



It is my belief that we do not remain “stuck” at the fourth cycle for the rest of our life but *continue reactivating our cycles until we die*. Because of this belief, the age cycles given above extend into a *second round of life cycles*. This new concept is treated fully in Chapter 12.

PERSONAL EXERCISE: *Calculate your personal set of age cycles.* Place your age and calendar cycles close to your LD if not using the format provided in the worksheets. Highlight the current cycle using colours. The LD WORKSHEETS at the end of this chapter show one way of doing this – the example given below presents another. To indicate the end of the first round of age cycles, draw a line under the fourth LG/C cycle to separate it from the second and third rounds (if life continues that far).

The next set of calculations illustrates how to extend the LG/C age cycles beyond the fourth LG/C cycle using a **LPN8**.

