



Hi, and welcome! My name is Cindy Grogan, but I go by the professional handle of “The Sensible Psychic.” The reason for that name is because I’m passionate about turning intuitive information into a strategy you can really *use* to heal, improve and totally transform your life.

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Let's face it, life is hard. Sometimes, just getting through the day can kick us in the head. But the good news is, there are resources available to us to keep us clear and on track. The intuitive realms are specifically designed to give us a new way to "do" our life here on the Earth plane. You just need to know what to do with the info and how to put it together for maximum results.

Besides the information I channel, I provide an array of practical tools to help you *act* on it. One of my favorites is numerology.

Numerology is an ancient art that considers the letters in our name and the numbers of our birth date as sacred.

Numbers and letters have an energy that vibrates, like musical notes or even color rays. Numerologists break these down into various facets of our personality. By understanding them, we can see what we're here to do, what lessons have been laid out for us, all kinds of stuff. Sort of like a magic decoder ring!

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Numerology is a pretty dense subject – there are dozens of books on it. One of the quickest and easiest ways to apply these principles in your life right now is by knowing your **Personal Year** number.

This number lets us know what kind of influences and energies are occurring in our life in a particular year. Like the cycles of nature, we go through cycles over our lifetime, as well. The Personal Year shows you where you are in yours.

The Personal Year influence is determined by the day and month of our birthday, combined with the numbers in the present calendar year.

In numerology, this number is reduced to a single digit, with the exceptions of Master Numbers “11” and “22.”

Let's say your birthday is June 4.

June is the 6th month, so...

$$6+4 = 10$$

Then we reduce "10"....

$$1+0 = 1$$

Now we break down the current year, 2014:

$$2+0+1+4 = 7$$

To get the **Personal Year**, we add the **birthdate number** to that of the **year**:

$$1+7 = 8$$

So "8" is the Personal Year.

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WORK OUT YOUR CURRENT PERSONAL YEAR HERE:

1) What is your **birth month**?

January = 1

February = 2

March = 3

April = 4

May = 5

June = 6

July = 7

August = 8

September = 9

October = 1 (10/ 1+0 =1)

November = 2 (11/1+1=2)

December = 3 (12/1+2=3)

2) What is the **day** of your birth? Add the numbers and reduce them to a single digit, if necessary. Example: if you're born on the 25th....2+5 = 7

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3) Now, what year are you interested in? Again, add the numbers and reduce them to a single digit. Example: 2014 reduces to $2+0+1+4 = 7$

Add the numbers from items 1, 2 and 3 together. Reduce them to a single digit. The only exception here are if they add up to “11” or “22,” which are Master Numbers and are not reduced. **THAT’S YOUR PERSONAL YEAR.**

Personal Year influences tend to run from birthday to birthday, with a little overlap on either end. Using our example (the June 6, 2014 birthday), the “8” Personal Year starts on this date and ends around the 2015 birthday. We’re talking about energy here, so it’s not a clearly delineated break.

Knowing the Personal Year you're in -- or heading into or out of -- gives you powerful information to help you make better choices. You can surf the wave versus swim upstream. There's an energy overlaying your daily life; working with it in a conscious, strategic way can help you make great strides.

"1" PERSONAL YEAR

The "1" year is all about new beginnings, fresh starts, new energy. It's the start of a cycle and the perfect time to get clear on your goals, lay some groundwork, start a new venture. The "1" year is like a reboot, a do-over. Look for new opportunities this year. Take some chances. You have the chance to move your life forward in some pretty significant ways. Stuff that's hung you up in the past melts away; let it go. That's less baggage to slow you down. Answer the call to change!

WORDS FOR THE "1" YEAR: Leadership, initiative, self-determination, originality, creation, pioneer, daring.

