

Numerology of
PLANNING

A MASTERCLASS BY FELICIA BENDER PH.D.





PERSONAL YEAR | Themes To Remember

1 Personal Year: Building confidence and leadership, initiation, new beginnings, action, independence, often career focused

2 Personal Year: Slow and deliberate, "us" rather than "I," emotionally sensitive, patience, often relationship focused

3 Personal Year: Creative, social, communication, self-improvement, speaking your truth, travel

4 Personal Year: Serious and hard-working, setting foundations, healing family wounds/dealing with family issues

5 Personal Year: Frenetic and fast-paced, filled with adventure, time for change and transformation, facing fears, sexually magnetic

6 Personal Year: Nurturing of self and others, marriage and divorce, heightened responsibility, relationship evaluation



PERSONAL YEAR | Themes To Remember

7 Personal Year: Contemplative and introspective, spiritual, knowledge building, a time to get to “know thyself”

8 Personal Year: Money and personal power, active and hardworking, abundance/scarcity, intense and “testing”

9 Personal Year: Letting go and falling away, major transitions, loss, resilience, “dreams come true”



1 PERSONAL YEAR

This is a year of new beginnings, independence, initiation, and achievement. It holds more clarity than last year and is the start of a new nine-year cycle. It's time to plant the seeds for what you want to see grow and mature during the next nine-year cycle.

Remember that this is the final push of your three-year transition cycle (8-9-1). You might be a bit fatigued at this point! Yet don't slow down now. These twelve months are very important, so don't waste it with frivolous activities or useless relationships.

It can be a somewhat lonely year with feelings that a lot rests on your shoulders and only you can get it done – without help from others.

And that's true.

Yet remember, there's a difference between solitary pursuits based in healthy independence and being *alone*. *Independence* is your mantra. This is the year to begin with as much of a clean slate as you possibly can. If any unfinished business is leftover from your transitional 9 Personal Year, those "loose ends" will need to be concluded before you can fully engage in the magic of the initiating energy of the 1.



You'll be challenged with stepping into your individuality and fully manifesting your independence. The more you can connect with the unique off-the-beaten path aspects of yourself, the more successful you'll be.

Know there will be failures, yet the year's designed to teach you some accelerated lessons in self-esteem, trusting yourself, and trusting your creativity. This is a time where you'll be required to stand on your own two feet.

The 1 Personal Year is often a career-driven time where you'll be challenged to make substantial advances in this arena of your life. This is a hard-driving time where you'll be working intensely on getting your ducks in a row and following up with action, action, and more action.

This is a time where relationships can flourish and yet often take a back seat to other matters – particularly career advancement. The key for you and relationships resides in finding your sense of independence and individuality within your relationships in a balanced and healthy way.

It's a year where you'll be met with opportunities to define and create your independence on all levels—when you'll be tested with relationships that are enmeshed, co-dependent, or where you are the “enabler” or the “enablee.”



Potential Benefits of the 1 Personal Year

- You'll feel as though a weight has been lifted from you this year after the intensity of the just-finished 9 Personal Year.
- You'll feel a new sense of clarity about the direction you want to take in your life.
- You'll have renewed energy to move forward.
- You'll have the opportunity to tap into your unique vision for your future.
- You'll feel as though you have a fresh start in your life.



Potential Challenges during the 1 Personal Year

- Be aware that you'll feel as though whatever you're doing, you have to do it all by yourself. There's a feeling of isolation and of having to "go it alone." This is part of the energy of the 1 Personal Year. It's an opportunity to develop mastery over how you're building and creating the next segment of your life.
- Protect yourself from low self-esteem by renewing your skill set and reminding yourself of your successes and the different ways you've continuously overcome adversity. Don't count on "luck" to get you through! Focus and be courageous enough to make the changes you need and want to make.
- Be prepared to default into a confrontational mode so that when you do, you recognize it and move past it quickly. You're being asked to define your identity and follow a unique vision; therefore you'll encounter many tests involving strength and courage.



2 PERSONAL YEAR

This year is all about slowing down and developing *patience*.

