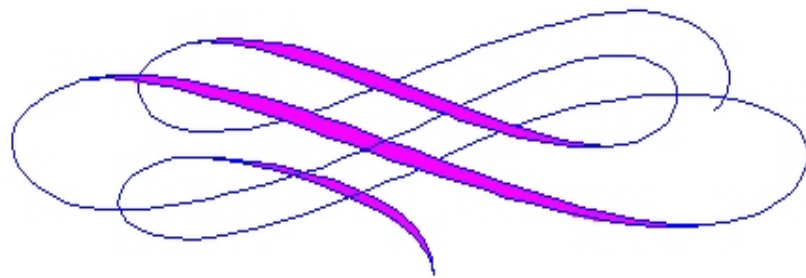




**Numerology  
for  
Healing & Growth:  
a workbook**

**Revised Edition**



**Susan F. Wilk**









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## **Notes from the Author**

This book will take time, patience, and effort to read and work through. It is a journey, a process. It is a book for those who are dedicated to their own healing, spiritual awakening and helping others to do the same.

### **What is numerology?**

Numerology is a way of finding, through mathematics, the energies we are working with in this lifetime. Through the numbers of our birth date and the numbers assigned to the letters of our name given at birth, numerology shows us our strengths, weaknesses and lessons or issues we are working with. By understanding those, we can make wiser conscious choices. This way we can flow with the content of what we are learning, how we are growing, what we are experiencing rather than trying to “swim up stream.” Numerology is a way of using mathematics, the meaning of numbers and the cycle of numbers to gather information so that we can better accomplish our personal goals in this life.

### **Why mathematics?**

Many events are based on cycles, like a woman’s cycle, the cycles of the moon, the cycles of the planets, the cycle of the sun, the seasons, the number of days in a year, etc. The base is mathematics, and because numerology is very closely related, it might have started as part of astrology. The meanings of the numbers correspond with astrology. It goes way back thousands of years in our history when the knowledge of astrology, i.e. knowing when it was the right time to plant crops, was important for survival. Things have a mathematical rhythm, so, knowing that mathematical harmony and its relationship to your life helps you understand much better what you are doing, who you are, why you handle things the way you do, and your basic tendencies. This information gives you a better understanding of you and your life.

Is everybody operating under different numbers or are the same numbers just effecting people in different ways?

Each number has its own meaning. They appear in our lives at different times. In that sense, the numbers are personal. The two is the number of relationships. The two cycles into people's lives at different times. The two can mean relationship to self, to environment, to mate, to friends, to job, to Creator--those things become more predominant at certain times in each person's life. Numerology gives you a way of figuring out when those times will occur or are occurring for you. Let's say you're having difficulty with a relationship of some kind, and you look at your chart and see the number two is the energy you're dealing with now. Numerology opens up a broader understanding of what's going on, and; therefore, you can make wiser choices. You can heal. You can grow. That's what numerology is there for: to help you heal and grow.

### **My Own Experience and Insights**

I began my study of numerology 30 years ago when I was walking through a metaphysical book store looking for some books to buy. The Numbers of Life, The Hidden Power in Numerology by Kevin Quinn Avery, D.M.S. fell off the shelf and landed right in front of me. I picked up the book, read the title and felt an overpowering urge to buy it. I took it home but did not open it for over a year. When I finally did begin to read it, I could not stop. It was one of the most fascinating books I had ever read. Everything seemed to "fit." I felt as if I had come home to the information.

I used the numerology and experimented with it for many years. Then several years later, I discovered a book by Faith Javane and Dusty Bunker called Numerology and The Divine Triangle. From that book, I began to realize that the numbers were much more complex. I worked with this for a few years and then came across another book that confirmed what I had begun to believe: that the numbers not only worked on the physical, emotional, and mental level, but also on the spiritual level as well. The book was Sacred Science of Numbers by Corinne Heline.

This added a whole new dimension to the work that I was doing. I began to "see" connections between different fields I was studying. A book on the chakras showed me how those seven "energy centers" within the body and the aura related to numerology. The study of color soon showed how that field of

research also lent another dimension to a chart. I began putting all this information into my own numerology chart and those of others. I have discovered that from personal experience and feedback from others the information in all aspects proved to be true.

I am going to give some examples. The specifics of how numerology is calculated will be explained later in this book.

Numerology charts of new borns done in the 70's have been reported to be accurate to this day. My sister-in-law cried after I went over her chart because she said, "It was so right." It stated the issues she had been struggling with all her life. In her name, there was a lack of letters with the value of 9, which is the number of being able to complete things. A friend reported after going over her chart, that, "I had put her down in black and white," even her dreams which she had shared with no one. Numerology had put in writing an accurate picture of who she was in this life.

Another friend who was dealing with memories of childhood abuse that she had suppressed until she was in her 30's was having problems with her life partner. We took another look at her Life Chart and noticed that she was in a Life Cycle of an eleven. Eleven is a master number which means she was dealing with much stronger energies. It is the number of selfless service to others. She was not doing this because she was spending so much time dealing with the abuse issues. Because she was not handling the "selfless service to others," the master number eleven reduced down to the 2 ( $1+1=2$ ). She was having problems in all relationships. She was also in a Life Attainment of the master number of 22, which is dealing with projects which benefit mankind. Because she was not flowing with the energies of this number either, she was having a lot of trouble at work and dealing with the limitations that the abuse issue had placed on her. The 22 had reduced to a 4 ( $2+2=4$ ). Four is the number of work and dealing with limitations and organization. She then realized that she needed to stop withdrawing to deal with the abuse issues and that her healing would come with serving others.

In my own life chart, I was in a 45/9 Life Cycle and a 2 Life Attainment cycle when my husband of 16 years decided to leave me. The 4 of the 49 is the number of dealing with work and limitations. The 5 is the number of freedom and change. The 9 is the number of endings and completions. And the 2 is the number of relationships. He left me with little money to live on since he was

making much more than I was (the limitations from the number 4). I also had to deal with many of changes and being free (the number 5) for I no longer had to answer to anyone but myself. That was scary because it was the very first time in my life that I had ever lived alone. The marriage was over (the number 9), and I had to redefine myself and my relationship to my world. I used numerology to help me understand the issues I had chosen to work with in my life. It also helped me see more clearly what I needed to do to heal and to grow into the kind of person I want to be.

In my Life Chart, I have a Life Path of 3 which is self-expression, a Life Cycle of 2 which is relationships, a Life Attainment of 3 which reinforces the self-expression energies and a Second Minor Life Lesson of 7 which is finding and expressing the spiritual self. I wrote this book on personal healing and growth; I teach classes, lead meditations, and direct a volunteer group that is trained to pray with others at my church. I also have a personal practice that helps clients with their healing process.

Whether you are doing this work for someone else or for yourself, whatever is discovered should to be kept in confidence. This is very personal information and is not to be used to hurt or hinder another person. Be sure that, if you do this numerology work, you are coming from a place within yourself of Love and Light. Be sure your intent is to help the other person heal and grow. Coming from a place of Love will protect and bless the work that you do and those that you help.

My goal, with this book, is to provide a tool that will aid in the healing and growth of many individuals, and; therefore, aid in the healing and growth of the planet. I firmly believe when we are healed, we are not healed alone.

## **Tips on How to Use this Book**

This book is not an end. It is a step in the unfolding of our understanding of ourselves and our universe. Therefore, go with your hunches and your own intuition when working on numerology charts. To do this, I suggest a quiet place where you will not be interrupted so you can go within, concentrate, and utilize your own insights as well as those in this book. Choose a time when you really feel like doing the work. If you force it, it tends not work as well.

This book is written so that an explanation is given first with examples, and then it will lead you step-by-step to do it for yourself. The chapter "Charting and Interpreting Names," will explain how to do the process and use a fictitious person's name as an example. The chapter, "Now, Let's Interpret Your Name," will lead you step by step through the process of charting your own name. I suggest using a pencil to write in this book and chart your own name. The chapter, "Introduction to Life Charts: Gathering Information and Interpreting Meaning," will explain how to do a Life Chart using a fictitious person. The chapter, "Now, Lets Do Your Life Chart," will take you through the process step by step, so you can do your own Life Chart. Again, use a pencil for your own Life Chart.

Read these explaining chapters carefully but do not try to remember or totally understand all the information contained in them. The "doing" chapters will take you step-by-step through the process. You can use the explaining chapters as a reference. In the chapter, "Working Pages," you will be guided in each step to do other's names and charts. Copy these so you can write on the copies and still have the originals for future work.

If possible, choose a place where you can leave the charts so it will not be bothered while you are working on it. Keeping it in a folder is helpful. You will need paper and something to write with. Some people might want to use the computer. Keep all the math you do and label what it is, so you can refer to it later. Take notes of things you think of for later and do not let yourself be intimidated by the amount of material/knowledge involved in numerology. I

have worked with it for over 30 years, so be gentle with yourself if you get lost or confused. For most of us it does not come quickly or without effort and time. Relax, take your time and have fun with the process

Remember, these are all energies, and they ebb and flow and influence each other. Your choices—free will—also influence how they move and influence each other.



## Introduction

This book is dedicated to healing and growth. The information contained within can be used to aid in both. The numbers, elements, and colors in our names reveal the strengths and weaknesses that we came into this life time with. The life chart shows the lessons and energies we chose to work with in this lifetime. The information about the numbers with their colors, elements, meanings, and gems can be used to help deal with the issues that we face in our lives. Because this work is so personally revealing and accurate in nature, it must be held confidential. By charting a person's name and life chart, you uncover who that person is: their weaknesses, their strengths, and the issues (energies) they are working with, have worked with and will work with. Whatever is revealed by doing this work must be kept in confidence and held in trust. We all respond to energy. We feel more energetic on a bright sunny day. We are drawn or repelled by the energy of certain music, gems, and colors. It can be as simple as choosing the color of the clothes we feel like wearing on a given day or not wearing a piece of jewelry because it "doesn't feel right." It can be a change of mind because we "no longer feel like it." We can sense that someone is ill or sad or angry without even talking to them. Walking into a room can feel comfortable and welcoming, or it can feel uneasy and/or on edge. We can instantly like or dislike someone and not know why. We are responding to energy: the energy of another person or the energy in a given place or object.

Light or energy was the first thing created. According to both religion and science, it is the essence of all life. All the Universe and everything in it is energy. This energy flows and interplays with other energies.

We are connected to all of creation because we are a part of it. The more we know of these energies, the more we can understand ourselves and the lessons we have come here to learn.



## **Introduction to the Numbers Information**

Although numerology is the study of numbers, each number carries with it a significant meaning and correlates with other meanings from the elements, colors, and gems. As you work through your charts, you will be using all the different meanings that correlate with the numbers. The next few pages give brief examples on how these elements give more meaning to the numbers and better understanding to your life. The complete information on each element will be given in that chapter later on.

### **Use of the Number Meaning**

The meaning of the number tells you what issues/energies you are working with. (The full meanings of each number with its related information about the elements, colors, and gems can be found in the back of this book and in the Working Pages chapter.) The letters in your name are given a number value, and if you have quite a few letters of the same number, that energy will probably be strong within your personality makeup. If there are few or none of that number, then you will tend to be weak in that personality trait. For instance, if there are very few twos or no twos, then you will most likely have a hard time with relationships and problems dealing with dualities such as male/female, mercy and justice. Your friendships may be stormy; your relationships may not last. You may have difficulty balancing a need for justice for a perceived wrong done to someone with the quality of compassion, mercy, and an understanding for the person who wronged them. If the number two falls in the life chart, then that will be a period when you will be making and working on relationships and dealing with dualities in your life to strengthen and grow with this issue. It will be a time of growth and healing of relationships and understanding and balancing the dualities in your life.

### **Use of the Symbol**

In many cultures, symbols are important and sacred. For example, the medicine wheel is sacred to the Native Americans, the cross to Christians, and

the circle of the wedding band is mentioned in many wedding ceremonies as a symbol of love without end. You can use the symbol of the number you are dealing with to help remind you of goals you have set, of desires you wish to fulfill, of the outcome of the healing and growth for which you are aiming. The symbol can be made into jewelry or drawn on a sheet of paper and placed in a spot where you will see it. You could focus on the symbol in meditation. You can be creative with this and all the information in this book. All of it can remind you of the path you have chosen to walk in this lifetime.

### **Use of the Elements**

The four elements are earth, air, fire, and water. Having the element that correlates with the number you're working with within your immediate environment will help strengthen and soothe you. It will help you deal with the issues at hand. Earth will help ground you and strengthen your conservative, practical side. You could have earth in potted plants in the room or an area where you spend a lot of time, rocks you have picked up when you are walking or are out in the yard that feel good to you, or even a small Zen Meditation garden on a table that would bring "Mother Earth" into your indoor world. Walking outside in bare feet will help bring this healing aspect to your body, mind, emotions, and spirit. Working in a garden or flower bed will bring the earth element near you. The element of air will help bring out your social side and the desire to communicate. You can keep windows open, use a fan to keep the air around you moving and make the environment less stuffy, and go outside a lot. This can "breathe" new life and vitality into your day. The fire element will aid in your energy supply and creativity. To bring this element into your environment, you can light candles in the room that you will be in. You could sit and watch a camp fire. Fire can bring you closer to your goals by adding its life force energy to your drive to obtain them. The water element will bring much relaxation and peace to a troubled mind or spirit. A fountain running, a bath or shower, walking in the rain, sitting by the ocean or a stream, drinking water, or just running water over your hands will help relax you and relieve the tension and stress. As you relax and find peace, you can heal and become clearer about where you want to go and what you want to do.

## Use of Color

There is a connection between color and our mental, emotional and physical health. In fact, research has proven that colors affect us physiologically and psychologically. The color yellow can create increases in blood pressure, respiration, and pulse rates. The color black can decrease these same functions. The color red was found to stimulate the brain, and blue had a relaxing effect on the brain. Alexander Schauss of Tacoma, Washington, a clinical psychologist, found that pink reduced the incidence of violent behavior when jail cells were painted in that color. In 1982, a study was done at the San Diego State University School of Nursing that showed when blue light was directed on the hands of 60 women with rheumatoid arthritis for up to 15 minutes, they reported less pain. In January 1990, the issue of "Brain/Mind Bulletin" showed that blinking red lights within an hour of use ended the migraine headaches of 72 percent of the participants, and 93 percent of the remaining participants reported reduced pain.

If you wish to strengthen and heal the energies of a number, wear the color that goes with that number, eat foods of that color, have it in your environment, and if possible, use the color in the lighting of a room or an area of the room for you to sit in. This can be especially helpful if you are having problems with what a number represents. For instance, let's say you are having a problem with accepting the responsibility for making decisions. That is part of the energies of the number six and the color for six is blue. Blue is the color of harmony, willpower and discipline. The color will help bring harmony by relaxing you, and, being more relaxed, you will be less stressed and confused. The blue will strengthen your willpower and the discipline needed to make the decision and take the responsibility to carry it out. There are numerous studies showing these connections.

If there are several issues you wish to help strengthen, use the colors for each. Perhaps you are having problems with a relationship at work. Relationships are the number two and work is the number four. The colors are orange and green. Use both.

You may notice one day that many of the clothes in your closet are a certain color or that for your birthday you received several things of the same color. Look that color up and see why it is coming into your life. What is it helping you with? What are the issues you are trying to heal and grow with? Maybe you are bringing a lot of purple and violets into your environment and

your closet. Purple is the color of the number seven. This color is letting you know that you need alone time. You need time to reflect, to study, to go within yourself and see what you are feeling and thinking. You need time to meditate on your life, the direction you are going, what is happening, and to contact that Spirit within you. The energy of purple can help you do this.

### **Use of the Planets and Signs**

Astrology has been around for a long time. It is recorded in the Bible that astrologers were used to predict the outcomes of battles. There are many good books written about this subject. Many authors on numerology have suggested that astrology and numerology were once one discipline and later split off. My astrology chart has been done professionally and it supports my numerology chart. The information here is given to help you understand and integrate the energies and issues that are associated with numbers and to see more fully how numerology can help you heal and guide your life.

### **Use of the Tarot Cards**

The history of the Tarot is so old that it is retold in myths and legends. No one knows for sure when or how the cards came about. They are a symbolic record of the human experience providing psychological insight, divination or foretelling of the future, and wise counsel. The numbers, face cards, and suits each have their own meanings and different meanings depending on whether the card is right side up or upside down. They are shuffled, split and dealt out in many different patterns. These patterns affect their meaning in relationship to the person whom the reading is for. There are many good books printed on the use of the Tarot cards if you wish more information.

The Tarot cards give more depth to the meaning of the numbers and the energy that the numbers represent. The information offered here is to add to that depth so that your understanding is more complete.

### **Healing the Physical Body**

Our body, mind, emotions, and spirit are interconnected. Physical health or illness is an expression of the inner self.

If you are having problems with an area of the body, look that specific part up and see what number it is associated with and the issues that number

represents. Work at correcting and healing any problems with the issues of that number to help heal the body part. This does not take the place of seeing a doctor but helps to understand and guide the healing process. Example: you may be having problems with your teeth. Teeth are associated with the number four which means something is wrong at work or with some responsibility that you are handling. There might be something you are not handling very well. To help heal your body, change what you are doing.

If you are having problems with a number and the energies that number has associated with it, look at the physical areas section and keep a “watchful eye” on these. Keep them as healthy as possible because problems can occur. Each affects the other. For instance, if you are having problems with a friendship, a marriage partner, or some other relationship, you may experience problems with being nervous, have stomach aches or an upset stomach, and/or have problems with your kidneys and spleen. Steps can be taken to keep these body parts healthy.

### **Use of the Gems**

One way to use the gem information is to notice what gems and stones you are bringing into your life. For instance, I had a friend give me a ring she did not wear that had six sapphires in it. I thought nothing of it until several months later. I received for my birthday a set of earrings which had six sapphires in each earring. I began to wonder why I was drawing sapphires into my life. I looked it up. Sapphires help bring devotion and spiritual enlightenment. They are the symbol of wisdom and prophecy. They contribute to mental clarity and are used for protection. All this fit. At that time in my life, I had just begun to write this book, and I was helping a friend deal with healing, understanding, and accepting the fact that she was sexually abused as a small child. We were in contact almost daily about this issue, and she even came to stay with me for a few days so I could help her. I needed spiritual enlightenment, wisdom and protection to help her and myself through this intense time. It brought a period of growth and healing for me also of issues I had connected to hers. I, also, needed the wisdom and mental clarity to write this book. Hence, I had drawn 18 sapphires into my ownership.

Another way to use gems is to wear them when you are having problems with the energies of a number. Say you are having problems making decisions. Look up the number six and see what the gems are and then wear one or more.

Use them to help heal, work, and grow with the energy.

### **Use of the Expression of the Letters of the Name**

This information will enlighten you about why you may be more mental than physical, or more emotional than mental, or more physical than mental. It will explain why the energies of your mental, emotional, physical, and intuitive self are the way they are. If you have more mental expressing letters, you will love the world of ideas and will enjoy the world you create inside your head and the challenges of mental problems. If you have more “emotional” expressing letters, you will live by your emotions. Your emotional response to experiences and to life will be very important to you and will direct you. If the physical expression is the strongest, you will be very physically active and enjoy getting up and out and doing things. And if the intuitive is strong, you will be guided by that inner voice, that gut feeling, sensing things and have an inner knowing that others don't have. To understand where the energy is strong and weak, you can use that knowledge to help you understand why you do what you do and are the way you are. That understanding can help you with the personal goals for healing and growth that you set for yourself.



