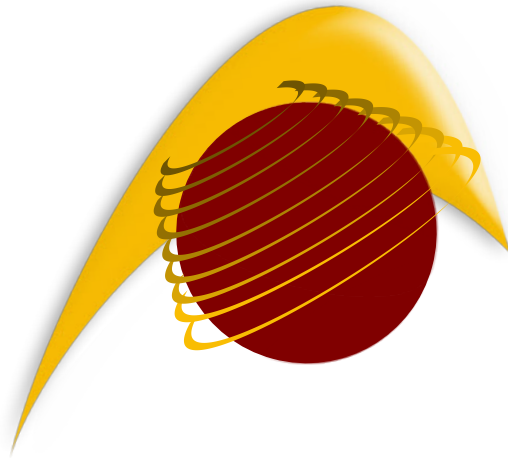


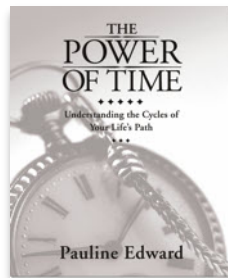
# The 9 Seasons of Success

Uncover the Hidden Knowledge  
Behind your Birth Date



Pauline Edward  
Astrologer-numerologist  
Author of  
**The Power of Time**

Understanding the Cycles of Your Life's Path





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## 9 Years- 9 Seasons!

The 9 Personal Years of the 9-Year Cycle of numerology constitute such a powerful system of knowledge essential to effective planning and goal-setting that it is surprising that not more people have caught on yet! Although an ancient practice, with the popularity of coaching, self help, goal-setting and living with purpose, intention and direction, numerology has never been more appropriate than it is today.

The first thing about the Personal Year numbers is that they are very simple to calculate. (See How To Calculate The Personal Year Number, page 7.) Secondly, when taken as a series of seasons, like spring through winter, they become very easy to integrate in every day life. Much like a season, each Personal Year number has unique characteristics, a particular climate or energy signature. Like the seasons, how you use this energy, how you are able to integrate it into your life, will determine the outcome of your efforts for the year, and ultimately, your overall success throughout the complete cycle.

No one would even think of attempting to grow tomatoes in the snow, yet many people blindly launch themselves into business and personal projects when the season is clearly not appropriate. By integrating the distinct seasons of the 9-Year cycle into your planning and goal-setting activities, you will be choosing activities that are best suited to the various trends—your personal trends—encountered along the way. Consequently, projects are likely to flow more smoothly, energy will be more wisely and efficiently expended, and success is more likely to follow.

I made a point of stressing to “your personal trends” because



each person's life is a unique journey and each person is in a unique place on that journey. Although we are likely to share similar experiences over the course of our lives, since we are not all on the same journey, we are not at the same place at the same time. Not everybody is getting married on the same day, not every couple is getting divorced in the same year, not everyone is starting a new career path at the same age, nor is every woman having a child at the same time. Some will marry, others won't. Some will be quite happy in their structured environment of the 9 to 5 job, others will seek the adventure of entrepreneurship. The variations are endless.

Being in tune with who you are and knowing *what* to do and *when* to do it provides a greater sense of control, increases confidence, greatly reduces stress and leads to a more positive outlook. Knowing who you are and having a sense of your timings enables you to make more relevant choices, all of which contributes to increased success and more satisfactory results. The 9 Year Epicycle clearly indicates what should be done, and when. It's much easier to plan ahead when you know whether to take out your snow tires or brush off your gardening tools.

### ***How would you use the 9 Personal Years?***

Much like seasonal or economic cycles might be taken into consideration when setting business goals, you would consider your personal seasons for your own goals, whether personal or professional. The 9 Year Cycle is the key to your personal seasons.

