

2019

Personal Year Numerology

GUIDE WITH CHanneled MESSAGES

 Kari Samuels

Every year the calendar changes, your personal numerology changes too!

When the numbers in your life change – for instance a new address, new uniform number, or new telephone number, these transitions affect you energetically. Every new year, the shift in numbers create a vibrational shift, and we all share the influence of this transformation. How you are affected specifically each calendar year by this change in energy is referred to as your Personal Year Number.

Would you ever leave the house without knowing the weather?

Knowing your Personal Year is like knowing the celestial weather. You can plan in accordance with divine timing.

There is a time for romance, work, play, rest, and action. A season for everything!

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Here is how to find your Personal Year number:

Add the month + day of your birth + the Universal Year Number

2019 is a 3 Universal Year. $2+0+1+9 = 12$ and that gets reduced to a single digit: $1+2 = 3$.

Make sure you reduce any double digit number to a single digit.

For instance:

10 is reduced to 1 ($1+0 = 1$)

12 is reduced to 3 (1+2 is 3)

24 is reduced to 6 ($2+4 = 6$) etc.

Master Numbers 11 and 22 remain double digits.

FOR EXAMPLE, IF YOUR BIRTHDAY IS AUGUST 24TH AND YOU WOULD LIKE TO KNOW YOUR PERSONAL YEAR NUMBER FOR 2019:

FOR EXAMPLE, IF YOUR BIRTHDAY IS AUGUST 24TH:

August is the 8th month	8
24th reduces to 6 ($2+4=6$)	+ 6
2019 is a 3 Universal Year	+ 3

The sum of those numbers = 17

Now reduce 17 until you get a single digit

($1+7 = 8$)

If you were born on August 24th, in 2019 you are in a 8 personal year.

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Master Numbers 11 and 22 are not reduced to single digits.

If you were born in November (which is an 11 Month) or on the 11th or 29th day of a month, you do not reduce those numbers to a single digit – they are 11.

If you were born on the 22nd day of the month, you do not reduce that to a single digit, since it is a master number 22.

Here are some more examples of calculating the Personal Year Number in 2019 which is a 3 Universal Year:

July 22nd birthday in 2019 is a 5 Personal Year:

$7 + 22 + 3 = 32, (3+2 = 5).$

The 22 isn't reduced since it's a Master Number.

November 17th birthday in 2019 is a 22 Personal Year:

$11 + 8 (1+7 = 8) + 3 = 22.$

11 and 22 aren't reduced since they are Master Numbers.

December 29th birthday in 2019 is an 8 Personal Year:

$3 (1+2 = 3) + 11 (2+9 = 11) + 3 = 17 (1+7 = 8).$

Since 29 adds up to Master Number 11 it is not reduced.

March 5th birthday in 2019 is an 11 Personal Year

$3 + 5 + 3 = 11$

11 is a Master Number and is not reduced

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You got it? Now, look up your personal year below. Once you do that, you can look up your friends, your family, even your pets! You can do this every year. Have fun!

1 PERSONAL YEAR

This is a brand new beginning for you! Last year you completed a 9 year cycle. You most likely let go of some people and circumstances in your life, and now is time to plant seeds and embark upon new adventures. This is a wonderful time to do anything you have wanted to do but have been making excuses for. Now is the time to take action and be bold! This is not a time to wait and think about things, it is a time to do!

You will have a lot of energy now, so do some form of physical exercise daily, otherwise you might experience nervous tension in your body or mind. Starting something new takes confidence. Believe in yourself. This Universe is helping you break out of your comfort zone and take your life to a new level!

Remember, you're number 1, so it's time to put yourself first. Any area of your life where you've been taking the back seat, you'll want to take back your power. You deserve only the best!

1 PERSONAL CHanneled MESSAGE:

What an amazing year is ahead of you! 2018 was BEYOND challenging. Not only was it a Master Number year, you were finishing up a 9 year cycle. You experienced LOTS of letting go and endings. Most likely you had your fair share of disappointments. You might not understand why everything happened last year the way it did, yet it was all for the best. As this year unfolds, you will recognize the many ways that the Divine has been protecting you all along. You needed to let go of people and circumstances that were holding you back from the greater version of yourself that is wanting to emerg. You're being called now to present yourself to the world in a whole new way, one that gives you more autonomy and authority. You're being called to believe in yourself more. This means standing up for yourself more. You need to set better boundaries by saying no to people who take more than they give. Put yourself first. Make your happiness your number one priority. Whatever dream is in your heart, as frightening as it may seem, take the steps to make it help. Confidence building is a practice. Little by little, step by step, as you share your unique light more, you align yourself with your soul's purpose.

