



THE SEVEN YEAR ITCH

Does your life unfold in seven year cycles? *Sonia Friedrich* reveals how.

Apparently we lose our baby teeth at age seven, and by the age of 21 most people have all of their permanent teeth; every seven years we renew every cell in our bodies; but some parts of the body renew in much shorter cycles of seven. According to Dr Mehmet Oz, vice-chair and professor of surgery at Columbia University, the skin, for example, renews itself every 28 days (also a cycle of seven). So, it seems quite plausible to him that the average time for the turnover of the atoms in your body could be around seven years.

There is some discussion on whether or not our lives 'work' in seven year cycles. In addition to the physical changes are there emotional and psychological cycles also? I write this turning the corner into my 42nd year and deliberating over the seven year cycles of my life. Do they really exist? Are they true for everyone, and if not, what makes these cycles appear in some lives and not others? I find it uncanny to see what has happened in my life, in periods of seven years.

In my 21st year 'cycle' I left Australia and worked in the United States for a year (breaking the cycle of living with my parents), embarking on life as an adult. I moved to Sydney on my return and six years later decided that was enough of my job and took a five month break (the end of the next cycle). I then worked for five years in another company, eventually deciding to work for myself. I realised I was gay at 34 and within 12 months, as I headed into my 35th year, I left the city, my business and my family and friends for my next cycle. Seven years later I have lived the most extraordinary chapter and am back in the city with my partner after living in the country, falling in love and landing back in Sydney where I have worked in a senior role for the last 12 months. I resigned from this position a month ago and am yet again working for myself. It feels like a cycle I did seven years ago when I left an advertising agency and set up my own business, although I do it this time with quite a different perspective and considerable healing under my belt.

7 YEAR LIFE CYCLES

- 0-7:** infant to child
- 7-14:** child to puberty
- 14-21:** adolescence to adulthood
- 21-28:** commitment, Saturn return
- 28-35:** creating life
- 35-42:** applying experience
- 42-49:** self-expression
- 49-56:** transformation
- 56-63:** understanding
- 63-70:** wisdom
- 70-77:** peace & freedom
- 77-84:** realisation of greater forces


I can see these cycles as times of birth, growth and death. The cycles allow a release as our lives evolve and unfold into their next phase. There appear to be pivotal phases that impact our relationships, work, how and where we choose to live, attitudes and healing. We each experience turning points that can be times of significant renewal.

The metaphysical intuitive, Caroline Myss, reveals how our growth reflects these periods. From birth to seven we develop reasoning, taking responsibility for ourselves, our bodies, our belongings and our actions. We enter into adolescence around thirteen or fourteen and in this phase develop further as our world expands to comprehend morals, ethics, loyalty and relationships. Our vulnerabilities come to the fore as we see our strengths and weaknesses. At twenty-one we have reached

'adulthood' and we are physically and spiritually mature. These cycles move us from dependence to independence as we learn to take responsibility for our life. If we fail to do this we are likely to remain ingrained in repeating the same patterns until we heal the wounds of childhood and are then able to move through to our next phase.

I ask a few female friends if the seven year cycles are true for them. Some do not relate to this concept while others see the pattern unfold in certain areas of their lives, mostly relationships. One friend notes that a long term relationship broke up at age 21. Seven years later she moved cities and ended another long term relationship. Her next relationship also lasted seven years, until age 35, and the one she is presently in has entered its seventh year. "Hmmm... I am now 42... hope this one works out," she says. Another friend realises that while her most recent relationship lasted 12 years, she felt she was in it for five years too long and in hindsight needed to leave the relationship after seven years.

We may wax and wane into new periods for two years leading in and out of the seven year cycle. Often we may feel the change coming on as our soul yearns for something different or needs to leave something untrue behind. It may take time for us to arrive out of denial and into a place of acceptance and strength before we can act on the impulses that are truly driving us.

Does the seven year life cycle resonate for you? Take 10 to 15 minutes and have a quick look back. Maybe the 'seven year itch' has sounder backing than you ever imagined. 

THE WILD CARD



In relationship terms, Ellen DeGeneres seems as though she is yet to get to the seven year itch. Her relationships with Anne Heche and Alexandra Hedison each lasted four years. Four years into her relationship with Portia de Rossi there were wedding bells. Maybe we'll check in with them in three more years. On the other hand, Lily Tomlin and Jane Wagner have been together for about 38 years, more than five seven year cycles.