

FREE GUIDE - Your Personal Year & Personal Month in Kabbalistic Numerology

A Practical Worksheet for Alignment, Planning & Spiritual Insight

Introduction: What This Guide Helps You Do

In Kabbalistic Numerology, life unfolds in repeating nine-year cycles. Each Personal Year carries a specific vibration that colours your opportunities, challenges, relationships, and spiritual direction. Within each year, the Personal Month adds a second layer of influence – a month-by-month energetic rhythm that helps you act with greater clarity and timing.

This guide shows you:

- How to calculate your Personal Year
- How to calculate your Personal Month
- The meaning of Personal Year 1–9 (summary versions)
- The meaning of Personal Month 1–9 + 11
- Worksheets you can fill in to plan each cycle

Use this guide at the start of each year or month to align your decisions with the universal energy supporting you.

1. How to Calculate Your Personal Year

Your Personal Year number is calculated by combining the day and month of birth with the current year.

Formula: (day of birth) + (month of birth) + (digits of current year) → reduce to a single digit(1–9)

Example:

Date of calculation: 01 December 2025

Birthday: 19 November

$1 + 9 + 1 + 1 + 2 + 0 + 2 + 5 = 21 \rightarrow 3$

This person enters Personal Year 3 from 19 November 2025 until 18 November 2026.

Important: Your Personal Year begins on your birthday, not on 1 January.

2. The 9 Personal Years - Quick Meanings

Personal Year 1 - New Beginnings & Self-Leadership.

A fresh cycle begins. Ideal for launching projects and initiating change.

Personal Year 2 - Patience, Balance & Cooperation.

A slow, sensitive year. Focus on relationships and harmony.

Personal Year 3 - Creativity & Expression.

A lively year for communication, creativity, and joy.

Personal Year 4 - Work & Foundations.

A practical year demanding discipline and structure.

Personal Year 5 - Freedom & Change.

A dynamic period of movement, new experiences, and shifts.

Personal Year 6 - Home & Responsibility.

Family, love, harmony, and commitments take centre stage.

Personal Year 7 - Reflection & Spiritual Insight.

A contemplative year of study, introspection, and truth-seeking.

Personal Year 8 - Power & Progress.

A strong year for business, leadership, and financial growth.

Personal Year 9 - Completion & Release.

A closing cycle. Letting go, transformation, and renewal.

3. How to Calculate Your Personal Month

Step 1 – Find Your Personal Year.

Example: Birthday 15 August, Year 2025

$$1 + 5 + 8 + 2 + 0 + 2 + 5 = 23 \rightarrow 5$$

Step 2 – Add Your Personal Year to the Calendar Month.

Month: September = $9 + 5 = 14 \rightarrow 5$

Step 3 - Interpret the Vibration.

Each month from 1–9 (and 11) carries a specific energetic theme.

4. The Personal Months - Keywords

Month 1 - Initiation & Forward Momentum.

Action, independence, new beginnings.

Month 2 - Sensitivity & Quiet Progress.

Emotional calm, cooperation, patience.

Month 3 - Expression & Creative Flow.

Sociability, joy, communication, creativity.

Month 4 - Structure & Practical Work.

Discipline, organisation, grounded effort.

Month 5 - Change & Movement.

Adventure, flexibility, new opportunities.

Month 6 - Harmony & Responsibility.

Home, relationships, stability.

Month 7 - Insight & Inner.

Alignment Reflection, solitude, spiritual clarity.

Month 8 - Achievement & Expansion.

Business, money, ambition, results.

Month 9 - Closure & Release.

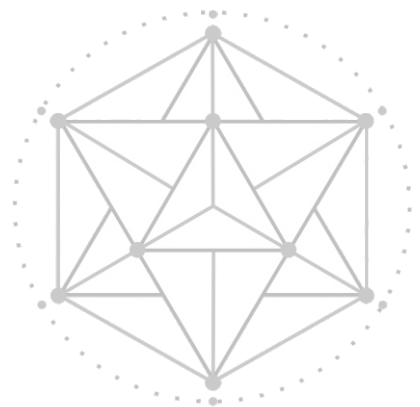
Endings, compassion, creativity.

Month 11 - Intuition & Illumination.

Breakthroughs, inspiration, spiritual insight.

Personal Year and Month Tracker

My Personal Year (PY) Number →			
Month	Calculation	Personal Month	Keywords
January	$PY + 1 =$		
February	$PY + 2 =$		
March	$PY + 3 =$		
April	$PY + 4 =$		
May	$PY + 5 =$		
June	$PY + 6 =$		
July	$PY + 7 =$		
August	$PY + 8 =$		
September	$PY + 9 =$		
October	$PY + 10 =$		
November	$PY + 11 =$		
December	$PY + 12 =$		



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