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2 PERSONAL YEAR

After the intense energy and changes of last year, now is a time to slow down and reflect upon your life and your choices. You might feel torn in two directions and some of your old identities are merging with your new ones. Be kind to yourself as you integrate these energies. Your emotions are on high and you might feel over sensitive or take other people's opinions to heart. That is why it is so important to take time and reflect on your needs and personal truth. What is it that YOU want?

To find inner balance, you might need to draw more boundaries, say no more often, and learn how to receive. Where can you take back some of your energy? Are you giving more than you are receiving? Are there any areas in your life where you feel you deserve more? Explore those areas and find ways to balance your relationships in a reciprocal manner.

Your intuition is highly charged now. To access this gift, you need to listen to your inner voice above all others. Perhaps you want to take up yoga or meditation, and spend more time in nature. Use this beautiful time to know yourself better and have the courage to take care of yourself! Since 2 attracts relationships, this can be a wonderful time to meet someone who helps you feel good about yourself, romantic or otherwise. But remember, finding loving relationships begins with honoring and loving yourself first!

2 PERSONAL CHanneled MESSAGE:

This is a very special year for you. Your intuition has been calling you for a long, long time. Now, you will have the opportunity to tune in more deeply than ever before. Pay attention to your dreams, they have messages for you. Your subconscious is bringing up emotions that need to be cleared, and desires that need to be brought to light. Keeping a dream journal would be helpful. You can write down your daydreams as well. Any images that come to you throughout the day, no matter how insignificant you might think they are can carry powerful messages. This will be a year of emotional healing. That doesn't need to be painful! It can be a joyous process. As you give voice to those parts of yourself that have been kept inside of you, you will feel liberated and lighter than ever. Expressing your feelings is paramount. Don't be afraid of conflict. By being honest and direct, you will ultimately find more harmony in every area of your life.

3 PERSONAL YEAR

The world is your stage! This is a potentially creative time, so instead of worrying about your future, create the life you desire by cultivating more joy and beauty within you. What do you find beautiful about yourself and your life? What feeds your spirit and makes you feel happy?

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Use your imagination to create the life you have always wanted. Instead of focusing about what you lack, plant the seeds of love and nurture them by giving attention to what you are grateful for and what you are doing right! 3 is a social energy so spend time with those people that help you feel good and raise your vibration.

Your creativity is in full force now and it needs to be expressed. What activities would you love to do? Do them now. You will meet wonderful people and really feel good about yourself. This would be a great time to keep use your voice with singing, acting or writing. Any form of creative expression would be beneficial.

Make sure you tell people how you feel, because your emotions are seeking an outlet. Before doing so, spend some time to find words that uplift and inspire rather than create more conflict. Focus on what is beautiful in yourself and others and your world will look and feel better every day.

3 PERSONAL CHanneled MESSAGE:

WOW!!! It's a double 3 Year for you. You are one of those lucky people whose Life Path Number is always in alignment with your Personal Year Number. This makes it easier for you in many ways, since these energies will always be in harmony with one another. Yet, it makes every year's Universal Energies more important for you. This year you, and the entire world, will be focusing on self-expression. Yet, if you are afraid of conflict, you can find this overwhelming - so many people vocalizing their feelings! This is a powerful lesson for you. It's important for you to know that YOUR VOICE MATTERS. No matter how overpowering someone else may seem, it's important for you to speak up for yourself. Put yourself first. Make your happiness a priority. 3 is a number of JOY and FUN, so you'll crave emotional connection. This is very positive, so long as you are connecting with the right people. Be extremely mindful of your words, making sure you are not engaging in gossip or negative speaking. Use your words to uplift and inspire yourself and your world. Practice speaking to yourself with self-love. Connect with people who make you feel good about yourself. It's going to be an amazing year if you align yourself with loving like-minded souls.

4 PERSONAL YEAR

After the expansive creative energies of last year, this is a time to solidify your foundation and get the details of your life in order. This vibration governs earthly concerns such as your home, family, money, finances, and day to day activities. The four creates a square, so you want to square your corners and set the stage for the dramatic year of change that lies ahead. Anything you can do to

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get organized will serve you well, including tidying up the structural imperfections of your home, or establishing daily regimes or routines.

This would be an ideal time to buy a home or establish a business, provided you pay careful attention to your contracts. Whether you are buying a home, investing in a business, or preparing for the future in any way, it would serve you to be very thorough with your financial planning and create a budget or spending plan.

Your physical body will need more attention this year, so make sure to stay disciplined about getting enough rest and exercise. This might sound very dull and restrictive but it isn't. These disciplines will create more freedom and expansiveness for you in the long run.

