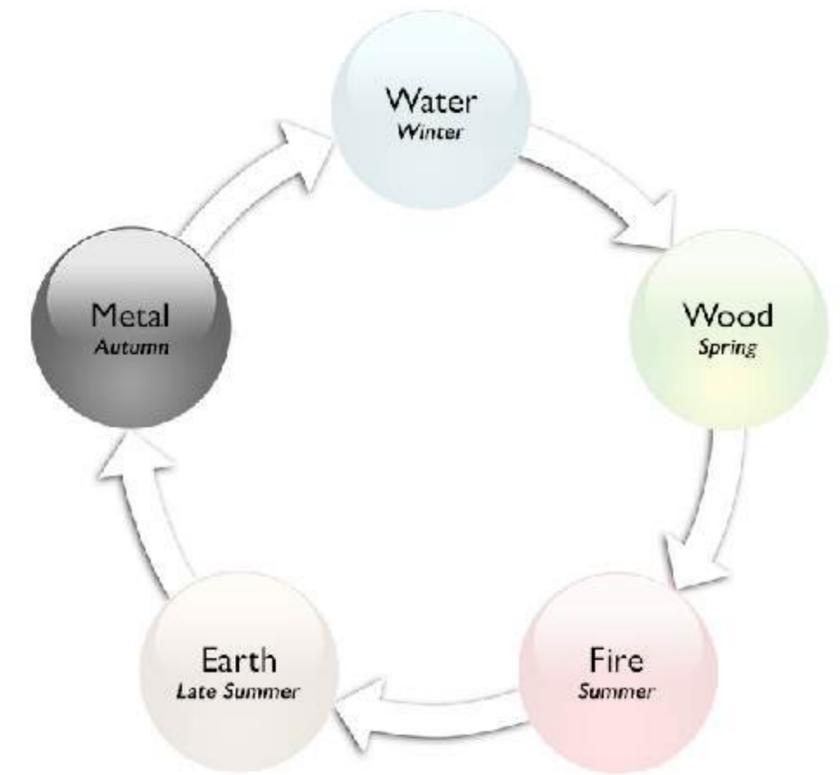
Cycles of Time & Humanity



Geopolitics



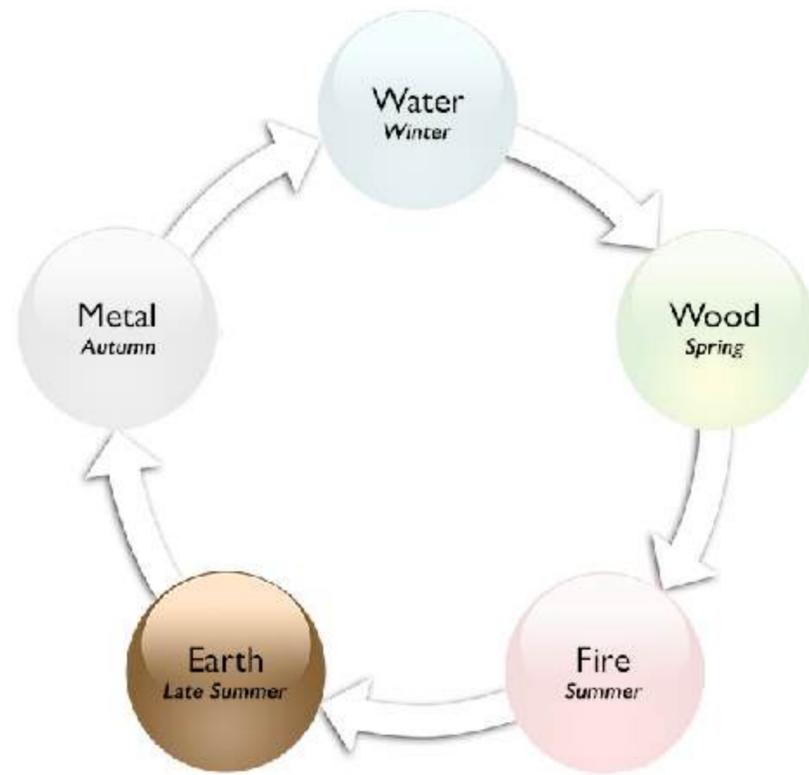
Consumerism



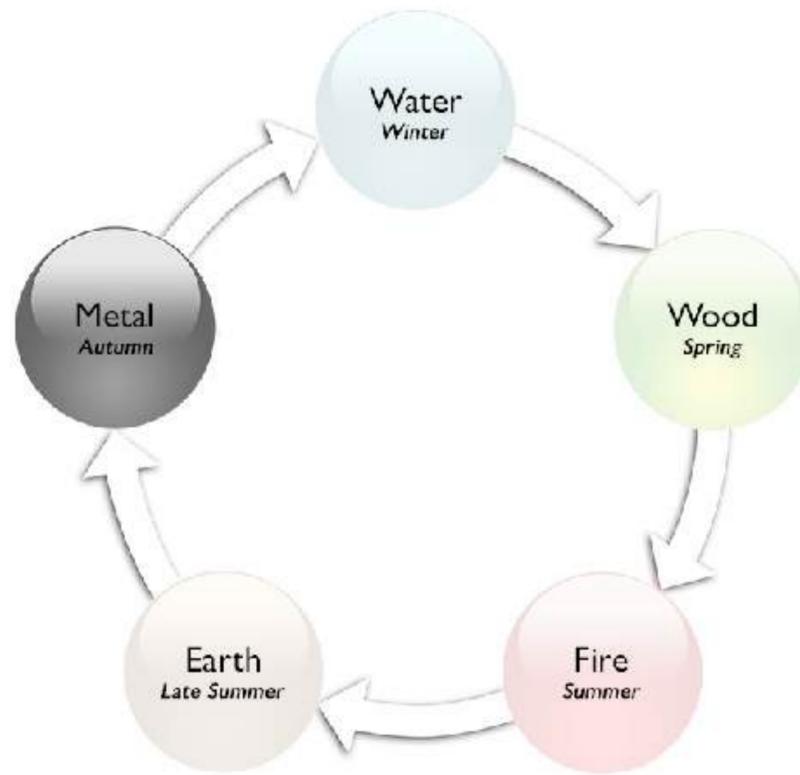
Spirituality



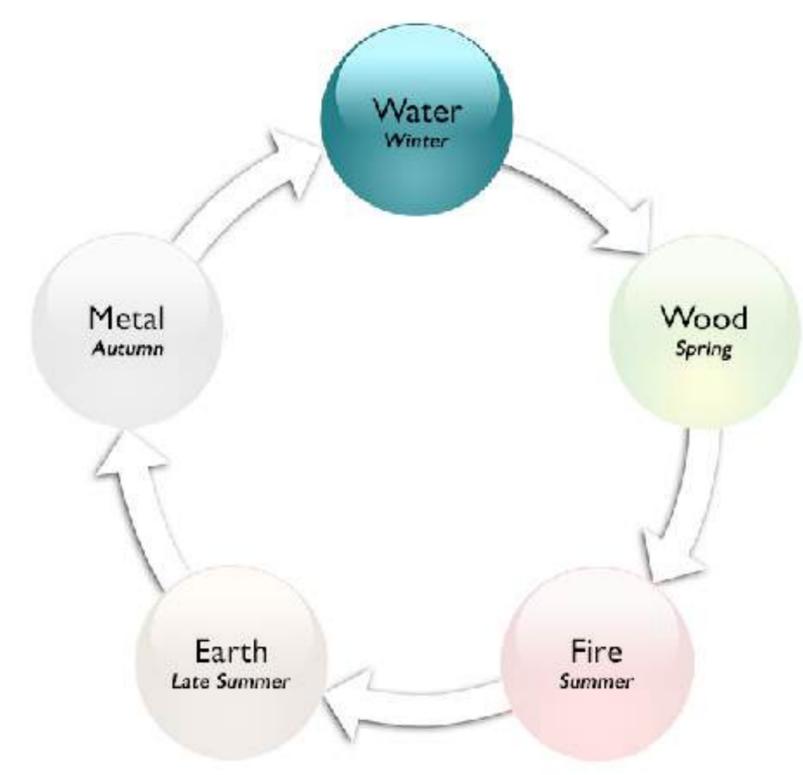
Cycles of Time & Humanity



Geopolitics



Consumerism



Spirituality



THIS IS BIG



THIS IS BIG





This is the age
of the
Experienced



But also a time
of great doubt



Uncertainty & Confusion



**What is coming
in the Year of the
Wood Snake?**



2025 was the best year
to let go of many
things and to release
your Limiting Beliefs

