

ESSENCE CHART

| AGE | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
|-------------|---|------|------|---|------|--|------|------|--------------------------------------|------|-------------------------------------|--------------------------------------|----------------------------|-------------------------------|--|--|--------------------|------|--|------|------|------|------|
| | Many sudden changes, some good, some Not so good | | | | | Emotional pulls, many ups and downs Delays | | | | | Necessary to act with compassion | | | Interest in social affairs | | | Protection in life | | New responsibilities all for the good | | | | |
| PHYSICAL | E | E | E | E | E | I | I | I | I | I | I | I | I | I | C | C | C | O | X | X | X | X | X |
| | Many emotional changes | | | An emotional time for feelings – compassion at a young age | | | | | Need to develop Use creative mind | | | Brings intense desire for freedom | | | Feelings and emotions are very strong and need to be controlled for better outcomes | | | | | | | | |
| EMOTIONAL | K | K | R | R | R | R | R | R | R | R | R | E | E | E | E | E | I | I | I | I | I | I | I |
| | A new spiritual awakening | | | | | Soul-searching – Increased intuition and and psychic inspirations | | | | | | | Immense forward strides | | | A time of much learning and happy times | | | | | | | |
| SPIRITUAL | N | N | N | N | N | I | I | I | I | I | I | I | I | I | L | L | L | S | X | X | X | X | X |
| | 12/ | | 19/ | | | 27/ | | | | | | 23/ | | | | | 15/ | 16/ | 21/ | | | | |
| ESSENCE | 3 | 3 | 1 | 1 | 1 | 9 | 9 | 9 | 9 | 9 | 9 | 5 | 5 | 5 | 11 | 11 | 6 | 7 | 3 | 3 | 3 | 3 | 3 |
| PERSONAL YR | 4 | 5 | 6 | 7 | 8 | 9 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| PINNACLES | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 |
| CHALLENGES | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| LIFE CYCLES | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| YEAR | 2003 | 2004 | 2005 | 2006 | 2007 | 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2021 | 2022 | 2023 | 2024 | 2025 |

| AGE | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 |
|-------------|--|------|------|------|------|------------------------------|---|--|--------------------|------|------------------------------------|--|------|--|------|------|------|------|---|------|------|------|------|
| | At crossroads – a good time to Establish a business | | | | | Decisions alter your life | | | New undertaking | | Good changes all for the better | | | Emotional pull / Intuition high A desire to get away from confusion | | | | | Make no sudden decisions | | | | |
| PHYSICAL | Y | Y | Y | Y | Y | Y | Y | A | N | N | N | N | N | I | I | I | I | I | I | I | I | I | C |
| | Favorable time for the arts, creativity and Contact with important people | | | | | | | Keep grounded check out all things thoroughly | | | | | | | | | | | | | | | |
| EMOTIONAL | I | I | G | G | G | G | G | G | G | E | E | E | E | E | R | R | R | R | R | R | R | R | R |
| | A time of change, some forward Strides, some backwards | | | | | | A change of thinking and religion / spiritual ways | | | | | A time of self-investigations of thought and thinking Intuition high, much soul-searching | | | | | | | Strive to remain calm / peace within | | | | |
| SPIRITUAL | X | N | N | N | N | N | W | W | W | W | W | I | I | I | I | I | I | I | I | I | L | L | L |
| | | 21/ | 19/ | | | | 13/ | 17/ | 15/ | | 19/ | | 23/ | 27/ | | | | | | | 21/ | | 15/ |
| ESSENCE | 22 | 3 | 1 | 1 | 1 | 1 | 1 | 4 | 8 | 6 | 6 | 1 | 1 | 5 | 9 | 9 | 9 | 9 | 9 | 9 | 3 | 3 | 6 |
| PERSONAL YR | 9 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 1 | 2 | 3 | 4 |
| PINNACLES | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 11 | 11 | 11 | 11 | 11 |
| CHALLENGES | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| LIFE CYCLES | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 |
| YEAR | 2026 | 2027 | 2028 | 2029 | 2030 | 2031 | 2032 | 2033 | 2034 | 2035 | 2036 | 2037 | 2038 | 2039 | 2040 | 2041 | 2042 | 2043 | 2044 | 2045 | 2046 | 2047 | 2048 |