“2” PERSONAL YEAR

Where the “1” year was all about you, the “2” year is about partnerships, helping and working with others. You can form very deep relationships, either socially, professionally or romantically. If you’re currently in a marriage or long-term relationship, you’re likely to experience a deepening of emotions. If it’s a bad situation, it will likely come to a close. There’s a lot of emotional juice flowing in the “2” year, so do what you must to keep your balance. Practice patience. Take a step back or take a breath before you tear into someone who’s gotten on your last nerve. You can build some important business relationships this year, and opportunities may just show up out of nowhere.

WORDS FOR THE “2” YEAR:

Emotional health, balance, partnerships, union, feelings, steadiness.

“3” PERSONAL YEAR

“3” years bring lots of happy social energy. Marriages, engagements, parties, births all can take place this year. In fact, there’s so much fun going on that you’re likely to overdo it. You’re at risk of blowing through your budget and being a little bit frivolous, so try to maintain some control. This same influence makes it not-so-great for business matters. Just stay the course; try to avoid any big decisions or major changes. Ironically, it’s a lucky year – play the lottery (just don’t blow the winnings on something stupid). Your social and romantic life play a key role this year, and anything to do with creativity and self-expression has an extra bounce. Creative ventures are likely to get recognition.

WORDS FOR THE “3” YEAR

Social, conversations, travel, friendship, grace charm, life experiences.

“4” PERSONAL YEAR

Whereas the “3” year was all about fun, the “4” year is about consistent, steady work. You’re putting a foundation under something. There’s a new self-discipline. Get organized, make a plan, dig in and make some progress on your goals. It’s a good time for real estate deals or to fix up the home. It’s also a good time to undertake a health makeover or get serious about your budget. The “4” year is about responsibility: focus your efforts and stay steady. Avoid confrontations. You may not see any huge results from your work, but don’t stress – it all adds up and will pay off. Keep your eye on the prize: you’re building something for the future.

WORDS FOR THE “4” YEAR

Organization, slow and steady, hard work, practical, grounded, responsible.

“5” PERSONAL YEAR

This is a year of major change. You'll experience adventure, new directions and a general sense of expansion and freedom. It's time to try something new, to get out of a rut and make some big adjustments. Move away from old, stale routines – it's a great time to change your eating habits, stop smoking or other addictions. The “5” year brings surprises. You may travel, experience new opportunities and generally step out of the norm. There's an interesting balance between the intellect and the physical; you're in a great position to analyze a situation and then quickly act on it. It's a year of physical and mental health, so call that personal trainer or therapist.

WORDS FOR THE “5” YEAR

Adaptability, flexibility, change, new directions, create balance, risk, adventure

“6” PERSONAL YEAR

The “6” year involves stepping up and being more responsible. It’s a time of duty and service. There’s a lot of family stuff that happens this year and you could find yourself finally healing some old issues. Not a whole lot happens outside the realm of family, loved ones and close friends. You may need to make some tweaks to plans you laid earlier; there may also be some sacrifices required. But generally, anything related to family, relationships and home life goes well this year. It’s all about personal relations, baby.

WORDS FOR THE “6” YEAR

Family, relationships, home, soul mates, sacrifice, greater good, duty and sacrifice, harmony.

“7” PERSONAL YEAR

This year is a time to throttle down, stop and take a look around. It's about introspection, looking at those things in your life you haven't had the time or willingness to address. You can make huge strides if you step up and address your “issues.” Consider therapy, journaling or a spiritual practice. If you have any interest in the metaphysical, this is the year to dive in. Your intuition may be heightened. All the “doing” in a 7 year is internal. It's a good year to study, take classes, work to improve any skill or talent. Travel is also favored, as it expands your horizons on many levels. The “7” year is a time for your soul to unfold.

WORDS FOR THE “7” YEAR

Solitude, study, spiritual development, wisdom, research, philosophy, faith.

“8” PERSONAL YEAR

After the solitude, introspection and relative slowness of the “7” year, the “8” year kicks you into action. Take what you learned in the “7” year and apply it. You could see some big developments and major achievements. There are chances to gain recognition and material success from the things you started in the past. Business, finance, accomplishment are front and center; you could enjoy new power and status. You’ll feel confident, so act boldly when you have the chance to advance. Cultivate new contacts, and if you’re hungry for a new job or career, go for it.

