

# HOW TO CALCULATE

Your Expression Number is based on the letters of the full name you were given at birth as it is written in your birth certificate. It describes your talents and abilities, opportunities for success, and stumbling blocks to achieving your full potential.

## CALCULATING THE EXPRESSION NUMBER

In Numerology, each letter is assigned a numeric value from 1 to 9 as seen in the chart below. The Expression number is calculated by adding up all the letters in the full birth name and then reduced to a single digit or Master Number.

1	2	3	4	5	6	7	8	9
A	B	C	D	E	F	G	H	I
J	K	L	M	N	O	P	Q	R
S	T	U	V	W	X	Y	Z	

Let's take an example: **HENRY ELLIOT FORD**

**HENRY**  $8+5+5+9+7= 34$  Reduce to single digit = **7**  
**ELLIOT**  $5+3+3+9+6+2= 28$  Reduce to single digit =  $10 = 1$   
**FORD**  $6+6+9+4= 25$  Reduce to single digit = **7**  
Add results  $7+1+7 = 15$  Reduce to single digit = **6**

**HENRY's Expression Number is 6.**

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