



Set of 13 Septennial Charts

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Set of 13 Septennial Charts


These Charts are also included within the *Biography Log-book*.

Septennial Charts make it possible to summarise a life story or biography in a systematic and useful way. Each Septennial Chart captures 7 years of a life story. Key points are noted for some of the Life Years in the left column.

12 detailed full-colour Charts are provided – taking a life summary up to 84 years of age - plus a Master Chart.

When someone is older than 84, copy the Master Chart to summarise the additional Septennials.

These copies of the Charts are not personalised.. They are provided as a resource for individual or professional use and may be printed up as needed.

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Hints ...

- Start by writing the relevant Date of Birth for an individual at the start of the first Life Year, on Septennial Chart 1. The second Life Year starts on the 2nd birthday.
- Write in the dates for all the Life Years of the biographical subject, up to their current age in the spaces provided.
- Use these Charts to capture the main biographical events and experiences for each 7-year life phase, and summarise their essence with the suggestions provided on the Charts.
- This life summary may then be entered on to the *Life Panorama Chart*, available as a free interactive resource from Holistic Biography Work.

1st Septennial
Birth to 07 years



Moon

Title, heading, motif for this Septennial ...

Septennials mirrored

1 : 6 : 9 : 10

Life Years Dates	Incidents, facts: What happened? Meeting people, places ... events, travel, vocation, ...	Experiences: What was the experience related to the incident? ... at the time it happened. How did I experience it? What did I get out of it? What did I learn or develop through it? ...	Sort, order. Depict interconnections.
01st Life year/...../..... to/...../.....			
02nd Life year/...../..... to/...../.....			
03rd Life year/...../..... to/...../..... <i>* Defiance phase</i>			
04th Life year/...../..... to/...../..... <i>** Early memories</i>			
05th Life year/...../..... to/...../.....			
06th Life year/...../..... to/...../.....			
07th Life year/...../..... to/...../.....			

** Defiance Phase or Terrible Twos/Threes. The child comes to an early sense of Self or Self-realisation, learns to say NO and throws tantrums. / ** Early memories appear as flashes, not yet on a continuum.*

Treasures Something precious I discovered, found, uncovered ...	Pearls Something I had to develop through effort, persistence or pain ...	Miracles Golden Moments, synchronicities ...



2nd Septennial
08 to 14 years



Mercury

Title, heading, motif for this Septennial ...

Septennials mirrored

2 : 5 : 8 : 11

<i>Life Years</i> <i>Dates</i>	<i>Incidents, facts: What happened?</i> <i>Meeting people, places ... events, travel, vocation, ...</i>	<i>Experiences: What was the experience related to the incident? ... at the time it happened.</i> <i>How did I experience it? What did I get out of it? What did I learn or develop through it? ...</i>	<i>Sort, order. Depict interconnections.</i>
08th Life year/...../..... to/...../.....			
09th Life year/...../..... to/...../..... <i>* Rubicon or 0.5 LN</i>			
10th Life year/...../..... to/...../.....			
11th Life year/...../..... to/...../.....			
12th Life year/...../..... to/...../..... <i>** Rite of Passage</i>			
13th Life year/...../..... to/...../.....			
14th Life year/...../..... to/...../.....			

** Rubicon or half Lunar Node: End of Childhood, loss of natural sense of belonging and a next step toward Self-realisation. / ** Rite of Passage: Young person guided toward adult-hood. Jesus presented to the temple, 'My Father's Home'.*

Treasures <i>Something precious I discovered, found, uncovered ...</i>	Pearls <i>Something I had to develop through effort, persistence or pain ...</i>	Miracles <i>Golden Moments, synchronicities ...</i>

3rd Septennial
15 to 21 years



Venus

Title, heading, motif for this Septennial ...

Septennials mirrored

3:4:7:12

Life Years Dates	Incidents, facts: What happened? Meeting people, places ... events, travel, vocation, ...	Experiences: What was the experience related to the incident? ... at the time it happened. How did I experience it? What did I get out of it? What did I learn or develop through it? ...	Sort, order. Depict interconnections.
15th Life year/...../..... to/...../.....			
16th Life year/...../..... to/...../.....			
17th Life year/...../..... to/...../.....			
18th Life year/...../..... to/...../.....			
19th Life year/...../..... to/...../..... <i>* LUN1 – 18y7m</i>			
20th Life year/...../..... to/...../.....			
21st Life year/...../..... to/...../.....			