For example, a person who is at the start of a 9 Year Cycle, in a number 1, 2 or 3 Personal Year, might take the time to work out a long term plan. A person at the end of the cycle, in an 8 or 9 Personal Year, does not have that luxury of time, and should focus on accomplishment and reaching targeted goals. In the same way that you would not plant your tomatoes in August,



it being too close to the time of harvest, you would not start important long-term ventures at the end of your personal cycle. Heading into a number 2 personal year, you would prepare to develop strategic alliances, or work on a personal relationship. When in a number 4 Personal Year, much attention might be paid to details and foundation issues, while the number 5 Personal Year would bring opportunities for expansion and growth. Early in the cycle, you might consider planning to set some money aside so you can actually take time off in the number 9 Personal Year, a year of endings, where energy wanes, and fatigue often sets in.

All in all, the best and simplest way to learn about the numbers is to see them at work in your own life and in the life of those near and dear to you. Numbers are fun and easy to work with, but don't underestimate their powerful potential!

This document is meant as a very basic introduction to the subject of Numerology, and was produced to provide the reader with the opportunity to experience first hand how the numbers work.

For a more detailed analysis of the numbers derived from your birth date, please see [www.paulineedward.com](http://www.paulineedward.com). For a complete personal profile, request a consultation.

*Warning: the information contained in these pages  
will change the way you plan for the future!*



## How to Calculate the Personal Year Number

To calculate your Personal Year number for a given year, first reduce the numbers of your Birthday and month to a single digit. For example, for a birthday of December 26:

December is the 12th month, reduce 12 to a single digit by taking the sum of the 1 and the 2:  $1 + 2 = 3$ .

For the birthday: 26 would be reduced to 8 by taking the sum of 2 and 6,  $2 + 6 = 8$ .

Next, reduce the calendar year for which you wish to calculate the personal year to a single digit. For 2008:

$$2 + 0 + 0 + 8 = 10.$$

Reduce the 10 to a single digit:  $1 + 0 = 1$ .

Finally, take the sum of these 3 numbers.

Birthday: 26                      8

Birth Month: 12                3

Calendar Year: 2008        1

Result:                              12, reduces to 3 ( $1 + 2$ )

To calculate the Personal Year number for 2009, proceed in the same manner:

Birthday: 26                      8

Birth Month: 12                3

Calendar Year: 2009 (11)    2

Result:                              13, reduces to 4 ( $1 + 3$ )



## Calculations Continued

For 2010, the Personal Year number would be a 5, ( $8 + 3 + 3 = 14$ ,  $1 + 4 = 5$ ), and so on to the end of the cycle. A new cycle would begin in 2015, ( $8 + 3 + 8 = 19$ , reduces to 10, then 1) a number 1 Personal Year.

Calculate your personal year number here, remembering to reduce each number to a single digit before completing the sum of the 3 numbers. Finally, reduce the sum to a single digit.

Birthday	_____
Birth Month	_____
Current Year	_____
Personal Year (sum)	_____

The Personal Year begins in January and ends in December.

As a helpful exercise, go back in time and see what was going on in your life during the various years. You might find some interesting patterns. This will give you valuable insight on how you may respond to an upcoming trend.

Note that for the purposes of this introductory work, calculations have been kept very simple. Certain nuances, such as Karmic Debt and Master Numbers have been omitted.

For detailed descriptions as well as yearly planning exercises for each Personal Year, the complete short to long term cycles and the very important Life Path Number, see *The Power of Time*.



## The 1 Personal Year

The first year of the 9-Year Cycle is a time of new beginnings, filled with enthusiasm and renewed energy. It is the ideal time to make adjustments to outdated areas of life, especially if events in the past have led to loss of direction. The number 1 Year is very often experienced as an important crossroads, and most significant life changes are made in a 1 Personal Year. Review your life to date, and make a new long term plan.

If you've been putting it off, it's now time to get up and start to live your life! This is a time to take care of yourself, to be assertive, courageous and self-reliant. New horizons lie ahead.

### **Do**

Get those fresh new ideas out there! Get rid of the old. Start new projects, adjust your lifestyle to your new goals. Leave the past behind! Be confident!