After your three-year period of intensity and transformation (the Personal Years 8-9-1) this is your “hall pass” to slow down, breathe, and focus on others.

The last three years have been a self-focused period of time and full of weighty transitions and transformation. This year offers a time where emotions and relationships take the front seat. Last year was most likely highly active and career-driven.

This year is all about “us.” This is a year devoted to love in all its forms. The 2 Personal Year is a slow-moving year designed to test your trust in “right timing” and is schooling you in the development of patience.

The universe has your back, yet often you’ll feel as though it’s snoozing on the job. It’ll feel like you’re moving three steps forward, four steps backward at any given time.

Often we can think of this as the “tar walking” year where you might feel as though even the most basic step forward takes far too much energy, time, and patience. Levels of frustration can feel heightened.



The highest and best use of your 2 Personal Year resides in slowing down, relaxing (if you can), and focusing on relationships.

In business, it's set up for true networking. Rather than that one phone call a month or terse email response, you'll benefit from really getting active with cultivating and honing in your "tribe." Concentrate on cultivating deeper connections within your inner circle.

Speak your truth gently yet firmly.

It's a fabulous time for networking, finding "the one," or reestablishing your connection with your intimate relationship. However, don't expect anything to transpire at a rapid pace.

This is often a year where you decide to marry or up-level your intimate relationship. If you're single, often you'll find a soul-centered mate and enjoy the additional time spent focusing on really getting to know each other.

This is a testing year in regards to setting strong yet supple emotional boundaries with friends, colleagues, and family. You'll be called upon to resign from being used as a doormat if that is something you find yourself succumbing to in your daily life.



Intuition can soar in a 2 Personal Year when you place perimeters around uncontrolled or undisciplined emotions.

Your sense of style, design, and artistry of all kinds is also heightened during your 2 Personal Year.

This is an optimal year to open and soften your heart, trust in divine timing, and develop strong and authentic relationships. You'll have experiences that challenge you to define who you are in the most authentic way possible. This usually means you'll be called upon to develop and follow through with clear emotional boundaries.

"Patience" is your key theme for the year.



Potential Benefits of the 2 Personal Year

- You'll feel empowered as the "go to" person in your professional and personal interactions.
- You'll feel a sense of loving, harmonious energy enveloping you.
- You'll enjoy and have success working with the details in your life.
- You'll have the opportunity to practice a sense of balance as you are given opportunities to see both sides of every story.
- You'll feel unhurried.



Potential Challenges during the 2 Personal Year

- Be aware that if you struggle with the destructive aspects of the 2 Personal Year, you'll be faced with issues such as the need to learn and practice tact, to act with sensitivity to others' feelings, and to work out issues related to codependency.
- Protect yourself from basing your actions on what other people think of you by reminding yourself that you can't control other people, you can only control yourself.
- Be prepared to default into an over-generous mode and then withdraw from the situation where you've over-given. Get to know your triggers! Learn to recognize when they are presented to you and how to step back and think through your response rather than responding reactively.



11/2 PERSONAL YEAR

In addition to the core elements of the number 2, you have the added intensity related to the Master Number 11 offering you additional challenges.

Yet the potential benefits are enormous (although they really don't feel like it at the time!).

Along with it being a slower, relationship-oriented, and emotional year, you'll be presented with opportunities to learn profound and critical spiritual lessons.

This can manifest in every way imaginable – from coping with crisis to embracing massive success.

With an 11/2 Personal Year you might not feel as though things aren't slower at all given you're working also with the double 1 energy.

Yet even if it's a hard driving year, you'll still experience more than your share of halts, delays, and issues requiring a heightened level of patience.



3 PERSONAL YEAR

This is a year for anything and everything self-improvement related. It's all about fun, creativity, and tapping into your expressive emotions.

Take center stage.

Enroll in a public speaking class or make over your image.

This is your time to be *out there*, enhancing all aspects of your sense of creative self-expression. Travel is favored this year. Understand that this can also be a year where you'll be challenged to work on expressing your emotions clearly and effectively, so you'll be offered plenty of opportunities to practice this feat.

