



In Numerology, 2017 is a Universal Year of 1. This represents the energetic vibration of our planet for the entire year. Follow just some of the guidance listed below and you will be a success in the new year.

What to Expect in 2017:

A New Beginning. 2016 was a Universal Year of 9 which represents the end of the Numerology cycle (1-9). 2017 represent the beginning of the Numerology cycle and with this shift comes lots of opportunities for newness. Fresh ideas, organic perspectives, innovative techniques, and unexplored terrain, create fertile soil for you to plant a new garden of dreams.

Everything you do in 2017 will set the course for next 9 years so really go within and decide to plant the most magical and abundant seeds. Reach for biggest dream and do not worry about how you will accomplish it. Just plant the seed through awareness, faith and belief. Spirit will guide your journey step-by-step.

How to use this energy: Take some time to write out the dreams and desires you have for the next 9 years. What would you like to be, do and have? Who would you like to be, do and have it with? Where do you want to be? How do you want to feel as be, do and have all that you desire? Let this list be robust and meaningful. Only put desires and goals on the list that really matter to you. REALLY MATTER. No matter how big or small- if it warms your heart with excitement- then write it down.

Instant Manifestation. 2017, is a 10/1 year in Numerology. A 10/1 year represents instant manifestation. Just snap your fingers and watch it happen. Actually, it's more like- snap your thoughts and feelings so they match your dominant desire and watch it be manifested. Now, this works both positively *and* negatively. Use this power well. My Spirit Guides want me to make it clear that you have been warned about this power- so truly use it to make your life better and to positively impact the people around you.

How to use this energy: When you identify something you don't want, immediately flip it around and focus on what you do want. I think it is very healthy to be crystal clear on what doesn't work for you, but do not dwell in that space. Instantly, turn your attention to what you do want.

Example: You're in traffic and concerned you're going to be late for a meeting. You begin to feel nervous and fearful. Identify what you're nervous about: *I'm going to feel embarrassed walking into the meeting late.* Then ask yourself: What is the opposite feeling of embarrassment? *Confident.* In that moment, instead of focusing on the fear of being embarrassed, focus on this: *No matter what time I arrive, I will walk in with my head held high. I will feel calm and relaxed. I will be happy to be there. I am so happy and grateful to be driving to this meeting even in traffic.* Hold this pure thought for as long as possible and breathe deeply.

In taking this approach, you will shift your vibration and create 3 new possible outcomes: traffic clears up and you arrive on time, the meeting is delayed because others are in traffic too or you walk into the meeting and everyone is so happy to see you that no one even notices that you are late.

Note: Most people hold a vibration (either positive or negative) that will create 3 possible outcomes. Because in 2017 it will be easier to focus (see below), your possible outcomes are more often limited to 1. Your outcome is determined by your dominant vibration. I know. I know. Metaphysical overload.

Bottom line: Focus *only* on what you truly want in your life and you'll instantly manifest it. Be a good person and focus on good stuff that makes you feel good.

Be a Leader. 2017 is a time to get into the driver's seat of your life. You are the captain of your journey. You are the president of your domain. The more you can shift into being a leader of your own life, the more you will be a magnet to leadership roles. People will just start to look to you for guidance and direction.

How to use this energy: Make a list of what you think makes someone a good leader. List 3-5 specific qualities (no more). Then see where you can directly apply those qualities to your life.

Example: Maybe you think a good leader is kind. Then ask yourself: How can I be more kind to *myself* and others? Focus on self, first. If you're unkind to yourself, there is no way you can fully be kind to others.

Use Your Natural Gifts and Talents. The energy of 2017 will bring your attention to your best gifts and talents. New opportunities will show up so

you can use your greatest skills and abilities and you will be drawn to others doing the same. This is not a year to try to be good at everything or to try to prove yourself to someone. Focus on what you naturally do well and it will be the solution to every problem or struggle.

How to use this energy: Make a list- What am I naturally good at? Like, freakishly good at? (Most people only have 1-2 natural gifts or talents.) You may have to think back to your high school days. What were you good at then?

Example: Maybe you were an athlete and now you're struggling to manage your stress. Physical activity reduces stress, so channel your inner athlete and get moving. Yes, you're not 16 years old anymore, but you can definitely be the best athlete for your current constitution and lifestyle. Remember, "best" is always defined by you, first and foremost and not by comparing yourself to others.

Some Additional Insight on 2017:

Focus. The energy of the 1 will make it much easier to focus. Focus is the key ingredient for manifestation. Use your ability to focus to attract more of what you want into your life. Focus on the good stuff. The stuff that makes you feel vibrant, juicy, excited, light and joyful. Focus on what makes you feel confident, alive and so very proud of yourself. When you use your focus in really soulful and authentic ways, humility will be inherent. This is the year to get lost in what you love.

Curiosity. 2017 brings an energy of innovation. Follow your curiosity because you may discover something that will not only energize your life, work and relationships, but positively transform the planet. Learn. Experiment. Study. Explore. Create.