### **Don't**

Expect to get it all done this year! This is only the beginning. Avoid carrying outdated baggage from the past. Be careful of being overly selfish.



## The 2 Personal Year

Personal and business partnerships typically come to the fore in a 2 Personal Year. While last year, a number 1 Personal Year was all about *you*, this is a time for cooperation, teamwork and receptivity. A certain amount of flexibility and patience will be required as new projects begun last year slowly begin to take shape. This is often a year in which significant alliances are made, such as partnership or marriage. Unhealthy or outdated partnerships may end now, causing intense emotions. Pay attention to input from the world around you. You are not alone!

### **Do**

Practice trust, patience and diplomacy. Listen. Seek help and accept support. Cultivate those relationships that will be helpful in the long run.

### **Don't**

Be in a hurry, and don't lose hope in the face of obstacles. Avoid being overly sensitive and emotional, or too aggressive or adversarial.



## The 3 Personal Year

This year, energy explodes, possibilities abound, and what seemed previously uncertain and tentative, now begins to emerge. New projects and ideas that began over the past two years are seeking expression. There can be much social activity, romance, optimism and luck now. If you are using your creativity in your work, expect to be flooded with new ideas, even waking up in the middle of the night with inspired flashes and insights! You'll need to watch your budget, as spending can easily get out of hand. Be creative in your day-to-day activities. Routine doesn't have to be boring!

### **Do**

Find outlets for creative self-expression. Have fun, socialize and network. Cultivate a positive attitude in all things.

### **Don't**

Lose focus. It's easy to be distracted in a 3 Personal Year. Avoid being wasteful of time and resources. Avoid being negative and critical.



## The 4 Personal Year

There are three keywords that accurately describe the 4 Personal Year: work, work and more work! Tend to the details and responsibilities of home, family, health and work. Home renovations or purchases are common in a 4 Personal Year. This is a foundation year, time to set down roots, focus on essentials, and be organized. The foundation you establish now will determine the extent of your accomplishments in your number 8 Personal Year. A solid foundation will allow you to rise to higher levels of success! Work on your long term plan, set clear and specific goals. Be reasonable and realistic in your expectations.

### **Do**

Get organized in all aspects of your life. Work with a plan and a schedule. Focus on details and basics. Be patient with yourself. Trim the fat from your activities.

### **Don't**

Whine or Complain! If you have something worth accomplishing, you'll have to do the work, sooner or later! Avoid being overly rigid or stubborn.



## The 5 Personal Year

After a number 4 Personal Year, you may be eager to get things moving! The routine gets a little shaking up now, and you may be ready to take some risk, travel, expand your horizons and innovate. This is one of the best years for marketing and promoting yourself and your business. Much growth is possible now. If you were well organized and worked hard last year, you'll be ready to try out exciting new opportunities. You may need to rein in your need for freedom if you are feeling overly bogged down with routine. Remind yourself of your long term goals. Try new approaches before making radical changes.

### **Do**

Stretch yourself, expand your horizons, try new ways of doing things, but remember to be patient. Be adventurous. Keep your agenda loose. Expect the unexpected!

### **Don't**

Take unnecessary or uncalculated risk. Avoid making change just for the sake of change, or quitting too soon. Don't hold on to what is outdated.



## The 6 Personal Year

Following the hectic and perhaps crazy pace of the previous year, you will probably want to slow things down a bit now, but just a bit! The focus is on responsibility, whether in family and home life, in the community or in the workplace. This is a time for balance, peacefulness and service to others. This can be a happy time for love and relationships, and marriage is not uncommon in a number 6 Personal Year. If, however, you have been experiencing relationship issues for some time, things could come to a head. Get some counselling, if necessary. Expect to be bombarded by requests for help and support from those for whom you are responsible.

### **Do**

Balance work and home life. Be honest with what you can and cannot do for others. Give up excessive idealism. Make time for romance.