## **Charting and Interpreting Names**

I am going to break this chapter up into parts because it contains a great deal of information. I suggest the reader take one part at a time and have a basic understanding, maybe reading it more than once, before moving on to the next part.

This chapter will be using a fictitious person to explain the process. Later chapters will take you through step-by-step so you can interpret your own name.

Science is proving that “things” are not “separate,” but are all connected somehow. What one does affects the whole. Before birth, as part of our journey back to the “creator from which we came,” I and many religions believe we choose the life experiences and issues we want to work on and heal in this life time so they become part of our soul’s experiences. This in turn helps us reveal our divinity within by becoming more compassionate, more loving, more understanding and forgiving.

Just as we are drawn to the parents who will best give us what we need to accomplish and what we came here to do, the name that our parents are drawn to is also part of that process. They were responding to the energies that came together to form our physical body and the purpose of our incarnating. So, the name holds the strengths and weakness that we, as a soul, bring with us into this life. The name vibrates to our soul energy.

I had the sound of my name interpreted. Before my divorce, I called myself Sue because it fit me. After my divorce, I no longer felt Sue was right and began to have people call me Susan. When the sound of my name was interpreted, I was told that Sue had the sound vibration of one who was trying to find her place in life and within the group. This is exactly who I was then. Susan vibrates to one who is a healer and who brings the spiritual light down and manifests it into the physical plane. I am now a Reiki Master/Teacher and that is what I do. I bring the spiritually guided life force energy through me and out my hands to help another. I have worked on healing myself so that now I am also my own healer. I am much stronger than ever before. I changed, so my vibrations of who I am changed. This in turn, prompted me to change the name I asked to

be called.

As we become aware of the character traits that are our strengths, we can use them to our advantage to heal and grow. By understanding the traits that are weak and need to be strengthened, we can better understand ourselves and heal on a deeper level. We can also understand why we do what we do, and therefore; have a better understanding of how to go about changing and healing ourselves. We can consciously make better choices in our lives to facilitate our growth and healing.

This chapter has five parts. Part I deals with the values of the letters and the meanings of the numbers. Part II focuses on the numbers and their element meanings and how the elements affect the numbers and each other. Part III looks at the colors and their meanings and how this influences the elements and the numbers. Part IV shows how the letters express the energies outward and Part V compiles the information into a profile and an analysis.

The charting and interpreting of a name is the most challenging part of doing numerology. Take your time and do not think you need to understand it all or completely right away. Practice leads to understanding.

### **Part I: Letter Values and Number Meanings**

In order to figure the number values of your name, the letters of the alphabet are given number values.

**The number values for the letters are:**

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

**K is an 11 and V is a 22**

The master numbers are the only double digit numbers that are not reduced to their single digits. The master numbers are 11, 22, 33, 44, 55, 66, 77, 88, and 99.

## Steps in Interpreting a Name

**Step 1.** You need to write out the person's name given to them at birth. (I am going to use the made up name of John Doe Smith.) Then put the number values above the vowels and below the consonants. This will help later when doing the life chart. John Doe Smith's will look like this:

	6		6	5		9					
J	o	h	n	D	o	e	S	m	i	t	h
1	8	5		4			1	4	2	8	

**Step 2.** Count the number of letters in the name so you can check yourself as you work with the name. There are 12 letters in John Doe Smith.

**Letters in John's name are 12.**

**Step 3-A.** List how many of each number there are in the name. For John Doe Smith, it would look like this:

**Number One has 2 letters**  
**Number Two has 1 letter**  
**Number Three has 0 letters**  
**Number Four has 2 letters**  
**Number Five has 2 letters**  
**Number Six has 2 letters**  
**Number Seven has 0 letters**  
**Number Eight has 2 letters**  
**Number Nine has 1 letter**  
**Number Eleven has 0 letters**  
**Number Twenty-two has 0 letters**  
**Total letters 12 letters (same as the name)**

**Step 3-B.** Total the number of letters to be sure you have the same number of letters as in the name (see above).

**Step 4.** This step has three parts, which are explained in detail below. First you will list the numbers most frequent in the name to the least frequent. Second, the meanings will be placed next to each number. And third, you will see if any of the meanings reinforce (strengthen) each other.

**Step 4-A.** List the numbers found from most often in the name down to the least. This will give you the strongest character traits of the person at the top. As the quantity decreases, so does the strength of that character trait until you come to only one letter in the name or no letters at all. In John Doe Smith's name, the character traits of the one, four, five, six and eight are the strongest because they appear the most frequently. The two and nine energies are weaker because they occur only once in the name. The three, seven, eleven and twenty-two are very weak because they do not occur at all. (The master numbers eleven and twenty-two are included because they are in the letter values of the alphabet.) This means that the numbers whose energies are weak will be areas where the person will have problems until, and if, life experiences strengthen them. The stronger energies will be traits that are well established with the personality. These, too, can be strengthened or weakened by the person's life experience. Healing takes place as the person overcomes the weaknesses and learns to control the strengths.

<b>John Doe Smith's name has:</b>	<b>2 Ones in the name</b>
	<b>2 Fours</b>
	<b>2 Fives</b>
	<b>2 Sixes</b>
	<b>2 Eights</b>
	<b>1 Two</b>
	<b>1 Nine</b>
	<b>0 Threes</b>
	<b>0 Sevens</b>
	<b>0 Elevens</b>
	<b>0 Twenty-twos</b>

**Step 4-B.** Put the meanings of the numbers next to them. The full meanings are explained in the Numbers chapter. I have used abbreviated meanings below.

## Number Meanings

### Numbers

### Meanings

- 1 Attainment, new beginnings, self-confidence, action, spiritual unity
- 2 Relationships, love, peace, dualities, knowing the higher and lower selves
- 3 Self-expression, talent, ideals, enlightenment of Spirit
- 4 Work, responsibilities, organization, trust, rewards and punishments for actions
- 5 Freedom, change, experience, travel, curiosity, realizing there is more than the physical world
- 6 Responsibilities, power, service, decisions, adjustments, home, marriage, harmony of God's will with yours
- 7 The God Self within, wisdom, knowledge, study, meditation, spiritual realization
- 8 Material aspects, power, money, dependability, politics, the inner voice is clear
- 9 Endings, completion, sacrifice to serve, travel, universal knowledge and love

### Master Numbers

Master numbers are not reduced to single digits when doing the math. Master numbers reduce to their single digit only when you are not dealing with the master number energy correctly in your daily life. Then they reduce and you will have problems with the energy of the single digit. For instance, if you had an 11 in your name, life chart or anywhere else in your energies and you were not taking time to help others or acting upon the revelations you were getting, the 11 would reduce to the 2 ( $1+1=2$ ). You would have trouble with your relationships and dealing with dualities; you would not be at peace, and you would not have a balance of your higher and lower self.

### Master Number Meanings

- 11 Inspiration, revelation, selfless service to others
- 22 Absolute Truth, projects to benefit all of mankind
- 33 Compassion, a teacher of teachers, leadership, assume responsibilities with no thought of rewards or payments
- 44 Changing into the highest expression of one's divinity, useful enterprises, self-discipline, use of intuition

- 55** Knowledge through seeing beneficial aspects of daily life, ethical and spiritual ideals, communication that benefits others in some way
- 66** Divine Order, solving social problems, achieving goals and gathering wealth, truth, fairness, and integrity
- 77** Transcending the physical world and its limitations, wholeness within self, understanding others, helping the world achieve a higher expression
- 88** Personal and divine consciousness become one, unlimited abilities and knowing correct way to use them, sensitivity and compassion
- 99** Accelerated evolution on all levels, flexible consciousness, understanding that all of one's life's actions are for the unfoldment of the divine within

**Write the meanings out as I have done for John Doe Smith below:**

<b>Amount</b>	<b>Number</b>	<b>Meaning</b>
2	<b>Ones</b>	--attainment, new beginnings, self-confidence, action, spiritual unity
2	<b>Fours</b>	--work, responsibilities, organization, trust, rewards and punishments for actions
2	<b>Fives</b>	--freedom, change, experience, travel, curiosity, realizing there is something more than the physical
2	<b>Sixes</b>	--responsibilities, power, service, decisions, adjustments, home, marriage, harmony of God's will and yours
2	<b>Eights</b>	--material aspects, power, money, dependability, politics, the inner voice becomes clear
1	<b>Two</b>	--relationships, love, peace, dualities, knowing the higher and lower selves
1	<b>Nine</b>	--endings, completion, sacrifice to serve, travel, universal knowledge and love
0	<b>Threes</b>	--self-expression, talent, ideals, enlightenment of Spirit
0	<b>Sevens</b>	--the God Self within, wisdom, knowledge, study, meditation, spiritual realization
0	<b>Elevens</b>	--inspiration, revelation, selfless service to others
0	<b>Twenty-twos</b>	--absolute Truth, projects to benefit all of mankind

**Step 4-C.** Look at the quantity of each number and the meanings and see if there are any numbers that reinforce each other or weaken another number. In general,

if numbers are of the same quantity, they will be equal in strength, i.e. 3 Fours (the need to work and deal with limitations) will be as strong as 3 Sixes (the need to be with family and in the home). The person in this case may choose to have a business out of his/her home or choose to spend equal time in the work place and with family and being at home. If the numbers are different in quantity, the greater quantity will have a stronger influence, i.e. 4 Fives (the need for personal freedom and change) will have a stronger influence than 1 Six (the desire to be with family and to be at home). In this second case, the person may choose to go out into the world and have less contact with the home and family.

**John Doe Smith there are:**

**2 Ones in the name-self-confidence, new beginnings**  
**2 Fours-work, limitations**  
**2 Fives-freedom, change**  
**2 Sixes-responsibilities, home**  
**2 Eights-material aspects**  
**1 Two-relationships**  
**1 Nine-completions**  
**0 Threes-self-expression**  
**0 Sevens-meditation, the Godself within**  
**0 Elevens-selfless service, inspiration**  
**0 Twenty-twos-projects for mankind, absolute Truth**

The 2 Ones will influence all the numbers because the ego or self-confidence is one of the strongest numbers John had in his name. He will be very confident in himself and may even have to keep his ego in control. The Fours, Sixes and Eights reinforce each other. Because they have the same strength, and each has 2 letters, they will be equally strong as a personality trait. All three deal with the material, physical, work and responsibilities level. The 2 Fives are the same strength as the Fours, Sixes and Eights, so the need for person of freedom will influence what kind of a career, responsibilities and material aspects John will choose to have in his life. Being confined in a small space doing the same thing over and over will not work. There is only 1 two and 1 nine. The energy is weaker so completing a project and relationships may be a problem for him. His

career choice may be one where he is an independent agent. There are no Threes, Sevens, Elevens, or Twenty-twos. This means that John may have difficulty expressing his inner, deeper self, and he will have difficulty connecting with the spiritual aspect of himself. (John Doe Smith's complete name interpretation is at the end of this chapter.)

## **Part II: Adding the Element's Meanings**

This section has six parts and adds to the information about the numbers and their meanings. There are four elements: earth, air, fire, and water. Each has a meaning that influences the energies of the numbers and of the other elements.

Here is an overview of what you will be doing next. First, you find the elements for each number and list them. Second, you will total each element. Third, you rank the elements in order from highest to lowest. Fourth, you put the meaning of each element beside it. Fifth, you total all the elements to be sure they match the total of letters in the name. Sixth, you look to see how the elements influence the numbers in the name. Last, see how the elements influence each other.

**Step II-1.** Find the elements for each number.

**One** is fire  
**Two** is water  
**Three** is fire  
**Four** is earth  
**Five** is air  
**Six** is earth and air (so when counting the elements for 6, earth is 1/2, air is 1/2)  
**Seven** is water  
**Eight** is earth  
**Nine** is fire  
**Eleven** is air  
**Twenty-two** is water



Then list them next to the numbers as I have done below.

<b>John Doe Smith:</b>	<b>Amount</b> (most frequent to least)	<b>Number</b>	<b>Element</b>
	there are 2	Ones (in the name),	fire
	there are 2	Fours	earth
	there are 2	Fives	air
	there are 2	Sixes	earth and air
	there are 2	Eights	earth
	there is 1	Two	water
	there is 1	Nine	fire
	there are 0	Threes	fire
	there are 0	Sevens	water
	there are 0	Elevens	air
	there are 0	Twenty-twos	water

**Step II-2.** Add up the number of each element by seeing how many numbers have that element and how many of each number there are.

<b>John Doe Smith has:</b>	
<b>Fire</b>	
2 # Ones = 2 fires	
1 # Nine = 1 fire	
<u>0 # Three = 0 fires</u>	
total	3 fires
<b>Earth</b>	
2 # Fours = 2 earths	
2 # Sixes = 1 earth (Six is 1/2 earth and 1/2 air so having 2 Sixes means 1/2 earth + 1/2 air = 1)	
<u>2 # Eights = 2 earths</u>	
total	5 earths
<b>Air</b>	
2 # Fives = 2 airs	
2 # Sixes = 1 air (Six is 1/2 air so 2 Sixes = 1/2 + 1/2 = 1)	
<u>0 # Elevens = 0 airs</u>	
total	3 airs
<b>Water</b>	
1 # Two = 1 water	
0 # Sevens = 0 waters	
<u>0 # Twenty-twos = 0 waters</u>	
total	1 water

**Step II-3.** Rank the elements in order from the most present to the least. Like the numbers, this will show you the character traits of the name that correspond to the elements of the name in the order from the strongest to the weakest.

**John Doe Smith has:** 5 earths  
 3 airs  
 3 fires  
1 water  
 12 total elements

**Step II-4.** Total the elements to be sure they total the number of letters in the name.

**Step II-5.** Put what the traits and energies represent for the elements beside each element.

**Earth** is associated with the sensual part of us, with being practical, and conservative. We are “down to earth,” “grounded.”

**Air** is associated with speech and being in contact with other people, being social. It represents change and originality.

**Fire** is associated with energy and the life force. It represents being creative, adventurous, emotional, and intelligent.

**Water** is associated with the mystical, being silent and alone. It represents being perceptive and having artistic creativity.

**John Doe Smith’s elements would look like this:**

Amount	Element	Meaning
5	earths	sensual, practical, conservative
3	airs	social, speech, change, originality
3	fires	energetic, creative, adventurous, emotional, intelligent
1	water	mystical, silent, alone, perceptive, the arts.
<hr style="width: 20%; margin-left: 0;"/>		
12 total elements		

## Cross Analyzing the Numbers and the Elements

**Step II-6.** See how the elements influence the numbers. Look at the meaning of the elements and see which ones are alike or very similar to the meaning of the numbers.

Number Meanings	Element	Meanings
<b>1</b> new beginnings, self-confidence adventurous	<b>Fire</b>	life force, creativity,
<b>2</b> relationships change	<b>Air</b>	social, communication,
<b>3</b> self-expression introspective, art	<b>Water</b>	mystical, silent,
<b>4</b> work, limitations grounded	<b>Earth</b>	practical, conservative,
<b>5</b> freedom, change		
<b>6</b> responsibilities, home		
<b>7</b> meditation, the God within		
<b>8</b> material aspects of life		
<b>9</b> completions		
<b>11</b> selfless service		
<b>22</b> projects for mankind		

**Because earth is grounding, practical, sensual, it reinforces those numbers that need that practical energy to function better. Those numbers are:**

**One** because to begin or take on new projects and to have the self-confidence to do so, being grounded and practical helps;

**Four** because to deal with our work and limitations the qualities of being practical helps;

**Six** because to take on responsibilities, make adjustments, to establish and run a home and possibly a marriage relationship, you need, again, to be practical and deal with the earth plane;

**Eight** because to deal with the material aspects of life, you do need to be practical;

**Nine** because to bring things to an end, to rid yourself of things that no longer help you in your life, you need to be practical and rational;

**Eleven and Twenty-two** because if you are going to serve others or plan and initiate major projects to benefit mankind, you do need to be practical and know what is really needed realistically.

**Because air is flexible, changeable, loves to be social and to communicate, it reinforces the numbers:**

**Two** because to have relationships with others, whether business or personal, you need to be able to communicate and enjoy the company of others, in other words, be a social being.

**Three** because self-expression usually means relating to others in some way what you are really like, and who you really are. Many times, we seek the help of others, counselors, therapist, friends, to help us discover who we really are.

**Five** because to have personal freedom and to enjoy change, it will help to have the flexibility and changeability of air.

**Nine** because to give service to others, you need to be sociable.

**Eleven and Twenty-two** because of the service and projects to help others, you will be aided with these activities by the social and communication energies of air.

**Because fire has the energies of being energetic, creative, adventurous, emotional and intelligent, this energy is good to have reinforcing the entire numerology structure.** Someone with little or no fire energy will not have the energy or drive to accomplish much for any of the numbers. This energy is life itself and the moving force behind all the numbers.

**Because water is of the spiritual realm, being intuitive, mystical, silent, liking to be alone, perceptive, and express through the arts, the numbers that are reinforced by this element are: Seven and all the master numbers,** Eleven, Twenty-two, Thirty-three, Forty-four,...., because these numbers deal with the spiritual aspects of life such as finding the God Self within, selfless service to others (this will also strengthen the part of the energies of the number Nine that deals with service and universal love), projects that benefit all of mankind and not just self, etc.

**John Doe Smith's are as follows:**

<b>Number</b>	<b>Element it is strengthened by</b>
<b>One</b>	the practical energies of earth and the life energy of fire
<b>Four</b>	the practical qualities of earth and fire
<b>Five</b>	the social, changeable freedom of air and fire
<b>Six</b>	earth and fire
<b>Eight</b>	earth and fire
<b>Two</b>	air and fire
<b>Nine</b>	earth, air, silent, being alone, spiritual water and fire
<b>Three</b>	air, water and fire
<b>Four</b>	water and fire
<b>Eleven</b>	air, water, earth and fire
<b>Twenty-two</b>	air, water, earth and fire

### **Interpreting How the Elements Affect Each Other**

**Step II-7.** Think how the elements would react with each other themselves:

**Earth** mixed with **water** muddies it so the two energies can inhibit each other. Earth dumped on fire puts it out; it will inhibit the adventurous, creative aspect of fire.

**Earth and air** will compliment each other for earth will keep the changeable air grounded and practical.

**Air** will fan a **fire** to burn brighter or it can, if strong enough, put it out. Social contact, speech (the bouncing of ideas around with others), change of point of view, all can enhance the creativity, the adventure that is Fire. But too much socializing or trying to please others and change of mind can inhibit creative expression and sense of adventure.

**Water** will make a **fire** hiss and spark, but enough of it will drown it. Water, being alone, study, meditation, intuition can support the creative, adventure, energy of fire, but too much isolation, study of others' ideas, opinions, can dampen you own spark of adventure and creativity.