Ultimately the lesson of the year resides in finding your joy, developing and acting upon your creativity, and speaking your truth. "Speaking your truth" may sound well and good, yet this is a time where you'll be faced with the deeper quandaries surrounding this very question. What do you value? What do you believe? What is important to you?

You also might wrestle with some unexpected emotional highs and lows.

This is a time where you can catapult into fame if you've been working in that direction.



The energy of the 3 supports anything communication or performance related, from producing your “album,” to publishing your book, to launching your on-line course. If you’re an actor, musician, or any other performative artist, the energy of the year supports moving forward in a positive direction when you take yourself and your talents seriously.

Focus on the nuts-and-bolts of expanding your project and you’ll be supported with “luck” and opportunity.

If you’re not an artist, this is the time to use any kind of creativity in your personal and work life. Tap into your creative problem-solving skills. You might be surprised at the positive results when you take a risk and bring to light some element of yourself – stepping outside the lines in the creative realm.

How can you use your creativity and communication skills to transform into the next level in your life? What kind of self-improvement do you want and need? How can you express yourself and your emotions in a healthy and dynamic way?

The key for the year is to bring some lightness and humor to your life.

Be careful not to scatter your energies and spread yourself too thin. Also watch your words. This is a time to be overly mindful of how and why you express yourself on all levels.



Also understand that this can be a challenging year where you can experience deep levels of emotional crisis points. You'll dredge up old issues until you can put them out to pasture.

Often this is a year where you can experience relationship splits when you (or your partner) aren't engaged in healthy emotional expression.

You can feel a sense of depression if you aren't living the life you want to be living. This can be a time where procrastination can take the place of active self-improvement.

The 3 Personal Year is meant for fun, socializing, travel, and all lighter and joyful activities. It's a year where time with children is highlighted.



Potential Benefits of the 3 Personal Year

- You'll feel creative, communicative, and ready to get yourself "out there."
- You'll feel lighter and fun loving.
- You'll feel the impulse to shake things up.
- You'll have the opportunity to tap into your sense of joy.
- You'll feel expansive, as though you have a lot to give to yourself and to the world.



Potential Challenges during the 3 Personal Year

- Be aware that you'll feel scattered with all the creative energies around you. Make sure to focus on specific goals and actions or you'll feel like a spinning top.
- Protect yourself from bouts of depression or self-doubt by being aware that those emotions are key players this year. Recognize the signs so you can move through them effectively.
- Be prepared for defaulting into sarcasm, criticism, or emotional paralysis when you are feeling overwhelmed.



4 PERSONAL YEAR

Get ready to batten down the hatches and get serious about your future. It's time to work hard and sharpen your skill set.

After your lighter and creative 3 Personal Year, it's time to slow down, steady your pace, and become more methodical about which goals you want to focus on.

After last year, chances are you have some projects in the works that need to be tended to and nurtured. This is a more serious year requiring hard work to set the foundation for whatever you're working on: job, relationships, health, or family.

Often the first part of a 4 Personal Year feels good in the same way committing to a deep-cleaning of your house feels good. It's like the feeling of satisfaction you get when you clean out the closets and donate stuff that hasn't been used in years.

Perhaps you also decide to replace the carpet and update the bathroom. Then you see how much nicer everything looks and feels and take another step and decide to reorganize the office and change the window coverings.



Oh – and now that you’ve done that, you realize you really need to get all your files into one place, color code them, and box them by year and category.

Get the picture?

So understand that often there’s a burst of energy and enthusiasm at the beginning of a 4 Personal Year and yet as the year wears on, it can start to feel rather arduous.

Therefore it’s a good idea to understand at the get-go that a slow and steady pace will get you to the finish line with more of your sanity and good humor in tact than sprinting out of the starting gate in a mad frenzy to get it all done over a weekend.

Since the energy of the number 4 is all about foundations, often you’ll find yourself building a house or moving to a new home this year. Home and your sense of security can take front seat.

When you’re experiencing a 4 cycle you’ll also work with limitation in various forms. How does this show up for you?