### **Don't**

Take on more responsibility than you can honestly handle just to be liked by others, otherwise, you will be resentful. Avoid making promises you cannot keep.



## The 7 Personal Year

This is a period of temporary withdrawal from the hustle and bustle of worldly and material existence. You may feel the need to take time out, work by yourself and get away from all those issues that complicate your life. This is the time to focus, gather up inner strength and prepare to go all out in the big 8 Personal Year coming next. Fine tune your skills. Focus on your area of expertise. Revise your goals and be realistic. It all comes together next year! The 7 Personal Year can be a confusing time for some people, especially for those who are not accustomed to taking time out for themselves. Focus on the inner rather than the outer life.

### **Do**

Meditate, think things through, hone your skills, study, spend time by yourself. Practice yoga, tai chi, something quiet.

### **Don't**

Completely alienate loved ones. This is not the best time to focus on money, outward manifestation or material goals.



## The 8 Personal Year

This is the big year, the peak of your cycle, the culmination of all your hard work. It is the time of harvest, when you reap the fruits of your labors of the previous seven years. This is an excellent time for career, professional, business and financial activities and projects. Many people make important career decisions in a number 8 Year. Hard work may be rewarded with bonuses, promotions and financial gains. If you were not focused in the earlier part of your cycle, you could be disappointed with the results. Now is the time to revise your vision for the future, consider your next set of long term goals.

### **Do**

Go all out and expect the best for yourself. Be bold!  
Manifest your vision. Now is the time to be the powerful force you long to be.

### **Don't**

Back down, and don't quit now! While remaining realistic in your expectations, don't underestimate your potential for success.



## The 9 Personal Year

This year wraps up the entire cycle, and is often an important year in that it can mark the start of a significant transition period. As this is the last year of the cycle, it is the point at which you can really break from the past. It is a time of completion, endings and winding down, and is often the year for retirement, divorce, moves or other important life changes. Consider future possibilities without making long-term commitments, because you won't have a clear picture of where you are going next until you begin your 1 Personal Year, next year. If you have worked hard, you are probably feeling a bit tired, and have no doubt earned an extra long vacation!

### **Do**

Rest, take an extended vacation, declutter your life, volunteer, give, share your expertise with the community.

### **Don't**

Start important new long term projects until the start of your new cycle. Avoid staying focused on yourself.



## Yearly Planning Tips

Every New Year, without fail, people launch themselves into a flurry of well intentioned planning and goal-setting activities. In addition to using the knowledge of your Personal Year number, here are a few extra practical tips for you to work with and help ensure your success in the coming years.

- Be connected. Establish a connection with your inner guidance. This may require a bit of practice, but eventually, you can learn to distinguish between external forces and influences, and your true inner voice. Begin with little things, and as confidence in your connection grows, move on to the more important matters in your life.
- Be realistic. I know, it's been said before, yet, many people still don't know how to judge the level of realism in their goals. Again, as your connection with your source of guidance grows, you will become more realistic in your expectations for yourself. You don't and most likely can't do it all, all the time.
- Be honest. That's always a very big help, and the best starting point.
- Be patient. All things come in their own time. If you are honest with yourself and connecting with inner guidance, all you probably need now is a little patience. Respecting your personal seasons, allowing things to happen in their own time, will remove much of the stress associated with anticipation and eventually the experience of unmet goals and failing expectations.
- Ask yourself: Is the world ready for my new idea? Sometimes you can't see your direction clearly because it hasn't been invented or developed. Technology is changing at such a rapid rate that what we thought was impossible just a short while ago is now possible!



