

IMAGINE
presents...

Personal Power Numbers

Calculations & Reference Guide

© [IMAGINE](#) 2016

Kara Foreman is the founder of IMAGINE. Learn more at karaforeman.com

All rights reserved.

No part of this document may be reproduced in any form without permission in writing.

Contents

- Your 2016 Power Numbers 4
 - What is Numerology? 4
- Calculating Your Personal Power Numbers 5
 - Universal Year..... 5
 - Personal Year 6
 - Personal Month 7
 - Personal Day 8
 - Numbers and Colours 9
 - Number Reference Guide 10

YOUR 2016 POWER NUMBERS

What is Numerology?

Numerology is the study of the vibrations or frequencies that numbers 'emit,' and how the numbers in your name and birthday affect your life.

Traditional numerology is based on the *Pythagorean System*, which recognizes the numbers one through nine, and two Master, numbers, 11 and 22.

Numerology is a complex 'behavioural science' and mastery requires a significant amount of study.

Professional numerologists provide a broad and deep assessment of your numerology chart, well beyond the scope of this guide.

In this guide, you'll learn how to calculate the number influences from your birthday that provide your Personal Year, Personal Month and Personal Day.

These numbers help you plan and execute your annual goals and allow you to leverage the power of the number vibrations that are available to support your growth.

You'll also find a reference to the positive and negative aspects of each of the numbers' vibrations at the end of this guide.

General Guidelines

- Years are defined as January to December.
- Numbers are always calculated individually.

For example:

Don't first add the year, month or day together and then add them to the others. Although you will get the same number, you won't get accurate information about the underlying influences. This is more important when you are calculating a complete numerology chart.

- Numbers are always reduced to a single digit unless the total is 11 or 22. These are Master Number, which hold a higher vibration than their counterparts, 2 and 4, and have a different influence.

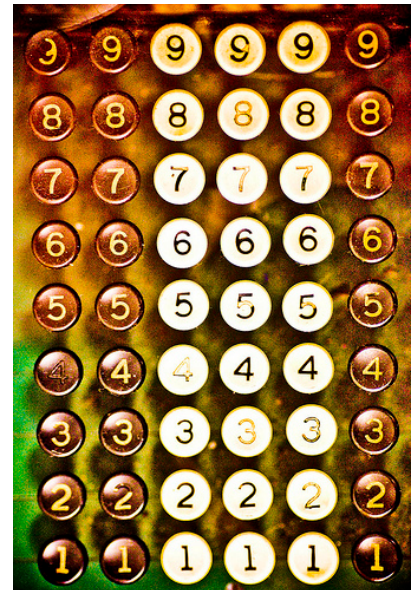


photo credit: Thomas Hawk via photopin

CALCULATING YOUR PERSONAL POWER NUMBERS

Universal Year

Step One

We begin by calculating the **Universal Year**.

The number of the Universal Year is a global vibration. It indicates a general trend felt by all of us and correlates with world events over a 12-month period, January to December.

To calculate the Universal Year, add together the numbers in the year.

For example:

2016 is $2 + 0 + 1 + 6 = 9$

2016 holds the vibration of 9

In a 9 Universal year selfishness and greed cannot flourish. If indulged in, they will come back and bite you. This is the vibration of friendship, "brotherly love" and humanitarian endeavours.

It is also the end of a cycle so a general "house cleaning" is called for in every aspect of life.

Nine years provide vibrational support for peace-making and leaving old grudges and disempowering beliefs behind.

Step Two

Now we'll calculate your **Personal Year**.

This is the number vibration that is personal to you during the year and it's based on your birthday.

Knowing the influence surrounding you this year will help guide you in setting goals and making wise decisions. It is a vibrational wave of support that I encourage you to ride.

To calculate your Personal Year in 2016:

Add the Universal Year to your birth month and day and reduce the total until you reach a *single digit.

For example: If your birthday is August 29:

$$2 + 0 + 1 + 6 \text{ (universal year)} + 8 \text{ (month)} + 2 + 9 \text{ (day)} = 28$$

$$2 + 8 = 10$$

$$1 + 0 = 1$$

In this example, 2016 is a 1 Personal Year

In a 1 Personal Year, it's important to embrace your individuality. This year you have access to immense creativity. You are encouraged to let your unique light shine.