A 4 Personal Year can challenge you with health, family, and career issues having to do with “limitation.” What limitations are to be worked with and negotiated through?



What limitations do you actually create for yourself that aren't necessary?

This is a year where you'll be tempted to either over-work or under-work. Optimally, you'll need to forgo Happy Hour and stay a little later at the office to finish up that big report or file, complete the last part of the chapter you're writing, or think through the way you're wanting to systematize your project.

While it may feel a bit thankless at times, you'll reap the rewards when you accomplish your goals step-by-step.

Slow and steady wins the race.

It's a year to pay special attention to your health. You'll have to consciously take time for self-care – plan it and prioritize it.

A 4 cycle also tests you with some old family issues bubbling to the surface needing to be resolved or dealt with differently.

All in all, you'll glean the most satisfaction from your 4 Personal Year when you take the time to focus on goals, systematize your life in whatever way will make it much more effective in the years to come – whether that's by focusing on work, getting your house in order, reviving your health, or healing family issues.



Potential Benefits of the 4 Personal Year

- You'll feel the positive results of following a step-by-step process.
- You'll feel empowered when you're working systematically with a practical project or an issue.
- You'll enjoy and have success when you pay attention to details.
- You'll have the opportunity to practice flexibility even as you're focused on completing a task.
- You'll feel stable and grounded.



Potential Challenges during the 4 Personal Year

- Be aware that if you struggle with the destructive aspects of the 4 Personal Year, you'll feel less than enthused about diving into all the hard work the year requires from you
- Protect yourself from procrastination and stubbornness by embracing the fact that this isn't a year for fun and frolic. You're required to keep your nose to the grindstone and methodically set the foundation for what's to come.
- Be prepared to default into a "control freak" mode. Bypass the tendency to be bossy and instead focus on the good of a project as a whole, even if it's your marriage or relationship with your father/mother, rather than a work-related project.



22/4 PERSONAL YEAR

In addition to the core elements of the number 4, you have the added intensity related to the Master Number 22 offering you additional challenges.

Yet the potential benefits are enormous.

Understand that the Master Number 22 is the most powerful number in numerology. It serves as “The Master Builder” and requires significant vision, focus, and hard work.

This Personal Year is quite intense and prods you to up the ante with your work and career goals. It often goes hand-in-hand with expanding your enterprises and thinking big.

There are many challenges inherent in this energy, including devoting yourself to your work efforts at the expense of your personal relationships. When you experience a 22 Personal Year understand that you’re working with the foundational energies related to the number 4 and then with the double 2.

So you’ll need a lot of patience and ability to “play well with others” and share the sandbox, so to speak. And yet also you’re being called upon to step up your enterprises and expand – take a risk and think bigger. Yet know that this is just the nuts-and-bolts phase.



5 PERSONAL YEAR

What does *freedom* mean to you?

More time? Money? A different job? Different marital situation?

“Freedom” and “change” are your themes for the year and it can feel like a whirlwind – so many pleasures, so little time! There are lots of ups and downs, so the key for this year is flexibility, adaptability, and focus – otherwise “drama” may also be a recurring theme this year.

Lots of unexpected opportunities are bound to come your way, so be open to trying new things. It’s time to travel and tap into your sense of fearless adventure – not necessarily a time to make a long-term commitment.

The key to this year is establishing and acting on some semblance of self-discipline, otherwise you’ll get to the next year feeling like this year has been one big hangover.

You’ll have plenty of sex appeal right now, so understand that your alluring energy can offer plenty of sensual pleasures.

Change is your mantra and you’re getting ready for transitions toward the end of the year, yet the first part of the year might have you spinning.



After the more practical energies of your 4 Personal Year, the energy of the 5 can feel intoxicating. Often the year starts out with a bang right out of the chute. You'll often be met with new people, new experiences, and new opportunities.

Anytime you can opt to venture off your beaten track is favored in a 5 Personal Year. This is a progressive time when you'll be pushed to explore the sensual side of life. This is a pivotal year – remember it's mid-way through your 9 year Personal Year Cycle. This year can be a turning point for change and transition.