** LUN1 – 18y7m: 1st Lunar Node in the Spring of Life. 18 years 7 months (6798 days) after the moment of birth. A window of opportunity to realise and realign with pre-birth intentions.*

Treasures Something precious I discovered, found, uncovered ...	Pearls Something I had to develop through effort, persistence or pain ...	Miracles Golden Moments, synchronicities ...



4th Septennial
22 to 28 years



Sun

Title, heading, motif for this Septennial ...

Septennials mirrored

3 : 4 : 7 : 12

*** **Zero Point:** No longer being carried by the stream of life which led to this point. Sometimes feeling abandoned. The message is: *it's up to you from now on.*

Life Years Dates	Incidents, facts: What happened? Meeting people, places ... events, travel, vocation, ...	Experiences: What was the experience related to the incident? ... at the time it happened. How did I experience it? What did I get out of it? What did I learn or develop through it? ...	Sort, order. Depict interconnections.
28th Life year/...../..... to/...../.....			
*** Zero Point			
27th Life year/...../..... to/...../.....			
26th Life year/...../..... to/...../.....			
25th Life year/...../..... to/...../.....			
** Crisis of Talents			
24th Life year/...../..... to/...../.....			
23rd Life year/...../..... to/...../.....			
22nd Life year/...../..... to/...../.....			
* Birth of 'I'			

* Birth of the I / ** **Crisis of Talents:** Giving up generalist ideals to go deeper into one area or subject.

Treasures Something precious I discovered, found, uncovered ...	Pearls Something I had to develop through effort, persistence or pain ...	Miracles Golden Moments, synchronicities ...



5th Septennial
29 to 35 years



Sun

Title, heading, motif for this Septennial ...

Septennials mirrored

2 : **5** : 8 : 11

Please note: The 5th Septennial is a crucial phase in the development of leaders of humanity. Their biographies offer archetypal examples for the development of every human being going through this phase.

Life Years Dates	Incidents, facts: What happened? Meeting people, places ... events, travel, vocation, ...	Experiences: What was the experience related to the incident? ... at the time it happened. How did I experience it? What did I get out of it? What did I learn or develop through it? ...	Sort, order. Depict interconnections.
35th Life year/...../..... to/...../..... ...			
34th Life year/...../..... to/...../..... *** Christ Crucifixion			
33rd Life year/...../..... to/...../.....			
32nd Life year/...../..... to/...../.....			
31st Life year/...../..... to/...../..... ** Christ Baptism			
30th Life year/...../..... to/...../..... * Buddha 4 Sights			
29th Life year/...../..... to/...../.....			

* **Buddha 4S:** Buddha experiences in his 30th year the 'Four Sights' followed by his Renunciation. / ** **Christ Baptism:** around his 30th year Christ receives his Baptism. / *** **Christ Crucifixion**

Treasures <i>Something precious I discovered, found, uncovered ...</i>	Pearls <i>Something I had to develop through effort, persistence or pain ...</i>	Miracles <i>Golden Moments, synchronicities ...</i>

6th Septennial
36 to 42 years



Sun

Title, heading, motif for this Septennial ...

Septennials mirrored

1 : 6 : 9 : 10

*** **Crisis of Meaning**: Triggered by the Lunar Node, a phase of asking fundamental questions. / *** **Muhammad's** enlightenment during his meditation in a cave.

Life Years Dates	Incidents, facts: What happened? Meeting people, places ... events, travel, vocation, ...	Experiences: What was the experience related to the incident? ... at the time it happened. How did I experience it? What did I get out of it? What did I learn or develop through it? ...	Sort, order. Depict interconnections.
42nd Life year/...../..... to/...../.....			
41st Life year/...../..... to/...../.....			
40th Life year/...../..... to/...../..... *** Muhammad enl			
39th Life year/...../..... to/...../..... *** Crisis of Meaning			
38th Life year/...../..... to/...../..... ** LUN2 – 37y2m			
37th Life year/...../..... to/...../.....			
36th Life year/...../..... to/...../..... * Buddha enlightenm			

* Buddha enlightenment / ** **LUN2 – 37y2m: 2nd Lunar Node** in the **Summer of Life**. 37 years 2 months after the moment of birth. A window of opportunity to realise and realign with pre-birth intentions.

Treasures Something precious I discovered, found, uncovered ...	Pearls Something I had to develop through effort, persistence or pain ...	Miracles Golden Moments, synchronicities ...



7th Septennial 43 to 49 years



Mars

Title, heading, motif for this Septennial ...