Be independent and trust yourself. Listen to your intuition.

Initiate positive habits and behaviours for lasting change. This is your planting time and the seeds you plant this year will last through the 9 year cycle, so be sure they are the ones you want.

Your biggest challenge will be indulging in laziness or lacking confidence. This is *not* the year to hide your brilliance. If you do, you will be miserable, not only to yourself but to others as well.

**Remember not to reduce 11 or 22.*

Step Three

Now we'll calculate your **Personal Month**.

This is the number vibration that is personal to you during each month. Allow its governing influence to guide you for maximum return on all of your efforts.

To calculate your Personal Month:

Add your Personal Year to the number of the calendar month (i.e. January is 1, February is 2, *October is 10 etc.)

*Remember to add the numbers individually.

For example:

In a 1 personal year;

January is a 2 Personal Month – 1 (personal year) + 1 (1st month) = 2

October is also a 2 month – 1 (personal year) + 1 + 0 (10th month) = 2

Note that in this case October is not an 11 month when the numbers are added individually.

In a 5 personal year;

January is a 6 Personal Month – 5 (personal year) + 1 (1st month) = 6

June is an 11 month – 5 (personal year) + 6 (6th month) = 11 (not reduced)

Use It!

Now that you have calculated your personal months, enter them into your calendar so that you can “work” the vibrational influence of each month.

The Magic of 9

September is the 9th month of the year. Any number added to 9 and reduced to a single digit will equal the original number added to 9.

$$9 + 6 = 15 / 1 + 5 = 6$$

$$9 + 4 = 13 / 1 + 3 = 4$$

This means that September will always have the same number as your personal year, compounding the influence of that number for the month. After September the current year's vibrational influence will begin to wane and the energy of the upcoming year will begin to ease into your life.

Step Four

Now we'll calculate your **Personal Day**. This is the number vibration that is personal to you each day.

Its influence allows you to really hone your focus and make the most of the power that is available to you that day.

To calculate your Personal Day:

Add your Personal Month to the number of the calendar day.

*Remember to add the numbers individually.

For example:

In a 1 personal month;

The 1st is a 2 personal day. ($1 + 1 = 2$)

The 9th is a 1 personal day. ($1 + 9 = 10 / 1 + 0 = 1$)

In a 5 personal month;

The 1st is a 6 Personal Day ($5 + 1 = 6$)

The 6th is an 11 Personal Day ($5 + 6 = 11$)

Important Note:

It's important to note that the numbers of your personal days do not flow continuously month-to-month. Rather the days in each month are calculated for that month only.

For example:

If the last day of the month is a 3 personal day, the first day of the next month will not (necessarily) be a 4 personal day.

Use It!

Now that you have calculated your personal days for each month, enter them into your calendar and allow yourself to "work" the vibrational energy available to you each day.

A fun way to boost the energy of this vibration is to wear the colour that corresponds to the number of each of your personal days. Below you'll see the chart of colours and numbers.

Numbers and Colours

Each number has a corresponding colour.

Use this guide to choose which colour to wear to boost the power of the number of your Personal Day.

Notice that the first 7 colours also correspond with the traditional colours of the Chakras or power centres of the body.

Number	Colour
One	Red
Two	Orange
Three	Yellow
Four	Green
Five	Blue
Six	Indigo
Seven	Violet
Eight	Pink / Brown / Beige
Nine	Pastels
Eleven	Black / White / Pearl Grey
Twenty-Two	Russet / Coral

Here is a guide to the vibrational influences of each of the numbers in both their positive and negative aspects.

We always have a choice about which aspects we will focus our energy and attention on.

If you find yourself caught in a negative aspect, figure out how to flip your perspective back to the positive energy of the number.