MOST IMPORTANTLY: Surround yourself with high-vibrating, positive, inspirational and uplifting experiences, people, media and entertainment. The only thing that can drain the magic from 2017 is constantly being exposed to negativity and people who are too afraid to dream and act on their dreams. The energy of the 1 is so pure and the only thing that can taint it is negativity and naysayers.

My dear friend, please surround yourself with winners. Winners lift you up. Winners are dream doers. Not just dreamers. Not just doers. DREAM

DOERS. This is a year to win. I'm not referring to the "I've got to compete to get ahead" mindset, but instead focus on "I love myself so much... how can I be better than I was yesterday". Surround yourself with people who speak and act in inspiring, uplifting and forward-thinking ways.

In 2017, self-depreciation, gossip, judgement and perfectionism are not your friends. Don't burn the year away by spending time with negative nancies.

Find your supporters. Find your ally. You may have hire someone at first, but eventually you will be a magnet to other dream doers. Be inspired. Be open hearted. Look for the "YES!" friend.

Enthusiastically, seek out the lesson. Don't be scared to fail. Just give it a try- particularly something you've never done before. Failure is simply a part of the learning process. Not everything you set out to do will work out, but every single experience offers you valuable insight you can instantly use to manifest the desires of your heart.

This year, you can overcome obstacles with ease. Lots of action is required on the road to mastery. Go for it. Full out. Be courageous and optimistic. Let your intuition, creativity and intellect be your guides. You will always land on your feet. That is the magic of a Universal Year of 1!

What you can expect in 2017 based on your birthday:

In addition to the Universal Year, every person has a Personal Year in Numerology.

To calculate your Personal Year: Add your birth month and day together and then add that number to the Universal Year. Then reduce it to one digit by adding the numbers together.

Example: April 14: $4 + 1 + 4 = 9 + 1$ (Universal Year) = 10 (reduce) $1+0=1$

This person is in a Personal Year of 1.

Now use the information below for additional insight on your Personal Year.

Personal Year of 1: Try new things. Use your talents and gifts. Be innovative and independent. Focus on how you can be your own version of success. Avoid negativity.

Personal Year of 2: A wonderful year to find love and repair relationships. Practice good self-care. Express your feelings. Trust your intuition.

Personal Year of 3: Socialize and meet new people. Communicate with love and compassion. Have fun. Laugh. Play. Express your creative talents. Set healthy boundaries with yourself and others.

Personal Year of 4: Learn something new. Read. Teach others. Take good care of your finances. Explore ways to feel more secure in who you are. Avoid perfectionism.

Personal Year of 5: Make your life a fun adventure. Put yourself out there. Explore ways to feel more free in your day-to-day life. Expect the unexpected. Don't get too caught-up in the drama and chaos of life.

Personal Year of 6: A great year for making a romantic commitment. Take care of your home or make a move. Explore ways to have more control in your career. You will be magnetic so focus on the positive aspects of life. Stay out of other people's business.

Personal Year of 7: Explore your spiritual side and deepen your faith. Use your intuition AND intellect to make decisions. You may want to spend more time alone to reflect and meditate on life. You'll find that life just works out so there is less need to push or force things to happen. Read. Write. Ponder.

Personal Year of 8: An excellent year to focus on your finances and career. Be very decisive and direct. Know that you can always turn it around. Be kind yourself and others. Practice stress management.

Personal Year of 9: A year for clearing the path for new beginnings. Let go of what is not working. Forgive. Practice having faith and patience. A breakthrough will occur. Be in gratitude.

Self-Help Tools to Use in the Universal Year of 1:

These are my personal recommendations. I am not affiliated with any of the brands listed below.

1. **The Fire Starter Sessions, Danielle LaPorte.** This is an insight-heavy read and you will come back to it again and again. You may

not resonate with it at first, but it is truly written by and for Dream Doers.

2. **Wunderlist.com**. A website and app to help you organize your to-do lists. It is freakin' brilliant. It is helpful to both the type-A and the perplexedly disorganized. This tool can help you stay on track to achieving your goals. It's super easy and simple to use.
3. **You Can Heal Your Life, Louise Hay**. Louise has a wonderful way of making spiritually complex topics oh so simple. Just dive in and highlight this text like crazy. Affirmations will be your jam after you read this book. Also, check out: *I Can Do It*, book and audio- also by Louise Hay. In a Universal Year of 1, affirmations are incredibly effective in planting new seeds in your fertile soil.
4. **Alison Armstrong**. Listen to any interview or audio lecture by her if you want to improve your romantic relationships. Her books aren't as awesome, because she is truly a live seminar teacher. She has so much free and paid content on the web that you don't need to attend one of her programs (unless you're inspired to do so).
5. **Find a book or class that directly relates to your goals**. If you want to improve your finances, then read and listen to anything you can find on money and wealth-building. If you are looking for love, read and listen to anything you can find on attracting lasting love. Try not to pre-judge anything. Just read, listen and learn. Take notes in your journal. Your intuition will guide you to the most relevant information for whatever time and space you are in. Be in a wide-eyed state of wonder. If you knew it already, then it wouldn't be on your goal list.