



## Numerology for the Ten Bodies

To calculate your numbers in this system, add the digits until you reduce your number to a number between 1 and 11. For example, 12 becomes  $1+2=3$ .

1. Write out your birthdate in numerals: \_\_\_\_\_  
(For example, November 22, 1986 = 11/22/1986.)
2. Your KARMA number is the month you were born: \_\_\_\_\_  
(Using the example above, this person's karma number is 11.)
3. Your SOUL number is the day you were born: \_\_\_\_\_  
(To calculate this person's soul number, add  $2+2=4$ .)
4. Your GIFT number is the decade you were born: \_\_\_\_\_  
(Take the last two digits of the year you were born, and add them together until you reduce them to a number between 1 and 11. From the example, take 86: add  $8+6=14$ . 14 is greater than 11, so add  $1+4=5$ . The Gift number from 1986 is 5.)
5. Your DESTINY (or HEART) number is the century and decade you were born: \_\_\_\_\_  
(Take all four digits of the year you were born, add together, and reduce. For example, 1986: add  $1+9+8+6=24$ . Add  $2+4=6$ . The Destiny number for 1986 is 6.)
6. Your PATH number is the sum of **all** the digits in your birthdate: \_\_\_\_\_  
(Add all eight digits and reduce. For example, 11/22/1986:  
 $1+1+2+2+1+9+8+6=30$ . Add  $3+0=3$ . The Path Number for March 24, 1986 is 3.)