If there is a lot **more earth** in the name, the person will be very conservative, practical, and "earth bound." They may be rigid in their thinking, practical to a fault and very materialistic in beliefs and in the accumulation of

money, power, and things.

If there is a lot **more air** in the person's name, they will be "flighty," an "air head." They will not make sense. They will be so changeable that you will not be able to depend on them. They will always need others around and will want to dominate any conversation.

If there is a **lot of water** in the name, this person will be very Spiritual, quiet, and a loner. They will not do well in the practical world of earning money and dealing with power. They will not seek out others often or be interested in physical activity.

If there is a **lot of fire** in the person's name, they will be a "go-getter." They will have lots of energy, love to be daring and seek lots of adventures. They will be very intelligent and creative. They will be on the move most of the time.

The way the elements and numbers influence each other and the way the elements effect each other in John Doe Smith's chart is explained later in this chapter. You may want to go ahead and take a look at that part of his name interpretation to get a better idea of this interaction.

### **\*\*\*Time Out**

The reader has been given a lot of information and much to think about. It may be a good idea to take a break and let the information "digest." Rereading the section above may also be a good idea before moving on. Seeing relationships between the different items to consider can be difficult. Do what you can and allow this to be a gradual learning and expanding process. Be patient. It takes time. Give yourself credit for sticking with it and going at your own pace. (You can see John Doe Smith's name interpretation at the end of this chapter to see how his all fits together.)

### Part III: Cross Analyzing Numbers, Elements, and Colors

First, you will list the colors for each number and how many of each color there are. Second, you will count how many colors are in each of 3 groupings. Third, total how many colors are in each group. Fourth, you will arrange each group of colors from the one having the most to the least. Fifth, see how the colors influence the meanings of the numbers. Last, see how the groups of colors influence the elements.

**Step III-1.** First list the colors for each number and how many of each color there are.

Number	Color	Meaning
One	Red	life energy, desires and impulses.
Two	Orange	money, fertility, wisdom and leadership.
Three	Yellow	psychic, the intuition and spiritual wisdom.
Four	Green	healing, bringing dreams into reality and concentration.
Five	Tan	dependable, trustworthy and organized.
Six	Blue	harmony, will power and discipline.
Seven	Purple	God Self within and spirituality.
Eight	Black	rebellion, a negative outlook and the will.
Nine	Gold	wisdom, counseling and the spiritual realms.
Eleven	Pink	peace, devotion, endurance and the mystical.
Twenty-two	Brown	being dependable and being who you are.

Amount	Number	Amount	Color
there are ____	of the number ____ (most frequent)	so there are ____	of the color _____
there are ____	of the number ____	so there are ____	of the color _____
there are ____	of the number ____	so there are ____	of the color _____
there are ____	of the number ____	so there are ____	of the color _____
there are ____	of the number ____	so there are ____	of the color _____
there are ____	of the number ____	so there are ____	of the color _____
there are ____	of the number ____	so there are ____	of the color _____
there are ____	of the number ____	so there are ____	of the color _____
there are ____	of the number ____ (least frequent)	so there are ____	of the color _____
Total	_____ (should match the number of letters in the name)		

<b>John Doe Smith's Colors:</b>	<b>Amount</b>	<b>Number</b>	<b>Element</b>	<b>Color</b>
(there are:)	2	Ones (in the name),	fire,	red
	2	Fours	earth,	green
	2	Fives	air,	tan
	2	Sixes	earth and air,	blue
	1	Two	water,	orange
	1	Nine	fire,	gold
	0	Threes	fire,	yellow
	0	Sevens	water,	purple
	0	Elevens	air,	pink
	0	Twenty-twos	water,	brown

**The colors are grouped together according to their energies:**

- Group 1** deals with the mental and emotional issues
- Group 2** deals with the material aspects of life
- Group 3** deals with the spiritual aspects of life

<b>Group 1</b>	<b>Group 2</b>	<b>Group 3</b>
<b>green</b> , healing, concentration, dreams into reality	<b>orange</b> , money, fertility leadership	<b>yellow</b> , psychic, wisdom, spiritual, intuition
<b>blue</b> , will power, discipline, harmony	<b>tan</b> , organization, dependability	<b>purple</b> , spiritual
<b>black</b> , will power, negativity	<b>brown</b> , dependability	<b>gold</b> , spiritual, wisdom, counseling
<b>red</b> , life energy, desire, impulse	endurance	<b>pink</b> , mystical, peace, devotion,

**Step III-2.** Total the numbers of each color in the name and put the numbers and the colors into the groups listed above. For example, John Doe Smith has 2 of the each of these colors; green, blue, black, and red (total of 8 in group 1) which means he will have a strong presence in group 1. He has 2 tan and 1 orange which is a total of 3 in group 2; so, this group will be less of an influence. He has 1 gold which is in group 3; so, the spiritual, intuitive, mystical, wisdom influence of the colors will be very slight.



<b>John Doe Smith's color groups:</b>	<b>Group 1</b>	<b>Group 2</b>	<b>Group 3</b>
	green-2	orange-1	yellow-0
	blue-2	tan-2	purple-0
	black-2	brown-0	gold-1
	red-2		pink-0
	<hr/>		
	Total 8	Total 3	Total 1

**Step III-3.** Total the groups.

**Step III-4.** Arrange the color groups from greatest to least.

<b>For John Doe Smith:</b>	color group 1 = 8
	color group 2 = 3
	color group 3 = 1

**Step III-5.** Look to see how the colors influence the numbers by taking the meaning of the groups and matching them to the meanings of the numbers.

<b>Number</b>	<b>Element</b>	<b>Color</b>
<b>One</b> self-confidence	<b>earth</b> practical	<b>green</b> concentration
<b>Two</b> relationships	<b>air</b> social	<b>blue</b> will power, discipline
<b>Three</b> self-expression	<b>water</b> silence	<b>black</b> will power
<b>Four</b> work	<b>fire</b> life energy	<b>red</b> energy, desire
<b>Five</b> change, freedom		<b>orange</b> money, leadership
<b>Six</b> home		<b>tan</b> dependability
<b>Seven</b> spiritual self		<b>brown</b> endurance
<b>Eight</b> material aspects		<b>yellow</b> spiritual, psychic
<b>Nine</b> completions		<b>purple</b> spiritual
<b>Eleven</b> selfless service		<b>gold</b> spiritual, wisdom
<b>Twenty-two</b> projects for mankind		<b>pink</b> devotion, mystical

**John Doe Smith's will look something like this:**

<b>Number Meaning</b>	<b>Element</b>	<b>Color Group(s)</b>
<b>One</b> (self-confidence) strengthened by being practical	<b>earth</b>	group <b>1, 2, 3</b>
<b>Two</b> (relationships) strengthened by social contact	<b>air</b>	and by group <b>2, 3</b>
<b>Three</b> (self-expression) strengthened by social contact	<b>air</b>	and being alone to tap into the intuitive self
	<b>water</b>	and by group <b>1, 3</b> colors.
<b>Four</b> (work) strengthened by practical	<b>earth</b>	and by group <b>1, 2, 3</b> colors.
<b>Five</b> (freedom, change) strengthened by changeable	<b>air</b>	and group <b>1, 2, 3</b>
<b>Six</b> (home) strengthened by practical	<b>earth</b>	and by group <b>1, 2, 3</b> colors.
<b>Seven</b> (spiritual self) strengthened by silent, still	<b>water</b>	and by group <b>3</b> colors.
<b>Eight</b> (material aspects) strengthened by practical	<b>earth</b>	and group <b>1, 2, 3</b>
<b>Nine</b> (completion) strengthened by practical	<b>earth</b> , changeable <b>air</b> , and silent	<b>water</b> and by group <b>1, 3</b> colors.
<b>Eleven</b> (selfless service) strengthened by social contact	<b>air</b> , practical <b>earth</b> and	spiritual <b>water</b> , and by groups <b>1, 2, 3</b> colors.
<b>Twenty-two</b> (projects to better mankind) strengthened by social contact	<b>air</b> , practical <b>earth</b> , and spiritual <b>water</b>	and by groups <b>1, 2, 3</b> colors.

**Examples:**

To hold a job (4) you need to be practical (earth), able to concentrate (green), be disciplined and have the will power to be on time and do what is expected of you (blue and black) and have the energy to do so (red).

To have a friendship (2), you will need to get together, to communicate in many different ways (air), be dependable (tan), have the energy to do things together (red) together, and be devoted (pink).

**Please Note:** This is just a sample and others are possible. For instance, Color Group 3 can strengthen all of the numbers with its spiritual influence. Friendships (2) can have a spiritual base. Work (4) can also be of a spiritual nature.

**Step III-6.** See how the colors affect the elements.

**Color group 1, healing, will power, concentration, life energy, desire, reinforces:**

the conservative and practical **earth** because the qualities of colors in group one can all relate to the earth qualities. Healing can be on the physical

level. Will power and concentration can help you be conservative and practical. The life energy and desire can all manifest on the earth plane.

the sociable, changeable, original qualities of **air** because healing can occur on a social level. Will power, concentration, the life energy, and desire can all aid in changes and in bringing out your originality.

the life energy, impulse, and adventure qualities of **fire** because they are so alike.

the silent, prospective, mystical qualities of **water**. Healing deals with all levels and healing on the spiritual level is enhanced with the group one colors. Concentration and will power are needed for introspection, meditation, and the discipline of entering the silence within.

**Color group 2 or money, dependability, and organization will reinforce:**

practical, conservative **earth** for these qualities all deal with the material plane.

the social, and changeable **air** as long as it does not dominate it and put too many limitations on it.

**It may weaken** the adventurous, active, and action of the life force of **fire** and provide the things needed so that silent, mystical, and meditative **water** can be reflective and solitary. However, some group 2 qualities can keep the **water** energies more practical.

**Color group 3, the spiritual colors, will reinforce:**

the silent, introspective, mystical, and being alone qualities of **water**.

**It may weaken** the flesh loving, action filled life of **fire** and keep it from a total "living for today," "Devil may care" life style.

**It may lead** the social loving, speaking, and changeable aspects of **air** to a career in ministry or some sort of charitable work where the care and helping of others is important.

### **\*\*\*Time Out**

The reader has been given a lot of information and much to think about. It may be a good idea to take a break and let the information “digest.” Rereading the section above may also be a good idea before moving on. Seeing relationships between the different items to consider can be difficult. Do what you can and allow this to be a gradual learning and expanding process. Be patient. It takes time. Give yourself credit for sticking with it and going at your own pace. (You can see John Doe Smith’s name interpretation at the end of this chapter to see how his all fits together.)

## **Part IV The Expression of the Energy of the Letters in the Name**

**Each letter of the alphabet expresses** on a certain level, either the mental, physical, emotional, or intuitive level. This will determine how the energies express through you. In this section, we will find how the energies express through you.

First, find out on which level, mental, physical, emotional, or intuitive, each letter of the name expresses on and then arrange the levels from greatest to least in frequency. Third, see how these levels will affect the numbers, elements, colors, and each other. The steps below walk you through these items one at a time.

**Step IV-1.** Put each letter of the name into one of the four levels.

Letters that express through the **mental level** are: **A G H J L N P**

Letters that express through the **physical level** are: **D E M W**

Letters that express through the **emotional level** are: **B I O R S T X Z**

Letters that express through the **intuitive level** are: **C F K Q U V Y**

I will use m = mental level, p = physical level, e = emotional, i = intuitive

**This is how John Doe Smith's name will look:**

J O H N    D O E    S M I T H  
m e m m    p e p    e p e e m

mental = 4 letters, emotional = 5 letters, physical = 3 letters, intuition = 0 letters

**Step IV-2.** Arrange the expressions from most frequent to least frequent.

**For John Doe Smith, it is:**

emotional	5
mental	4
physical	3
intuitive	0

**Step IV-3.** See how these levels will affect the numbers, elements, colors, and each other.

**If the emotional is the strong,** then whatever numbers are strong, emotions will play a part. The job, the relationship, the book, etc. will need to appeal to the emotional side of the person. If the emotional, it will also be apart of the life force, activity of fire, the silent, meditative side of water, the social, changeable part of air. Same with the colors.

**If the mental is strong,** then the mind will need to be active and guide the activity of the numbers, elements, and colors.

**If the physical is strong,** then the person will be very active physically. This will influence the numbers, elements, and colors.

**If the intuitive is strong,** that will guide the numbers, elements, and colors.

**If the emotional and mental are equal,** then there could be a pull between making a decision on feelings versus logic. But if feelings and logic agree, if the mind and the emotions are in agreement, that person will make a choice and will not be moved from it.

**If the emotional and physical are equal,** the physical active will also need to have an emotional response, say, be excited about the challenges of playing football.

**If the mental and physical are equal**, then the person will need to have physical activities that involve mental processes, like, coaching football.

**If the intuitive and mental are equal**, the person may struggle between following the inner voice of the intuitive or the logic of the mental.

### **Part V Profile and Analysis for John Doe Smith**

This is how I would interpret John Doe Smith's name. This is an example that is given to help you interpret all the information we have for his name. Again, please note that this is an example. Energies will interact with each other differently for different people depending on the choices they make. And this is where trusting your intuition becomes an important part of this process.

#### **The numbers:**

The strongest personality traits for John Doe Smith are the ones, fours, fives, sixes, and eights. John will have a good self image and self-confidence. He will enjoy new opportunities and be a person who will take action and attain the goals he sets. He will have a sense of spiritual unity with all living things (the ones). He will be a good worker and handle responsibilities well. He will be organized and will be able to be trusted. He will reap the consequences of his choices and actions quickly (the fours). He will enjoy traveling and experiencing new things in his life. He will need his personal freedom to go and do; so, the type of job he will be happiest in is one that allows for this. This will also be true of marriage. He will be happiest married to a person who is independent enough to understand John's need for the freedom to go and do. His mate will need to be the type of person who also enjoys the freedom to travel and do or is OK with his being on the go. He will understand that there is more than the mere physical existence here on earth, and he will have faith in a supreme being (the fives). John will most likely be able to handle the responsibilities of marriage and having a home. He will be good at decision making and understand the use of power. He will enjoy doing service for others. He will strive to align his will with God's (the sixes). He will be very good at handling the material aspects of life, earning money, and being dependable. He will also have "gut feelings" about things and that inner voice can direct him correctly (the eights). These strongest number energies of the one, four, six, and eight are strengthened by the elements of fire and earth and the colors that are in his name. The five will be strengthened

by the element of air that is a part of his name. (The elements and colors are described later.)

There is only 1 two and 1 nine in his name. This means John will have some difficulty with relationships. They will not move along as smoothly as they might because his ability to form and keep them is not strong. He may also have problems with dualities such as the male/female sides of himself, or the human/spiritual aspects of himself (the two). He may have problems with letting go of people and things that no longer serve a purpose in his life. He may hang on to old habits, old friends, old ideas that are not beneficial any more. He may have difficulty giving up his wants in order to help or serve another (the nine). The two, however, is strengthened by the element of air within the name. The nine is strengthened by the earth energy and the colors.

There are no threes, sevens, elevens, or twenty-twos. John will most likely have a hard time expressing himself on a deep level. Feelings and ideas that are important to him and make up who he is will be difficult to share with others so people may not really know him (the three). John will also have difficulty being alone and quieting himself for prayer and meditation. He may have trouble seeing that he is a spiritual being within himself. Studying and gaining knowledge will also be difficult. He will most likely have problems in school (the seven). John will have difficulty giving service to others (the eleven) without thinking of himself because the ego (the one) is so strong. He will not be able to support projects that will benefit all of mankind (the twenty-two). He has 3 air letters so the element of air may help make up for the lack of threes. He has only one water letter, the spiritual element, to help with the seven, eleven, and twenty-two energies.

John will need to work on strengthening and healing his weakest numbers: the two or relationships, the nine or learning to bring things to completion and serving others unselfishly, the three or learning to express his feelings and thoughts that are of a deeper self, the seven or learning to be alone and to contact the God self within, the eleven or selfless service to others, and the twenty-two or doing projects for the betterment of mankind. He will need to concentrate on and balance the strongest numbers as he goes through life so that he can become a well rounded, balanced, healthy individual. He will need to heal the tendency to be overbearing in the strongest numbers of four or work, of five or wanting his personal freedom and change, of six or taking all the responsibilities and decisions upon himself and ruling his home and marriage if

he marries, of eight or handling the money and wanting the power of control over others and events.

In 99% of the life charts (which will be explained in a later chapter) that I've done, the numbers in the life chart show that the person is working on his or her weaknesses during this life time. For instance, John is weak in the number two and the number 7. In his life chart, his life path is a 25/7 which means he will be walking the path of working with relationships (2), personal freedom and change (5), which will all be part of the being alone, finding the God Self within himself or his spiritual self, study, and gaining knowledge (7). Because he is walking this path, his life will revolve around these energies. Therefore, if he is dealing with them all of his life, chances are, he will strengthen them and grow in them by the time he is older. The events and people in his life will present the opportunity for him to use and need these qualities. So, John will be given the chance to develop them and heal these weaknesses which will make him a more well rounded person.

### **The elements:**

John Doe Smith has 5 earths. This energy is the strongest. He will be very sensually oriented which may cause him to live a life of satisfying his senses. He will be very conservative and practical which will put a damper on his need for personal freedom and change (the two fives in his name). He may dream of a life of freedom but may not be able to let himself be free enough to fulfill some of his dreams. Here is an area that will need healing, growth, and work to overcome.

John has 3 airs and 3 fires. Because these are equally strong, there will be times when they will conflict. Air can fan fire and make it burn brighter, so the social contact and speaking with other people can make the fires of creativity, adventure, and an energetic life even more so. Bantering back and forth of ideas and/or activities can enliven him. But, air can also blow out fire, so too much time spent with others could also put a damper on his creativity, his joy of life, his adventurous side. There will need to be a growth in understanding this and balancing it. Air will help to strengthen the fives in John's name so that the personal freedom and change that he needs in his life may show up now and then. Air will also strengthen the three (self expression). With the socialization and speaking that air gives, he may be able to overcome the lack of threes and share with someone close to him what is really inside of himself such as his



dreams and his inner thoughts.

John Doe Smith has one water element. He will have difficulty being by himself and dealing with introspection and self analysis. He will find studying and the gaining of knowledge difficult. He may believe in a Creator but will have trouble feeling the peace and the joy that comes with prayer and meditation. This is another area where he will need to work in order bring this into balance with the rest of his personality.

### **The colors:**

John has 8 letters whose colors are in Group 1. The Group 1 colors strengthen whatever John chooses to do. He has the ability to concentrate and see that his dreams become reality. His will power and discipline are strong. His life force and desire for life are healthy. These energies will help him direct his life the way he wants it to go.

The next strongest color group is Group 2. These qualities will also strengthen whatever he puts his mind to. He is dependable and organized. He can take a leadership role in the projects he gets involved with. He will know how to handle money and he will be creative. This group will add to the self-confidence and new beginnings of the one, the work and career of the four, the taking of responsibilities and making decisions and adjustments of the six, the dealing with the material aspects of life of the eight, the practical and conservative energies of earth, and the social aspects of the element of air.