WORDS FOR THE “8” YEAR

Accomplishment, material success, money, recognition, power, confidence.

“9” PERSONAL YEAR

The “9” year brings a sense of closure and tying up loose ends. You’re completing things, getting rid of stuff, habits (or people) that no longer serve you. You’re taking stock, sizing up the lay of the land so you can better plan for the next cycle. There’s a sense of putting things to rest. Certain things you’ve been working on may come to fruition this year, but otherwise, its not a great time to “start” anything new as it may not last. Instead, clear the deck and plan for the next steps. The most important thing in the “9” year is to learn to let go; make peace with endings, because new beginnings are right around the corner.

WORDS FOR THE “9” YEAR

Awareness, endings, closure, natural rhythms, consciousness, surrender, flow, Universal wisdom, prepare for the new.

“11” PERSONAL YEAR

11 is one of the “Master Numbers” in Numerology. If you’re in an “11” year, expect a growing spiritual awareness. Your intuitive abilities may develop dramatically, and you may find yourself giving lots of advice. People sense a newfound wisdom in you. You’re likely to have some major “a-ha!” moments, as things suddenly become crystal clear. Inspiration and originality are hallmarks of the “11” year: you may actually invent that better mousetrap. Also, expect to be involved with activities that benefit the common good.

WORDS FOR THE “11” YEAR

Illumination, inspiration, service, spiritual awareness, new thinking.

“22 PERSONAL YEAR

Another of the Master Numbers, the “22” year kicks it up a bit from the “11” year. You’re called upon to help others and do good things for humanity. This number is called the Master Builder: lay the foundation for something big. You may not get it all done in a single year, but you can make serious headway. The “22” year is one of discipline and practical action. Be willing to make some sacrifices to get some traction on your goals. You’re liable to be struck by inspiration, but it takes *action* to turn those ideas into a real thing. Success on a large scale is part of the “22” year.

WORDS FOR THE “22” YEAR

Discipline, pragmatism, inspiration, business success, ambition, methodical, dreams become a reality.

I hope find this information helpful. In my years as an intuitive, I've gathered all kinds of spiritual tools to make life's journey smarter, easier and more fun. I love putting together a plan based on *your* unique situation, needs and goals – then helping you soar into the life you're meant for!

If you're ready to see things change in a dramatic way, let's work together.

Please reach out at my website, <http://www.thesensiblepsychic.com>.

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“Uplifting and wonderful experience! Cindy has such a wonderful gift in not only connecting with spirit but also giving the session purpose and meaning. She has been a wonderful resource in helping to guide me through life’s obstacles in a positive and thoughtful way. This has made my personal journey easier. She infuses light when I need it the most. FIVE STARS” - S.F.

“Thank you for the amazing reading...I can’t wait to have another session with you! ... You have such a beautiful blessing/talent!” – L.D.

“Cindy hit on everything that I wanted to know about. I felt like I was speaking with someone I’d known for years, she made me feel very comfortable....FIVE STARS” -J.A.

“Oh thank you so much! You’re such a blessing to me!! I’m so serious when I say that your reading and help is probably the best thing that has happened to me in a long time. With the information you gave me, the good,(and the hard to hear), the self/soul searching and the career opportunities that can be ahead have lit the spark in me again. I know that I have a lot of hard life changing decisions to make but you have no idea how much encouragement you’ve just given me. Thank you, Thank you, from my heart. ” A.S.

“...You are quite special and your talents are off the charts. I have listened to our reading several times...and it has really guided me and gotten me through some tough times. It kept me focused. And your timelines were incredibly on target...” J.G.

“I look forward to talking to Cindy on each session. She helps me to sort out where I am and where I should be going. She is a friend in that I seek her wisdom and guidance. So far, my path has been illuminated and a breeze to walk through with her assistance. I look forward to the next time we speak again...” L.J.