This can be a highly enjoyable time where you feel yourself becoming more secure and stronger in every moment. This can also be a beneficial time to enjoy with family. All of your hard work will pay off in the long run. You will be so glad you had the fortitude to build your foundation now.

4 PERSONAL CHanneled MESSAGE:

This is one of those years where you look back and you're amazed at all you've accomplished. You might feel everything you want to get done is daunting. You might wonder, where do I begin? You have so many ambitions and changes you want to make. It's okay to feel that way! Patience and process are your keys to success. When you feel you have a big project ahead of you, simply take one step at a time. It's important you do things in an orderly measured way. Since this is a 3 Universal Year of Creativity and FUN, make sure you're balancing work and play, as well as intuition and logic. You'll need to tune into your heart to decide where to focus your intentions. You might sometimes feel if your heart is telling you one thing, and your mind wants to take a safer path. Most likely, you will need to find the balance of both. As you connect your heart with your mind for all your decisions, you will always find your way!

5 PERSONAL YEAR

Get ready for a dramatic and exciting year! This year will feel like it is flying by because there will be so many changes and activities. After all the hard work of last year, this is a fantastic time to have fun and meet new people, or travel to distant places. You may even feel the urge to relocate.

You will find your social life expanding as you feel more expansive as well. If there are any structures in your life that restrict you, now is the time to shake them off and seek new horizons. This is a wonderful time to have an adventure so if there is anywhere you want to go, buy your

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ticket! Or take that class you always wanted to take, or go to the theater, or even be in the theater! If you want to take up a new hobby, being in a group environment would be especially rewarding.

If you are involved in the media or any way, or have always wanted to be, you'll feel extra blessed this year. If you want to grow your business, any type of advertising would prove worthwhile. Make sure that with all of these changes and new feelings that you don't scatter your energies.

Listen to your heart to discern what is most important and make your decisions based on your intuitive guidance. You might make mistakes, but that is how you learn, and those lessons will serve you and help you to instruct others in the future.

5 PERSONAL CHanneled MESSAGE:

Change is the name of the game this year. Change doesn't need to be scary, It can be fun and exhilarating too. Last year might have felt heavy for you. You were burdened with a lot of work and responsibilities. Perhaps you took on other people's responsibilities. Perhaps you felt burdened by the weight of the world! Now is your year to shake off that heaviness and have FUN! Indulge in things you don't usually allow yourself. This can include elements of your diet as well as your social life. Have the cake! Your mind is super active this year - with lots of ideas and inspiration. Make sure you have an outlet for this creative energy. Make sure you exercise too. The best exercise is not something feel you have to do, rather something that you enjoy doing. You're being called to remember what lights you up from the inside. So let go of your "shoulds" and do what feels good! You might feel a bit scattered this year, so it's important to maintain some discipline with habits that keep you grounded and healthy. This year will feel like it's going fast. Enjoy it!

6 PERSONAL YEAR

Balance is a theme for you this year. With all of the changes and excitement from the previous year, now is the time to restore your body, mind and spirit.

Your home and family will take center stage, so you want to make sure your surroundings are harmonious and serene. Pay particular attention to the energy of your space, including the colors and sounds. Make any changes to your environment that help you feel peaceful and relaxed.

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Perhaps you want to beautify your personal image as well, such as investing in a new wardrobe or different hairstyle that helps you feel more attractive.

If you have any health concerns, look for treatments that integrate emotional healing as well as physical. Yoga or dance would be an ideal activity for you to help you maintain balance between your body and mind. You might have extra responsibilities this year, particularly in your family, so make sure you take time to yourself and put your needs first.

By taking care of yourself fully, you can better help others. You will enjoy spending more time with all of your loved ones this year, including children and pets. This is an ideal period to attract a romantic partner if you have not met one yet.

If you are already in a relationship, you can add more romance by taking time to have fun together instead focusing on your responsibilities. If you are facing any choices this year, make sure you are basing your decisions on what you really want, rather than what you think you “should” do or what you fear others will think of you. Focus on love and harmony this year and you cannot go wrong.

6 PERSONAL CHanneled MESSAGE:

What a beautiful year this is for you. You’re really getting in touch with your heart. So much has been inside of you waiting to be expressed - including the love you have to share with others. Whether it’s a romantic partner, friends, or the world in general, you’ve got so much love that is yearning to be expressed! Remember, all love begins with self-love. You need to practice making your needs and desires a priority, rather than putting other people’s needs first. As you get in touch with your own needs, desires, and creative voice, and EXPRESS that with others, you begin to attract more people who appreciate you. Find ways to express your creativity and emotions and will be amazed at the profound shifts that transpire in your life. Remember how beautiful you are and remind yourself of that every day. You’re amazing.