The weakest Group is 3. He will have some desire to know the spiritual side of life and the wisdom that that holds. This will strengthen the water element along with the number seven, however, the spiritual side of his life is an aspect that needs to be balanced with the very strong tendency to focus only on the material side of his life. It is a part of his life that will need work and devotion to cultivate so that he can be a more well rounded person.

### **The expression of all this energy**

John has 5 letters in his name that express through the emotional level. This is John's strongest level. John will be very emotional. His job, his friends and family, the books he reads, movies he sees, the goals in his life will be driven by

his emotional involvement with them. If he does not feel an emotional response, he will not get involved. Positive as well as negative emotions will be the driving force in the choices he makes. However, the mental level is almost as strong as the emotional.

John has 4 letters that express through the mental level. Because the mental and the emotional are so close in strength, there can be conflict here or the mental and emotional parts could support each other. John may have problems making choices because the mind may say one thing and his heart may say another. He could agonize over a decision for this reason and be torn by which way he should go. However, if his emotions and his mind agree, he will be clear and certain of his decision, and he will most likely not be swayed to make a different choice. This could lead to a wonderful outcome or to sheer stubbornness that could lead to disaster.

This is another area that John will need to be aware of and work on in his lifetime. He will need to understand the wisdom of choosing the way his heart wants him to go sometimes and sometimes making choices with the logic of the mind. They both can be used at different times for different reasons. The word here is choice. He should not be blindly led by either. To be a whole, healthy human being, he will need to heal the war that may rage between these two sides of himself.

The physical level of John Doe Smith has only 3 letters expressing through it. He will have plenty of energy to do what he wants. This is reinforced by the fire element and the color red. However, he will not be one of those people out there playing professional sports. His energy feed to the body is not that great, but it is enough that he will have plenty of energy to work and live his life.

There are no letters expressing through the intuitive level. John will not understand those people who have intuitive insight into things or who listen to their "gut feeling." He will not understand these because he will not experience them. This is an area that is not in balance and is an area that he will need to work on and grow to understand, at least in others if not in himself.

**Now, Let's Interpret Your Name (Use Name at Birth)**

**Part I: Letter Values and Number Meanings**

**Step I-1.** Write your full name at birth on the line below.

\_\_\_\_\_

Put the number value of the vowel letters above the vowels and the value of the consonant letters under the consonants.

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

**K=11 and V=22**

**Step I-2.** Total the vowels, then total the consonants (this will be needed later).

Total of the vowels = \_\_\_\_\_ Total of the consonants = \_\_\_\_\_

Count the number of letters in your name and place it here. \_\_\_\_\_

**Step I-3-A.** List how many of each number you have in your name below.

number 1 has _____ letters
number 2 has _____ letters
number 3 has _____ letters
number 4 has _____ letters
number 5 has _____ letters
number 6 has _____ letters
number 7 has _____ letters
number 8 has _____ letters
number 9 has _____ letters
number 11 has _____ letters
number 22 has _____ letters
total letters _____ letters (same as the name)

**Step I-3-B.** Total the number of letters to be sure you have the same number of letters as in you name.

**Step I-4-A.** List the numbers in order from the most frequent to the least frequent along with how many of each number there is below and total:

Amount	Number	# meaning
there are _____	of the number _____	(most frequent) _____
there are _____	of the number _____	_____
there are _____	of the number _____	_____
there are _____	of the number _____	_____
there are _____	of the number _____	_____
there are _____	of the number _____	_____
there are _____	of the number _____	_____
there are _____	of the number _____	_____
there are _____	of the number _____	_____
there are _____	of the number _____	(least frequent) _____
Total _____	(should match the number of letters in the name)	

**Step I-4-B.** Now, go back to the beginning of what you just did and put key words after each number. Full meanings are explained in the Numbers chapter.

<b>Key words can be:</b>	
<b>One</b>	ego, new beginnings
<b>Two</b>	relationships
<b>Three</b>	self-expression
<b>Four</b>	work, limitations
<b>Five</b>	freedom, change
<b>Six</b>	home responsibilities
<b>Seven</b>	spiritual self within
<b>Eight</b>	material aspects
<b>Nine</b>	completions
<b>Eleven</b>	selfless service
<b>Twenty-two</b>	projects for mankind

**A Short Summary of the Numbers and Meanings--(full meanings are in the number chapter near the end of the book.)**

- One** Attainment, new beginnings, self-confidence, action, spiritual unity
- Two** Relationships, love, peace, dualities, knowing the higher and lower selves
- Three** Self-expression, talent, ideals, enlightenment of Spirit
- Four** Work, responsibilities, organization, trust, rewards and punishments for actions taken
- Five** Freedom, change, experience, travel, curiosity, realizing there is something more than the physical
- Six** Responsibilities, power, service, decisions, adjustments, home, marriage, harmony of God's will and yours
- Seven** The God Self within, wisdom, knowledge, study, meditation, spiritual realization
- Eight** Material aspects, power, money, dependability, politics, the inner voice becomes clear
- Nine** Endings, completion, sacrifice to serve, travel, universal knowledge and love
- Eleven** Inspiration, revelation, selfless service to others
- Twenty-two** Absolute Truth, projects to benefit all of mankind

**Step I-4-C.** Look at the quantity of each number and the meanings and see if there are any numbers that reinforce each other or weaken each other. Write your impressions below. (Refer back to John Doe Smith's in the Charting and Interpreting Names chapter under 4-C if you wish to do so.)

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## Part II: Adding the Element's Meaning

**Step II-1.** Find the element(s) for each number and place in the chart below Step 2.

Number	Element
<b>One</b>	is fire
<b>Two</b>	is water
<b>Three</b>	is fire
<b>Four</b>	is earth
<b>Five</b>	is air
<b>Six</b>	is earth and air (so when counting the elements for 6, earth is 1/2, air is 1/2)
<b>Seven</b>	is water
<b>Eight</b>	is earth
<b>Nine</b>	is fire
<b>Eleven</b>	is air
<b>Twenty-two</b>	is water

**Step II-2.** Total the number of each element by seeing how many numbers have that element and how many of each number there are below:

You Have: Amount there are _____	Number	Element _____
_____	ones (in your name)	_____
_____	twos	_____
_____	threes	_____
_____	fours	_____
_____	fives	_____
_____	sixes	_____
_____	sevens	_____
_____	eights	_____
_____	nines	_____
_____	elevens	_____
_____	twenty-twos	_____

**Step II-3.** Sort the elements into the element groups below.

<p style="text-align: center;"><b>Fire</b></p> <p>there are ____ #ones= ____ fires          there are ____ #threes= ____ fires</p> <p>there are ____ #nines= ____ fires          total ____ fires</p>	<p style="text-align: center;"><b>Earth</b></p> <p>there are ____ #fours= ____ earths          there are ____ #sixes= ____ earths (see above)</p> <p>there are ____ #eights= ____ earths          total ____ earths</p>
<p style="text-align: center;"><b>Air</b></p> <p>there are ____ #fives= ____ airs          there are ____ #sixes= ____ airs (see above)          there are ____ #elevens= ____ airs</p> <p>total ____ airs</p>	<p style="text-align: center;"><b>Water</b></p> <p>there are ____ #twos= ____ waters          there are ____ #sevens= ____ waters          there are ____ # twenty-twos= ____ waters</p> <p>total ____ waters</p>

**Step II-4.** Rank the elements in order from the most to the least in frequency below.

	total #	element	meaning
most frequent	_____	_____	_____
next frequent	_____	_____	_____
next frequent	_____	_____	_____
least frequent	_____	_____	_____
total	_____ (should be same as the number of letters in your name)		

**Step II-5.** Write the meanings next to each element in the above chart.

**Earth** sensual, practical, conservative, “down to earth,” “grounded.”  
**Air** speech, contact with others, social, change and originality.  
**Fire** life energy, creative, adventurous, emotional, and intelligent.  
**Water** mystical, silent, alone, perceptive and the arts.

**Step II-6.** Total (in the chart above) to see if the number matches the number of letters in your name.

## Cross Analyzing the Numbers and the Elements

**Step II-7.** See how the elements influence the numbers. Look at the meaning of the elements and see which ones are alike or very similar to the meaning of the numbers.

Number Meanings		Element Meanings	
<b>One</b>	new beginnings, self-confidence	<b>Fire</b>	life force, creativity, adventurous
<b>Two</b>	relationships	<b>Air</b>	social, communication, change
<b>Three</b>	self-expression	<b>Water</b>	mystical, silent, introspective, art
<b>Four</b>	work, limitations	<b>Earth</b>	practical, conservative, grounded
<b>Five</b>	freedom, change		
<b>Six</b>	responsibilities, home		
<b>Seven</b>	meditation, the God within		
<b>Eight</b>	material aspects of life		
<b>Nine</b>	completions		
<b>Eleven</b>	selfless service		
<b>Twenty-two</b>	projects for mankind		

**Because earth is grounding, practical, sensual, it reinforces:**

**One** because to begin or take on new projects and to have the self-confidence to do so, being grounded and practical helps.

**Four** because to deal with our work and limitations, the qualities of being practical helps.

**Six** because to take on responsibilities, make adjustments, establish and run a home and possibility a marriage relationship, you need to be practical and deal with the earth plane.

**Eight** because to deal with the material aspects of life, you do need to be practical.

**Nine** because to bring things to an end, to rid yourself of things that no longer help you in your life, you need to be practical and rational.

**Eleven and Twenty-two** because if you are going to serve others or plan and initiate major projects to benefit mankind, you do need to be practical and know what is really needed realistically.



**Because air is flexible, changeable and loves to be social and to communicate, it reinforces the numbers:**

**Two** because to have relationships with others, whether business or personal, you need to be able to communicate and enjoy the company of others, in other words, be a social being.

**Three** because self-expression usually means relating to others in some way what you are really like, and who you really are. Many times, we seek the help of others, counselors, therapist, friends, to help us discover who we really are.

**Five** because to have personal freedom and to enjoy change, it will help to have the flexibility and changeability of air.

**Nine** because to give service to others, you need to be sociable.

**Eleven and Twenty-two** because of the service and projects to help others, you will be aided with these activities by the social and communication energies of air.

**Because fire has the energies of being energetic, creative, adventurous, emotional and intelligent,** this energy is good to have reinforcing the entire numerology structure. Someone with little or no fire energy will not have the energy or drive to accomplish much for any of the numbers. This energy is life itself and the moving force behind all the numbers.

**Because water is of the spiritual realm, being intuitive, mystical, silent, liking to be alone, perceptive, and express through the arts, the numbers that are reinforced by this element are:**

**Seven and all the master numbers, Eleven, Twenty-two, Thirty-three, Forty-four,.....,** because these numbers deal with the spiritual aspects of life such as finding the God Self within, selfless service to others (this will also strengthen that part of the energies of the number Nine), projects that benefit all of mankind and not just self, etc. (You can refer back to the Charting and Interpreting Names chapter under Step 6 to see how I interpreted John Doe Smith's elements and numbers.)

Write your impressions below of how the elements influence your numbers.

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**Step II-8.** Think how the elements react with each other.

**Earth mixed with water** muddies it so the two energies can inhibit each other. Earth dumped on fire puts it out. It will inhibit the adventurous and creative aspect of fire.

**Earth and air** will compliment each other because earth will keep the changeable air grounded and practical.

**Air will fan a fire** to burn brighter or it can, if strong enough, put it out. Social contact, speech (the bouncing of ideas around with others), and change of point of view, all can enhance the creativity, the adventure that is Fire. However, too much socializing or trying to please others and change of mind can inhibit creative expression and sense of adventure.

**Water will make a fire** hiss and spark, but enough of it will extinguish it. Water, being alone, study, meditation, and intuition can support the creative, adventure, energy of fire, but too much isolation, study of others ideas and opinions can dampen your own spark of adventure and creativity.

**If there is a majority of earth** in the name, you will tend to be very conservative, practical, and "earth bound." You may be rigid in your thinking, practical to a fault, and very materialistic in beliefs and in the accumulation of money, power, and things,

**If there is a majority of air** in the name, you will tend to be “flighty.” You will not make sense and you will be so changeable that you will not be dependable. You will always need others around and will want to dominate any conversation.

**If there is a majority of water** in the name, you will tend to be very spiritual, quiet, and a loner. You will not do well in the practical world of earning money or dealing with power. You will not seek out others often or be interested in physical activity.

**If there is a majority of fire** in the name, you will tend to be a “go-getter.” You will have lots of energy, love to be daring and seek lots of adventures. You will be very intelligent and creative. You will be on the move most of the time.

Put your thoughts and intuitions about your elements below.

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**Note** If your name has changed due to marriage, adoption, etc. use your name at birth and add on the change i.e. Mary Jo Smith “Jones”. If you go by a nickname all the time, add it on to the birth name i.e. Mary Jo Smith “Candy”. Figure the birth name interpretation and do the Life Chart then figure the name change and/or nickname interpretation and do the Life Chart to see how the energies have changed with the changed name.

### Part III: Cross Analyzing Numbers, Elements, and Colors

**Step III-1.** First list the colors for each number and how many of each color there are.

<b>Number</b>	<b>Color</b>	<b>Meaning</b>
<b>One</b>	<b>Red</b>	represents the life energy, desires, and impulses.
<b>Two</b>	<b>Orange</b>	represents money, fertility, wisdom, and leadership.
<b>Three</b>	<b>Yellow</b>	represents the psychic, the intuition, and spiritual wisdom.
<b>Four</b>	<b>Green</b>	represents healing, bringing dreams into reality, and the power of concentration.
<b>Five</b>	<b>Tan</b>	represents being dependable, trustworthy, and organized.
<b>Six</b>	<b>Blue</b>	represents harmony, will power, and discipline.
<b>Seven</b>	<b>Purple</b>	represents the God Self within. It is a very high spiritual color.
<b>Eight</b>	<b>Black</b>	represents rebellion, a negative outlook, and the will.
<b>Nine</b>	<b>Gold</b>	represents wisdom, counseling, and the spiritual realms.
<b>Eleven</b>	<b>Pink</b>	represents peace, devotion, endurance, and the mystical.
<b>Twenty-two</b>	<b>Brown</b>	represents being dependable and being who you are by not putting on a false front.

Count your colors to see how many of each you have listing the numbers from the most frequent to the least frequent and then totaling to see if it matches the number of letters in you name. Refer to Step 1 above.

Amount	Number	Amount	Color
there are ____	of the number ____ (most frequent)	so there are ____	of the color _____
there are ____	of the number ____	so there are ____	of the color _____
there are ____	of the number ____	so there are ____	of the color _____
there are ____	of the number ____	so there are ____	of the color _____
there are ____	of the number ____	so there are ____	of the color _____
there are ____	of the number ____	so there are ____	of the color _____
there are ____	of the number ____	so there are ____	of the color _____
there are ____	of the number ____	so there are ____	of the color _____
there are ____	of the number ____ (least frequent)	so there are ____	of the color _____
Total	____ (should match the number of letters in the name)		

**Step III-2.** Total the number of each color you have in your name and put the numbers and the colors into the groups listed below.

**The colors are grouped together according to their energies:**

- Group 1** deals with the mental and emotional issues.
- Group 2** deals with the material aspects of life.
- Group 3** deals with the spiritual aspects of life.

<b>Group 1</b>	<b>Group 2</b>	<b>Group 3</b>
green ____	orange ____	yellow ____
blue ____	tan ____	purple ____
black ____	brown ____	gold ____
red ____	Total ____	pink ____
Total ____		Total ____

**Step III-3.** Total the groups above.

**Step III-4.** Arrange the color groups from greatest to least in total number.

color group \_\_\_\_ has a total of \_\_\_\_  
 color group \_\_\_\_ has a total of \_\_\_\_  
 color group \_\_\_\_ has a total of \_\_\_\_  
 Total \_\_\_\_ (should be the same as the number of letters in the name)

**Step III-5.** Now see how the colors strengthen the numbers by taking the meaning of the groups and matching them to the meanings of the numbers.

**Several examples:**

To hold a job (4) you need to be practical (earth), be able to concentrate (green), be disciplined and have the will power to be on time and do what is expected of you (blue and black), and have the energy to do so (red).

Having a friendship (2) you will get together to be with each other and you will communicate in many different ways (air). You will need to be dependable (tan), have the energy to do things (red), and be devoted (pink).

<b>Group 1</b>	<b>Group 2</b>	<b>Group 3</b>
<b>green</b> , healing, concentration, wisdom, dreams into reality	<b>orange</b> , money, fertility leadership	<b>yellow</b> , psychic, spiritual, intuition
<b>blue</b> , will power, discipline, harmony	<b>tan</b> , organization, dependability	<b>purple</b> , spiritual
<b>black</b> , will power, negativity	<b>brown</b> , dependability	<b>gold</b> , spiritual, wisdom counseling
<b>red</b> , life energy, desire, impulse	endurance	<b>pink</b> , mystical, peace, devotion,

<b>Number Meaning</b>	<b>Element</b>	<b>Color Group(s)</b>
<b>One</b> (self-confidence) strengthened by being practical	<b>earth</b>	group <b>1, 2, 3</b>
<b>Two</b> (relationships) strengthened by social contact	<b>air</b>	group <b>2 and 3</b> .
<b>Three</b> (self-expression) strengthened by social contact	<b>air</b>	and being alone to tap into the intuitive self <b>water</b> and by group <b>1 and 3</b> colors.
<b>Four</b> (work) strengthened by practical	<b>earth</b>	and by group <b>1, 2 and 3</b> colors.
<b>Five</b> (freedom, change) strengthened by changeable	<b>air</b>	and group <b>1, 2 and 3</b> .
<b>Six</b> (home) strengthened by practical	<b>earth</b>	and by group <b>1, 2 and 3</b> colors.
<b>Seven</b> (spiritual self) strengthened by silent, still	<b>water</b>	and by group <b>3</b> colors.



the silent, prospective, mystical qualities of **water**. Healing deals with all levels and healing on the spiritual level is enhanced with the group one colors. Concentration and will power are needed for introspection, meditation, and the discipline of entering the silence within.

**Color group 2 or money, dependability, and organization will reinforce:**

practical, conservative **earth** for these qualities all deal with the material plane.

the social, and changeable **air** as long as it does not dominate it and put too many limitations on it.

**It may weaken** the adventurous, active, and action of the life force of **fire** and provide the things needed so that silent, mystical, and meditative **water** can be reflective and solitary. However, some group 2 qualities can keep the water energies more practical.

**Color group 3, the spiritual colors, will reinforce:**

the silent, introspective, mystical, and being alone qualities of **water**.

**may weaken** the flesh loving, action filled life of **fire** and keep it from a total "living for today," "Devil may care" life style.

may lead the social loving, speaking, and changeable aspects of **air** to a career in ministry or some sort of charitable work where the care and helping of others is important.

Write your thoughts below.

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**Part IV: The Expression of the Energy of the Letters in the Name**

**Step IV-1.** Put each letter of the name into one of the four levels.

Letters that express through the **mental level** are: **A G H J L N P**

Letters that express through the **physical level** are: **D E M W**

Letters that express through the **emotional level** are: **B I O R S T X Z**

Letters that express through the **intuitive level** are: **C F K Q U V Y**

Use m = mental level, p = physical level, e = emotional, i = intuitive

Write your name here and put m, p, e, or i under each letter.

