

Elemental
Acupuncture's Guide to
2025 Year of the
Yin Wood Snake

*Connect with the subtle
energy of the gentle Snake*



a resource from:
ElementalAcupuncture.com



Understanding the Year of the Yin Wood Snake

Quiet Yet Powerful Transformation

Unlike the bold, fiery energy of past years, 2025 will feel more **subtle, introspective, and strategic**. It's a year of **inner growth, deep thinking, and long-term planning** rather than flashy action.

Embrace slower progress—it's not stagnation, but rather a time to strengthen foundations before a big leap forward in next year's Yang Fire Horse energy.

Refinement & Precision Over Rushed Decisions

The Snake is **analytical, wise, and methodical**, and when combined with the Yin Wood element, this creates a year ideal for **fine-tuning skills, honing intuition, and making thoughtful decisions**.

Instead of rushing into big changes, **focus on perfecting what you already do well**, whether that's improving skills with animals, refining your communication techniques, or deepening your expertise.

Developing Deeper Connections

This year is an excellent time to build trust and connection with animals (and people). The Snake's wisdom and patience encourage **deeper listening**, both to animals and within human relationships.

When working with sensitive animals use subtle approaches (like energy-based work, soft-touch methods, and intuitive understanding) this year. **Slow down, observe, and flow with gentle qi**.

Flexibility & Adaptability

The Snake thrives in unpredictable situations by staying calm and adaptable. In 2025, the key to success will be learning how to **adjust and pivot smoothly** rather than resisting change.

Apply this by **being more intuitive in your approach, adapting techniques to each animal's individual needs**. Embrace self-growth and learning, rather than getting frustrated if progress feels slow.

Embracing Inner Wisdom & Intuition

This is a great year for **learning, self-improvement, and deepening knowledge**. You might benefit from taking courses, **refining your expertise, or exploring energy-based modalities** like Five Element Acupressure or No Pressure Acupressure™ more deeply.

Trust your instincts—the Snake's energy enhances subtle awareness and deep knowing, making it a great time for intuitive work with animals.



Insights for Animal Lovers & Animal Pros

The Power of Subtlety: Less Is More

This year favors soft, intentional actions. Animals—especially sensitive or reactive ones—will respond better (as usual) to calm, steady energy. Instead of “fixing” an animal’s behavior, observe and listen more deeply to what they are communicating.

EnergyWork™ and acupressure will be particularly effective in 2025, as animals are more receptive to quiet, intentional touch and energetic techniques..

Try This:

- Approach with stillness and soft energy before engaging with an animal
- Reduce effort and increase presence.
- Notice how animals respond to your energy this year. Do they naturally shift toward you when you quiet your energy? Do you have more refinement to do?

Strengthening Intuitive Connection with Animals

The Snake is known for perceptive observation and reading between the lines. Animals speak through body language, energy shifts, breath patterns—2025 encourages paying closer attention to these signals.

This is also a great time to apply 5 Element observation for keen insight into animal behavior and health care..

Try This:

- Spend 5 quiet minutes a day simply being with an animal, without expectation
- Observe them with soft eyes—notice their breathing, posture, and micro-expressions.
- Ask yourself: What is this animal feeling right now? and trust the answers that come to you.

Deepening Trust with Sensitive & Reactive Animals

Snakes move with precision and patience—this applies to building trust with animals, especially those with fear, trauma, or resistance to touch.

This is an excellent year to practice sensitive bodywork like the EA protocol for Highly Sensitive Animals—working with an animal’s energy rather than against it

continued on next page



Insights for Animal Lovers & Animal Pros

Try This:

- If an animal is hesitant or resistant, do less, and wait longer.
- Let them come to you, even if it takes multiple sessions.
- Use energetic techniques like qi gong, grounding, and Teishin work to create trust

Slow Growth Yields Lasting Results

The Yin Wood element in 2025 promotes slow but sustainable transformation.

This is a great year for long-term projects—whether it's rehabilitating a sensitive animal, training with patience, or learning a new animal-care method.

Rushing or forcing results (with an animal or with yourself) will backfire—consistency and calmness win

Try This:

- Instead of setting goals based on speed, focus on deepening trust and mutual respect.
- Be willing to pause, reassess, and shift strategies based on an animal's response.
- Celebrate small progress, as it is part of a bigger, lasting transformation.

Aligning with Natural Rhythms

Wood energy thrives on cycles and natural flow—2025 is an excellent year to sync your work with animals to nature's rhythms including aging, seasons, and the Five Element cycle.

Animals feel seasonal shifts deeply, and their needs change with weather, daylight, and environmental energy. Pay attention to how an animal's behavior, energy, and physical state shift throughout the year.

Try This:

- Be aware of seasonal energy shifts—Spring is for renewal and training, Summer for vitality and play, Autumn for reflection and balance, and Winter for rest and conservation.
- Adjust handling, training, and care routines accordingly.



Final Thoughts for 2025

The Year of the Yin Wood Snake brings a unique blend of strategic, intuitive, and transformative energy, which can be incredibly useful. The key themes of this year involve deep reflection, steady progress, inner wisdom, adaptability, and refined communication—all of which can be harnessed to navigate challenges and grow in both personal and professional life.

The Yin Wood Snake energy brings a gentle, intuitive, and deeply perceptive quality to how we connect with animals. This is an ideal year for strengthening bonds, refining energy-based approaches, and deepening mutual understanding.

The Yin Wood Snake year is an invitation to move with gentle attention, embrace subtle energy, and trust the wisdom of quiet transformation.

To listen to the replay of our Year of the Snake Community Meeting go [HERE](#)

To play the Year of the Snake Meditation and receive wisdom from the Snake Energy, go to the 54 minute mark.

More resources below





Bubbling Spring (KI 1) Grounding

Here's an acupoint for YOU and the Year of the Snake!

- Sit straight but relaxed, feet on the ground, hands on your thighs with palms facing upward
- Close your eyes if it feels safe and comfortable - half closed/soft focus if it does not feel safe or if you are around your animals and need to be aware of your surroundings
- Breathe gently but deeply - breathing in gently through the nose and out gently through the mouth. This may feel odd at first but the more you do it the more it feels natural
- Sequentially focus on parts of your body, starting with the top of your head/scalp/temples and scanning down from there, relaxing each body part as you go
- When you get to your lower belly feel how it is your CENTER
- Continue down to your feet until you reach KI 1 on the bottom of your foot
- Imagine that there are roots there, extending into the ground, giving you a grounded and rooted feeling
- Also imagine that you are pulling up earth energy to soothe and support yourself.

Continue for as long as you like -
30 second or 30 minutes!

Use any time your animal is
anxious, any time you want to
start doing bodywork with them,
and any time YOU feel anxious.





No Pressure Acupressure™

At Elemental Acupressure we love to use hands on acupressure because sooooo many animals just LOVE it.

But some sensitive souls are not so keen on touch. So instead we can use **No Pressure Acupressure™** to activate the points energetically without triggering the reactivity that can come with touch. This year is a GREAT year to do this method!

Our full course covers this in depth but to get started just hold your hands OVER a point, or even just sit at a distance and “send” energy to the point. Great for sensitive animals AND when you aren’t exactly sure where the point is - just aim and let the energy go where it needs to go!