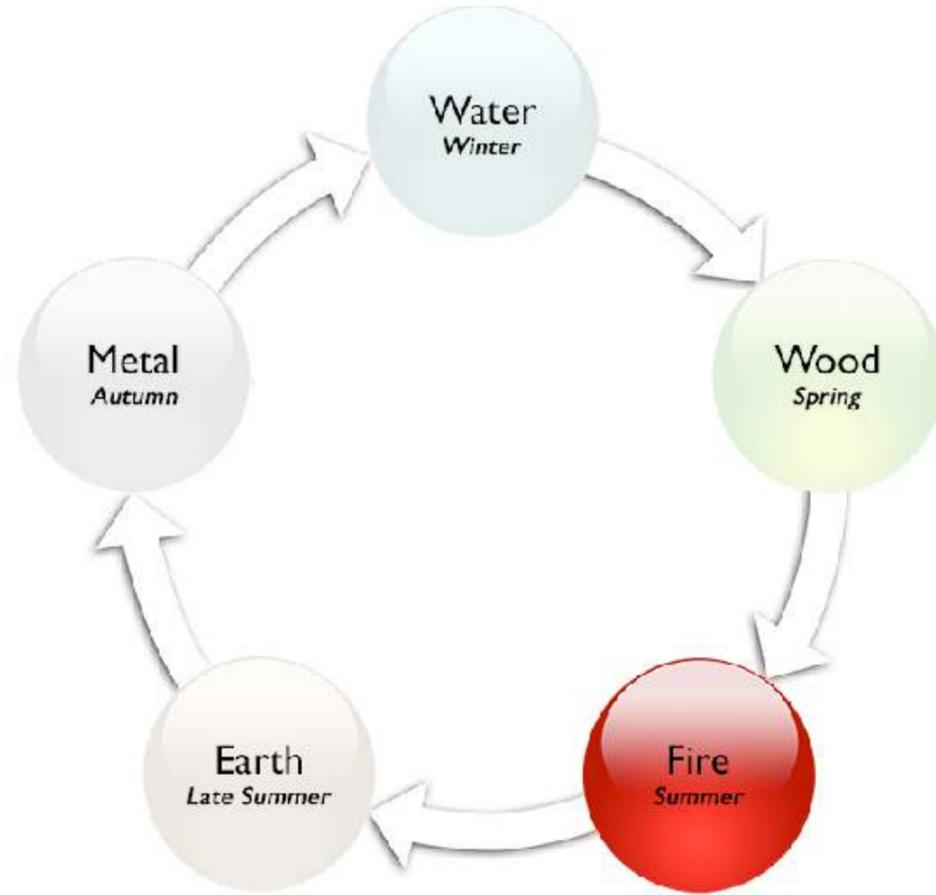
Reflection & Recognition

What did you let go of in 2025?

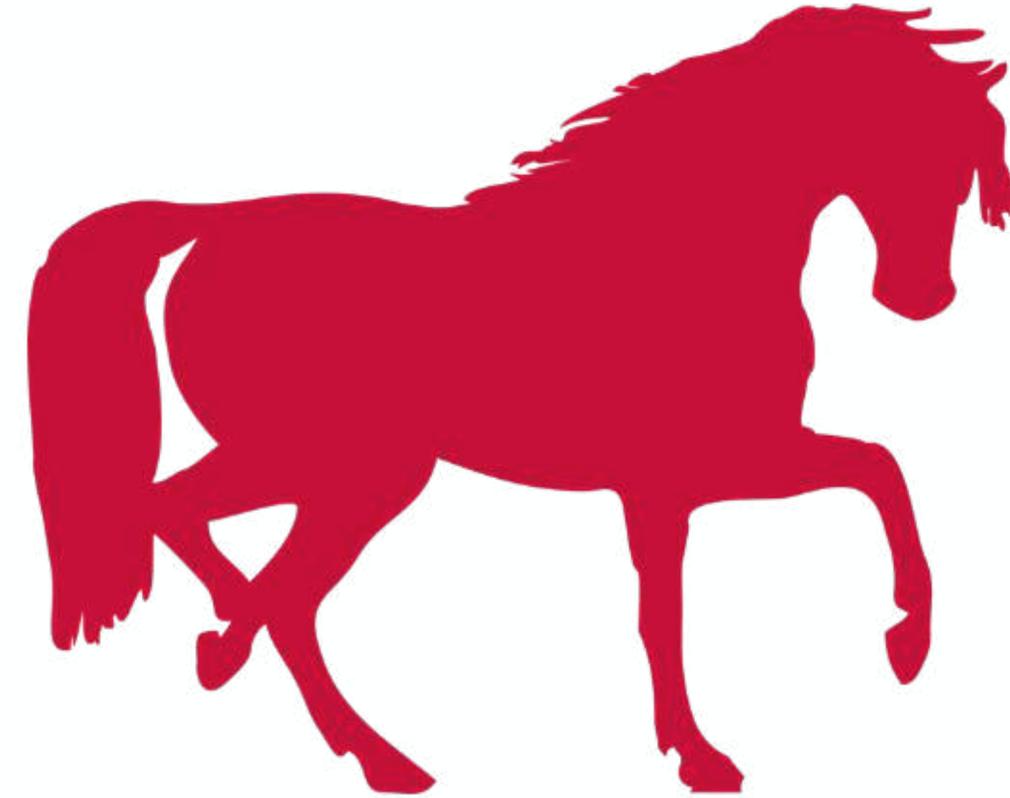
And how could that revolutionise your life?