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Total all the mentals and put the total here \_\_\_\_\_.

Total all the physicals and put the total here \_\_\_\_\_.

Total all the emotionals and put the total here \_\_\_\_\_.

Total all the intuitives and put the total here \_\_\_\_\_.

(Total should match the letters in the name) \_\_\_\_\_.

**Step IV-2.** Arrange the expressions from most frequent to the least frequent.

<b>expression</b>	<b>number of</b>
_____	_____ (most frequent)
_____	_____
_____	_____
_____	_____ (least frequent)

**Step IV-3.** See how these levels will affect the numbers, elements, colors, and each other.

**If the emotional is the strong,** then whatever numbers are strong, emotions will play a part. The job, the relationship, the book, etc. will need to appeal to the emotional side of the person. If the emotional, it will also be a part of the life force, activity of fire, the silent, meditative side of water, the social, changeable part of air. This is true for the colors also.

**If the mental is strong,** then the mind will need to be active and guide the activity of the numbers, elements, and colors.

**If the physical is strong,** then you will be very active physically, and this will influence the numbers, elements, and colors.

**If the intuitive is strong,** that will guide the numbers, elements, and colors.

**If some of the expressions are equal,** those qualities will be equal in strength.

**If the emotional and mental are equal,** then there could be a pull between making a decision based on feelings versus logic. But if feelings and logic agree (if the mind and the emotions are in agreement) that person will make a choice and will not be moved from it.

**If the emotional and physical are equal,** the physical activities will also need to have an emotional response, such as, be excited about the challenges of playing football.

**If the mental and physical are equal,** then the person will need to have physical activities that involve mental processes, such as, coaching football.

**If the mind and the intuitive are equal,** the person may struggle between following the inner voice of the intuitive or the logic of the mental.





## **Life Charts: Gathering Information and Interpreting Meaning**

The life chart tells you what the major energies are that you have chosen to work with in this lifetime. The life chart shows the major areas you will be working with on healing and personal growth. Knowing these areas or energies helps you to better understand what is going on in your life at different times and to use that information to make wiser decisions or choices. It can give you a clearer picture of what is really going on in your life, and with the clearer picture comes understanding and wisdom. This then can lead you to choices that can facilitate the healing, learning, and growing process of the path you are on in this lifetime.

I put the Life Chart information on a form that you will find at the end of this chapter. For me, it makes the life chart much easier to read and use.

### **Life Path Number: Also Known as Life Lesson Number, Path of Life Number, or Destiny Number**

This number has many names depending on which numerology book you pick up. I call it the Life Path Number. It represents the major lessons or growth pattern that you have chosen to learn in this life time. It will influence in some way all that you choose to do. It will never change and runs throughout your entire lifetime.

From personal experience with my own Life Path Number, I can attest to the truth of this number. For me, all the experiences I have had have led up to the expression of my Life Path Number in my late 30's. From then on, I have been growing more fully into it as each year passes. It seems as if the first 30 some years of my life were experiences getting me ready for its expression, and the rest has been expressing it more and more fully.

**To get the Life Path Number**, you take the person's birth date and add it together then reduce it to a one digit number by adding the digits of the total together. So for John Doe Smith, we are using the birth date of July 5, 1876. You

add it together like this: 7 (for the seventh month) + 5 + 1876 or this:

$$\begin{array}{r} 7 \\ 5 \\ + 1876 \\ \hline 1888 = (1+8+8+8) = 25 = (2+5) = 7 \end{array}$$

So John Doe Smith's Life Path Number is 25/7. I use the double digit number that combines to get the single digit number together with the single digit. I have found that this gives a much more accurate meaning. Many numerology books only look at the single digit for influencing a person's life, but based on my own experience, I have found that using the double digit number that combines to form the single digit gives a more accurate interpretation. The single digit number is the most powerful and the double digit influences it. For instance, here John will be experiencing all of life's events so that he can learn and grow as a person to deal with the dualities in life and to learn what relationships are all about and to form healthy ones (the two). He will also be dealing with issues of personal freedom and change in his life, to use it wisely (the five). This will all be underlying issues for the seven. With the seven for the Life Path Number, John will be learning to be alone with himself, to meditate and study, to gain knowledge, and to get in touch with his spiritual side and develop it as part of his total being. All of John's life experiences will be directed toward relationships, personal freedom and Spirit.

If John had a 34/7 Life Path Number, all his life experiences would be directed toward finding his spiritual side and growing with it. Influencing this would be his desire to know himself and express that (the three), and to deal with limitations and work (the four). Similarly, if John had a 16/7 Life Path Number, all his life experiences would be directed toward finding his spiritual side and growing with it, but influencing this would be his desire to be self-confident (the one) and the importance of family and home (the six) .

Because John has a 25/7 Life Path Number, he will be strengthening some of the weaknesses that he brought with him into this lifetime that were discovered by doing his name. He had no sevens and only one two. Because the five was a strong number in his name giving it a strong energy in his life, the five in his life chart shows that he will be dealing with personal freedom and change all his life. He needs to heal any "wild," "devil may care," impulsive tendencies

he may have and to grow in the wisdom and knowledge on how to use this freedom wisely and responsibly.

### **Life Cycles or Sub-Paths**

Life Cycles operate concurrently along with the Life Path. Each cycle gives the opportunity for personal growth. Knowing and understanding the meanings of the number(s) of each cycle is also important. Special attention should be paid to these lessons as well as with all the numbers of the life chart. In order to find the time span of the Life Cycle, you need to know how to find the Universal and Personal Year number.

### **Finding the Personal Year**

**The first Life Cycle** will begin at birth and continue until the person enters a "One" Personal Year closest to their twenty-eighth birthday (to be exact, it is the twenty-eight birthday plus four months). The Personal Year number is the energy a person will be exposed to for that calendar year. On the "One" Personal Year closest to the twenty-eight birthday, the second Life Cycle will begin. The second Life Cycle will end on a "One" Personal Year closes to their fifty-seventh birthday (to be exact, the fifty-sixth birthday plus eight months) and the third Life Cycle will begin and run until death. This is based on the revolutions of the moon which takes twenty-eight years and four months to make a cycle. Numerology and astrology are closely interrelated.

Based on my own chart and that of others who have kept me informed, these Life Cycles can begin before their "scheduled" time or later, depending on how the person is handling the growth and the lessons. If you are doing well with a cycle, the one after it can begin "showing up" sooner. For some people, it has been 2-3 years earlier if they were handling the energies of the cycle they were in well and 2-3 years later if they were not. Also, I have found, and so have others, that the cycles can overlap each other. The Universe is all energy and energy ebbs and flows. It does not seem to begin on a specific date or time. It intermingles.

## Getting the Life Cycles for John Doe Smith

To get a **Personal Year Number**, you first find the Universal Year Number. To get the Universal Year Number, take any year and reduce it to the single digit unless it is a master number.

**For example, John Doe Smith was born in 1876:**

$$1876 = 1+8+7+6= 22 \text{ (22 is a master number and is not reduced further)}$$

To get a Personal Year Number, take the Universal Year Number, the month of birth and the day of birth, add them and then reduce them to a single digit.

**For John Doe Smith, his Personal Year Number for the year of his birth would be:**

$$\begin{array}{l} 22 \text{ (the Universal Year Number)} \\ 7 \text{ (the number of his birth month, July)} \\ \underline{+5 \text{ (the number of his birth day)}} \\ 34, 3+4=7 \text{ (34/7)} \end{array}$$

So John's Personal Year Number for the year of his birth (1876) is 34/7.

To find where the first Life Cycle will end and the second will begin (it will be when John has a "One" Personal Year Number closest to his twenty-eight birthday) you first find what the Personal Year Number of his twenty-eight birthday is by taking the year of his birth and adding 28 to find what year he will be 28.

$$\begin{array}{r} 1876 \\ + \underline{28} \\ 1904 \end{array}$$

Second, find out what the Personal Year Number is by first finding the Universal Year Number and then adding John's month and day of his birth to it.



**Universal Year Number for John:  $1904=1+9+0+4=14$ ,  $1+4=5$  (14/5)**

**Personal Year Number for John:**

5 (Universal Year #)  
7 (July, month of birth)  
+5 (day of birth)  
17,  $1+7=8$  (17/8)

Because of the year when John will be 28, his Personal Year is an eight.

The Personal Years follow in order, so if 1904 is an 8 Personal Year, then 1905 will be a nine Personal Year for John and so on. That means that 1906 will be a Personal Year that has the energies of the number one (after nine the cycles start over with 1 because all the digits after nine can be reduced to a single digit) and that is when the first Life Cycle will end and the second will begin. So, the second Life Cycle will begin in 1906 when John is 30 years old.

**The second Life Cycle** will end and the third Life Cycle will begin in a “One” Personal Year closest to John’s fifty-seventh birthday, (exact is fifty-six and eight months) birthday. John will be fifty-seven in 1933 (add 56 to the year he was born). So to find what the Personal Year Number is for him when he is fifty-six, first find the Universal Year Number and then add John’s birth month and day to it and reduce it.

**Universal Year Number for John’s 56th Birthday:  $1933=1+9+3+3=16$ ,  $1+6=7$  (16/7)**

**Personal Year Number for John:**

7 (Universal Year #)  
7 (July, month of birth)  
+5 (day of birth)  
 $19=1+9=10$ ,  $1+0=1$

So John's Personal Year Number for 1933 is a one. This is when the second Life Cycle will end and the third begin.

### **Finding the number(s) of the Life Cycles**

**The first Life Cycle** is the number of the birth month. So for John, his first Life Cycle is a 7 because he was born in July, the seventh month. This means that John will spend the first twenty some years of his life working with the energies of the seven (which is the spiritual self) along with all the other energies that belong to the beginning of his life that are in the Life Chart.

**The second Life Cycle** will be the number of the birth day. John was born on the fifth, so the second Life Cycle will be a five (which is personal freedom and change). Here again, he will be dealing with all the energies that are in effect during the middle part of his life that are in the Life Chart.

**The third Life Cycle** will be the number of the birth year. John was born in 1876.  $1+8+7+6=22$ . John's third Life Cycle will be a twenty-two (twenty-two is a master number and is not reduced and deals with projects that benefit mankind). As before, he will be dealing with all the energies that run during the last part of his life that are in the Life Chart.

### **Life Attainments**

There are four Life Attainments, and they run concurrently with the Life Path and the Life Cycles. Life Attainments are the changes that the person will be dealing with and the lessons and healings they will be working with during the time of each one. Nine is the number of the basic cycle of the numbers. There are four Life Attainments; so, nine is multiplied by the four to get thirty-six. From this is subtracted the Life Path Number to find when the first Life Attainment will end and the second begin. The second Life Attainment will end nine years later and the third will begin. The third will end nine years later and the fourth will begin and run until death.

**To find when the first Life Attainment will end**, add 36 to the year of birth, then subtract the Life Path Number, (see beginning of chapter) from the total.

**John Doe Smiths first Life Attainment will end:**

$$\begin{array}{r} 1876 \text{ (year of birth)} \\ +36 \\ \hline 1912 \\ - \underline{7 \text{ (Life Path \#)}} \\ \hline 1905 \end{array}$$

John's **first Life Attainment** will end in 1905 when he is 29 years old, and his second will begin. **The second** will run nine years; so, it will end in 1914 when he is 38 years old, and the third will begin. **The third** will run nine years; so, it will end in 1923 when he is 47 and the fourth will begin. **The fourth Life Attainment** will then run until death.

**The Numbers for the Life Attainments**

The numbers that John will be dealing with during these Life Attainments will be found as follows. **For the first Life Attainment** add the month to the day of birth, so John's first Life Attainment will be:

$$\begin{array}{r} 7 \\ +5 \\ \hline 12=1+2=3 \text{ (12/3)} \end{array}$$

**For the second Life Attainment** add the day and the year of birth. John's second Life Attainment will be:

$$\begin{array}{r} 5 \\ +1876 \\ \hline 1881=1+8+8+1=18, 1+8=9 \text{ (18/9)} \end{array}$$

**For the third Life Attainment** add the first and second Life Attainment together. John's will be:

$$\begin{array}{r} 12 \\ +18 \\ \hline 30, 3+0=3 \text{ (30/3)} \end{array}$$

**For the fourth Life Attainment** add the month and the year of birth. John's will be:

$$\begin{array}{r} 7 \\ +1876 \\ \hline 1883=1+8+8+3=20, 2+0=2 (20/2). \end{array}$$

John Doe Smith's first Life Attainment will be a 12/3 which means that he will be working with, growing in, and healing the energies of three. This is expressing who he is and finding out what that means. But "behind" that three will be the energies of the one and the two. John will also be working with, growing in, and healing his self-confidence and new beginnings of the one and relationships of the two. So, as John learns who he is and expresses himself or his true self, it will bring issues of self-confidence, new beginnings, and relationships along with it. They will be a part of his expressing who he is.

John's second Life Attainment will be a 18/9. Here he will be dealing with bringing issues in his life to a close, completing projects he has started and ridding himself of ideas, objects, people that no longer are of use to him. This can be done on any or all levels (the nine). Along with the energies of the nine, he will continue working with self-confidence and new beginnings (the one), and he will be working with the material aspects of life (the eight). So, as he completes and releases, he will be facing the opportunity for new beginnings and building self-confidence to move forward and take on new challenges. He will be working a lot with the material aspects of life, power, and money. Many of the new beginnings will deal with the material plane; so will the letting go, completions, and the endings.

His third Life Attainment is a 30/3. He will be discovering much about himself and learning how to express himself to others.

His fourth Life Attainment will be a 20/2. He will be growing, healing and dealing with relationships and dualities. This can mean the relationship he has with himself, God, others, job, environment, etc. He will also be working with dualities such as male/female, material aspects/spiritual aspects, and justice/mercy.

## Life Challenges or Life Lessons

Special attention needs to be paid to the lessons of the Life Challenges. These are areas that need to be strengthened, healed, and brought into balance so that they are not too dominating or too weak in your personality. There are three Life Challenges. One Life Challenge is the major challenge. It will run all of your life time. The other two Life Challenges are minor challenges. The first one runs the first half of life, and the second runs the second half of life. But as any energy, the second may be felt before the first is finished so the first may continue into the second depending on how much healing and growing has taken place.

**The first Minor Challenge** runs the first half of life and is found by taking the person's month and day of birth and reducing them to single digits. For John, they are already single digits. July is the seventh month and the day is 5. Subtract the lesser from the greater number. In John's example, you'd subtract 5 from 7, ( $7-5=2$ ). John's first Life Challenge, which will run the first part of his life, will deal with learning about, healing and balancing relationships, duality, and his ego and spiritual self.

**The second Minor Challenge** runs the last half of life and is found by reducing the year of birth and the day of birth to single digits and then subtracting the lesser of the two numbers from the greater. For example, John, was born in 1876 so  $1+8+7+6=22$ ,  $2+2=4$ . His day of birth is already a single digit.  $5-4=1$ . John's Second Minor Challenge will be a one. This will run for the second part of his life. He will be learning about and healing issues of the number one. This means he will be dealing with the issues of self-confidence, ego, and new beginnings. He will also be learning to integrate his personal life with his spiritual life and to see them as one.

**The Major Life Challenge** or Lesson will run through all of one's life. It is found by subtracting the First Minor Challenge from the Second Minor Challenge. John's First Minor Challenge was a two and his Second Minor Challenge was a one. So,  $2-1=1$ . Throughout his lifetime, John will be dealing with the lessons of learning about and healing things dealing with self-

confidence and ego, new beginnings, and uniting his material life with his spiritual life. Because the Second Minor Challenge is the same as the Major Life Challenge, the energy of this healing and growing will be doubled during the second half of John's life. He will really be hit hard with these lessons in many ways. This can mean tremendous healing and awakening or tremendous problems depending on how he is progressing with his personal healing and growth.

### Soul Energies

The rest of the Life Chart is concerned with the Soul energies and will have a strong influence on how a person's life is lived, what choices are made, and their "secret" longings and tendencies.

**The Soul Urge** is an inner longing that is deep within us and will seem to "color" who we are and what we want. My Soul Urge is a 16/7. I have been healing and working on my own growth and discovering who I am for a long time and longing to know God, to be one with Him and His love (number one). I have handled responsibility, making decisions, and my home is very important to me (the six). The longing to know the God Self within, to really know, that the Christ lives within me and to express that love of God to others has been my life long dream (the seven). My favorite color is purple (seven's color) and when I would become stressed in my job, going to the restroom and letting water run over my hands, or coming home and taking a bath would calm me and renew me (water is the element of the seven.) I have a fountain in my living room at home because of the peace it brings to me.

**The Soul Urge** is found by adding all the vowels in the person's name at birth (see Charting and Interpreting Names). So, for John, his would look like this:

6	6 5	9 = 26 = 2 + 6 = 8 or 26/8
J o h n	D o e	S m i t h

John's Soul Urge is a 26/8. This means that he will seek out relationships

and yearn to know and understand his “lower” and “higher” self (the two). He will welcome responsibilities and decision making. Home will be his castle (the six). He will hunger for and enjoy the material aspects of life. He will love big business, large accumulations, and seek out power, wealth and success. The inner voice, his intuition or “gut” feeling, will be one he can rely on. So if he listens to it, he will have an inner knowing that will aid in the choices he makes to achieve material success (the eight).

**Soul Urges Behind the Soul Urge** are a deeper look into the deep inner feelings. This is done by looking at the vowels of a person’s name because it is the vowels that make up the Soul Urge. John has 2 sixes, 1 five, and 1 nine. He will be a lover of family and his home (the sixes). He will strive for freedom and changes (the five), and he will seek knowledge, be willing to sacrifice, and want closure (the nine).

**The Soul Challenge or Lesson** is that which is applies to the inner feelings, (the Soul Urge) and must be overcome so the soul can fully express. To find the Soul Challenge or Lesson, you subtract the first vowel from the last vowel of the total name, or the last from the first vowel depending on which is greater. For John, that would be the o (six) and the i (nine). So his equation would be  $9-6=3$ . John’s inner longing to learn and know is to express who he is in a beautiful way. Because his Soul Urge is an eight, which deals with material aspects, he will want his business, his accomplishments, and his successes to reflect who he is in a positive way.

**The Quiet Self or Inner Self** is that which you need to create within yourself and for yourself and what is necessary for you to accomplish in this life. To find the Quiet or Inner Self, you add all the consonants in the full name at birth. So, for John Doe Smith:

J	o	h	n	D	o	e	S	m	i	t	h
1	8	5		4			1	4	2	8	= 33

Thirty-three is a master number and is not reduced. John is to learn to feel compassion, to see himself as a teacher and leader, and to feel the willingness to

“sacrifice” for the good of another. The master number will reduce to a six (3+3=6) if John fails to create the thirty-three within himself. If that happens, he will have problems with his home life, making adjustments and handling decisions.

**The Challenge to the Quiet or Inner Self** is what needs to be overcome in order to accomplish what the Quiet or Inner Self needs to do. To find the Challenge to the Quiet or Inner Self, subtract the first letter from the last letter in the total name (the lesser from the greater). So for John, it would be the last letter h which is an eight minus the j which is a one (8-1=7). John must study and gain knowledge. He must learn to go within and contact his own inner wisdom, his own spiritual self.