Septennials mirrored

3 : 4 : **7** : 12

**** Mid-life Crisis:** A persistent Crisis of Meaning enhanced by the conscious or unconscious experience of ageing which might lead to a major life crisis.

Life Years Dates	Incidents, facts: What happened? Meeting people, places ... events, travel, vocation, ...	Experiences: What was the experience related to the incident? ... at the time it happened. How did I experience it? What did I get out of it? What did I learn or develop through it? ...	Sort, order. Depict interconnections.
49th Life year/...../..... to/...../.....			
48th Life year/...../..... to/...../.....			
47th Life year/...../..... to/...../.....			
46th Life year/...../..... to/...../.....			
45th Life year/...../..... to/...../.....			
44th Life year/...../..... to/...../..... ** Mid-life Crisis			
43rd Life year/...../..... to/...../..... * Second Spring			

*** Second Spring:** Ideals, Idols, wishes and patterns from Youth – the First Spring in the years from 16 to 25, - resurface as a Second Spring.

Treasures Something precious I discovered, found, uncovered ...	Pearls Something I had to develop through effort, persistence or pain ...	Miracles Golden Moments, synchronicities ...

8th Septennial
50 to 56 years



Jupiter

Title, heading, motif for this Septennial ...

Septennials mirrored

2 : 5 : **8** : 11

** LUN3 – 55y10m: 3rd Lunar Node in the Autumn of Life. 55 years 10 months after birth. A window of opportunity to realise and realign with pre-birth intentions. Fundamental questions on how to continue with life and work might emerge.*

<i>Life Years</i>	<i>Incidents, facts: What happened?</i>	<i>Experiences: What was the experience related to the incident? ... at the time it happened.</i>	<i>Sort, order. Depict interconnections.</i>
56th Life year/...../..... to/...../..... * LUN3 – 55y10m			
55th Life year/...../..... to/...../.....			
54th Life year/...../..... to/...../.....			
53rd Life year/...../..... to/...../.....			
52nd Life year/...../..... to/...../.....			
51st Life year/...../..... to/...../.....			
50th Life year/...../..... to/...../.....			

Treasures <i>Something precious I discovered, found, uncovered ...</i>	Pearls <i>Something I had to develop through effort, persistence or pain ...</i>	Miracles <i>Golden Moments, synchronicities ...</i>



9th Septennial
57 to 63 years



Saturn

Title, heading, motif for this Septennial ...

Septennials mirrored

1 : 6 : 9 : 10

Please note: Many Life or Panorama Charts end with the age of 63. We have decided to expand the chart, as a 12-fold life-phase framework offers a helpful overview to consider an individual life journey in depth.

Life Years Dates	Incidents, facts: What happened? Meeting people, places ... events, travel, vocation, ...	Experiences: What was the experience related to the incident? ... at the time it happened. How did I experience it? What did I get out of it? What did I learn or develop through it? ...	Sort, order. Depict interconnections.
63rd Life year/...../..... to/...../..... ** Fire Trial Phase			
62nd Life year/...../..... to/...../.....			
61st Life year/...../..... to/...../..... * Muhammad dies			
60th Life year/...../..... to/...../.....			
59th Life year/...../..... to/...../.....			
58th Life year/...../..... to/...../.....			
57th Life year/...../..... to/...../.....			

* Muhammad died after a final pilgrimage to Mecca. / ** **Fire Trial Phases:** The 9th and 10th phases can trigger **Fire Trials**, including challenges in letting go, clearing clutter and 'burning away' our earthly attachments.

Treasures Something precious I discovered, found, uncovered ...	Pearls Something I had to develop through effort, persistence or pain ...	Miracles Golden Moments, synchronicities ...



**10th Septennial
64 to 70 years**



Uranus

Title, heading, motif for this Septennial ...

Septennials mirrored

1 : 6 : 9 : 10

Please note: Holistic Biography Work explores interconnections between specific Life Phases (Septennials) and Life Years. With the 10th Life Phase this Chart turns so that this phase aligns with the 1st Life Phase.

Life Years Dates	Incidents, facts: What happened? Meeting people, places ... events, travel, vocation, ...	Experiences: What was the experience related to the incident? ... at the time it happened. How did I experience it? What did I get out of it? What did I learn or develop through it? ...	Sort, order. Depict interconnections.
64th Life year/...../..... to/...../..... <i>* Fire Trial Phase</i>			
65th Life year/...../..... to/...../.....			
66th Life year/...../..... to/...../.....			
67th Life year/...../..... to/...../.....			
68th Life year/...../..... to/...../.....			
69th Life year/...../..... to/...../.....			
70th Life year/...../..... to/...../.....			