Number One

Positive Aspects

Beginnings, creation, originality, independence, courage, progress, ambition, positivity, activity, force

Negative Aspects

Laziness, imitation, dependence, selfishness, instability, egotism, weakness, fear, bragging, contrariness, stagnation, stubbornness, tyranny, monomania, bullying

Number Two

Positive Aspects

Love, service, gentleness, harmony, adaptability, charm, diplomacy, friendliness, rhythm, music, receptivity, cooperation, consideration for others

Negative Aspects

Vacillation, apathy, indifference, shyness, self-effacement, over sensitivity, spinelessness, boot-licking, sulkiness, discontent, slackness, carelessness, deception, mischief-making, sullenness, cruelty, cowardice, bad temper, slyness, lying, pessimism

Number Three

Positive Aspects

Artistic expression, joy, freedom from worry, optimism, inspiration, talent, imagination, good taste, sociability, friendliness, kindness

Negative Aspects

Worry, whining, criticism, gossip, extravagance, vanity, triviality, superficiality, exaggeration, silly pride, jealousy, hypocrisy, wastefulness, intolerance

Number Four

Positive Aspects

Practicality, service, patience, exactitude, organization, application, devotion, patriotism, conservatism, pragmatism, dignity, economy, trust, worthiness, endurance, loyalty

Negative Aspects

Plodding, narrowness, exaction, repression, minuteness, penuriousness, clumsiness, dogmatism, crudeness, brusqueness, restriction, rigidity, sternness, dullness, vulgarity, hatred, violence, jealousy, resistance, destruction, cruelty

Number Five

Positive Aspects

Freedom, progress, versatility, understanding, variety, adaptability, mental curiosity, life experience, cleverness, detachment, sociability, change, discard, travel, adventure, companionability

Negative Aspects

Irresponsibility, procrastination, carelessness, self-indulgence, thoughtlessness, inconsistency, sensationalism, bad taste, perversion, abuse of freedom, indulgence

Number Six

Positive Aspects

Love, harmony, home, responsibility, adjustment, musical talent, sympathy, understanding, domesticity, guardianship, stability, poise, protection, healing, firmness, balance, idealism, conscientiousness, justice, burden-bearing, service to humankind

Negative Aspects

Anxiety, worry, meddlesomeness, busyness, misplaced sympathy, mistaken ideals, interference, conventionality, pride, smugness, unwilling service, drudgery, despondency, cynicism, egotism, suspicion, jealousy, slavery, domestic tyranny

Number Seven

Positive Aspects

Mental analysis, technicality, introspection, peace, poise, scientific research, spirituality, faith, trust, stoicism, refinement, wisdom, silence, theories and fundamentals

Negative Aspects

Melancholy, fault-finding, sarcasm, coldness, aloofness, skepticism, confusion, humiliation, nervousness, erraticism, faithlessness, turbulence, malice, suppression, deceitfulness, theft, cheating, craftiness

Number Eight

Positive Aspects

Power, authority, success, material freedom, judgment, discrimination, executive ability, organization, leadership, management, practicality, thoroughness, dependability, self-reliance, control

Negative Aspects

Strain, hardness, materiality, ambition for self and money, demand for recognition, intolerance, worry, scheming, love of power, carelessness, impatience, poor judgment, misspent energy, bullying, abuse, revenge, oppressiveness, injustice, cruelty, unscrupulousness

Number Nine

Positive Aspects

Completion, universal love, brotherhood, charity, compassion, Higher Law, artistic genius, selfless service, philanthropy, humanitarianism, magnetism, sympathy, understanding, romance, generosity, breadth of viewpoint

Negative Aspects

Emotionalism, egocentricity, sentimentality, dissipation of forces, indiscretion, impracticality, fickleness, aimless dreaming, immorality, vulgarity, bitterness, moroseness

Master Number Eleven

Positive Aspects

Intuition, revelation, invention, poetry, art, spirituality, fire, zeal, idealism, priestliness, evangelism, martyrdom, exhortation, immateriality

Negative Aspects

Aimlessness, penuriousness, shiftlessness, lack of understanding, fanaticism, self-superiority, imposition of personal will/standards, miserliness, debauchery, degradation, dishonesty

Master Number Twenty-Two

Positive Aspects

Power (on all planes), practical idealism, direction (international), uplift (universal), the Material Master

Negative Aspects

Promotion (get rich quick schemes), "big talk," inferiority complex, grudging service, indifference, viciousness, crime, "black magic"

Going Deeper

Personalized Numerology Chart

Now that you've had a taste of how numerology can serve you, would you like to know more about your entire numerology chart?

Visit <http://karaforeman.com/numerology-chart> to find out more and to make an appointment.

Want to study Numerology?

Begin with my **Introduction to Numerology** course. Get more information at <http://karaforeman.com/introduction-to-numerology>.