**The Expression** is what you are expressing to the people who come in contact with you. This is how they “see” you. The Expression is the total of what you have to work with in this life, all the positive and negative aspects that make up who you are. To find the Expression, add the entire letters of the complete name at birth. So for John it would look like this:

$  \begin{array}{r}  1 \ 6 \ 8 \ 5 \\  J \ o \ h \ n  \end{array}  \quad  \begin{array}{r}  4 \ 6 \ 5 \\  D \ o \ e  \end{array}  \quad  \begin{array}{r}  1 \ 4 \ 9 \ 2 \ 8 \\  S \ m \ i \ t \ h  \end{array}  = 59 = 5 + 9 = 14 = 1 + 4 = 5 \ (14/5)  $
--

John’s Expression, or how others see him is a 14/5. He expresses as someone who is confident, hard working, enjoys change, and likes to be free.

**The Challenge to the Expression** is what must be overcome and done in order for you to express in a positive way. To find the Challenge to the Expression, you add the Soul Urge and The Quiet Self together because the Soul Urge is what moves you and is what is being sought, and the Quiet Self is what you would like to accomplish in life. For John, his Soul Urge is an eight and the Quiet Self is a 33. 8+33=41=4+1=5. John’s Challenge to the Expression is a 41/5. He must learn not to take his freedom as a license to be irresponsible and over-indulgent (the five). He must also learn to work and handle limitations (the four) and to handle being self-confident without being overbearing and egotistic.



**The Hidden Passion** is a single factor in the person's life that is an overpowering drive. To find the Hidden Passion, you look at the name and see which number or numbers appear the most. In John's, he has 5 numbers that appear the most, one, four, five, six, and eight. He will be driven to make choices that benefit himself (one), to work (four), to have personal freedom and change (five), to achieve through taking on responsibilities and making decisions (six), and he will strive for money and power (eight).

**The Sub-Conscious Self** is the reaction the person will have when presented with an emergency or a problem. It will be the first reaction. To find the Sub-Conscious Self, find the number of numbers missing from the person's name (the Karmic numbers) and subtract those from the number 9. John Doe Smith has the number three, and the number seven missing from his name. So he has 2 numbers that are missing,  $9-2=7$ . John Doe Smith's reaction to a problem or a crisis would be to pull away and to be alone. He will not welcome help or contact from others, at least not at first.

**The Eccentricity** is how the person will react to things that are unpleasant or to a problem that seems unsolvable. To find the Eccentricity, take the Key (the total of the numbers in the first name) and add the day of birth. John's first name totals 20. Add to that his day of birth which is the fifth and you have 25/7. He will want to be alone and to gain knowledge. Later, he will want to work with someone on it, and he will work to just be free of the problems.

**The Cornerstone** is the foundation on which the life will be built on. It is the first letter of the first name. John's is J and a J is a one. John's life will revolve around himself, his needs and wants. He will need to overcome being selfish and his ego if he is to heal and grow.

**The Balance Number** is what the person will stand firm in on cases of emergencies and problems. This is the value they will not budge from. It is found by adding the initials of all the names at birth. For John Doe Smith, that would be  $J=1$ ,  $D=4$ , and  $S=1$ .  $1+4+1=6$ . John will stand firm in his duty to his family.

**The First Key** shows how the life will be lead; it is an indication of what it

will be like. To find the First Key, reduce all the numbers in the first name to a single digit and add them together. The numbers that add to the single digit are also important secondary energies. For John, his numbers are:  $1+6+8+5=20/2$ . John will lead his life in association with others (2). He will also strongly live for self (1), family (6), material possessions (8), change and freedom (5). He will need to be cautious that these things do not become so important that he disregards others and becomes concerned with only his needs. This is part of his healing and growing process.

**The Second Key** is the certain element that will be strived for. It is found by using the first letter of the last name. John's is an S which is a one. He will be centered on himself and the things he wants. This ego will be an area to be balanced with the needs and wants of those in his life for him to be healthy.

**An Important Character Trait** is found with the first vowel of the first name. John's is an O. He will be emotional, but will tend to hold those emotions inside. He will be secretive and tend to rely on himself.

Vowel	# Value	Meaning
A	1	It is very mental and creative. The drive will be for self.
E	5	It is very active and physical with a drive for change and freedom.
I	9	It is very emotional and will want to have closure.
O	6	It is emotional but it's held inside, secretive, and rely on self.
U	3	It is intuitive, emotional, expressive with a tendency to self-sacrifice.
W	5	It's physical, powerful, needs freedom and change.
Y	7	It's intuitive, perceptive, erratic and secretive.

**The Achievement** is what needs to be accomplished in this life. It is the life's primary mission. As long as this is not accomplished, there will be tension within the person. The Achievement is found by using the month and day of birth. For John, that is July (7) and day (5) so  $7+5=12/3$ . John's mission is to learn to express who he is in some way through art, music, words (3), etc. Because the 7 and 5 add to 12, he will also need to learn to care for self (the 1) and have healthy relationships (the 2).

**The Capstone** is how the person will react to every day life. Use the last letter of the first name for the Capstone. For John, it is n. N is a 5. John will strive for his own personal freedom and want to change things.

**The Life Number** is the primary motivator. This is what will get you moving to do things and to achieve things. To find the Life Number add the Life Path number and the Expression. For John, his Life Path is a 25/7 and his Expression is a 14/5. So, adding these two, ( $7+5=12$ ,  $1+2=3$  or  $12/3$ ) John's motivation in his life is a 12/3. He will want to express himself and his ideas, his feelings, etc. (3), learn about and strengthen his identity (1) and be out in society (2).

**The Spiritual Initiation** is what a person will be exposed to in order to learn their life lessons. To find the Spiritual Initiation, add the Expression, the Soul Urge, the Life Path, and the day of birth. For John, that would be: five for Expression, eight for Soul Urge, seven for Life Path, and five for day of birth. When added together, they are 25/7. John will be exposed to a lot of alone time, study, knowledge, and spirituality which is the seven. He will also be exposed to many relationships, change and personal freedom which is the two and five. There will be many lessons brought to John through these avenues so that he can grow and heal.



## John Doe Smith's Life Chart

<u>Life Path</u>	<u>Life Cycles</u>	<u>Attainments</u>	<u>Challenges</u>
<p style="text-align: center;">25/7</p> <p>John will be experiencing all of life's events so that he can learn to be alone with himself, to meditate study and gain knowledge. He will work toward getting in touch with his spiritual nature and develop it as part of his total being (the 7). He will learn to see and work with the dualities in life, learn what relationships are about and how to form healthy ones (the 2). He will be learning to use personal freedom and change wisely (the 5). The 2 and 5 will all be underlying the issues of the 7. All of John's life experiences will be directed toward the spiritual nature within himself through his relationships, self concept, personal freedom and change.</p>	<p style="text-align: center;">7</p> <p>John will be dealing with the spiritual aspects, being alone to introspect, meditate, study and finding the spiritual self within.</p> <p style="text-align: center;"><u>Year 1906, age 30</u></p> <p style="text-align: center;">5</p> <p>John will be dealing with issues of personal freedom and change.</p> <p style="text-align: center;"><u>Year 1933, age 57</u></p> <p style="text-align: center;">22</p> <p>John will be handling projects to benefit humankind which will help bring out and develop his spiritual nature.</p>	<p style="text-align: center;">12/3</p> <p>John will be developing his ego and how he sees himself, relationships and expressing himself.</p> <p style="text-align: center;"><u>Year 1905, age 29</u></p> <p style="text-align: center;">18/9</p> <p>He will be developing the ego, dealing with the material aspects of life, learning to give selfless service to others and working with endings.</p> <p style="text-align: center;"><u>Year 1914, age 38</u></p> <p style="text-align: center;">30/3</p> <p>He will work with expressing who he is.</p> <p style="text-align: center;"><u>Year 1923, age 47</u></p> <p style="text-align: center;">20/2</p> <p>He will be working on relationships and their meaning in his life.</p>	<p style="text-align: center;"><u>Major Life Lesson</u></p> <p>which will run through the entire lifetime.</p> <p style="text-align: center;">1</p> <p>John is learning about healing things dealing with self-confidence, and ego. He will be learning to deal with new beginnings, and to unite his material life with his spiritual life.</p> <p style="text-align: center;"><u>First Minor Life Lesson</u></p> <p>runs the first half of his life.</p> <p style="text-align: center;">2</p> <p>He will be learning about healing and balancing and building healthy relationships, dealing with duality, his ego and his spiritual self.</p> <p style="text-align: center;"><u>Second Minor Life Lesson</u></p> <p>runs the last half of life.</p> <p style="text-align: center;">1</p> <p>John's is the same as his Major Life Lesson.</p>



## **The Soul Energies would be put on the back of the chart.**

Soul Urge is an inner longer deep within us. John's Soul Urge is a 26/8. This means that he will seek out relationships and yearn to know and understand his "lower" and "higher" self (the two). He will welcome responsibilities and decision making. Home will be his castle (the six). He will hunger for and enjoy the material aspects of life. He will love big business, large accumulations, and seek out power, wealth and success. The inner voice, his intuition or "gut" feeling, will be one he can rely on. So if he listens to it, he will have an inner knowing that will aid in the choices he makes to achieve material success (8).

Soul Urges Behind the Soul Urge are a deeper look into the deep inner feelings. John has 2 sixes, 1 five, and 1 nine. He will be a lover of family and his home (the sixes). He will strive for freedom and changes (the five), and he will seek knowledge, be willing to sacrifice, and want closure (the nine).

The Soul Challenge or Lesson is that which applies to the inner feelings, (the Soul Urge). For John, that would be the 3. John's inner longing to learn and know is to express who he is in a beautiful way. Because his Soul Urge is an eight, which deals with material aspects, he will want his business, his accomplishments, and his successes to reflect who he is in a positive way.

The Quiet or Inner Self is that which you need to create within yourself and for yourself and what is necessary for you to accomplish in this life. For John Doe Smith it is 33. Thirty-three is a master number and is not reduced. John is to learn to feel compassion, to see himself as a teacher and leader, and to feel the willingness to "sacrifice" for the good of another. The master number will reduce to a six ( $3+3=6$ ) if John fails to create the thirty-three within himself. If that happens, he will have problems with his home life, making adjustments and handling decisions.

The Challenge to the Quiet or Inner Self is what needs to be overcome in order to accomplish what the Quiet or Inner Self needs to do. John's is 7. He is to study and gain knowledge. He must learn to go within and contact his own inner wisdom, his own spiritual self.

The Expression is what you are expressing to the people who come in contact with you. This is how they "see" you. The Expression is the total of what you have to work with in this life, all the positive and negative aspects that make up who you are. John's Expression is 14/5. He expresses as someone who is

confident (1), hard working (4), enjoys change, and likes to be free (5).

The Challenge to the Expression is what must be overcome and done in order for you to express in a positive way. John's Challenge to the Expression is a 41/5. He must learn not to take his freedom as a license to be irresponsible and over-indulgent (5). He must also learn to work and handle limitations (4) and to handle being self confident without being overbearing and egotistic (1).

The Hidden Passion is a single factor in the person's life that is an overpowering drive. In John's, he has 5 numbers that appear the most, one, four, five, six, and eight. He will be driven to make choices that benefit himself (1), to work (4), to have personal freedom and change (5), to achieve through taking on responsibilities and making decisions (6), and he will strive for money and power (8).

The Subconscious Self is the reaction the person will have when presented with an emergency or a problem. It will be the first reaction. John's comes to the 7 so his reaction to a problem or a crisis would be to pull away and to be alone. He will not welcome help or contact from others, at least not at first.

The Eccentricity is how the person will react to things that are unpleasant or to a problem that seems unsolvable. John's is 25/7. He will want to be alone and to gain knowledge (7). Later, he will want to work with someone on it (2), and he will work to just be free of the problems (5).

The Cornerstone is the foundation on which the life will be built. It is the first letter of the first name. John's is J and a J is a one. John's life will revolve around himself, his needs and wants. He will need to overcome being selfish and his ego if he is to heal and grow.

The Balance Number is what the person will stand firm in on cases of emergencies and problems. This is the value they will not budge from. For John Doe Smith, that would be J=1, D=4, and S=1.  $1+4+1=6$ . John will stand firm in his duty to his family.

The First Key shows how the life will be led; it is an indication of what it will be like. For John, it is 20/2. John will lead his life in association with others. He will also strongly live for self, family, material positions, change and freedom. He will need to be cautious that these things do not become so important, that he disregards others and becomes concerned with only his needs. This is part of his healing and growing process.



The Second Key is the certain element that will be strived for. John's is 1. He will be centered on himself and the things he wants. This ego will be an area to be balanced with the needs and wants of those in his life for him to be healthy.

An Important Character Trait is found with the first vowel of the first name. John's is an O. He will be emotional, but will tend to hold those emotions inside. He will be secretive and tend to rely on himself.

The Achievement is what needs to be accomplished in this life. It is the life's primary mission. As long as this is not accomplished, there will be tension within the person. For John: that is 12/3. John's mission is to learn to express who he is in some way through art, music, words, etc. (3) Because the 7 and 5 add to 12, he will also need to learn to care for self (1) and have healthy relationships (2).

The Capstone is how the person will react to every day life. For John, it is n. N is a 5. John will strive for his own personal freedom and want to change things.

The Life Number is the primary motivator. This is what will get you moving to do things and to achieve things. John's motivation in his life is a 12/3. He will want to express himself and his ideas, his feelings, etc. (3), work on himself as a person (1) and be with other people (2).

The Spiritual Initiation is what a person will be exposed to in order to learn their life lessons. John's is 25/7. John will be exposed to a lot of alone time, study, knowledge, and spirituality which is the seven. He will also be exposed to many relationships, change and personal freedom which is the two and five. There will be many lessons brought to John through these avenues so that he can grow and heal.



## Now Let's Do Your Life Chart

### Life Chart Summary

(Use this summary sheet to put your findings to make the process easier.)

Life Path # \_\_\_\_\_

First Life Cycle ends the year of \_\_\_\_\_ age \_\_\_\_\_ and is the # \_\_\_\_\_

Second Life Cycle ends the year of \_\_\_\_\_ age \_\_\_\_\_ and is the # \_\_\_\_\_

Third Life Cycle ends the year of \_\_\_\_\_ age \_\_\_\_\_ and is the # \_\_\_\_\_

First Life Attainment ends the year of \_\_\_\_\_ age \_\_\_\_\_ and is the # \_\_\_\_\_

Second Life Attainment ends the year of \_\_\_\_\_ age \_\_\_\_\_ and is the # \_\_\_\_\_

Third Life Attainment ends the year of \_\_\_\_\_ age \_\_\_\_\_ and is the # \_\_\_\_\_

Fourth Life Attainment ends the year of \_\_\_\_\_ age \_\_\_\_\_ and is the # \_\_\_\_\_

First Minor Life Challenge runs first half of life and is # \_\_\_\_\_

Second Minor Life Challenge runs second half of life and is # \_\_\_\_\_

Major Life Challenge runs all of life and is # \_\_\_\_\_

Soul Urge # \_\_\_\_\_

Urges Behind the Soul Urge \_\_\_\_\_

Soul Urge Challenge # \_\_\_\_\_

The Quiet Self # \_\_\_\_\_

The Challenge to the Quiet Self # \_\_\_\_\_

The Expression # \_\_\_\_\_

The Challenge to the Expression # \_\_\_\_\_

The Hidden Passion # \_\_\_\_\_

The Sub-Conscious Self # \_\_\_\_\_

The Eccentricity # \_\_\_\_\_

The Cornerstone # \_\_\_\_\_

The Balance Number # \_\_\_\_\_

The First Key # \_\_\_\_\_

The Second Key # \_\_\_\_\_

An Important Character Trait \_\_\_\_\_

The Achievement # \_\_\_\_\_

The Capstone # \_\_\_\_\_

The Life Number # \_\_\_\_\_

Notes



## Life Chart

**Life Path** shows the major lessons that you have chosen to learn in this life time.

**To get the Life Path Number**, take your birth date and add it together. Reduce it to a one digit number by adding the digits of the total together. For example:

(June) = 6+ (day of birth) 14+ (year of birth) 1956 = 1976 = 1+9+7+6 = 23/5

\_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_, \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ = \_\_\_\_/\_\_\_\_

(Remember to reduce it to a single digit unless it is a master number and use the last three digits, i.e.. 36/9.) Write the meaning of the number(s): \_\_\_\_\_

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**Life Cycles or Sub-Paths** are opportunities for personal growth during a set period of your life time which will have emphasis on certain number energies.

**The first Life Cycle** will begin at birth and continue until you enter a "One" Personal Year closest to your twenty-eighth birthday (to be exact, it is the twenty-eighth birthday plus four months). The Personal Year number is the energy a person will be exposed to during that calendar year. When the Personal Year number is a one, then it is considered a "One" Personal Year.

**To find the "One" Personal Year closest to your 28th birthday, follow these steps:**

Find what year you will be/were 28 by adding 28 to the year of your birth.  
(year of birth)\_\_\_\_\_ + 28= \_\_\_\_\_

Find your Personal Year number for that year of your 28th birthday by:

a.) finding the Universal Year Number for the year of your 28th birthday by adding the year's digits together and then reducing it down to a single digit, unless it is a master number, example:

$$1846 = 1+8+4+6 = 19 = 1+9 = 10 = 1+0 = 1$$

(add digits of the year you will be 28)

$$\underline{\quad} + \underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad}, \underline{\quad} + \underline{\quad} = \underline{\quad}$$

b.) now add your month and day of birth to the last number above then reduce it to a single digit unless it is a master number, example: the last number in the example above is 1 + (month of birth, June) 6 + (day of birth) 16

$$=23 = 2+3 =5 \text{ or } 23/5 \quad \underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad}, \underline{\quad} + \underline{\quad} = \underline{\quad}$$

The Personal Year numbers run in order from 1 through 9 then repeat 1 through 9. So, if the year is not a One Personal Year on your twenty-eighth birthday, then count back the years or forward the years to get to a One Personal Year. Personal Year numbers where the One Person is closer by counting backwards are 2, 3, 4, and 5. Personal Year numbers that are closer to a One Personal Year are 6, 7, 8, and 9.

If you have a 5 Personal Year in the year 1856 so count back:

1855 would be a 4 Personal Year

1854 would be a 3 Personal Year

1853 would be a 2 Personal Year

1852 would be a 1 Personal Year

Say you got a 6 Personal Year for the year 1856, then count forward:

1857 would be a 7 Personal Year

1858 would be a 8 Personal Year

1859 would be a 9 Personal Year

1860 would be a 1 Personal Year (numbers repeat after 9 because

10 reduces to 1+0=1, etc.)

Write the year and the age you will be when you will have a One Personal Year closest to your 28th birthday here: \_\_\_\_\_

**The second Life Cycle** will begin when the first Life Cycle ends and will continue until the One Personal Year closest to your 57th birthday. Do the same procedure to find the One Personal Year closest to your 57th birthday.