Freedom is calling and you're required to throw your hat into the ring. What is your answer? Of course there's nothing like defining your sense of freedom to bring up some long-held issues surrounding this very theme. Therefore the 5 Personal Year offers a plethora of opportunity to face your fears, dismantle restrictions, and rekindle your sense of adventure.

This can be a year where uncertainty rules the roost and oftentimes that can feel disconcerting, if not downright unacceptable. Some of the caveats include excessive behaviors – sex, drugs, alcohol, and all the rest of it. This is often a year that can feel restrictive. Or excessive behaviors on the opposite pole – overwork, under eating, too much exercise. You might feel the siren call of escape and opt for numbing or zoning out rather than focusing and reigning in all the high-level energies.



Potential Benefits of the 5 Personal Year

- You'll feel sensual and sexually attractive.
- You'll feel empowered when you're riding the wave of the energy of the year while also establishing healthy parameters around your actions.
- You'll have success when you embrace your magnetism and focus your intentions on something specific.
- You'll have the opportunity to move through boredom and into mastery of a subject or area of expertise.
- You'll feel free to choose what you want to do and when you want to do it.



Potential Challenges during the 5 Personal Year

- Be aware that even though this is a year of constant change, you may feel fear rather than fearlessness.
- Protect yourself from overindulgence and recklessness by embracing the fact you always feel better at the end of the day when you have followed a plan, no matter how loosely structured.
- Be prepared to default into a teeter-totter mode: everything feels like it's going up and down, up and down. This is a great year to discern what freedom actually means to you and then begin steps to bring more of it into your life. In order for you to do this with success, you must be able to focus and follow through.



6 PERSONAL YEAR

After your freewheeling 5 Personal Year last year, it's time to buckle up and put on your big boy or big girl pants.

It's a year devoted to home, family, and *responsibility* – a time to regroup, nurture, and be nurtured. There will be heightened levels of family-based responsibility this year.

This is a time where all relationships are highlighted. It's a good year to get married or engaged if you've been hovering around that decision. This is a perfect year to attract "the one" or to recommit and "grow" your current intimate relationship.

It's also a time where you may seek divorce, a break-up, or other relationship splits. This can be called the "marriage and divorce" year – and that can be seen both literally and metaphorically. It's all about evaluating the relationships in your life, starting with your relationship with *you*.

This is the year where you'll finally feel that "click" in knowing if a separation is necessary or you can also have the clarity you've been waiting for and officially say "I Do."



Either way, these decision-making moments will peak this year.

The energy of the number 6 tests your sense of idealism, particularly when it comes to relationships. Do you give yourself away to your kids, spouse, parents, boss, or friends? Or do you level judgment on those around you, impeding your – and their – happiness? It's time to investigate how you feel empowered or disempowered in your domestic life.

Oftentimes this is a year where you'll be asked to take on some additional responsibilities with friend and family that may come in the form of a wedding, graduation, birth of a baby, military deployment, a loved one's health crisis, or any other unusual family event. The trick is to participate in the way you want to participate. Take on the responsibility without resentment or over-giving. Or take on the responsibility if your tendency is to avoid it.

This is also a year where your home takes a front seat. Do you have a desire to move? Redesign the kitchen? Revitalize the year with a new landscaping design, water feature, or planter? This is the perfect time to beautify your home on any level.

On the career front – it's a "make or break" time for business. Your theme song for the year: "Should I Stay Or Should I Go?"



Potential Benefits of the 6 Personal Year

- You'll feel as though you are Yoda. Everyone wants your advice this year. Advise wisely and well, because people take what you say to heart.
- You'll feel empowered when you're finding ways to take care of yourself with the same focus and dedication that you care for others.
- You'll have success when you trust your ability to see the bigger picture while moving toward your goal in manageable steps.
- You'll have the opportunity to be supportive to your family and loved ones in different ways than you have in the past.
- You'll feel useful to others and grounded in your sense of yourself.