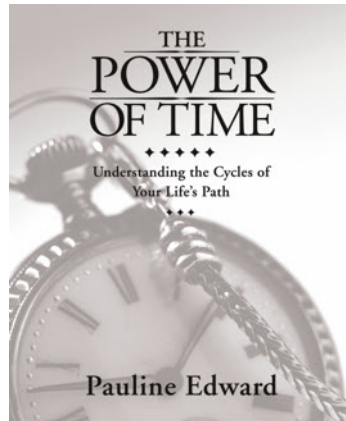
- Deal with ideas and inspiration that rise to the surface, in other words, that come to your mind from inside. Your inner voice will tell you what is good for you. What is good for your best friend may not be good for you at this time, or at any time, for that matter.
- Ask yourself: Is it for me, now? Address issues that are right here, right now. Leave the distant future in the distant future. The future depends on what you do now.
- Consider maintaining the status quo. Maybe you don't need to make any changes at this time. If you were progressing at a healthy pace and were content with the results you obtained last year, why make new resolutions and change what was working well? Remember the saying: If it ain't broke, don't fix it!
- Keep it simple. Focus on one important area of your life this year, perhaps based on your Personal Year Number.

## The Power of Time

Understanding the Cycles of Your Life's Path

by

Pauline Edward



**Don't wait around for life to just "happen."** Develop a solid, successful life plan with guidance from astrologer- numerologist Pauline Edward. Whether your goals are personal or professional, *The Power of Time* will help you take advantage of the powerful natural cycles at work in your life. Is this a time of new beginnings or are you ready to reap the rewards of your efforts? Simple calculations based on numerology (derived from your birth date) will reveal where you are in each nine-year cycle and what to expect from each year, month, and day. With your life path clearly mapped out, it will be easy for you to pin-point the best times to start a new job, focus on family, launch a business, take time to reflect, make a major purchase, complete a project, expand your horizons, and more.



By reading *The Power of Time*, you will:

- Gain a deeper understanding of your life purpose.
- Learn how to sort out what is important to you from what is not.
- Learn how to focus on your needs and opportunities given your trends.
- Learn how to make your action plans even more effective.
- Identify and learn how to deal with potential obstacles. Gain
- the knowledge and confidence you need to achieve your goals.

Mostly, you will feel much more in tune with your natural cycles and will experience increased confidence, greater success and an overall sense of satisfaction.

### **Notable Features**

1. A powerful guide to personal and professional planning using your unique life cycles, based on easy-to-use principles of numerology.
2. Includes practical worksheets to calculate your life path, personal years, months, and days.
3. Features helpful exercises for tailoring goal setting and planning activities to your personal time table.



## Reviews of The Power of Time

**Accurate, Exciting,  
Immensely readable... Fascinating Read!**

"I've used numerology for nearly 30 years. This tool is accurate, exciting, and helpful. The Power of Time will show you how." —Christiane Northrup, M.D., New York Times best-selling author of *Women's Bodies*, *Women's Wisdom* and *The Wisdom of Menopause*.

"As a member of the Baby boomer generation we are part of the biggest group ever born in a single era. Examining our life's journey and how we deal with the changes at midlife is crucial for our overall health and attitude. What's the next chapter in our life going to be like and could we influence the journey? Pauline Edward offers a great alternative perspective with self-reflective strategies to clarify one's life's purpose, switch gears and discover a more meaningful plan for the future!" Elizabeth Stafiej, Publisher of *BoomersView Magazine*

"Fascinating read that provides practical information to use immediately. A great tool for goal planning and long-term decision making."—Stephen Goldberg, President of *Optimus Performance Inc.*

"...a top-notch reference, one that will excite and instruct anyone about the power of numbers in your life." *Dell Horoscope*, March 2008.

"This immensely readable book is a fascinating introduction to the subject of numerology. Best of all, *The Power of Time* takes the reader by the hand and shows her how to apply the concepts to her own life. I found the workbook sections especially helpful and could not put the book down until I had charted my own Life Path Number, Personal Year Number and



9-Year Epicycle. The Power of Time is a unique and insightful contribution to the many books available on setting goals and making short and long-term career plans." Best selling romance author, CJ Carmichael.

"This book is phenomenal... a definite keeper for my personal bookcase!" Monique Chapman of the online radio show Walking with Spirit, author of Getting Your M and M's, The Men and Money Book.