7 PERSONAL YEAR

This is a year of victory where you can acquire spiritual mastery by learning to control your lower instincts and emotions. Take a break from the pressures of your daily activities to still your mind and restore your spirit. Reflect on what is meaningful to you and serves your purpose. If you can find time in nature, it will nourish every part of you, particularly if you retreat near the ocean.

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You might find you want to relocate closer to nature or live in a more serene environment, or at least go on a vacation. If you do not have a daily meditation practice, you might consider taking one up.

This is an ideal time to engage in any spiritual activity or group where you can learn more about your chosen faith with others. Any course of study or research will prove worthwhile provided your heart is in it, and you are not doing it out of obligation. If you are a writer, this can be the year to create your best work yet! No matter what you engage in this year, you want to keep your mind focused on what you want, rather than let your emotions get the better of you.

At times, you might feel that your emotions or outward circumstances are tearing you in two directions, leaving you angry or confused. This is an opportunity for you to gain dominion over your mind, so that you feel in control of your life, rather than feeling that circumstances in your life occur at random.

If you find yourself getting overwhelmed, take a deep breath and stay in the moment. Stay focused on the big picture, and ask yourself if you have been making choices based on your personal truth, or if you have allowed others opinions to dominate your decision. As you learn to stay centered amidst change, you will learn to deeply trust yourself and the process of your life. These are valuable skills that will carry you forward for the rest of your journey.

7 PERSONAL CHanneled MESSAGE:

TRUTH is your light this year. There will be many ways where the Universe is reflecting back to you how truthful you've been with yourself. If there are any ways you've been avoiding the truth, they will be revealed. Speaking what's in your heart is paramount. If there are conversations left unsaid, now is the time to have them. If there are parts of you that you've been hiding from the world, because you're afraid to share with others who you really are, now is the time to show the world who you really are. The Divine is calling you deeper and deeper into your soul. There are so many treasures waiting for you. Pay attention to what you don't want to acknowledge or admit to yourself about other people, or your situation. The truth will ultimately set you free. The more you are willing to look at those parts of your life that haven't been working, the more quickly you can change them. If you are proactive about living your truth, this is a year you can make miracles happen. Your life can transform dramatically for the better if you allow yourself to BE yourself and take action on what's in your heart. What amazing experiences await you!

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8 PERSONAL YEAR

Now is a time to prosper! After all your hard work, you will begin to see the fruits of your labor. After the reflective introspection of last year, now is the time to act! And act big! What are your passions? Pay attention to those inner stirrings within you that make you feel excited and motivate you. Follow your bliss.

You might find yourself wanting to do more, be more, experience more. This is good! What are some of those things that make you happy that you have been putting off? Don't delay any longer. Live your life to the fullest! Pursue your dreams by taking some risks.

If you feel stifled in any way it is because you have been limiting your idea of who you are. You can own your power and leadership abilities more fully now, and that includes your ability to receive more financial abundance.

You might find yourself challenged this year, as more is required of you, but that is only so you can experience your potential more fully. If you find yourself in power plays at work or in your relationships, it is to remind you that it is OK to be powerful, and not to be afraid to assert yourself. What is it that you want? Now go for it! And have fun reaping the rewards!

8 PERSONAL CHanneled MESSAGE:

Last year took a lot of focus, and now you can spread your wings! It's taken a lot of discipline to get you where you are now. You had to sacrifice a lot along the way. Now it's time for expansion! Take up space in the world! Ask for more! Shine brightly! You've been doing all the inner work and now it's time to reap the rewards. You might feel guilty sometimes that you're not working, or working on yourself - yet it's SO IMPORTANT that you learn how pleasure and fun can be more productive than play. Sometimes. This is, of course a year of focus and discipline as well. Yet, balance is the key. You need to do things that feed your spirit and nourish your soul if you want to feel truly fulfilled. It's a great year if you allow yourself the luxury and abundance you deserve.

9 PERSONAL YEAR

Congratulations! You are on the final year of a 9 year cycle. You have learned a lot along the way, so take stock of all of your lessons because you will be passing this wisdom to others.

You might find that others are drawn to you for advice or teaching this year. Trust that you have what it takes to guide them. You might be reflecting quite a bit on the past now, but this is only so you learn from it and move on. Make sure you are not holding on to the past. Let go of what no

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longer serves you. Finish up any loose ends and unfinished business in your life as you prepare for a new cycle. Forgive anyone who needs forgiving and that includes yourself!

