

WORKSHEET #1

Finding Your Personal Year Number

BIRTH MONTH + DAY OF BIRTH + CURRENT YEAR = PERSONAL YEAR NUMBER

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In each box, reduce the numbers to a single digit; then add the three numbers and reduce that number to a single digit for your personal year number.

Interpretations of the Personal Year Numbers

Personal Year 1: Planting Seeds, Rebirth, Beginning of An Era—

In a #1 personal year you are ready to set new goals for the next cycle, feeling enthusiastic and motivated. You have gained much wisdom from the previous cycle and now have the choice to put this wisdom into practice. Take action and physically plant the seeds. Use the entire rainbow, but especially yellows, flaming oranges, and purples to strengthen your sun vibration this year. The Lion and Hawk are also sun totems you may wish to connect with.

Personal Year 2: Patience, Decisions, Waiting for the Right Moment—

Your personal year number #2 is about relationships, alliances and making choices. As your planted seed from year #1 begins to grow, you have more understanding about your project, and may have to adjust your vision, find others to help, etc. There may be frustration due to delays, obstacles and waiting. Moon symbols and the silver color can be used in meditation to better connect with the energy. Water creatures are excellent totems to work with as well.

Personal Year 3: Fun, Joy, Expansion, Celebrating Success—

In your #3 personal year you will begin to see more wins and success from year #2 choices. Your ambition is likely to increase this year, and you may find yourself more confident and good things fall into your lap. However, don't say 'yes' to everything or you can end up overloaded and burned out. Try visionary endeavors and spiritual journeying. Travel is also a favorable activity under this vibration. Smiley faces, purples, and symbols of joy make excellent totems for the year.

Personal Year 4: Karma, Hard Work, and Responsibility—

How you choose to align with this year will determine whether you will experience a year of grace & ease or find it to be the year from hell. Make good on all your commitments from your Personal 3 year and take responsibility by walking your talk. Reflect on your patterns and how these may be molded from old beliefs, opinions of others or possibly playing out stories of past lives. This is a year of 'growing up', being prepared to break the cycles of old and all that is not working and make fresh decisions from a place of higher purpose and highest soul potential. This is a 'roll your sleeves up' type of year and getting down to work . . . how committed are you really to your goals

that you made in Personal Year #1? Rebel symbols, jugs, and half-tone colors connect to this vibration.

Personal Year 5: Independence, Freedom, Adventure—

In your #5 personal year you discover that you are actually FREE to make CHOICES about your own life and you are not bound by the thoughts, opinions or beliefs of others. Put this new found freedom to work and go travelling, make new friends, seek out new adventures and ditch the routine. Focus on self-expression and connect to communication and the mental realm. This is an excellent year for healing and developing your voice and acquiring your own life definitions. Winged totems and the color blue tap into this vibration.

Personal Year 6: Lovers, Family, Home & Heart—

Your #6 personal year is about blossoming all of your Heart connections, like spending more time with family and friends, practicing forgiveness, getting engaged or married, new friendships. You may also be guided to build the heart of your home or business, nesting and being of service to others. Learn to attract the things you need by meditating with magnets. Focus positive healing energy on the areas where its most needed. Heart-warming and sensual totems, pinks, and pastel colors can be worked with to access this vibration.

Personal Year 7: Reflection, Learning, Self Analysis—

Your #7 personal year is a time for deep self-reflection. Deep meditation can reveal major insights and psychic gifts. Dream work and otherworld studies can open you to valuable insights. This is a big year of facing some truths, going within and seeking answers to some of the big questions. This is a year to find out how you can be the 'alchemist' and manifest your dreams for not only your highest purpose but for the highest good of all. You may be guided this year to spend more time by yourself, travel outside of your local area or even take up a new course of study. Deep-water totems and watery nebulous sea-green and sea-pastel colors can aid you in connecting with this energy.

Personal Year 8: Health, Wealth and Abundance—

Your personal #8 year magnifies what you are focusing on. Focus positively on abundance in finances, career & wealth and

returns will flow in. Avoid poverty-stricken thoughts or that reality will manifest. Use this vibration to toughen up, and set firm foundations. The colors Navy, Black, and the darker hues of red, green, purple, indigo, etc) and clocks, aged, and similar wisdom totems can help you connect with this vibration.

Personal Year 9: Completion, Taking Personal Inventory, The End of a Cycle—Your #9 personal year is a one of transformations and endings. It is a great time to reflect

on the end of the 9 year cycle—experiences, wisdoms gained, decisions on how to start the next cycle. Under this vibration you will be very “fiery” and have a stronger access to personal power but be careful how you wield it, and take special care when angry and around dangerous objects. Breathe, be and rest and recuperate this year. Tie up all loose - ends this year, let go of what is no longer needed for the next cycle. The color red and action totems can help you.

Key Energies of My Personal Year Number	Life Areas to Work on/Thoughts

UNIVERSAL YEAR #4—Hard Work, Expansion, Success, Responsibility

My Goals for the New Year	
1 Physically de-clutter my home, my car and my computer.	<p>On Making Goals</p> <ul style="list-style-type: none"> • Know why you are doing it (and if you hate it, <u>don't</u> do it!) • No one knows the future (and it won't look the way you expect). • Do good stuff (it doesn't have to be earth shattering). • Give things time. • Just do it. (Get something out there so you can learn and improve).
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3	
4	
5	

Remember

Clean and set up your money bowl for the new year.

Ho‘oponopono: “I am sorry. Please forgive me. I love you. Thank you.”

Be the **neutral observer** of everything and everyone in your universe.

ADDITIONAL RESOURCES:

- AyniLifeWeaving.com (clearing and ascension work)
- AynAlchemy.com (health and wellness tips)
- AyniWritePress.com (books, publishing)

- SacredJourneysWellness.com (healing support, classes)
- LifeSeedCodes.com (ascension activations)
- biorhythm-calculator.net (Biorhythms)