Your Three Guiding Principles For 2026



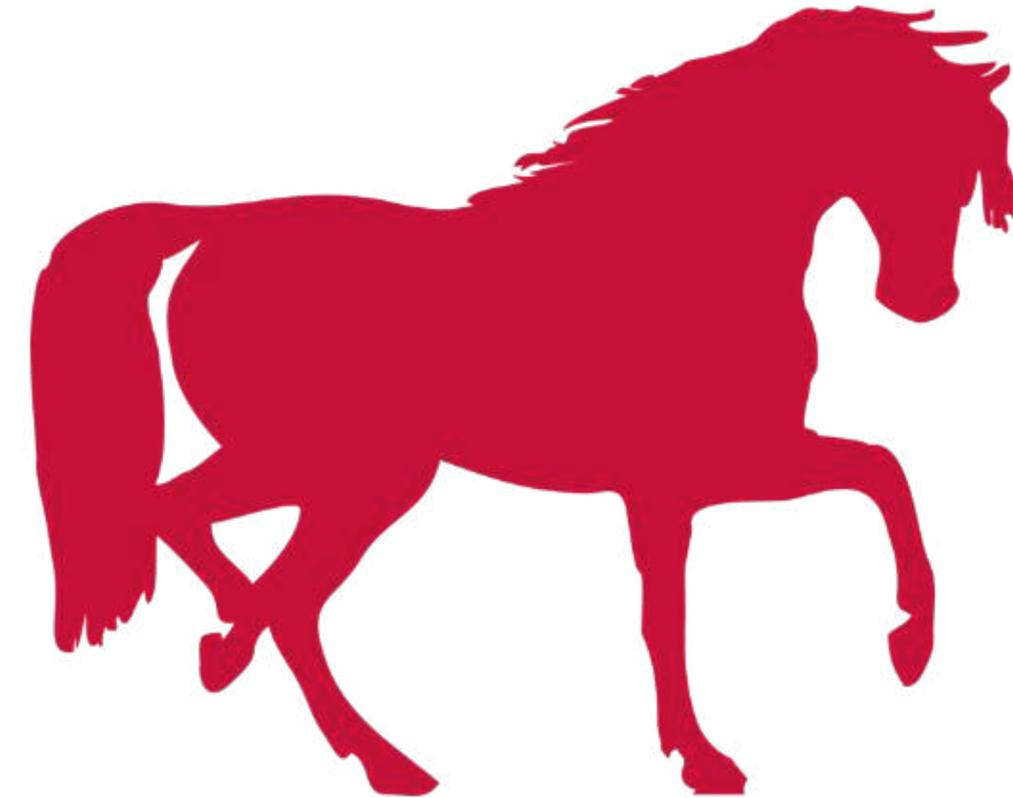
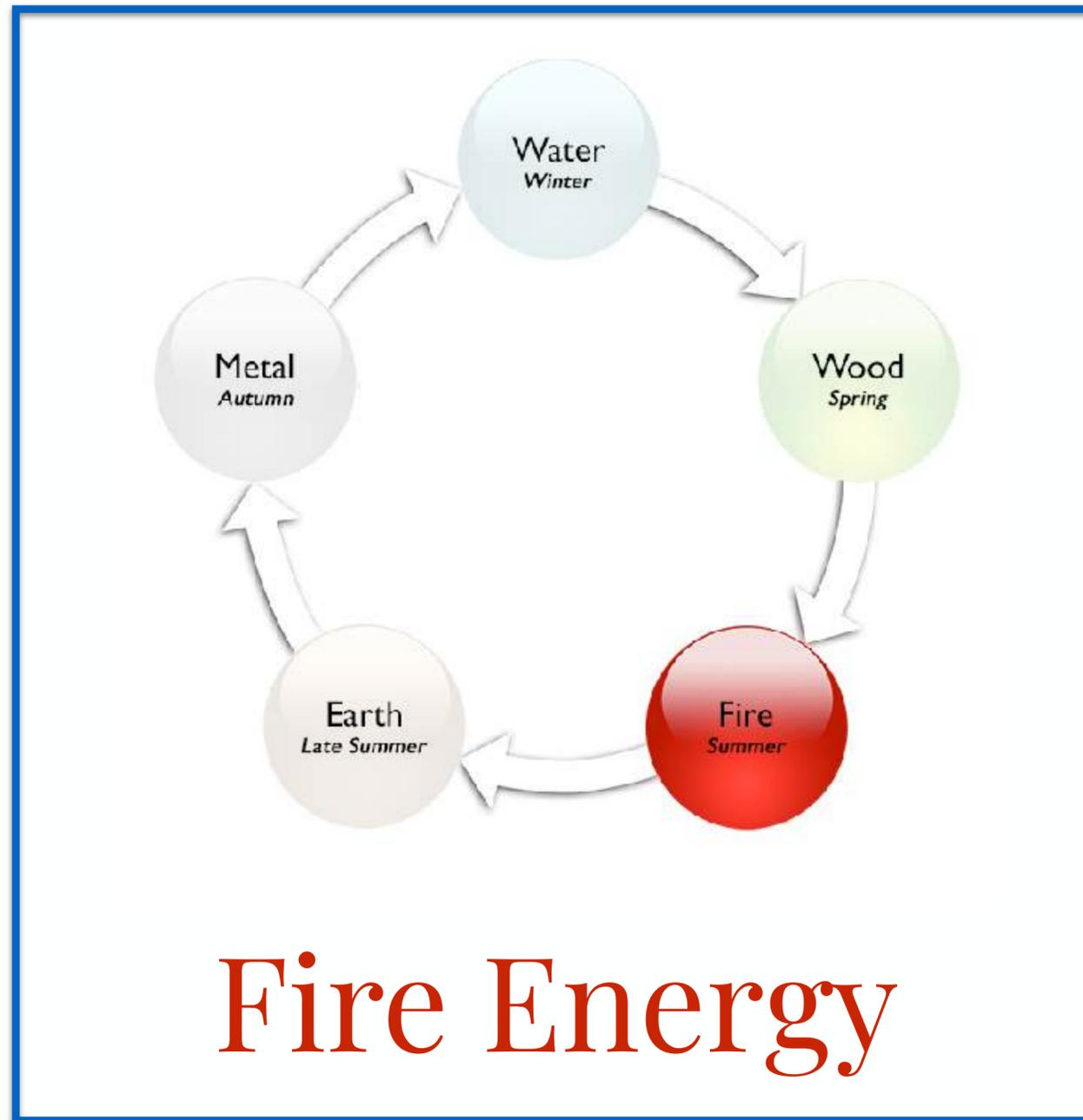
Fire Energy



Horse



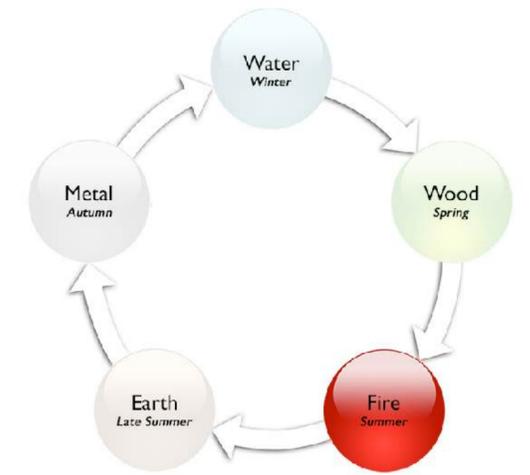
Your Three Guiding Principles For 2026



Horse



The Essence of the Fire Energy



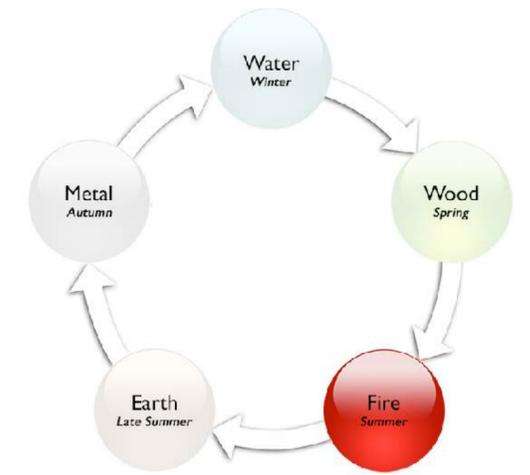
1.

2.

3.



The Essence of the Fire Energy



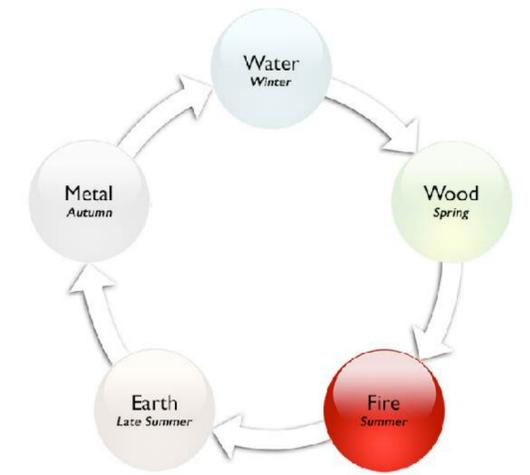
1. Expansive, Enlightening, Warming

2.

3.