You might require more alone time this year, so you can connect with your intuition. There is nothing wrong with this. Value this time with yourself; there will be more excitement next year. This is a period for reflection, but it is also a time for recognition of everything you have done and achieved, so make sure you are taking stock of everything good in your life, and it will come back to you manifold. You will be harvesting your many rewards, so enjoy your bounty. You deserve it!

9 PERSONAL CHanneled MESSAGE:

Your key to happiness this year is affirming your own self worth. The more you look for approval outside of yourself, the more elusive it will be. Learning how to speak kindly to yourself can create miracles. When you feel the need to seek approval from others, or are afraid what others will think of you, remind yourself of how amazing you are. If you want someone to tell you you're beautiful - remind yourself you are beautiful. If you want someone to tell you that you're worthy, remind yourself you are worthy. ANYTHING you are seeking externally, find those feelings within yourself. When you treat yourself with more love and respect, you will also recognize more easily when others are not treating you as well as you deserve. Have the courage to let go of people and circumstances that do not reflect how you want to feel. This is the year of letting go, as much as it is celebration and culmination. It's a highly creative time as well, so use this energy to do those creative projects you've been dreaming about. It's your time!

11 PERSONAL YEAR

Wowza! Your intuition is super-charged now. This is a Master Number Year for you, which means you will need to master your life. There will be greater opportunities, and greater challenges.

You can avoid many of your challenges by acting on your intuition. This takes courage to be yourself and share your gifts with the world. If you have a desire to teach others, or be a healer or artist NOW IS YOUR TIME! Do not delay sharing your gifts. You have what it takes right now to succeed.

To access your gifts, you need to listen to your inner voice above all others. Perhaps you want to take up yoga or meditation, and spend more time in nature. Use this beautiful time to know yourself better and have the courage to take care of yourself!

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This is also a relationship-oriented year. It can be a wonderful time to meet someone who helps you feel good about yourself, romantic or otherwise. But remember, finding loving relationships begins with honoring and loving yourself first! Boundaries will be your best friend, so make sure you are making your well-being and happiness a priority. You need to have more balance in your life, AND bring more of your gifts to the world, so you need to be deliberate about how you invest your energies. You have so much to share, and this is a great year to do so!

11 PERSONAL CHanneled MESSAGE:

Read the 2 Personal Year message - it also applies to you!

This is no ordinary year! 11 energy is uplifting and inspiring, and it requires you to step into the next phase of your soul's evolution,. This requires you to travel lighter - let go of the thoughts and emotions that are no longer serving your well being. You might want to make some changes in your career and home as well. Everything is being elevated! This requires you to have courage. You must listen to your intuitive guidance. It can no longer be ignored. The path of intuition often leads you on the path less traveled. The more uniquely YOU that you are, the more opportunities you will attract. Dare to be different. This is an exciting year full of immense rewards. It's your time

22 PERSONAL YEAR

Yippee! This is a Master Number Year for you, which means you will need to master your life. There will be greater opportunities, and greater challenges, yet the payoff can be immense.

You need to have discipline as you focus your intentions on building your dreams and taking ACTION toward making your dreams come true. You might feel there are some days you don't have what it takes, yet this is a strength building year, and you achieve your goals one step at a time.

Physical activity is paramount toward keeping you healthy, so this is a great year to start a do-able exercise regimen. Don't try to do too much then lose hope – it's more important you find something fun that you enjoy that you can stick with.

If you have a desire to teach, start a business, or invest – this is a GREAT year to do it. 22 is the number of the Master Builder, which means you want to build a lasting foundation for you and other to benefit from. This is sure to be a remarkable year!

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22 PERSONAL CHanneled MESSAGE:

Read the 4 Personal Year message - it also applies to you!

You're being called to expect more from yourself and your life. 22 is the number of the Master Builder. You are building foundations that will support you for years to come. It might require a lot of discipline and courage to change the structures in your life, yet the payoff will be immense. You will need to learn to work with others in a way that you are not compromising your integrity, while maintaining relationship harmony. This can be a year that sets you up for more freedom in years to come. Stay the course and remain true to yourself. You'll be so glad you did!

About Kari Samuels



Kari Samuels is an Intuitive Counselor and Happiness Coach who helps people align with their soul's purpose and reclaim their intuitive gifts . She utilizes the unique spiritual blueprint encoded in your name and birth date to to heal your past, tune into your present, and decipher your destiny.

Using a variety of healing modalities, with the assistance of the Archangels, she liberates you from self-sabotaging fears, beliefs and energy so you can fulfill your soul's purpose with joy and prosperity.

She has become a go-to resource for people around the world seeking to discover practical tools for magical living.

You can learn more about her courses and healing products here: karisamuels.com

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