** Fire Trial Phases:* The 9th and 10th Life Phases can trigger Fire Trials. / *Please note:* Many Life or Panorama Charts end with the age of 63. We have decided to continue and provide a 12-fold life-phase framework.

Treasures <i>Something precious I discovered, found, uncovered ...</i>	Pearls <i>Something I had to develop through effort, persistence or pain ...</i>	Miracles <i>Golden Moments, synchronicities ...</i>



11th Septennial
71 to 77 years



Neptune

Title, heading, motif for this Septennial ...

Septennials mirrored

2 : 5 : 8 : 11

* **Water Trial Phase:** The 11th Phase can trigger Water Trials, including challenges of *losing the ground under my feet*, and *trusting that the water will carry me*. Issues regarding trust and how to continue with life might emerge.

Life Years Dates	Incidents, facts: What happened? Meeting people, places ... events, travel, vocation, ...	Experiences: What was the experience related to the incident? ... at the time it happened. How did I experience it? What did I get out of it? What did I learn or develop through it? ...	Sort, order. Depict interconnections.
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71st Life year

...../...../..... to
...../...../.....

* **Water Trial Phase**

72nd Life year

...../...../..... to
...../...../.....

73rd Life year

...../...../..... to
...../...../.....

** **Years of Grace**

74th Life year

...../...../..... to
...../...../.....

75th Life year

...../...../..... to
...../...../.....

*** **LUN4-74y5m**

76th Life year

...../...../..... to
...../...../.....

77th Life year

...../...../..... to
...../...../.....

** **Years of Grace** as for this incarnation old Karma disconnects after the age of 72. / *** **LUN4-74y5m: 4th Lunar Node** in the **Winter of Life**. The **Winter** theme is to do with coming to an essence and preparing seeds for the future.

Treasures Something precious I discovered, found, uncovered ...	Pearls Something I had to develop through effort, persistence or pain ...	Miracles Golden Moments, synchronicities ...
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Empty table area for recording treasures, pearls, and miracles.

12th Septennial
78 to 84 years



Pluto

Title, heading, motif for this Septennial ...

Septennials mirrored

3 : 4 : 7 : 12

* **Air Trial Phase:** The 12th Phase can trigger Air Trials, including living day-by-day as life becomes more unpredictable. The **Winter of Life** theme, related to coming to an essence and preparing seeds for the future continues.

Life Years Dates	<i>Incidents, facts: What happened? Meeting people, places ... events, travel, vocation, ...</i>	<i>Experiences: What was the experience related to the incident? ... at the time it happened. How did I experience it? What did I get out of it? What did I learn or develop through it? ...</i>	<i>Sort, order. Depict interconnections.</i>
<p>78th Life year/...../..... to/...../.....</p> <p>* Air Trial Phase</p>			
<p>79th Life year/...../..... to/...../.....</p>			
<p>80th Life year/...../..... to/...../.....</p>			
<p>81st Life year/...../..... to/...../.....</p>			
<p>82nd Life year/...../..... to/...../.....</p>			
<p>83rd Life year/...../..... to/...../.....</p>			
<p>84th Life year/...../..... to/...../.....</p>			

Treasures <i>Something precious I discovered, found, uncovered ...</i>	Pearls <i>Something I had to develop through effort, persistence or pain ...</i>	Miracles <i>Golden Moments, synchronicities ...</i>



..... th Septennial		<i>Title, heading, motif for this Septennial ...</i>	<i>Septennials mirrored</i>
..... to years			... : ... : ... : ...

<i>Life Years Dates</i>	<i>Incidents, facts: What happened? Meeting people, places ... events, travel, vocation, ...</i>	<i>Experiences: What was the experience related to the incident? ... at the time it happened. How did I experience it? What did I get out of it? What did I learn or develop through it? ...</i>	<i>Sort, order. Depict interconnections.</i>
.... Life year/...../..... to/...../.....			
.... Life year/...../..... to/...../.....			
.... Life year/...../..... to/...../.....			
.... Life year/...../..... to/...../.....			
.... Life year/...../..... to/...../.....			
.... Life year/...../..... to/...../.....			
.... Life year/...../..... to/...../.....			

Treasures <i>Something precious I discovered, found, uncovered ...</i>	Pearls <i>Something I had to develop through effort, persistence or pain ...</i>	Miracles <i>Golden Moments, synchronicities ...</i>