Find what year you will be/were 57 by adding 57 to the year of your birth.  
(year of birth) \_\_\_\_\_ + 57 = \_\_\_\_\_

Find your Personal Year number for that year of your 57th birthday by:

a.) finding the Universal Year number for the year of your 57th birthday by adding the year's digits together and then reducing it down to a single digit unless it is a master number:

(add the digits of the year you will be 57)

\_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ = \_\_\_\_\_, \_\_\_ + \_\_\_ = \_\_\_

b.) add your month of birth and your day of birth to the last number above then reduce it to a single digit unless it is a master number:

\_\_\_ + \_\_\_ + \_\_\_ = \_\_\_\_\_, \_\_\_ + \_\_\_ = \_\_\_

**The second Life Cycle will end** on a "One" Personal Year closest to your fifty-seventh birthday (to be exact, the fifty-sixth birthday plus eight months) and **the third Life Cycle will begin** and run until death.

Write the year and the age you will be when you will have a One Personal Year closest to your 57th birthday here: \_\_\_\_\_

### Finding the number(s) of the Life Cycles

**The first Life Cycle** is the number of your birth month. Write your birth month number here: \_\_\_\_\_ (be sure to reduce it to the single digit also as 12/3, unless it is the master number 11). Now write the meaning for the number(s) here: \_\_\_\_\_  
\_\_\_\_\_

**The second Life Cycle** will be the number of the day of your birth. Write your birth day number here: \_\_\_\_\_ (be sure to reduce it to the single digit also

as 27/9, unless it is a master number of 11 or 22). Record the meaning for the number(s) here: \_\_\_\_\_

\_\_\_\_\_

**The third Life Cycle** will be the number of the birth year reduced to its single digit unless it is a master number. Write your birth year here: \_\_\_\_\_ (be sure to reduce it to the single digit also as 17/8, unless it is a master number of 11, 22, 33...). Now write the meaning for the number(s): \_\_\_\_\_

\_\_\_\_\_

### Life Attainments

There are four Life Attainments. A Life Attainment deals with the changes that a person will make and the lessons and healings they will be working with during the time of each one. Nine is the number of the basic cycle of the numbers. There are four Life Attainments; so, nine is multiplied by the four to get thirty-six. From 36 subtract the Life Path Number to find when the first Life Attainment will end and the second begin. The second Life Attainment will end nine years later and the third will begin. The third will end nine years later, and the fourth will begin and run until death.

**To find when your first Life Attainment will end,** add 36 to the year of your birth, then subtract your Life Path number from the total (the lesser number from the greater).  $36 + \underline{\hspace{1cm}} = \underline{\hspace{1cm}} - \underline{\hspace{1cm}} = \underline{\hspace{1cm}}$  Write the year and age you will be when your first Life Attainment will end: \_\_\_\_\_

**To find when your second Life Attainment will end,** add 9 to the year your first Life Attainment will end.  $\underline{\hspace{1cm}} + 9 = \underline{\hspace{1cm}}$  Write the year and age you will be when the second Life Attainment will end: \_\_\_\_\_

**To find when your third Life Attainment will end,** add 9 to the year your second Life Attainment will end.  $\underline{\hspace{1cm}} + 9 = \underline{\hspace{1cm}}$  Write the year and the age you will be when the third Life Attainment will end: \_\_\_\_\_



## The Numbers for the Life Attainments

**For the first Life Attainment** add the month to the day of birth \_\_\_ + \_\_\_ = \_\_\_\_\_. Write the meaning for the number(s): \_\_\_\_\_

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**For the second Life Attainment** add the day and the year of birth \_\_\_ + \_\_\_ = \_\_\_\_\_. Now write the meaning for the number(s): \_\_\_\_\_

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**For the third Life Attainment** add the first and second Life Attainment together \_\_\_ + \_\_\_ = \_\_\_\_\_. Record the meaning for the number(s) here:

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**For the fourth Life Attainment**, add the month and the year of birth, \_\_\_ + \_\_\_ = \_\_\_\_\_. Write the meaning for the number(s): \_\_\_\_\_

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**Life Challenges or Life Lessons Life Challenges** are those lessons that you need to pay special attention to. These are areas that need to be strengthened, healed, and brought into balance.

**First Minor Challenge** runs the first half of your life and is found by taking your month and day of birth and reducing them to single digits. Then subtract the lesser from the greater number. (month single digit) \_\_\_\_\_ (day single digit) \_\_\_\_\_, now subtract \_\_\_\_\_ - \_\_\_\_\_ = \_\_\_\_\_

Record the number of your First Minor Challenge; \_\_\_\_\_ Now write the meaning of that number(s): \_\_\_\_\_

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**The Second Minor Challenge** will run the last half of your life and is found by reducing the year of birth and the day of birth to single digits and then subtracting the lesser of the two numbers from the greater year \_\_\_\_ (as a single digit), day \_\_\_\_ (as a single digit) now subtract \_\_\_\_ - \_\_\_\_ = \_\_\_\_

Record your Second Minor Challenge: \_\_\_\_\_ Record the meaning of that number(s) here: \_\_\_\_\_

\_\_\_\_\_

**The Major Life Challenge or Lesson** will run all of your life. It is found by subtracting the First Minor Challenge from the Second Minor Challenge, the lesser from the greater. (You may need to subtract the Second Minor Challenge from the First if the Second Minor Challenge is the greatest number).

\_\_\_\_\_ - \_\_\_\_\_ = \_\_\_\_\_

Write your Major Life Lesson here: \_\_\_\_\_ Record the meaning of that number(s) here: \_\_\_\_\_

\_\_\_\_\_

**Note:** If you get a zero for an answer in the Life Chart, then there is no lesson or challenge.

**The rest of the Life Chart is concerned with the Soul energies** and will have a strong influence on how a person's life is lived, the choices made, and their "secret" longings and tendencies.

**The Soul Urge** is an inner longing that is deep within us and will seem to “color” who we are and what we want. The Soul Urge is found by adding all the vowels in the person’s name at birth.

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

**K=11 and V=22**

Write your name here and place the value of each vowel above the vowel letter:

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Add the values of all the vowels of your name and reduce it to a single digit by adding the digits of a two digit sum unless it is a master number.

\_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ = \_\_\_ + \_\_\_ =  
 \_\_\_\_\_

Record your Soul Urge \_\_\_\_\_ (i.e. 34/7 or a master number). Write the meaning for the number(s): \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Soul Urges Behind the Soul Urge** are a deeper look into the deep inner feelings. This is done by looking at the vowels of your name because it is the vowels that make up the Soul Urge. Write your vowels here: I have \_\_\_ a’s which are 1’s, I have \_\_\_ e’s which are 5’s, I have \_\_\_ i’s which are 9’s, I have \_\_\_ o’s which are 6’s, I have \_\_\_ u’s which are 3’s, I have \_\_\_ y’s used as a vowel (as in Lynn) which are 7’s and \_\_\_ w’s used as a vowel (as in Matthew) which are 5’s.

Write the meanings of each number here by listing them from the most frequent number to the least: \_\_\_\_\_  
 \_\_\_\_\_

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**The Soul Challenge or Lesson** is that which applies to the inner feelings, (the Soul Urge) and must be overcome so the soul can fully express. To find the Soul Challenge or Lesson, you subtract the first vowel from the last vowel of your total name, or the last from the first vowel depending on which is greater. Write the first and last vowel with its number value of your full name and subtract: \_\_\_ - \_\_\_ = \_\_\_ Write the meanings of each number below:

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**The Quiet or Inner Self** is that which you need to create within yourself and for yourself and what is necessary for you to accomplish in this life. To find the Quiet or Inner Self, you add all the consonants in the full name at birth.

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

**K+11 and V=22**

Record your full name at birth here and the number for the consonants under each one. Then add all the consonants and reduce to the single digit unless it is a master number:

Add the numbers for the consonants here:

\_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ = \_\_\_ + \_\_\_ =  
 \_\_\_\_\_

Write your total here, remember to use the last 3 digits i.e. 24/6 unless it is a master number \_\_\_\_\_ Write the meanings of each number here: \_\_\_\_\_

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**The Challenge to the Quiet or Inner Self** is what needs to be overcome in order to accomplish what the Quiet or Inner Self needs to do. To find the Challenge to the Quiet or Inner Self, subtract the first letter from the last letter in the total name or the lesser from the greater. \_\_\_\_ - \_\_\_\_ = \_\_\_\_ Record the meanings of each number: \_\_\_\_\_

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**The Expression** is what you are expressing to other people. This is how they “see” you. The Expression is the total of what you have to work with in this life, all the positive and negative aspects that make up who you are. To find the Expression, add the number value of the entire letters of your complete name at birth by following these steps:

1. the vowel total \_\_\_\_\_
  2. the consonant total \_\_\_\_\_
  3. the vowel total to the consonant total. (Remember to use the last three digits unless it is a master number as 21/3.) vowels \_\_\_\_ + consonant \_\_\_\_ = \_\_\_\_\_ Record the meanings of each number: \_\_\_\_\_
- 
- 

**The Challenge to the Expression** is what must be overcome and done in order for you to express in a positive way. To find the Challenge to the Expression, you add the Soul Urge and The Quiet Self together because the Soul Urge is what moves you and is what is being sought. The Quiet Self is what you would like to accomplish in life. Your Soul Urge \_\_\_\_\_ + Your Quiet Self \_\_\_\_\_ = \_\_\_\_\_ Record the meanings of each number: \_\_\_\_\_

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**The Hidden Passion** is a single factor in your life that is an overpowering drive. To find the Hidden Passion, you look at the name and see which number

or numbers appear the most. The numbers that appear the most in your name are: \_\_\_\_\_ Write the meanings of each number: \_\_\_\_\_

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**The Sub-Conscious Self** is the reaction you will have when presented with an emergency or a problem. It will be your first reaction. To find the Sub-Conscious Self, find the number of numbers missing from your name (the Karmic numbers) and subtract those from the number 9. Write the number of numbers that you do not have in your name here and subtract them from 9:  $9 - \underline{\quad} = \underline{\quad}$  Write the meaning of the number: \_\_\_\_\_

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**The Eccentricity** is how you will react to things that are unpleasant or to a problem that seems to be unsolvable. To find the Eccentricity, take the Key (the total of the numbers in the first name) and add the day of birth. Take the total of the numbers in your first name  $\underline{\quad} + \text{day of birth} \underline{\quad} = \underline{\quad}$  (remember to reduce it to a single digit unless it is a master number and use the last three digits, i.e.. 36/9.) Record the meanings of each number: \_\_\_\_\_

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**The Cornerstone** is the foundation on which your life will be built. It is the first letter of the first name. The first letter of your first name is  $\underline{\quad}$  and its number is  $\underline{\quad}$ . Record the meaning of the number: \_\_\_\_\_

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**The Balance Number** is what you will stand firm on in cases of emergencies and problems. This is the quality you will not budge on. It is found by adding the initials of all the names. Your first initial number is  $\underline{\quad} +$  your second initial number is  $\underline{\quad} +$  your third initial number is  $\underline{\quad} = \underline{\quad}$  (remember to reduce it to a single digit unless it is a master number and use the last three digits, i.e.. 36/9.) Write the meaning of the number(s) here: \_\_\_\_\_

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**The First Key** shows how your life will be led, an indication of what it will be like. To find the First Key, reduce all the numbers in the first name to a single digit and add them together. \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ = \_\_\_\_\_ (remember to reduce it to a single digit unless it is a master number and use the last three digits, i.e. 36/9.) Write the meaning of the number(s):

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**The Second Key** is the certain element that will be strived for. It is found by using the first letter of the last name. Write your last initial and its number value here: \_\_\_\_\_ Write the meaning of the number(s) here: \_\_\_\_\_

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**An Important Character Trait** is found with the first vowel of the first name. Write your first vowel of your first name here: \_\_\_\_\_

Vowel	#	Value	Meaning
A	1		It is very mental and creative. The drive will be for self.
E	5		It is very active and physical with a drive for change and freedom.
I	9		It is very emotional and will want to have closure.
O	6		It is emotional, but it's held inside, secretive, and relies on self.
U	3		It is intuitive, emotional and expressive with a tendency to self-sacrifice
W	5		It's physical, powerful, needs freedom and change.
Y	7		It's intuitive, perceptive, erratic and secretive.

**The Achievement** is what needs to be accomplished in this life: it is the life's primary mission. As long as this is not accomplished, there will be tension within you. It is found by using the month and day of birth. Write the month number of your birth here \_\_\_ + the day number of your birth \_\_\_ = \_\_\_\_\_ (remember to reduce it to a single digit unless it is a master number and use the

last three digits, i.e. 36/9.) Write the meaning of the numbers here: \_\_\_\_\_

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**The Capstone** is how you will react to every day life. Use the last letter of the first name for the Capstone. Your last letter of your first name is \_\_\_\_ and its number is \_\_\_\_. Record the meaning of the number(s): \_\_\_\_\_

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**The Life Number** is the primary motivator. This is what will get you moving to do things and to achieve things. To find the Life Number, add the Life Path number and the Expression. Your Life Path number is \_\_\_\_ + your Expression number \_\_\_\_ = \_\_\_\_\_ (remember to reduce it to a single digit unless it is a master number and use the last three digits, i.e. 36/9.) Record the meaning of the number(s): \_\_\_\_\_

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**The Spiritual Initiation** is what you will be exposed to in order to learn your life lessons. To find the Spiritual Initiation, add the Expression, the Soul Urge, the Life Path, and the day of birth. Your Expression number is \_\_\_\_ + your Soul Urge \_\_\_\_ + your Life Path \_\_\_\_ + your day of birth \_\_\_\_ = \_\_\_\_\_ (remember to reduce it to a single digit unless it is a master number and use the last three digits, i.e. 36/9.) Write the meaning of the number(s): \_\_\_\_\_

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**Now transfer all your information to the Life Chart Chart.**



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Life Chart

<u>Life Path</u>	<u>Life Cycles</u>	<u>Attainments</u>	<u>Challenges</u>



## Introduction of Figuring and Interpreting Forecasts

You can do a forecast for a year to know what additional energies are going to be at work for you. These energies are not as strong as those of the life chart, but come into play during a certain time period.

We must all live in the world that has its own energy. The Universal Year energies are those energies of the world in a given year. These energies are all around you and they influence you and your life.

**To find the Universal Year**, take the number of the year now and reduce it to a single digit. So if it were the year 2001, you would add the digits together until you came to a single digit. As:  $2+0+0+1=3$ . So the year 2001 would have been a 3 year for the world at large. Three is the number of expressing the self; so, nations, religious groups, families, governments, etc. would have expressed their beliefs and feelings the world over. This would have influenced you as an individual being part of a group, community, country, etc.

The Universal Year added with the personal energies would operate together to affect your life. You can set up the forecast much like the life chart by using a chart that flows with the vibrations of the year, months, pinnacles, periods, etc.

**To find your Personal Year**, which will give you your vibrations with the world at large, take the Universal Year and add your month and day of birth. So, for John Doe Smith, if the year were 1896, you would first find the Universal Year by adding the digits of the year together. So,  $1+8+9+6=24$  and  $2+4=6$  means the Universal Year then would have been a 24/6. Take John Doe Smith's month and day of birth and add that to the Universal Year to get the Personal Year. For John, you would add July which is 7 and his day of birth which is 5 to the 24,  $24+7+5=36$  and  $3+6=9$ . John would have a Personal Year of 36/9. He would be expressing himself (3), dealing with family and home, responsibilities and decisions (6), while serving others and bringing things to completion.

To find the lesser vibration than the Personal Year, you can find the energies of each **Personal Month**. To find the Personal Months, take the Personal Year and add the number of the month to it. For example, for the month of April in the year 1896 for John, you would take John's Person Year number which is a 36 and add to it the month of April which is a 4. John's Personal Month would be  $36+4=40$  and  $4+0=4$ . The month of April will be full of work for John.

The Pinnacles, Challenges, Cycles, and Periods of the year operate within the year as the Life Cycles, Attainments, and Challenges operate within the Life Chart as described in the previous chapter.

**To find the First Minor Challenge** which runs the length of the first half of the year but is felt the full year, you subtract the Universal Year from the person's Birth Digit (the month added to the day). For John Doe Smith in the year 1896 which equals 24 you subtract July (7) plus day of birth (5) which equals 12.  $24-12=12/3$ . John's First Minor Challenge for the year is a 12/3, he will have challenges with keeping his ego in check, with relationships, and expressing himself.

**To find the Second Minor Challenge** which runs the second half of the year, but is felt the full year, you subtract the Birth Digit from the Personal Year. John's Personal Year is a 36/9 and his Birth Digit is a 12/3.  $36-12=24/6$ , he will have challenges with relationships, work, and with home and family.

**The Major Challenge** for the year runs the entire year. To find the Major Challenge of the year, subtract the First Minor Challenge from the Second Minor Challenge, one from the other. For John, you would subtract  $24-12=12/3$  which, for John, is the same as the First Minor Challenge.

**There are four Pinnacles** for the year. They begin on January 1 and run for 3 months. For the first Pinnacle which runs from January 1 through March 31, add the Universal Year with the birth month and the birth day. For John, that would be  $24+7+5=36/9$ . For the second Pinnacle which runs from April 1 through June 30, add the Personal Year with the birth month and the birth day. John's would be  $36+7+5=48/12/3$ . For the third Pinnacle which runs from July 1 through

September 30, add the first Pinnacle and the second Pinnacle. For John, it would be  $36+48=84/12/3$ . For the fourth Pinnacle, add the Universal Year and the Personal Year. So John's would be  $24+36=60/6$ .

**The three Periods** begin at the birthday and run four months each. For John, this means that the first Period begins at his birthday on July 5 and runs for four months to November 5. His second Period will begin on November 5 and run four months to March 5 of the following year. His last Period will begin on March 5 and run four months to July 5. Notice that for John, the beginning of his Personal Year will have Periods two and three in it from the former year. To find the first Period, subtract the person's age at the time from the calendar year. In 1896, John would have been 20 years old on his birthday so you would subtract 20 from 1896,  $1896-20=1876=1+8+7+6=22$ . His first Period will be a 22. To find the second Period, subtract the Life Path number from the current year. For John, the current year that the forecast is for is 1896 minus his Life Path number which is 25/7.  $1896-25=1871=1+8+7+1=17/8$ . His second Period will be 17/8. To find the third Period, add the Soul Urge with the current year (in John's case because the third Period is in the following year, the year then will be 1897.) For John, you would add  $1897+26=1923=1+9+2+3=15/6$ .

**To find the personal energies of the months** of the forecast year, add the Personal Year number to the month number. For John, January would be  $36+1=37/10/1$ , February  $36+2=38/11$ , March  $36+3=39/12/3$ , April  $36+4=40/4$ , May  $36+5=41/5$ , June  $36+6=42/6$ , July  $36+7=43/7$ , August  $36+8=44$  which is a master number and is not reduced, September  $36+9=45/9$ , October  $36+10=46/10/1$ , November  $36+11=47/11$  which is a master number and is not reduced, December  $36+12=48/12/3$ .