"With The Power of Time Pauline Edward has created a clear and thorough exploration of numerology. Business and life coaches can definitely use its tools to empower their clients... help them uncover the impact of life cycles on their business and personal choices." —Patricia Snow, Innovative Entrepreneurship Success Coach.

"Pauline has done an incredible job of explaining numerology and how your numbers and cycles affect your life. It empowers you to know the best time to make certain decisions, and allows you to understand why certain incidences happened and how it all fits into your life cycle. Fantastic and easy to read!" Angelo Pace, Montreal Cash Flow

"I found this to be a book that was easy to follow, filled with common sense and a great deal of information on how to place different types of energy to work in our lives. It is well worth reading if you want to have a firm understanding of yourself, and the energies that appear in your life." Bonnie Cehovet, World Tarot Network

"As a professional business coach, I have learned that to be successful in today's competitive environment you must be the master of your own destiny. The ideas in the Power of Time are unique and offer a new way of looking at all aspects of your personal and professional life. I have found the knowledge interesting, thought provoking and worth practicing." Ken Ingram, President, The Achievement Centre.



## **The Power of Time Workshops**

### **Understanding the Cycles of Your Life's Path**

#### **A Unique Workshop Experience with Pauline Edward**

*Be at the forefront of your industry. Offer your employees a truly innovative, effective and powerful work/life balance program!*

### **Workshop Outline**

**Capturing the Essence of True Life Purpose.** Introducing the Life Path Number as key indicator of true life purpose and direction. The importance of knowing one's true life purpose is fundamental to the experience of satisfaction and fulfillment.

**Uncovering the Hidden Cycles of Life.** Each person has unique cycles and trends that have a powerful impact on decision making and life direction. Being aware of one's cycles can make all the difference in knowing how and when to act.

**Focusing on Meaningful and Realistic Goal Setting.** Integrating the short and long term cycles as indicated by the numbers inherent in the birth date, the individual can set a clear course through life based on his/her unique trends.

**Establishing Harmony in Relationships.** With improved knowledge, comes respect, and understanding, favouring more harmonious and productive relationships.

Workshop formats: 4 (half day) or 6 hours (full day)

For details please contact Pauline Edward at 514-684-7167.



## Overcoming the Challenges of a Shrinking Workforce

An increasing number of studies show the importance of establishing a balance between the personal and work areas of life. Companies at the forefront of employee relations are gradually realizing that the integration of innovative work/life wellness solutions in the workplace can generate important benefits, including increased labour retention, improved morale, a greater facility in attracting new personnel, increased productivity and job satisfaction as well as reduced stress and burnout.

Companies are now having to fight for their share of a shrinking labour market, and must find innovative solutions to attract and retain valued employees. According to a study of the Workforce Commitment Index (WCI), companies that focus on meeting employees' needs are more likely to be successful in keeping workers.

***One essential need that everyone shares in a world that seems to be increasingly chaotic, is to have a sense of control! The quickest and most efficient way to be "in control" of something, is to know it well.***

The ancient, yet powerful system of knowledge found in numerology, updated for the needs of the modern world, reveals all we need to know about ourselves and our journey, including the nature of our true life purpose, talents, abilities, needs, as well as challenges, opportunities and bumps along the road.



Knowledge acquired in the Power of Time Workshop will help participants:

- Clarify direction and purpose
- Enrich self knowledge and understanding
- Eliminate uncertainty
- Reduce fear, stress and anxiety
- Increase confidence
- Improve relationships
- Identify obstacles, turn challenges into opportunities
- Prevent burnout, illness and other distress brought on by work/life imbalances.
- Reduce absenteeism and unnecessary job change.

Give your management staff, employees or sales team the tools that will provide them with healthy sense of self awareness, life purpose and clear direction.

### Workshop Testimonials

"Pauline's workshop was very informative and easy to follow. It gave me good insight as to why the events in my life happened when they did and how I can use numerology to work for me." Dale Choquette, Avalon Wellness

"I really enjoyed the workshop. I love your energy. You have such passion and you are a great teacher. Keep me posted for any further workshops." Helena B.