Potential Challenges during the 6 Personal Year

- Be aware that even though this is a year devoted to nurturing and responsibility, you might not feel all that excited about taking on this task.
- Protect yourself from a tendency toward perfectionism this year. Understand that good enough is good enough.
- Be prepared to feel as though the weight of the world rests on your shoulders. While this is a year for nurturing and paying attention to the loved ones in your life, make sure that you're part of the equation. You have to ask for what you need from others in order to get your own needs met.



7 PERSONAL YEAR

This year is all about delving inward. While you may see yourself functioning fairly normally, this is a time where you'll be heavily involved in deep inner work. It's a spiritual year – meaning, you'll have many opportunities to test your sense of spirituality, however you define it.

This is a year where your faith and trust will be tested and you'll feel as though you want to retreat from the static of the outside world. You'll feel more quiet, detached, and introspective than usual, so don't let that surprise you.

It's a year where you're gathering data, collecting knowledge, and probing your own inner depths. Don't push it – that can wait until next year when you start a three-year transition cycle.

This is the year for a retreat, sabbatical, or just additional "alone" time. Your mission – *should you choose to accept it* – is to explore the depths of your soul's calling and be willing to recalibrate yourself so that you come into alignment with the *you* that you're excavating this year.

This can be a valuable time to evaluate your sense of yourself and how you've chosen to position yourself in the world.



It's a time of deep contemplation or – if you're working with more destructive tendencies in this cycle – big feelings of being a victim in your life.

This is a time for introspection, meditation, and spiritual study. This year supports planning, preparation, gathering new knowledge and refining your deepest sense of self.

It's also a good time for counseling or therapy, energy work, and anything else that allows you deep personal growth. You need to truly embrace *you* during this time.

This may be a year where you are quiet and not as outwardly communicative as usual, so be clear when dealing with your relationships. Let your loved ones know it's not them you're responding to, it's just what you need right now.

Often people report that difficult and painful events happen to them during a 7 Personal Year. It has the potential to rival the 9 Personal Year in terms of facing challenges like loss, letting go, health issues, or other events that people typically find hard to handle. *These events are always catalysts for deep and transformational personal growth.*

It's a year to cultivate a balance between your intuition and your analytical mind. This is a time for planning rather than action.



Potential Benefits of the 7 Personal Year

- You'll feel inspired to connect with your spirituality.
- You'll feel empowered when you connect the dots between mind, body, and spirit in a practical way that works for you.
- You'll have success when you embrace the internal journey the year brings you.
- You'll have the opportunity to see how dealing with your experiences with frustration does not serve you and is not necessary.
- You'll feel a deep need to delve into the ways that you can cultivate trust in yourself and in other people. You'll develop faith in yourself and in the larger forces in life.



Potential Challenges during the 7 Personal Year

- Be aware that you may feel lonely this year.
- Protect yourself from feelings of isolation by scheduling some breaks for yourself: weekend trips, get-togethers with friends, or meet-ups with colleagues.
- Be prepared for defaulting into cynicism. This is a great year to discern what you really believe and how you want to act on that knowledge.



8 PERSONAL YEAR

It's a power year, baby!

This is the time to focus on money, finances, and personal power. Just fair warning: This is the first year of a three-year "push" time. This is the start to a period of intensity focusing first on your financial health and personal sense of empowerment.

Next year is the end of a cycle and the year after will be the start of a new cycle. So this year is setting the groundwork.

It's a testing year – you'll be tested first and foremost in the realm of personal empowerment. Meaning, you'll need to stand up for yourself in a strong yet heart-centered way. Time to hit the ground running and focus your actions and energies on creating the financial abundance you want.

It's a year where you can experience big financial ups and downs, so be prepared to tap into your resilience. You'll be in work overdrive and also be handed opportunities testing your personal power.

Not once. Not twice. But over and over again all year long.



The energy of the 8 is an amplifier – it amps up whatever it comes in contact with so take extra care to clean up your thoughts and follow up your intentions with action. This is truly a time to get laser-focused about what you want and how you want to get there.

Get ready for a marathon – not a sprint – because your 8 Personal Year can present itself as your rather strict personal trainer who has your best interest at heart, even though it doesn't feel like it! When you're done with the year, you'll be ripped, strong, and in the best shape of your life if you follow your trainer's program.