| | | | | | | | | | | | | | | | | | | | | | | | |
|--------------------|-----------------------------------|------|--|---|------|------|------|--|------|------|------|------|--|---|------|--|---|------|------|------|------|------|------|
| AGE | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 |
| | Much creativity and travel | | | Be heart healthy Travel, material gain | | | | Many decisions that will alter your life Finances could go either way | | | | | | Good changes and matter will improve Be mindful of what you eat and activity | | | | | | | | | |
| PHYSICAL | C | C | O | O | O | O | O | O | Y | Y | Y | Y | Y | Y | Y | A | N | N | N | N | N | I | I |
| | Confusion and Unusual experiences | | A time of great responsibility and unlimited opportunities | | | | | Some difficulties to overcome The heart feels free | | | | | | Ability to understand the needs of others | | | Strong emotional pull felt at this time | | | | | | |
| EMOTIONAL | K | K | R | R | R | R | R | R | R | R | R | E | E | E | E | E | I | I | I | I | I | I | I |
| | New Concepts | | Prayer can help and inspire | | | | | Must remain positive with the unexpected changes | | | | | New spiritual avenue brings change of thinking | | | Intuition is high, listen to it meditate for correct answers | | | | | | | |
| SPIRITUAL | S | O | O | O | O | O | O | N | N | N | N | N | N | N | N | N | N | I | I | I | I | I | I |
| | | | 21/ | | | | | 20/ | 21/ | | | | 17/ | | | | 19/ | 23/ | | | | 27/ | |
| ESSENCE | 6 | 11 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 8 | 8 | 8 | 8 | 11 | 1 | 5 | 5 | 5 | 5 | 9 | 9 |
| PERSONAL YR | 5 | 6 | 7 | 8 | 9 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| PINNACLES | 11 | 11 | 11 | 11 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 |
| CHALLENGES | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| LIFE CYCLES | 7 | 7 | 7 | 7 | 7 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| YEAR | 2049 | 2050 | 2051 | 2052 | 2053 | 2054 | 2055 | 2056 | 2057 | 2058 | 2059 | 2060 | 2061 | 2062 | 2063 | 2064 | 2065 | 2066 | 2067 | 2068 | 2069 | 2070 | 2071 |

| | | | | | | | | | | | | | | | | | | | | | | | |
|--------------------|--|------|------|------|--------------------------------|------|---|------|-------------------------------|------|---|------|------|------|--|------|------|------|------|------|------|------|------|
| AGE | 69 | 70 | 71 | 72 | 73 | 74 | 75 | 76 | 77 | 78 | 79 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 | 91 |
| | A time of writing and expressing yourself | | | | | | A time for self-expression | | | | Radical change in viewpoint | | | | Psychic occurrences, quick decisions no regrets about the past | | | | | | | | |
| PHYSICAL | I | I | I | I | I | I | I | C | C | C | X | X | X | O | O | O | Y | Y | Y | Y | Y | Y | Y |
| | Search for deeper happiness Time of expansion in work | | | | | | Exciting circumstances Not a time to quarrel | | | | An emotional time – Develop compassion for all people | | | | | | | | | | | | |
| EMOTIONAL | I | I | G | G | G | G | G | G | G | E | E | E | E | E | R | R | R | R | R | R | R | R | R |
| | Self-improvement Remain calm | | | | Major change in your viewpoint | | | | Unexpected and unusual events | | | | | | A time of self evaluation | | | | | | | | |
| SPIRITUAL | I | I | I | L | L | L | S | O | O | O | X | X | X | N | N | N | N | N | N | W | W | W | W |
| | 27/ | | | 19/ | | | 17/ | 16/ | | 14/ | 17/ | | | 16/ | 20/ | | 21/ | | | | | | |
| ESSENCE | 9 | 9 | 9 | 1 | 1 | 1 | 8 | 7 | 7 | 5 | 8 | 8 | 8 | 7 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PERSONAL YR | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 1 | 2 | 3 | 4 | 5 |
| PINNACLES | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 |
| CHALLENGES | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| LIFE CYCLES | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| YEAR | 2072 | 2073 | 2074 | 2075 | 2076 | 2077 | 2078 | 2079 | 2080 | 2081 | 2082 | 2083 | 2084 | 2085 | 2086 | 2087 | 2088 | 2089 | 2090 | 2091 | 2092 | 2093 | 2094 |