"I learned that I can address the issues that are blocking me, that I have the power to transform my past into a more hopeful future. You made me feel as though my life would in fact change for the better. This is an invaluable gift." (Client)

"I want to say that our sessions last year really helped to name my accomplishments, without which I would have underestimated myself." (Client)



"As a participant at your workshop I thought that it was very interesting to learn how to use numerology to know what the week, month or year has to offer. And it is so accurate! Your performance was very professional and enthusiastic." Tina Deosaran, Recruiting assistant, Human Resources, Construction Kiewit Cie., Boisbriand, Quebec

"Pauline Edward is well liked within our network! Her presentations are informative, interactive and interesting. Her style and professionalism speak volumes of her presenting skills. Pauline will make any event planner's job easy, as she is always very easy going and a pleasure to help promote. She has given 3 presentations to our network and I know we would welcome her back anytime." Sherry Thacker, President & Founder, W.E.N.S Incorporated

"The feedback from the event was very positive. It was a first for most of our women to learn about how astrology plays a role in our everyday lives. We were all very impressed." Ethel Udashkin, Director, Women's Division, Israel Bonds

"With Pauline's workshop my biggest regret was that I had not invited many of my friends to attend along with me. Learning and using numerology helped me to clarify many things in my personal and business life and know which direction to focus on. I highly recommend Pauline's services to all; she is an expert in her field and a natural at giving engaging, interesting lectures." Sue-Anne Hickey, Owner, Illuminaryoga.



## **Consultation Services**

Pauline works with individuals across Canada, the US and Europe. Through consultation and in workshops, clients experience increased self confidence, assurance, self awareness, improved understanding of them- selves and their partners, children, family members and friends, a positive attitude and healthier outlook, as well as relief from stress and worry over an unknown future.

Using the tools of astrology and numerology, various matters are addressed such as:

- Identifying and clarifying true life purpose
- Understanding your personal Timeline
- Knowing where you are headed in life
- Seeing what is your best course of action for success
- How to be on top of your personal trends, cycles and timings
- Managing challenges and stress while avoiding burnouts
- Clarifying relationship issues
- How to have a clearer picture of your career potential
- Managing stress by understanding your personal life journey
- How to establish a healthier work-life balance
- How to gain peace of mind and personal satisfaction
- Planning and Goal setting using powerful and effective tools
- Identifying and overcoming challenges
- Experiencing spiritual growth and deeper self awareness

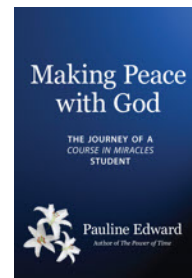
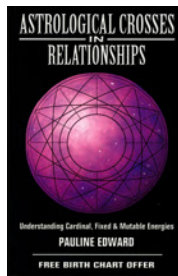
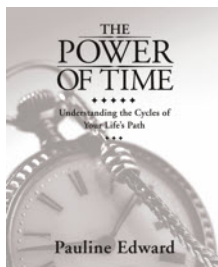
## About the Author



**Pauline Edward** (Montreal, Canada) is an astrologer-numerologist and professional speaker with more than forty years of experience with personal growth, spirituality and various healing arts. She is the founder of *A Time for Success*, a business specializing in Trends, Cycles, and Lifestyle Planning offering consultation services, lectures and workshops for individuals and businesses around the world. *A Time for Success* is the winner of a prestigious West Island of Montreal Chamber of Commerce Accolades Award for excellence in business practice.

Publications include:

- *The Power of Time: Understanding the Cycles of Your Life's Path*, pub. Llewellyn Worldwide, 2007
- *Making Peace with God: The Journey of a Course in Miracles Student*, Desert Lily Publications, 2009
- *Astrological Crosses in Relationships*, pub. Llewellyn Worldwide, 2002





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