Remember to take breaks and pace yourself so your health doesn't suffer. Otherwise you're bound to experience burn out. This energy is truly intense and will bring up very real, deep issues related to your sense of empowerment and demand that you deal with them.

You'll benefit from understanding right out of the chute that this isn't going to be an easy-breezy year. It's going to be demanding.

Remember that the energy this year, next, and the year after is focused on empowerment, transformation, and then new beginnings.



This is often a career-focused time and yet relationships of all kinds come under scrutiny this year insofar as where you're empowered and where you're disempowered.

Is there an imbalance in your relationships – intimate, family or work-related? Are you a bully, enabler, or dominating? Or are you submissive, docile, and acquiescing?

This is a time where healthy balance will become priority.

The energy of the 8 demands that you step up or get stepped on. It also challenges you to become the "CEO" of your life while also maintaining your humanity.



Potential Benefits of the 8 Personal Year

- You'll feel powerful and dynamic.
- You'll feel empowered when you're in a position of "reaping what you have sown." This is a year of great rewards or huge disappointments, depending on the seeds you've planted in the previous years.
- You'll have success when you embrace the idea that money is a tool that can be used for the betterment of both yourself and for other people.
- You'll have the opportunity to use your intense power in whatever manner you choose (so choose wisely!).
- You'll feel busy, directed, and ready to do whatever it takes to get things accomplished.



Potential Challenges during the 8 Personal Year

- Be aware that this can be a year of testing. You'll be tested in the realms of leadership, integrity, expansive thinking, and patience.
- Protect yourself from being a "bull-dozer" this year. You'll feel like you know what to do and how to get it done, yet you must also work with others and be open to the idea that other people might have good ideas that'll help you out.
- Be prepared for defaulting into your intimidation mode. It'll be easy to feel in a hurry and as though you are always on a deadline during the 8 Personal Year. Understand that while you'll feel a fire underneath you, success will come more easily when you slow down enough to focus and respect other people in the process.



9 PERSONAL YEAR

This is the end of a nine-year cycle.

It's a year of completion, unraveling, and letting go of the old to make space for change. This change can be somewhat dramatic and tumultuous – affecting possessions, relationships, jobs, geographical location, spirituality, and health.

It's all under review this year.

This is the year that's inviting you (oh, let's be honest, it's forcing you) to move on to an even more expansive cycle in your life if you choose to let go and allow what's no longer serving you to fall away.

Don't despair at all the "heaviness" – this is also a year where you can revel in the successful culmination of *all that you've been working toward for the past eight years.*

It's a time where your dreams can manifest almost instantly if you're ready to let go of everything that's no longer serving your best and highest interests. It's going to be a matter of evaluating what's finished and no longer serving a positive function and then moving forward without a net.



You know people who are in a marriage or a relationship that's over with and yet they won't get a divorce or break up with their partner until they have another love interest waiting in the wings?

Well, metaphorically (and sometimes literally!) speaking, the 9 Personal Year won't allow you to do that. You must break it off and then manage and master that empty space of nothingness for a while.

Needless to say, even the best of us are scared silly when it comes to change. And then to change something without knowing exactly what's next? Yet that's what's required this year.

Some of the punctuation marks that can be the centerpiece of a 9 Personal Year can be divorce, health crises, getting fired or let go from your job, career change, geographical move, death of a close friend or family member, or other loss that holds a greater magnitude than usual.

This can also be the time when a child is born or leaves home, when retirement becomes official, when you graduate, or experience other life-changers.

And this can also be a year where you experience a magical transformation that you've been waiting on for a very long time.



I had a participant in a workshop who was halfway into her 9 Personal Year. When we were all discussing how our years were going, we turned to her and braced for the expected barrage of emotionally devastating and confusing changes.

Yet she said: "This is the best year of my life! I finally got a divorce, my son graduated college and has a job. I quit my job and moved to a different city. I have no idea what's next but I've been waiting for this for a long, long time."