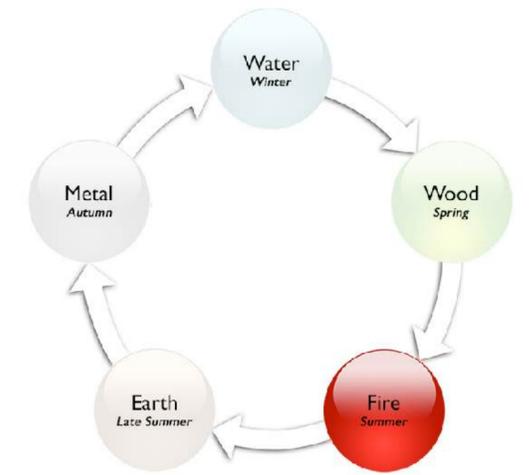
The Essence of the Fire Energy



1. Expansive, Enlightening, Warming
2. Focus, Selection and Communication
- 3.



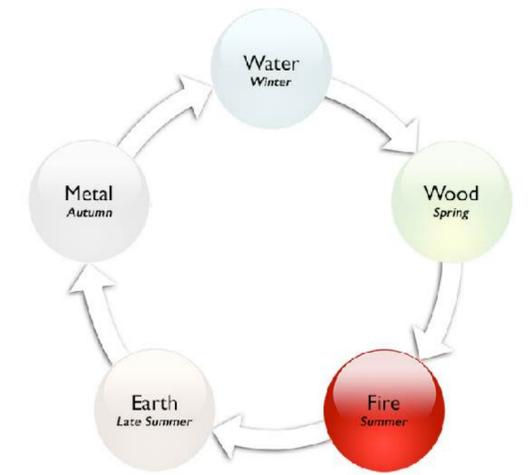
The Essence of the Fire Energy



- 1.** Expansive, Enlightening, Warming
- 2.** Focus, Selection and Communication
- 3.** Love, Joy, Happiness and Expressing Emotions



The Essence of the Fire Energy



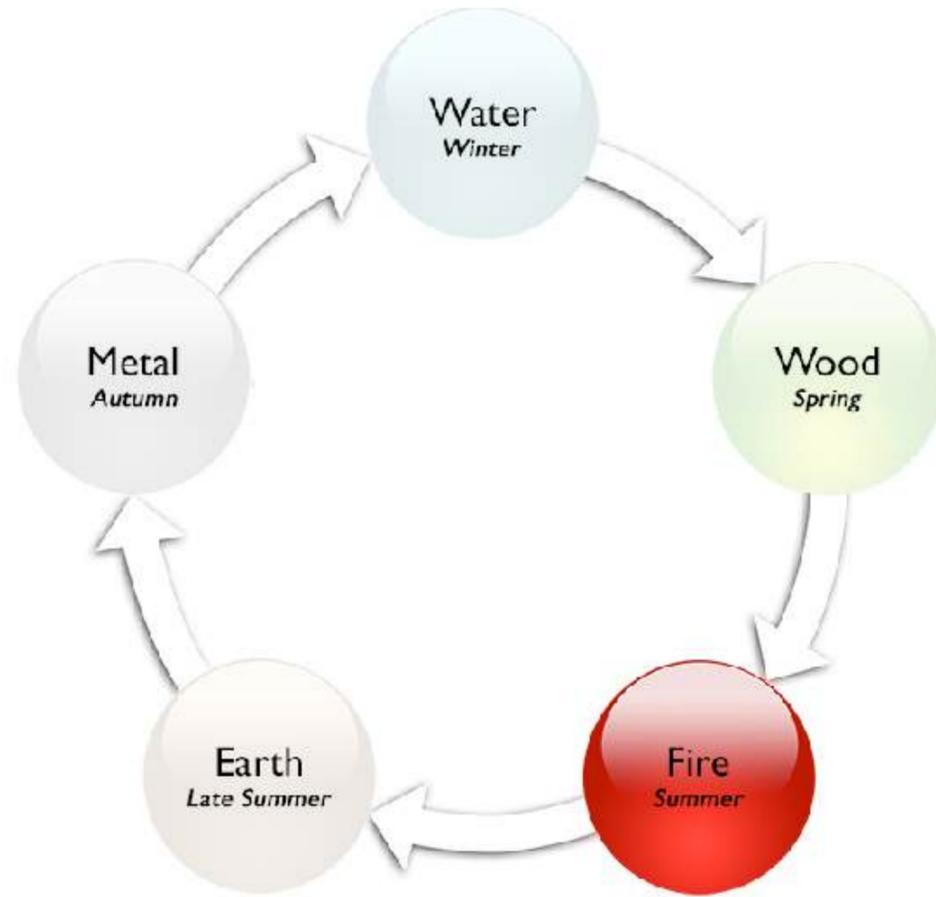
- 1.** Expansive, Enlightening, Warming
- 2.** Focus, Selection and Communication
- 3.** Love, Joy, Happiness and Expressing Emotions

