

# *Welcome back...*



The moment I saw you emerge, the words,  
'welcome back' came to my mind.

Then you were there and being gently  
lifted, moist and warm onto your mother's  
rounded tummy to find the comfort of her milk.

You lay there so beautiful and still, a smile of  
satisfaction passed between your parents eyes  
as we contentedly watched the serenity of your  
surrender to this new adventure.

We silently savoured the tranquility of that moment.

In time you were snugly placed into the warmth  
of a blanket and I held you in my arms.

Your eyes were closed, though, as the  
blinds were drawn your eyes came open.

You seemed to be entranced by the newness of  
the scenes before you, and looked with a  
depth of wonder and innocence.

We felt the presence of love within the silence,  
pleased with the product of our union.

And your experience of birth ended to start  
your journey through another dimension of life.

Anatole Kononewsky, 2nd January 1981

Dedicated to my daughter, Lisa and the wonder of the  
miracle of her birth day – 5 June 1976, 12:58pm.

Lisa Antoinette Kononewsky  
Birth Day – 5 June 1976.



**Life Path Number: 7**

Represents your life's purpose and the path you naturally follow.

**Birth Day Number: 5**

Reveals special talents and abilities you possess to help you fulfil your Life Path.

**Birth Month Number: 6**

Influences from early childhood and inherent traits you were born. It represents qualities that come naturally from you and tendencies established in early life.

**Expression Number: 100 / 1**

Reveals your natural abilities, talents and potential.

**Soul Urge / Heart's Desire Number: 53 / 8**

Represents your inner desires and what motivates you at your core.

**Personality Number: 47 / 11**

Represents how others perceive you and your outer personality – the face you show to the world.

**Personality Year Cycle: 20 / 2**

Your Personal Year Number indicates the energy and themes you'll experience during a specific year. (Personal years run in 9-year cycles throughout life.

If your year number ended in a 0 (e.g. 10, 20, 30), it means your year is 'amplified'.

Year 1: New beginnings, fresh starts, initiatives

Year 2: Patience, cooperation, relationships

Year 3: Creativity, self-expression, joy

Year 4: Building foundations, stability, work

Year 5: Change, adventure, freedom

Year 6: Responsibility, family, service

Year 7: Reflection, analysis, spiritual growth

Year 8: Power, abundance, achievement

Year 9: Completion, release, transformation

# Numerology Calculations

## Life Path Number

7

Your Life Path Number represents your life's purpose and the path you'll naturally follow.

### Calculation

Add all digits in your birth date and reduce to a single digit (unless it equates to a Master Number).

e.g. if born on 25/02/1990

$2 + 5 + 0 + 2 + 1 + 9 + 9 + 0 = 28 \rightarrow 2 + 8 = 10 \rightarrow 1 + 0 = 1$

e.g. if born on 03/08/1993

$0 + 3 + 0 + 8 + 1 + 9 + 9 + 3 = 33$

## Birthday Number

5

This number reveals special talents and abilities you possess to help you fulfill your Life Path.

### Calculation

Reduce the day of your birth to a single digit.

e.g. if born on the 29th

$2 + 9 = 11 \rightarrow 1 + 1 = 2$

## Birth Month Number

6

This number influences from early childhood and inherent traits you were born with. It represents qualities that come naturally to you and tendencies established early in life.

### Calculation

Reduce the month of your birth to a single digit.

e.g. if born in December

$1 + 2 = 3$

## Expression Number

1

Your Expression Number reveals your natural abilities, talents and potential.

### Calculation

Convert each letter in your full birth name to its corresponding number using the chart below, then add all numbers and reduce.

e.g. Olivia =  $6 + 3 + 9 + 4 + 9 + 1 = 32 \rightarrow 3 + 2 = 5$

1	2	3	4	5	6	7	8	9
A	B	C	D	E	F	G	H	I
J	K	L	M	N	O	P	Q	R
S	T	U	V	W	X	Y	Z	

## Soul Urge/Heart's Desire Number

8

This number represents your inner desires and what motivates you at your core.

### Calculation

Use only the vowels in your full birth name (A, E, I, O, U and sometimes Y when it sounds like a vowel).

e.g. Olivia Jade McMillan = (o)6 + (i)9 + (i)9 + (a)1 + (a)1 + (e)5 + (i)9 + (a)1 = 41  $\rightarrow 4 + 1 = 5$

## Personality Number

11

This number represents how others perceive you and your outer personality—the face you show to the world.

### Calculation

Use only the consonants in your full birth name.

e.g. Olivia Jade McMillan = (l)3 + (v)4 + (j)1 + (d)4 + (m)4 + (c)3 + (m)4 + (l)3 + (l)3 + (n)5 = 34  $\rightarrow 3 + 4 = 7$

## Personality Year Cycle

2

Your Personal Year Number indicates the energy and themes you'll experience during a specific year. Personal Years run in 9-year cycles throughout life.