If you can take her cue and embrace the change and uncertainty of the 9 Personal Year it can prove to be an empowering and energizing time in your life.



Potential Benefits of the 9 Personal Year

- You'll feel a compulsion to reevaluate all aspects of your life and make decisions to become involved in some area of service with a humanitarian focus, big or small.
- You'll feel empowered when you know that this is a tumultuous year and so you need to meet up with all that comes your way with the least resistance.
- You'll have success when you have a solid spiritual base from which to operate, however you define your spirituality.
- You'll have the opportunity to reinvent any aspect of your life that needs to be expanded or eliminated.
- You'll feel an undeniable intensity and urgency surrounding you and your decisions this year.



Potential Challenges during the 9 Personal Year

- Be aware that you'll be challenged with codependency issues and issues related to letting go of old attachments.
- Protect yourself from depression and anxiety by allowing this to be a year where you lay down the paddles and allow the Universe to guide your boat.
- Be prepared for defaulting into cynicism and intolerance, as you'll be challenged with needing to see the bigger picture for your life, even though that picture looks blurry at the moment.



BONUS SECTION!

Extend Your Planning-Savvy With The Personal Month

There's a depth of information to assist you with planning that's available to you with numerology.

The Personal Year and Pinnacle Cycle are major players for planning purposes.

If you follow your Monthly Numerology Forecast on feliciabender.com, you are aware that you can forecast for each month.

Here's a brief description of how to calculate the Personal Month number.

Now that you're learning about the Personal Year and the Pinnacles, you can begin to extend that knowledge as you plan for each month of the year.



CALCULATE THE PERSONAL MONTH

Add together your:

CURRENT PERSONAL YEAR NUMBER + THE CURRENT MONTH

Example: If you're experiencing an 8 Personal Year

January	$8 + 1 = 9$
February	$8 + 2 = 10; 1 + 0 = 1$
March	$8 + 3 = 11/2$
April	$8 + 4 = 12; 1 + 2 = 3$
May	$8 + 5 = 13; 1 + 3 = 4$
June	$8 + 6 = 14; 1 + 4 = 5$
July	$8 + 7 = 15; 1 + 5 = 6$
August	$8 + 8 = 16; 1 + 6 = 7$
September	$8 + 9 = 17; 1 + 7 = 8$
October	$8 + 10 (1) = 9$
November	$8 + 11 = 19; 1 + 9 = 10; 1 + 0 = 1$
December	$8 + 12 (3) = 11/2$



HOW CAN I USE THE PERSONAL MONTH TO PLAN MORE EFFECTIVELY?

Using the example of the 8 Personal Year (page 48), you can see that January is a 9 Month. You'll be able to see that this is going to be a month where things might not feel as forward-moving as you might expect.

Knowing that the energy of the 9 is about endings and completions, you can level your expectations to be in alignment with that reality rather than be upset or frustrated when everything isn't starting out as you might want it to in January.

Then you can see that February is going to serve as more of your opening where the energy supports new beginnings and forward momentum.

You can then project that March offers the complexity of the Master 11/2 and so you can prep yourself for the "hurry up and wait" that will most likely be the cornerstone for the month.

April then supports all things creative and expressive.

May challenges you to get down to work and throws some limiting circumstances into your pathway.



June flings open the door for travel and tapping into your adventurous spirit. It's never a surprise that there is some kind of dramatic change coming into your world.

July will bring some additional responsibilities and home-based issues or activities.

August is more contemplative and set up for spiritual and personal growth.

September is always highlighted as a crescendo in your Personal Year energy, so all that you've been working on and challenged with during your intense 8 Personal Year is under the spotlight.

October is another 9 Month (remember you started out in January with a 9 Personal Month as well!). Some key elements you were working with in January might repeat themselves.

November offers another new start.

December wraps up your 8 Personal Year with the electrifying 1 1/2, where you can digest all of the intensity of the year as you ready yourself to move into the transitional and transformative 9 Personal Year when January rolls around.

So you can see through this brief example how you might do an overview prior to a year starting out so that you can have a bird's-eye view of the basic opportunities and challenges each month might bring your way.