Conscious Mind - The Sovereign Ruler

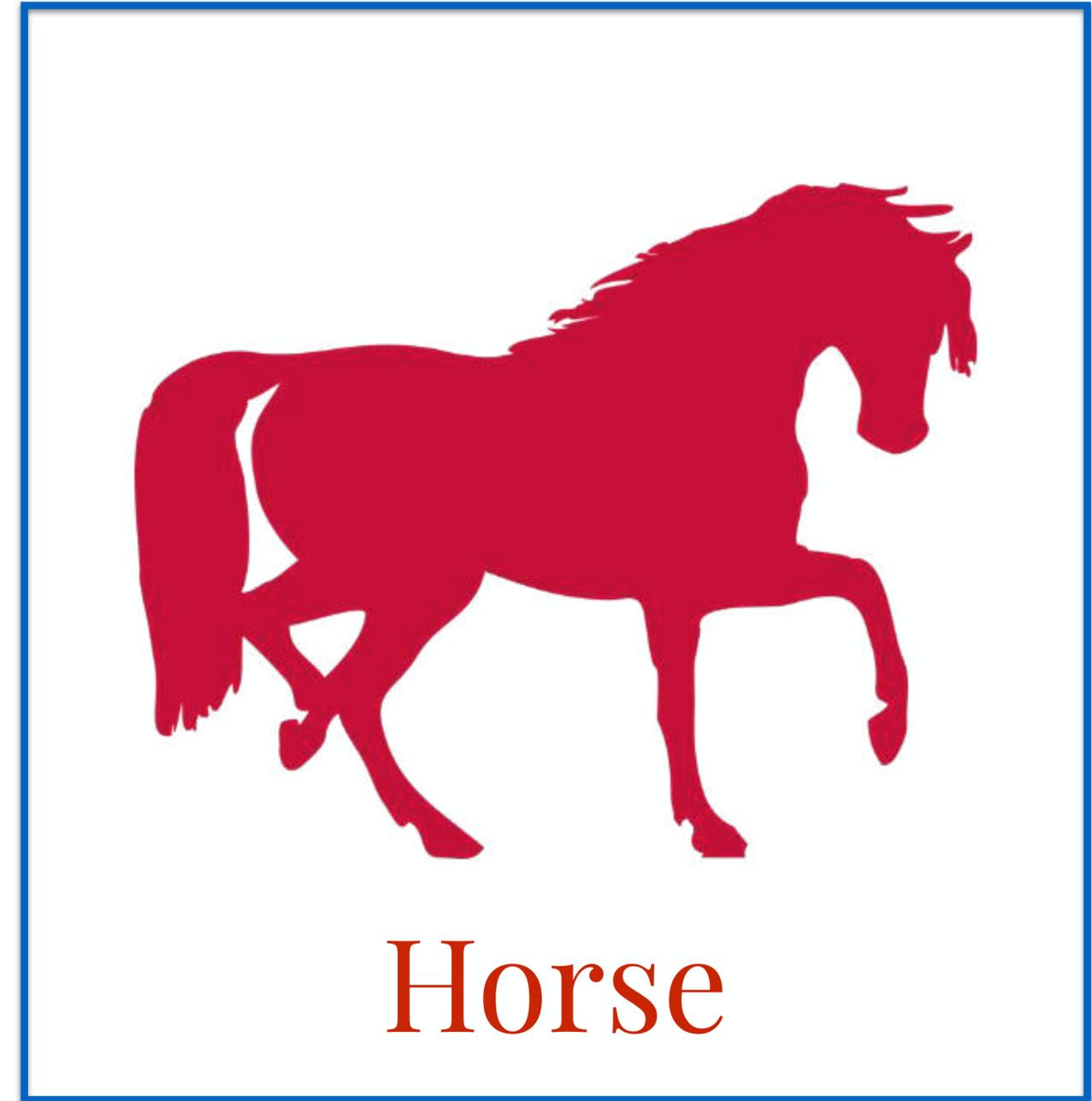




Your Three Guiding Principles For 2026



Fire Energy



Horse



The Chinese Zodiac



Rat



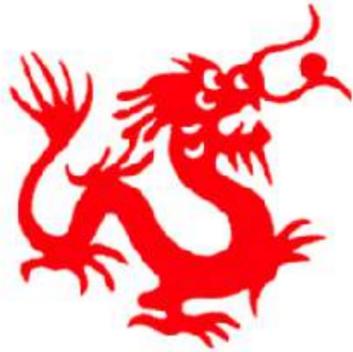
Ox



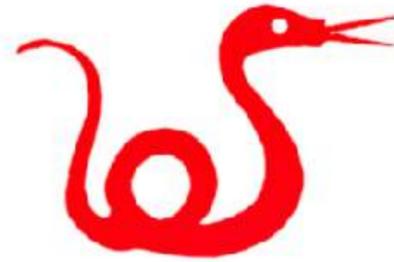
Tiger



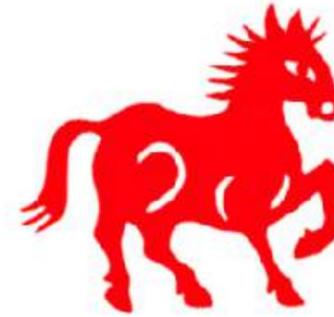
Rabbit



Dragon



Snake



Horse



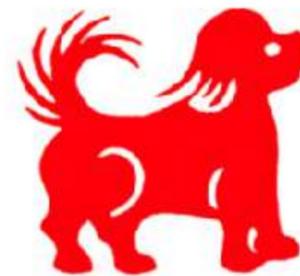
Goat



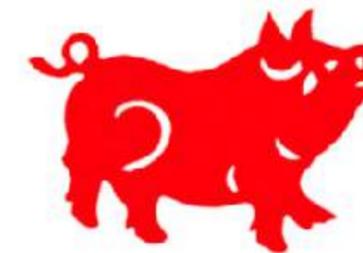
Monkey



Rooster



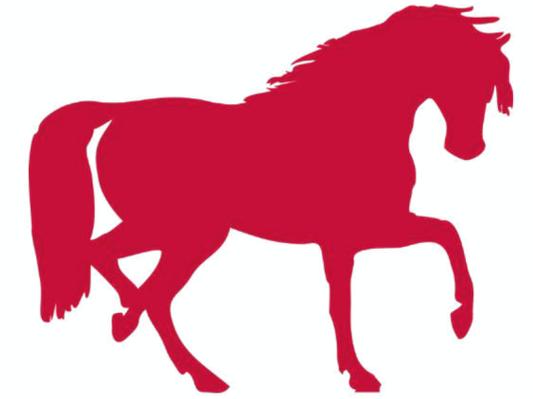
Dog



Pig



The Essence of the Horse



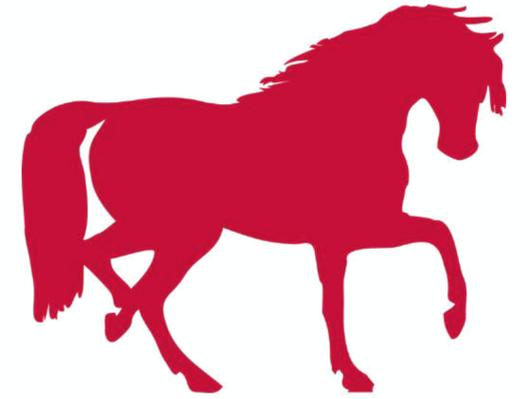
1.

2.

3.



The Essence of the Horse



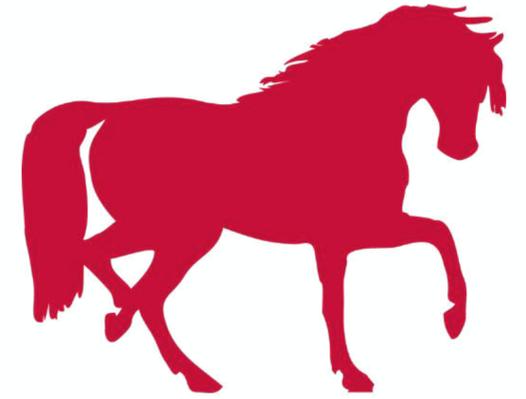
1. Gets stuff done! Powerful, Moves Forward.

2.

3.



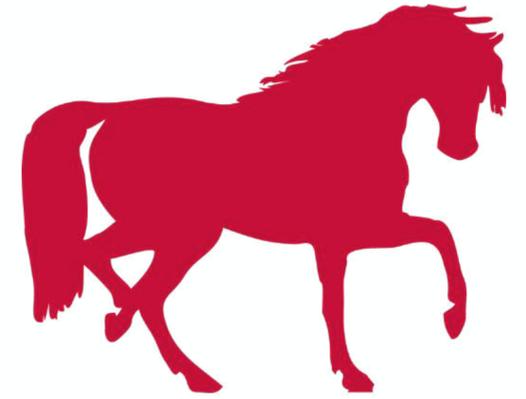
The Essence of the Horse



1. Gets stuff done! Powerful, Moves Forward.
2. Competitive and a Desire to Prove
- 3.



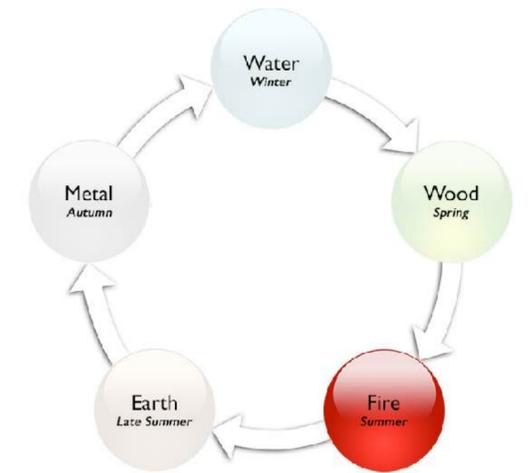
The Essence of the Horse



1. Gets stuff done! Powerful, Moves Forward.
2. Competitive and a Desire to Prove
3. Unyielding, decisive, not phased by mistakes



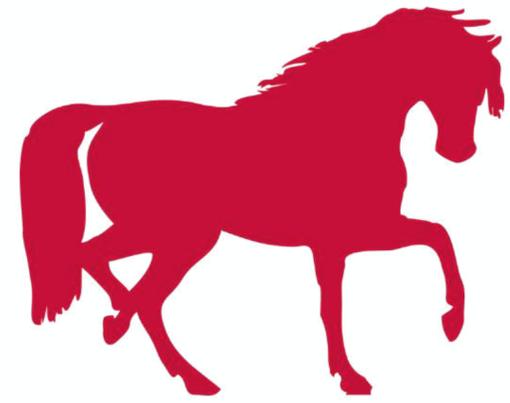
The Essence of the Fire Energy



- 1.** Expansive, Enlightening, Warming
- 2.** Focus, Selection and Communication
- 3.** Love, Joy, Happiness and Expressing Emotions



Pulling This Together



Expansive, Enlightening, Warming

Focus, Selection and Communication

Love, Joy, Happiness and Expressing Emotions

Gets stuff done! Powerful, Moves Forward.

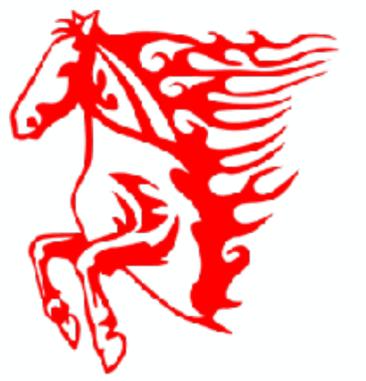
Competitive and a Desire to Prove

Unyielding, decisive, not phased by mistakes





2026: Your Three Guiding Principles

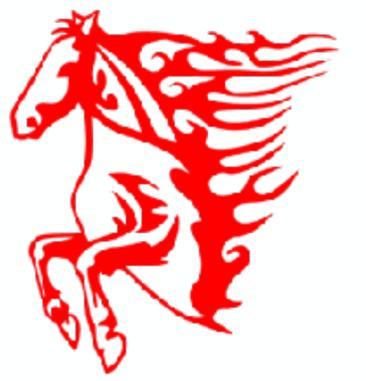


1.