### Calculation

Add your month and day of birth to the current year, then reduce.

e.g. if born on 03/08/1993

$0 + 3 + 0 + 8 + 2 + 0 + 2 + 5 = 20 \rightarrow 2 + 0 = 2$

### Personal Year Cycle Meanings

If your personal year number ended in a 0 (e.g. 10, 20, 30), it means your year is 'amplified.'

**Year 1:** New beginnings, fresh starts, initiatives

**Year 2:** Patience, cooperation, relationships

**Year 3:** Creativity, self-expression, joy

**Year 4:** Building foundations, stability, work

**Year 5:** Change, adventure, freedom

**Year 6:** Responsibility, family, service

**Year 7:** Reflection, analysis, spiritual growth

**Year 8:** Power, abundance, achievement

**Year 9:** Completion, release, transformation

# Numerology

Numerology is the study of numbers and their symbolic meanings in our lives. It's based on the principle that numbers carry vibrations and can reveal information about personality traits, life paths, and potential opportunities. This guide covers the fundamental concepts and calculations used in Western (Pythagorean) numerology.

## Number meanings

- 1**

**Keywords:** Leadership, independence, originality, initiative  
**Strengths:** Self-reliant, pioneering, ambitious, determined  
**Challenges:** Egotistical, domineering, stubborn, impatient  
**Career Paths:** Entrepreneur, executive, inventor, leader
- 2**

**Keywords:** Cooperation, diplomacy, sensitivity, balance  
**Strengths:** Supportive, diplomatic, considerate, detail-oriented  
**Challenges:** Oversensitive, indecisive, fearful, dependent  
**Career Paths:** Counsellor, diplomat, mediator, teacher, team member
- 3**

**Keywords:** Creativity, expression, joy, social interaction  
**Strengths:** Creative, optimistic, inspiring, communicative  
**Challenges:** Scattered, superficial, critical, undisciplined  
**Career Paths:** Artist, writer, performer, speaker, designer
- 4**

**Keywords:** Stability, organisation, practicality, reliability  
**Strengths:** Hardworking, trustworthy, practical, methodical  
**Challenges:** Rigid, stubborn, narrow-minded, workaholic  
**Career Paths:** Engineer, accountant, manager, builder, researcher
- 5**

**Keywords:** Freedom, change, adventure, versatility  
**Strengths:** Adaptable, versatile, curious, progressive  
**Challenges:** Restless, inconsistent, overindulgent, impatient  
**Career Paths:** Journalist, travel agent, marketing, sales, entrepreneur
- 6**

**Keywords:** Responsibility, care, harmony, nurturing  
**Strengths:** Responsible, caring, supportive, problem-solver  
**Challenges:** Self-sacrificing, meddling, perfectionistic, worrying  
**Career Paths:** Teacher, counsellor, healthcare provider, social worker
- 7**

**Keywords:** Analysis, wisdom, spirituality, introspection  
**Strengths:** Analytical, intuitive, knowledgeable, studious  
**Challenges:** Isolated, critical, aloof, suspicious  
**Career Paths:** Researcher, scientist, philosopher, spiritual teacher
- 8**

**Keywords:** Power, success, ambition, material wealth  
**Strengths:** Ambitious, organised, practical, authoritative  
**Challenges:** Controlling, workaholic, materialistic, stressed  
**Career Paths:** Executive, financial advisor, real estate, business owner
- 9**

**Keywords:** Compassion, humanitarianism, wisdom, completion  
**Strengths:** Compassionate, wise, inspirational, selfless  
**Challenges:** Detached, resentful, self-righteous, scattered  
**Career Paths:** Humanitarian, healer, artist, spiritual teacher, counsellor

## Numerology Principles

**Vibration:** Every number has a unique vibrational essence or energy.

**Reduction:** Multi-digit numbers are typically reduced to single digits (except master numbers).

**Cycles:** Life moves through predictable numerical patterns and cycles.

## Master numbers

11

**Keywords:** Intuition, inspiration, spiritual insight  
**Strengths:** Visionary, intuitive, inspirational, idealistic  
**Challenges:** Anxiety, high sensitivity, impracticality  
**Life Purpose:** To inspire others through spiritual insight and intuitive wisdom

22

**Keywords:** Master builder, practical idealism, power  
**Strengths:** Disciplined, confident, ambitious, practical visionary  
**Challenges:** Enormous pressure, overwhelm, detachment  
**Life Purpose:** To create lasting, practical systems and structures that serve humanity

33

**Keywords:** Master teacher, altruism, enlightenment  
**Strengths:** Compassionate, devoted, inspiring, healing  
**Challenges:** Self-sacrifice, unrealistic expectations, burnout  
**Life Purpose:** To elevate human consciousness through selfless service and compassionate teaching

44

**Keywords:** Success, stability, achievement, discipline  
**Strengths:** Methodical, structured, practical, powerful  
**Challenges:** Rigid thinking, overworking, control issues  
**Life Purpose:** To create solid foundations and practical systems for spiritual concepts