

## **2025 - Winds of Change**

2025 is a “9” year in numerology, a year of endings, of completions, and of spiritual fulfilment. It marks the end of the 9-year cycle, offering a time for reflection, closure and release. It’s about letting go of what no longer serves you.

It also emphasizes humanitarianism and compassion, encouraging you to embrace the concept of global unity and collective healing. It calls to you to think beyond yourself and focus on serving others, on promoting social justice, and on healing the world.

In 2025, you’ll be drawn to ask not what you can receive from others, but rather what you can give. In a 9 cycle, the focus shifts from personal gain to the well-being of all. If the 9 Universal Year were a character from a movie, it would be the enchanting-but-firm Mary Poppins. The enigmatic nanny (played by Julie Andrews), blew in with her umbrella in the midst of a storm, to unify a family through her unconventional methods. Similarly, the 9 Universal Year swoops in to help you tidy up, to put things to rest and to open your heart to love.

The 9 energy is one of leadership, though it often leads quietly, without seeking recognition. This is the energy of those who have overcome immense personal challenges and now embody the wisdom and compassion of a spiritual warrior. Expect to see humanitarians, survivors, and old souls stepping forward to guide others through this intense period of change.

However, the 9 also brings with it the need for strong boundaries and solitude. The spiritual weight of this number means that individuals may feel drained by those who seek guidance. Hermit time will be necessary for maintaining balance and connection to one’s soul mission.

At its core, 2025 is a year of spiritual ascension and spiritual awakening – a returning to compassion, empathy and spiritual principles. This year invites you to seek deeper meaning, healing, and alignment with your higher purpose. It’s a period of completion but also one of profound spiritual alignment and collective ascension. The energy of the number nine calls you to connect with your higher self and align your actions with your values. It challenges you to live by spiritual principles and pushes you to seek truth and improve your understanding of life’s bigger purpose.

This doesn't mean retreating from the world — in fact, it's quite the opposite. Spiritual alignment in 2025 will involve engaging with the world in meaningful ways, using your gifts and resources to create positive change.

According to the Chinese zodiac, it's also the Year of the Green Wood Snake, an emblem of transformation, growth, and wisdom. Snakes in Chinese mythology are slow, methodical, and mysterious creatures. They hold deep wisdom, often keeping their secrets close until the time is right for revelation. Snakes are strategic, focused, and calculated in their movements, making 2025 a year to embrace patience and intuition. They represent transformation, transition, and healing, marking profound shifts in both personal and collective consciousness.

The element of Wood in Chinese astrology symbolizes growth, change, and movement. It embodies the energy of vitality, renewal, and flexibility, much like a tree that bends in the wind but does not break. Wood is resilient, adaptable, and constantly evolving, representing the natural cycles of life—expansion, transformation, and forward momentum. Just as trees reach towards the sky, Wood encourages personal and spiritual growth, allowing for progress even when you are faced with challenges.

The green colour represents revival, growth, and peace, while the wood element signifies movement, change, and vitality. Together, they offer the potential for healing and renewal in both personal and global realms.

2025 is a year of sorting, of organizing and of re-evaluating. It's not about launching something brand new just yet. Instead, you're wrapping up the last nine years, and preparing the soil for what's to come. The energy will encourage you to bring truth into all areas of your life—personal, political, and spiritual. There will be a calling for transparency, revelation, and a collective awakening.

You are being invited to face the truth with compassion, release what no longer serves you and prepare for a new cycle with a clear heart. You have the power to create harmony in your life and the energy of this year urges you to do the same on a global scale—step by step.

2025 offers you an opportunity to reclaim the simplicity and joy of the days before the pandemic changed the way we interact with the world and each other. It's a chance to shed outdated habits and beliefs that no longer serve you, and to embrace a lighter, freer version of life. This might look like spending more time in nature, rediscovering the joy of physical books or prioritizing face-to-face conversations over endless

scrolling. The universe is gently nudging you to move away from the noise of technology and reconnect with what truly nurtures your soul.

Despite the endless ads, notifications and the constant pull of instant gratification, 2025 asks you to pause and reimagine what fulfilment really looks like. The nostalgia for childhood joys — riding bikes, playing outside and getting lost in creative expression — reminds you that these simple pleasures are still accessible.

Barbara Hand 28.1.25