2.

3.

2026: Your Three Guiding Principles

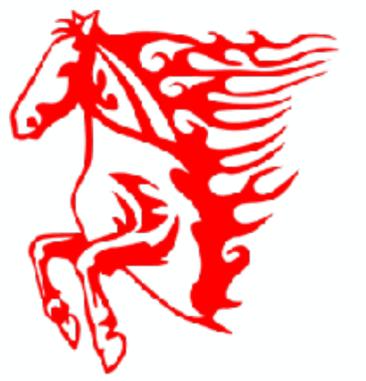


1. Choose Love and Be Committed - Stay Focused!

2.

3.

2026: Your Three Guiding Principles



1. Choose Love and Be Committed - Stay Focused!
High Vibration Think/Talk - In and Out.

2.

3.

2026 Fire Horse



2026 Fire Horse



FEAR

2026 Fire Horse

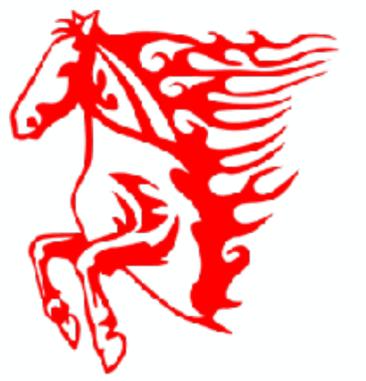
Love

Fear





2026: Your Three Guiding Principles



1. Choose Love and Be Committed - Stay Focused!
High Vibration Think/Talk - In and Out.

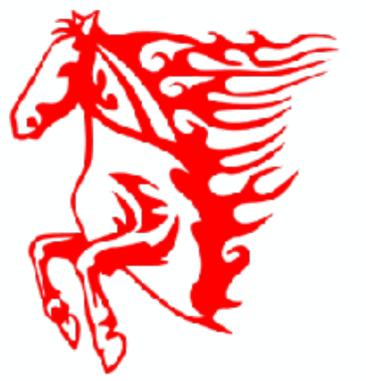
2.

3.

The Maharishi Effect

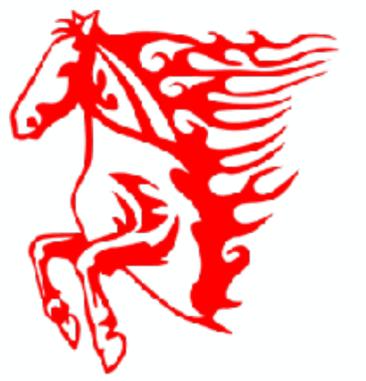


2026: Your Three Guiding Principles



- 1.** Choose Love and Be Committed - Stay Focused!
High Vibration Think/Talk - In and Out.
- 2.** Take action and move forward to becoming
- 3.**

2026: Your Three Guiding Principles

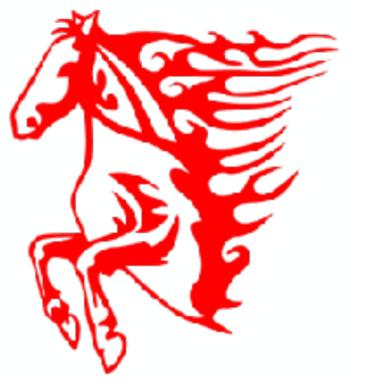


- 1.** Choose Love and Be Committed - Stay Focused!
High Vibration Think/Talk - In and Out.
- 2.** Take action and move forward to becoming
Be selective & release to lighten the load
- 3.**

Be selective & release to lighten the load

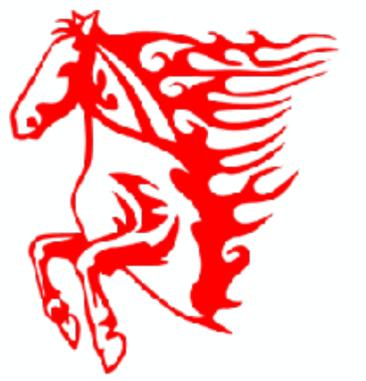


2026: Your Three Guiding Principles



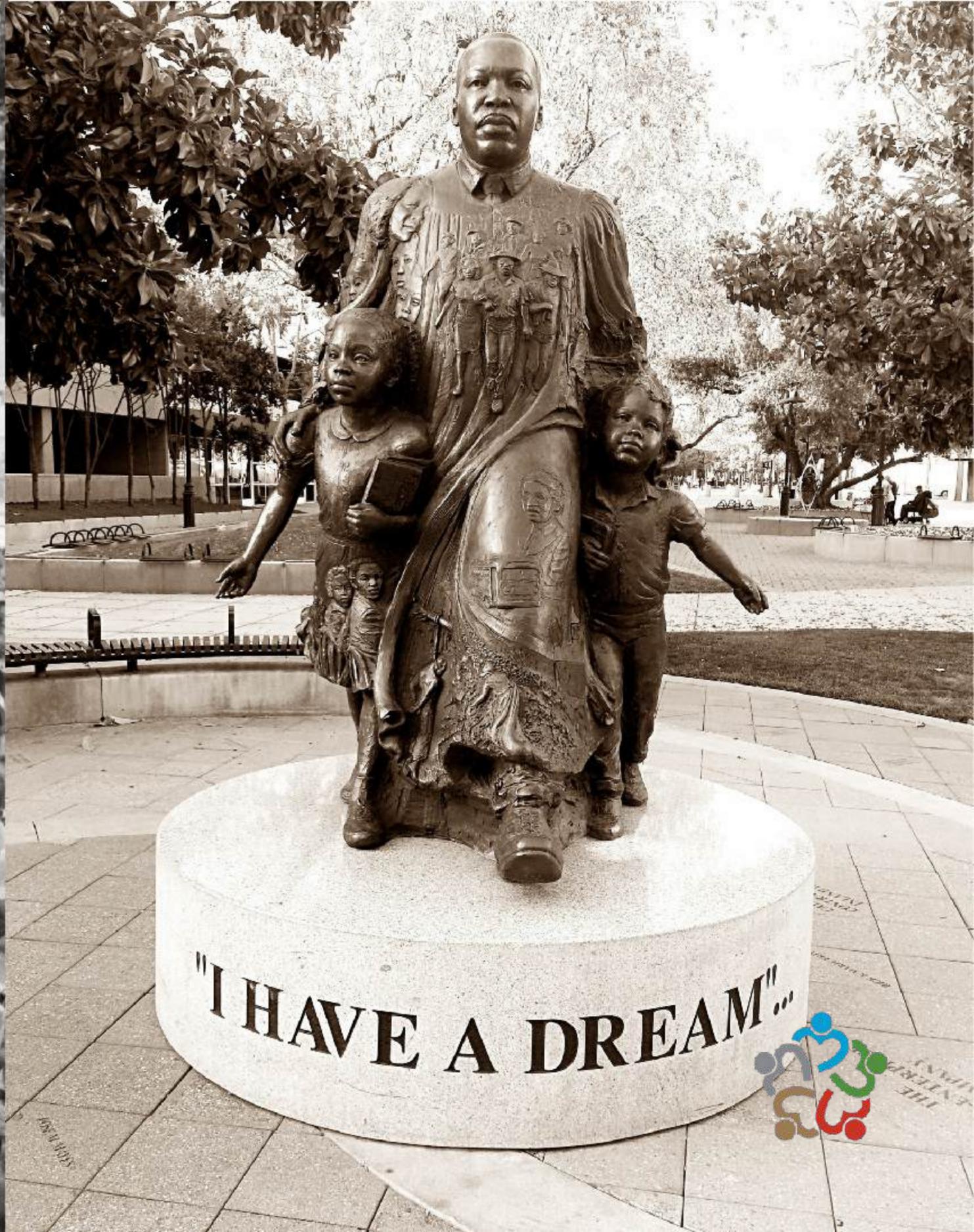
- 1.** Choose Love and Be Committed - Stay Focused!
High Vibration Think/Talk - In and Out.
- 2.** Take action and move forward to becoming
Be selective & release to lighten the load
- 3.**

2026: Your Three Guiding Principles



- 1.** Choose Love and Be Committed - Stay Focused!
High Vibration Think/Talk - In and Out.
- 2.** Take action and move forward to becoming
Be selective & release to lighten the load
- 3.** Be part of the Inspired Revolution
Get some Energetic Education

Inspired Revolution



Inspired Revolution



Inspired Revolution

Dare to dream



Inspired Revolution

Dare to dream

Embrace and be inspired by your Greatness



Inspired Revolution

Dare to dream

Embrace and be inspired by your Greatness

And inspire others



Inspired Revolution

Dare to dream

Embrace and be inspired by your Greatness

And inspire others

Innovate, Create, See Possibilities and Take Action



Inspired Revolution

Dare to dream

Embrace and be inspired by your Greatness

And inspire others

Innovate, Create, See Possibilities and Take Action

Organise and Share Your Past: Be the

Inspiring Guide in Confusing Times



This is the age
of the
Experienced

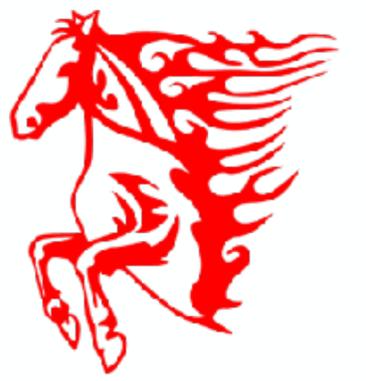


Reflection & Recognition

What do you have to offer at this time?



2026: Your Three Guiding Principles



- 1.** Choose Love and Be Committed - Stay Focused!
High Vibration Think/Talk - In and Out.
- 2.** Take action and move forward to becoming
Be selective & release to lighten the load
- 3.** Be part of the Inspired Revolution
Get some Energetic Education

Reflection & Recognition

What do you have to offer at this time?



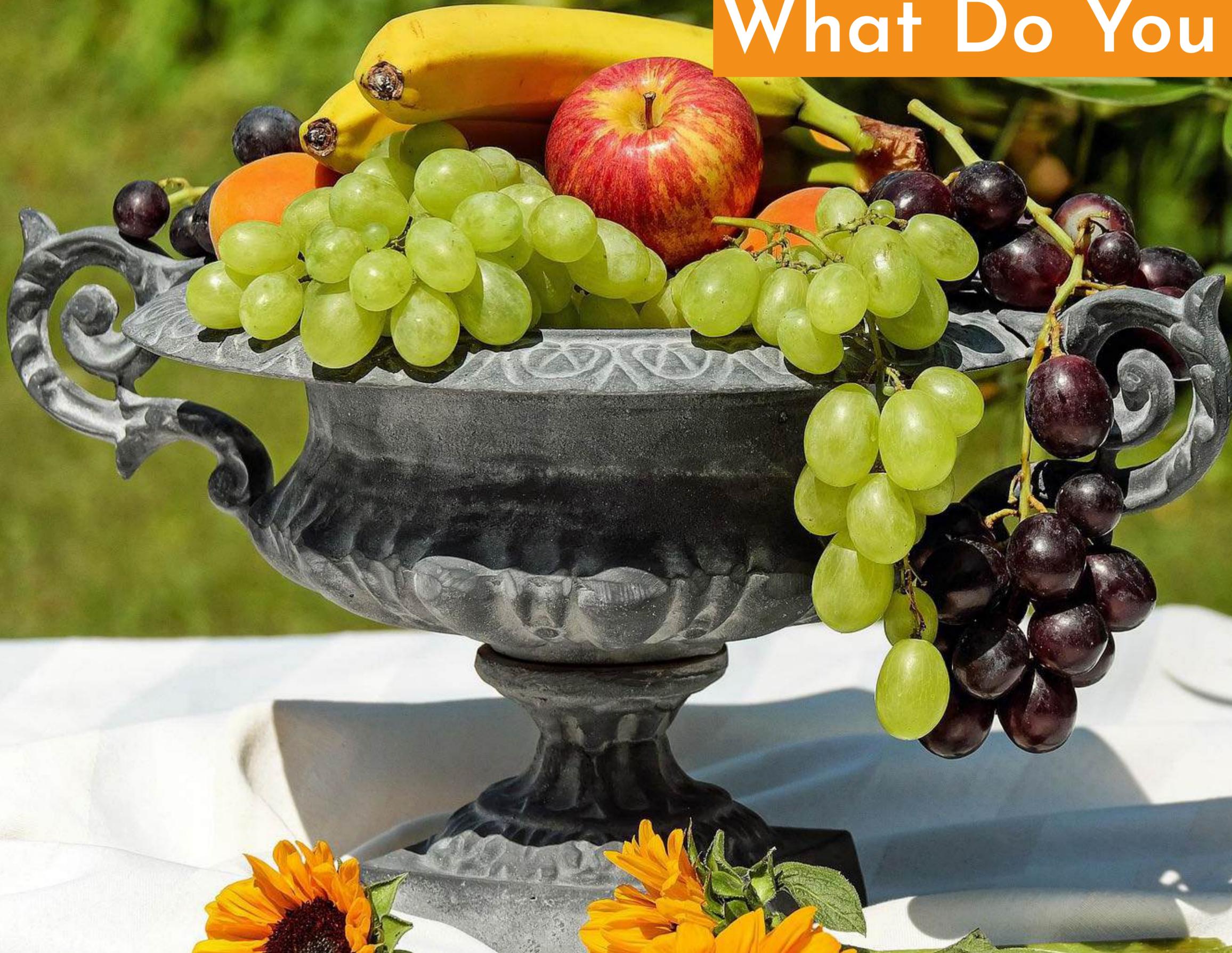
Reflection & Recognition

What do you have to offer at this time?

You are an Energetic Educator



What Do You Need To Do?





Get Out There!



2026 Fire Horse & Your Practice

This is the age
of the
Experienced



Core Messages & Reframing





This is NOT your future

The Maharishi Effect



Interactions & The Nine Energy States

Move Energy

Raise Vibration

Balance Energy

Neutral

Neutral

Neutral

Stagnate Energy

Decrease Vibration

Unbalance Energy



Interactions & The Nine Energy States

Move Energy

Raise Vibration

Balance Energy

Neutral

Neutral

Neutral

Stagnate Energy

Decrease Vibration

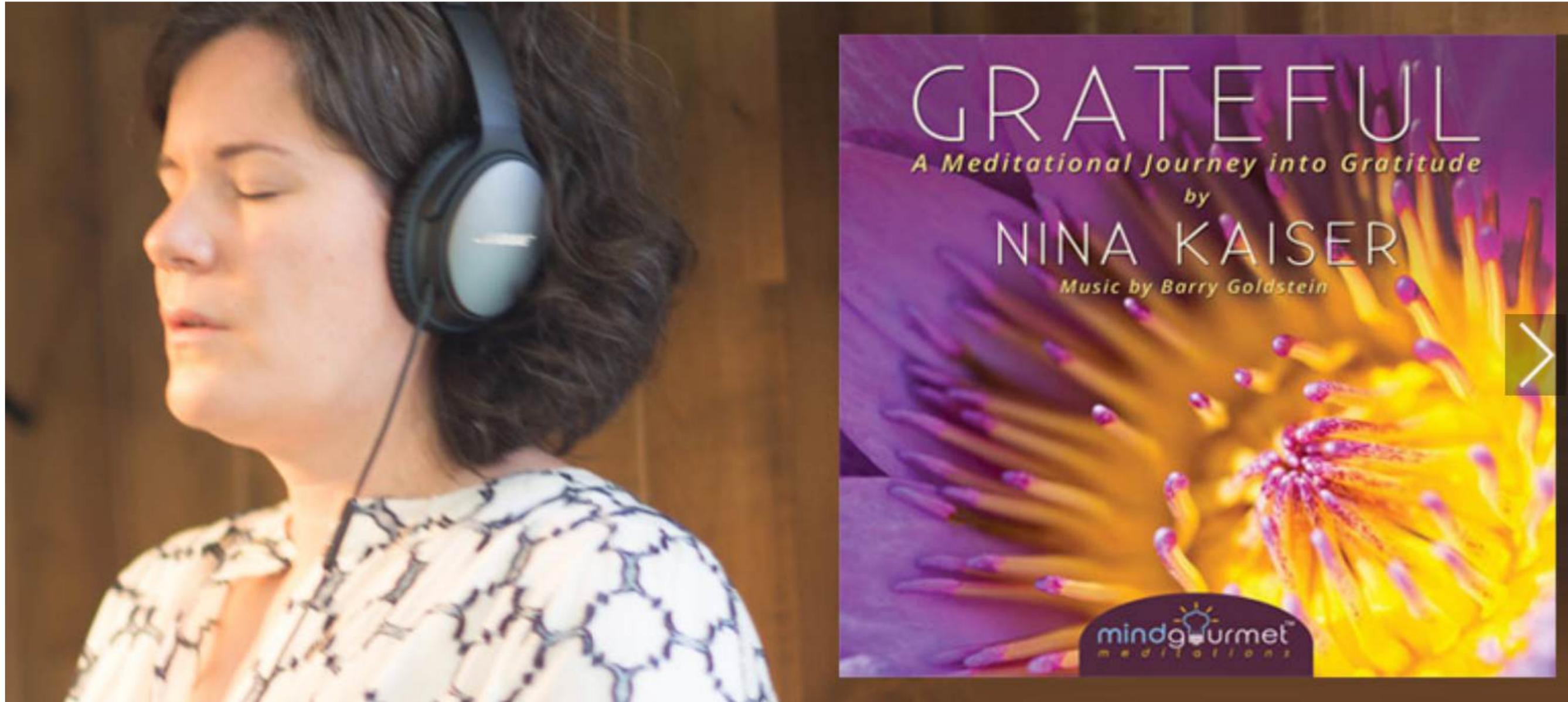
Unbalance Energy



Collect Or Share Resource



www.mindgourmet.com



Create groups - support or actions



Create groups - support or actions

Books/ Discussion



Create groups - support or actions

Books/ Discussion Watch Groups



Create groups - support or actions

Books/ Discussion Watch Groups

Qi Gong



Create groups - support or actions

Books/ Discussion

Watch Groups

Qi Gong

Meditation



Create groups - support or actions

Books/ Discussion

Watch Groups

Qi Gong

Meditation

Walking



Create groups - support or actions

Books/ Discussion

Watch Groups

Qi Gong

Meditation

Walking

Education



Create groups - support or actions

Books/ Discussion

Watch Groups

Qi Gong

Meditation

Walking

Education

Good News Letters



Create groups - support or actions

Books/ Discussion Watch Groups

Qi Gong Meditation

Walking Education

Good News Letters

Recycle Five Institute - Energy Waves





Create Culture Bubbles

Inspired Revolution

Dare to dream

Embrace and be inspired by your Greatness

And inspire others

Innovate, Create, See Possibilities and Take Action

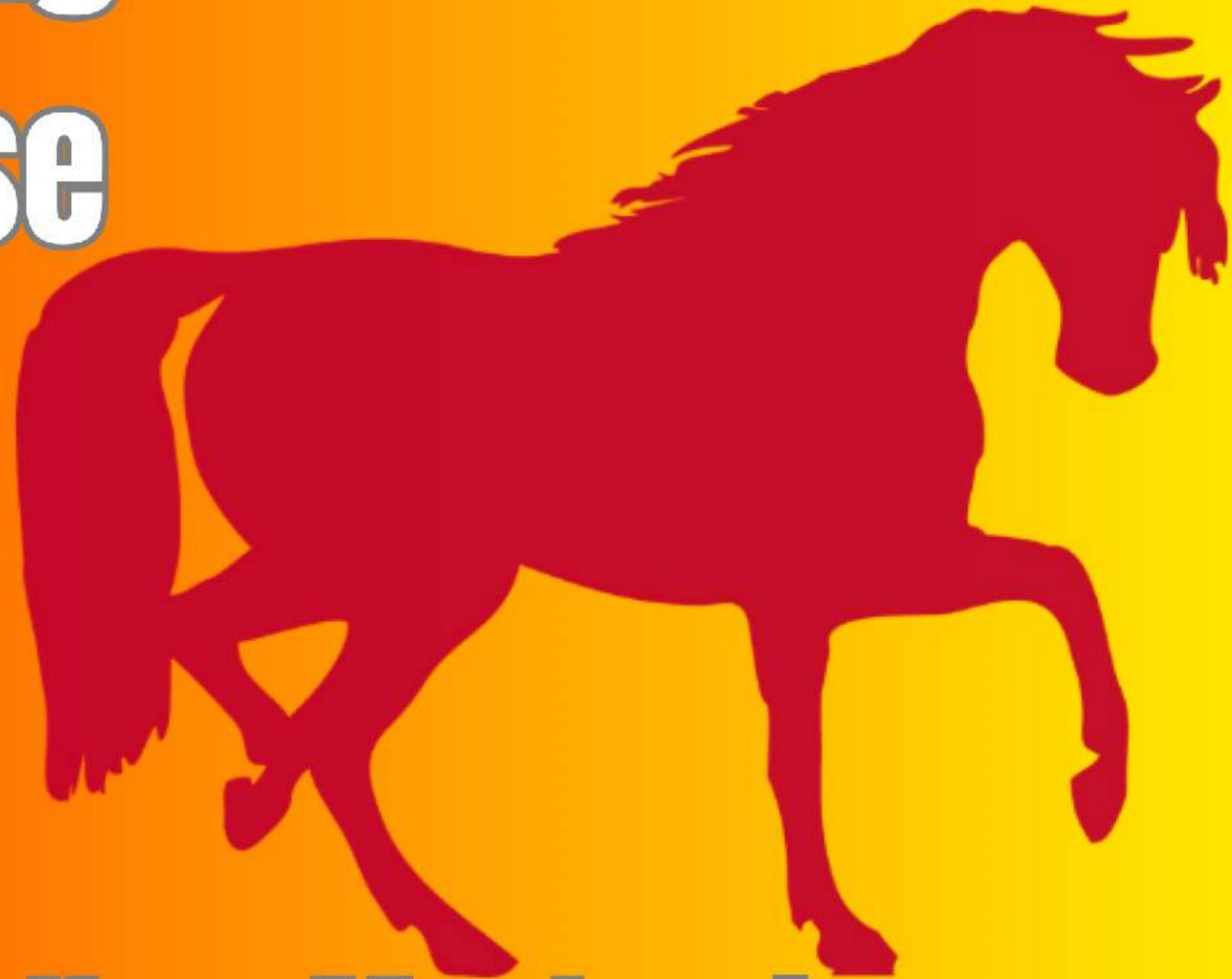
Organise and Share Your Past: Be the

Inspiring Guide in Confusing Times



Prancing & Dancing With The Fire Horse

Sunday 15th February
3 pm UK - 10 am EST



The 2026 Chinese New Year Masterclass



The Five Day

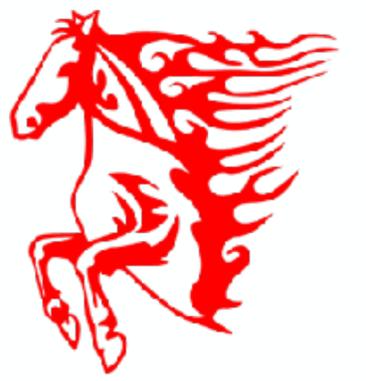
Mindset Makeover

A UNIQUE WAY TO TAKE CONTROL OF YOUR THOUGHTS AND
FEELINGS, SO THEY'RE NOT IN CONTROL OF YOU



The Art & Energy of Becoming...

THIS IS YOUR TIME TO RISE WITH
INNER PEACE AND POWER



nick@fiveinstitute.com

FiveInstitute.com

FiveInstitute.com/fss2026