John Doe Smith's  
Forecast, 1896

<u>Personal Year</u>	<u>Personal Months</u>	<u>Pinnacles</u>	<u>Periods</u>
<p><u>This energy runs the full year.</u> 36/9 John will be expressing himself, (3), dealing with issues of home and family, (6) while serving others and bringing things to completion.</p>	<p>Jan. 1, ego and new beginnings</p>	<p>36/9 For John, this is the same as the Personal Year.</p>	
<p><u>Personal Year Challenges</u></p>	<p>Feb. 11, selfless service to others</p>		
<p><u>Major Challenge</u> lasts all the year.</p>	<p>Mar. 3, self expression</p>		
<p>12/3 He will work with his self image, new beginnings (1), relationships (2), and expressing himself (3).</p>	<p>Apr. 4, work and limitations</p>	<p>12/3 For John, this is the same as the Major Challenge.</p>	
<p><u>First Minor Challenge</u> lasts the first 6 months. 12/3 (same as the Major Challenge)</p>	<p>May 5 personal freedom and change</p>		
<p><u>Second Minor Challenge</u> runs the last 6 months.</p>	<p>June 6 home and family</p>		
<p>24/6 John will be working with relationships (2), work, (4) and home and family.</p>	<p>July 7 the spiritual self within</p>	<p>12/3 For John, this is the same as the Major Challenge.</p>	<p>22 (John's 1<sup>st</sup> period) Working with projects to benefit all of humankind.</p>
	<p>Aug. 8 material aspects</p>		
	<p>Sept. 9 service and endings</p>		
	<p>Oct. 1 ego and new beginnings</p>	<p>6 John will be working with home and family issues.</p>	
	<p>Nov. 11 selfless service</p>		
	<p>Dec. 3 self expression</p>		<p>17/8 (John's 2<sup>nd</sup> period will continue into the next year.) He will work with self-confidence,</p>





John Doe Smith's  
Forecast, 1897

<u>Personal Year</u>	<u>Personal Months</u>	<u>Pinnacles</u>	<u>Periods</u>
<p><u>This energy runs the full year.</u></p>	<p>Jan.</p> <hr/> <p>Feb.</p> <hr/> <p>Mar.</p> <hr/> <p>Apr.</p> <hr/>		<p>his spiritual side, the 1 and 7 while dealing with the material issues of living his life.</p> <hr/>
<p><u>Personal Year Challenges</u></p> <p><u>Major Challenge lasts all the year.</u></p>	<p>May</p> <hr/> <p>June</p> <hr/>	<hr/>	<p>15/6 (John's 3<sup>rd</sup> period) He will continue to work on his self image and new beginnings (1), learn to handle personal freedom and change (5) and work with family and home issues.</p> <hr/>
<p><u>First Minor Challenge lasts the first 6 months.</u></p>	<p>July</p> <hr/> <p>Aug.</p> <hr/>	<hr/>	
<p><u>Second Minor Challenge runs the last 6 months.</u></p>	<p>Sept.</p> <hr/> <p>Oct.</p> <hr/>	<hr/>	
	<p>Nov.</p> <hr/> <p>Dec.</p> <hr/>		
	<hr/>		



### Now Let's Do Your Forecast for a Given Year

(The numbers last for a year or less. They forecast the energies you will be working with for a specific year and are weaker than your Life Chart number energies. These Forecast numbers are influenced by the stronger Life Chart energies. They, in turn, influence the Life Chart energies, but at a weaker level.)

**The Universal Year Number** is the energy that the world will be responding to, including yourself. To find the Universal Year, take the number of the year now and reduce it to a single digit. (Remember to use the last 3 numbers of your answer i.e. 35/8, unless it is a master number.) Write the year number here \_\_\_\_\_ then add the digits, \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ = \_\_\_\_\_ Number meaning:

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**The Personal Year Number** is the energy you will be dealing with during a calendar year. To find your Personal Year, take the Universal Year Number and add your month and day of birth. Write the Universal Year number \_\_\_ + your month of birth number \_\_\_ + your day of birth \_\_\_ = \_\_\_\_\_ Remember to use the last 3 numbers of your answer i.e. 35/8, unless it is a master number.) Write the meaning of the number(s): \_\_\_\_\_

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**The Personal Month Numbers** are weaker energies that influence you for a month. To find the Personal Month Numbers, take the Personal Year and add the number of the month to it. Put your Personal Year number here \_\_\_ + 1 **for Jan.** = \_\_\_ Remember to use the last 3 numbers of your answer i.e. 35/8, unless it is a master number. (Continue to do this throughout.) Record the meaning of the number(s): \_\_\_\_\_

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**For Feb.** 2 + your Personal Year \_\_\_\_\_ = \_\_\_\_\_ Write the meaning of the number(s): \_\_\_\_\_

**For March** 3 + \_\_\_\_\_ = \_\_\_\_\_ Record the meaning of the number(s): \_\_\_\_\_

**For April** 4 + \_\_\_\_\_ = \_\_\_\_\_ Write the meaning of the number(s): \_\_\_\_\_

**May** 5 + \_\_\_\_\_ = \_\_\_\_\_ Write the meaning of the number(s) here: \_\_\_\_\_

**June** 6 + \_\_\_\_\_ = \_\_\_\_\_ Record the meaning of the number(s): \_\_\_\_\_

**July** 7 + \_\_\_\_\_ = \_\_\_\_\_ Write the meaning of the number(s): \_\_\_\_\_

**Aug.** 8 + \_\_\_\_\_ = \_\_\_\_\_ Write the meaning of the number(s): \_\_\_\_\_

**Sept.** 9 + \_\_\_\_\_ = \_\_\_\_\_ Record the meaning of the number(s): \_\_\_\_\_

**Oct.** 10 + \_\_\_\_\_ = \_\_\_\_\_ Write the meaning of the number(s): \_\_\_\_\_

**Nov.** 11 + \_\_\_\_\_ = \_\_\_\_\_ Write the meaning of the number(s): \_\_\_\_\_

**Dec.** 12 + \_\_\_\_\_ = \_\_\_\_\_ Record the meaning of the number(s): \_\_\_\_\_

**To find the First Minor Challenge** which runs the length of the first half of the year, subtract the Universal Year from your Birth Digit (the month added

to the day). Your month \_\_\_ + your day \_\_\_ - Universal Year \_\_\_ = \_\_\_\_\_. Write the meaning of the number(s): \_\_\_\_\_

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**To find the Second Minor Challenge** which runs the second half of the year, subtract the Birth Digit from the Personal Year. Your Personal Year \_\_\_ - your month + day \_\_\_\_\_ = \_\_\_\_\_ Write the meaning of the number(s) here:

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**The Major Challenge** runs the entire year. To find the Major Challenge, subtract the First Minor Challenge from the Second Minor Challenge, one from the other. \_\_\_\_\_ - \_\_\_\_\_ = \_\_\_\_\_ Write the meaning of the number(s): \_\_\_\_\_

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**There are four Pinnacles** for the year. Pinnacles are the attainments or changes that you will be dealing with that are a part of your healing and growing process. Again, these are weaker than those of the Life Chart because they last for a short period of time. They begin on January 1 and run for 3 months.

**For the first Pinnacle** which runs from January 1 through March 31, add the Universal Year to the birth month and the birth day. \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_ Write the meaning of the number(s): \_\_\_\_\_

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**For the second Pinnacle** which runs from April 1 through June 30, add the Personal Year with the birth month and birth day. \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_ Write the meaning of the number(s): \_\_\_\_\_

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**For the third Pinnacle** which runs from July 1 through September 30, add the first Pinnacle and the second Pinnacle. \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_ Write the meaning of the number(s): \_\_\_\_\_

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**For the fourth Pinnacle**, add the Universal Year and the Personal Year.  
\_\_\_\_ + \_\_\_\_ = \_\_\_\_ Write the meaning of the number(s): \_\_\_\_\_

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**The three Periods** begin at the birthday and run four months each. Periods are energies that also influence your lessons to be learned, the healing and growing that is yours to do. Notice that for some people, a Period may go into the next year.

**To find the first Period**, subtract your current age from the calendar year. Year \_\_\_\_ - your age at this birthday \_\_\_\_ = \_\_\_\_ Write the meaning of the number(s) here: \_\_\_\_\_

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**To find the second Period**, subtract the Life Path number from the current year that the second Period will begin in. \_\_\_\_ - \_\_\_\_ = \_\_\_\_ Record the meaning of the number(s) here: \_\_\_\_\_

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**To find the third Period**, add the Soul Urge with the current year that the third Period will begin in. \_\_\_\_ + \_\_\_\_ = \_\_\_\_ Write the meaning of the number(s) here: \_\_\_\_\_

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**Now transfer all the information to the Forecast Chart**







## CONCLUSION

This book has come to you because you were ready for another step in awakening into the divine being that you are. Now that you have all this information, you have a better understanding of the forces and issues you are facing and this will help on your path to wholeness. You can make wiser decisions about your healing and growing along your spiritual path to wholeness.

Periodically looking at your name and life chart will help you understand what is going on in your life. Also, when things are really stressful or very beautiful, look to see what energies you are dealing with. This can also help you understand so that you can make decisions that will aid in handling the events and issues in your life.

The name interpretation and the life chart will not change because you use the name at birth and the birth date, and those do not change. The forecasts will change on a yearly basis.

Name changes do occur and that will add different energies to the name and parts of the life chart. When there has been a name change, such as when a woman marries or a baby is adopted, use the name at birth plus the name change. This will add the new energies that you are working with at the present time.

My hope is that you have, in this book, found a way to help yourself and others heal and grow into the divine beings that you are.



## Working Pages and Forms

The number values for the letters are:

<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	
A	B	C	D	E	F	G	H	I	
J		L	M	N	O	P	Q	R	
S	T	U		W	X	Y	Z		
K=11 and V=22									

The full meanings are in the Numbers chapter. Abbreviated meanings are below.

### Number Meanings

#### Numbers

#### Meanings

**One** Attainment, new beginnings, self-confidence, action, spiritual unity.

**Two** Relationships, love, peace, dualities, knowing the higher and lower selves.

**Three** Self-expression, talent, ideals, enlightenment of Spirit.

**Four** Work, responsibilities, organization, trust, rewards and punishments for actions

**Five** Freedom, change, experience, travel, curiosity, realizing there is more than the physical world.

**Six** Responsibilities, power, service, decisions, adjustments, home, marriage, harmony of God's will and yours.

**Seven** The God Self within, wisdom, knowledge, study, meditation, spiritual realization.

**Eight** Material aspects, power, money, dependability, politics, the inner voice is clear.

**Nine** Endings, completion, sacrifice to serve, travel, universal knowledge and love.

## Master Numbers

Master numbers are not reduced to single digits when doing the math. Master numbers reduce to their single digit only when you are not dealing with the master number energy correctly. Then you will have problems with the energy of the single digit. For instance, if you have an 11 and you are not taking time to help others or acting upon the revelations you are getting, then the 11 will reduce to the 2 ( $1+1=2$ ). You would have problems with relationships and dealing with dualities. You would not be at peace, and would not have a balance of your higher and lower self.

### Master Number Meanings

**Eleven** Inspiration, revelation, selfless service to others.

**Twenty-two** Absolute Truth, projects to benefit all of mankind.

**Thirty-three** Compassion, a teacher of teachers, leadership, assume responsibilities with no thought of rewards or payments.

**Forty-four** Changing into the highest expression of one's divinity, useful enterprises, self-discipline, use of intuition.

**Fifty-five** Knowledge through seeing beneficial aspects of daily life, ethical and spiritual ideals, communication that benefits others.

**Sixty-six** Divine Order, solving social problems, achieving goals and gathering wealth, truth, fairness, and integrity.

**Seventy-seven** Transcending the physical world and its limitations, wholeness within self, understanding others, helping the world achieve a higher expression.

**Eighty-eight** Personal and divine consciousness become one, unlimited abilities and knowing the correct way to use them, sensitivity and compassion.

**Ninety-nine** Accelerated evolution on all levels, flexible consciousness, understanding that all of one's life's actions are for the unfoldment of the divine within.

### Meaning of the Elements

**Earth** is associated with the sensual part of us, with being practical and conservative. We are “down to earth,” “grounded.”

**Air** is associated with speech and being in contact with other people. It represents change and originality.

**Fire** is associated with energy and the life force. It represents being creative, adventurous, emotional and intelligent.

**Water** is associated with the mystical: being silent and alone, being perceptive and artistic creativity.

### Color Meanings

Number	Color	Meaning of the Color
One	Red	life energy, of desires and impulses.
Two	Orange	money, fertility, wisdom and leadership.
Three	Yellow	the psychic, the intuition and spiritual wisdom.
Four	Green	healing, bringing dreams into reality and the power of concentration.
Five	Tan	being dependable, trustworthy and organized.
Six	Blue	harmony, will power and discipline.
Seven	Purple	the God Self Within. It is a very high spiritual color.
Eight	Black	rebellion, a negative outlook and the will.
Nine	Gold	wisdom, counseling and the spiritual realms.
Eleven	Pink	peace, devotion, endurance and the mystical.
Twenty-two	Brown	being dependable and being who you are.

**The colors are grouped together according to their energies:**

**Group 1** deals with the mental and emotional issues.

**Group 2** deals with the material aspects of life.

**Group 3** deals with the spiritual aspects of life.

**Group 1**  
**green**, healing, concentration,  
dreams into reality

**blue**, will power, discipline,  
harmony

**black**, will power, negativity  
**red**, life energy, desire, impulse

**Group 2**  
**orange**, money, fertility  
leadership

**tan**, organization,  
dependability

**brown**, dependability  
endurance

**Group 3**  
**yellow**, psychic,  
wisdom,  
spiritual, intuition

**purple**, spiritual  
**gold**, spiritual,  
wisdom,  
counseling

**pink**, mystical,  
peace,  
devotion,

### **Letter Expression, How the Letters Express Into the Material World**

Letters that express through the **mental level** are: **A G H J L N P**

Letters that express through the **physical level** are: **D E M W**

Letters that express through the **emotional level** are: **B I O R S T X Z**

Letters that express through the **intuitive level** are: **C F K Q U V Y**

## Condensed Number, Element, Color, and Expression Meanings

Number	Element	Color	Expression
<b>One</b> attainment, action, new beginnings, ego, unity & balance of spirit & matter	<b>Fire</b> creative, adventurous intelligent, life energy	<b>Red</b> life energy desire, impulse	<b>A, J</b> mental <b>S</b> emotional
<b>Two</b> relationships, love, peace, higher & lower self	<b>Water</b> silent, mystical, perceptive, the arts	<b>Orange</b> money, fertility, wisdom, leadership	<b>B, T</b> emotional
<b>Three</b> self-expression, beauty, social, ideals, awarness of body, mind and spirit	<b>Fire</b>	<b>Yellow</b> psychic, intuitive, wisdom, spiritual	<b>L</b> mental <b>C, U</b> intuitive
<b>Four</b> limitations, work, responsibilities, organization	<b>Earth</b> sensual, practical, conservative	<b>Green</b> healing, concentration dreams into reality	<b>D, M</b> physical
<b>Five</b> freedom, change curiosity, travel, experiences	<b>Air</b> speech, social, change originality	<b>Tan</b> dependable, organization	<b>E, W</b> physical <b>N</b> mental
<b>Six</b> responsibilities home, decisions blending of divine & human will	<b>Earth &amp; Air</b>	<b>Blue</b> harmony, will power, discipline	<b>F</b> initiative <b>O, X</b> emotional
<b>Seven</b> spiritual self, wisdom, meditation, being alone, knowledge, study	<b>Water</b>	<b>Purple</b> , the inner spirit, spirituality	<b>G, P</b> mental <b>Y</b> intuitive
<b>Eight</b> material aspects of life, power, money, dependable	<b>Earth</b>	<b>Black</b> rebellion, the will	<b>H</b> mental <b>Q</b> intuitive <b>Z</b> emotional
<b>Nine</b> completion, selfless service, universal love & knowledge	<b>Fire</b>	<b>Gold</b> wisdom, spiritual counseling	<b>I, R</b> emotional
<b>Eleven</b> selfless service revelation, idealism, intuition, revelation	<b>Air</b>	<b>Pink</b> peace, mystical, devotion, endurance	<b>K</b> intuitive
<b>Twenty-two</b> universal outlook, projects to benefit mankind	<b>Water</b>	<b>Brown</b> dependable	<b>V</b> intuitive

## Working Pages and Charts to Use

(You may copy these so you always have a blank master to copy from.)

### Working Pages for Interpreting the Name (Use Name at Birth)

#### Part I: Letter Values and Number Meanings

**Step I-1.** Write their full name at birth on the line below.

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Put the number value of the vowel letters above the vowels and the value of the consonant letters under the consonants.

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

**K=11 and V=22**

**Step I-2.** Total the vowels, then total the consonants (this will be needed later).

Total of the vowels = \_\_\_\_\_ Total of the consonants = \_\_\_\_\_

Count the number of letters in their name and place it here. \_\_\_\_\_

**Step I-3-A.** List how many of each number they have in their name below.

- number 1 has \_\_\_\_\_ letters
- number 2 has \_\_\_\_\_ letters
- number 3 has \_\_\_\_\_ letters
- number 4 has \_\_\_\_\_ letters
- number 5 has \_\_\_\_\_ letters
- number 6 has \_\_\_\_\_ letters
- number 7 has \_\_\_\_\_ letters
- number 8 has \_\_\_\_\_ letters
- number 9 has \_\_\_\_\_ letters
- number 11 has \_\_\_\_\_ letters
- number 22 has \_\_\_\_\_ letters
- total letters \_\_\_\_\_ letters (same as the name)



**Step I-3-B.** Total the number of letters to be sure you have the same number of letters as in their name.

**Step I-4-A.** List the numbers in order from the most frequent to the least frequent along with how many of each number there is below and total:

<b>Amount</b>	<b>Number</b>	<b># meaning</b>
there are _____	of the number _____	(most frequent) _____
there are _____	of the number _____	_____
there are _____	of the number _____	_____
there are _____	of the number _____	_____
there are _____	of the number _____	_____
there are _____	of the number _____	_____
there are _____	of the number _____	_____
there are _____	of the number _____	_____
there are _____	of the number _____	_____
there are _____	of the number _____	_____
there are _____	of the number _____	(least frequent) _____
Total _____	(should match the number of letters in the name)	

**Step I-4-B.** Go back to the beginning of what you just did and put a key word(s) after each number. Full meanings are explained in the Numbers chapter at the end of this book. Key words can be:

- One** ego, new beginnings
- Two** relationships
- Three** self-expression
- Four** work, limitations
- Five** freedom, change
- Six** home, responsibilities
- Seven** spiritual self within
- Eight** material aspects
- Nine** completions
- Eleven** selfless service
- Twenty-two** projects for mankind

**Step I-4-C.** Look at the quantity of each number and the meanings to see if there are any numbers that reinforce each other or weaken each other. Write your

impressions below. (Refer back to John Doe Smith's in the Charting and Interpreting Names chapter under 4-C if you wish to do so.)

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### Part II: Adding the Element's Meaning

**Step II-1.** Find the element(s) for each number.

<b>Number</b>	<b>Element</b>
<b>One</b>	is fire
<b>Two</b>	is water
<b>Three</b>	is fire
<b>Four</b>	is earth
<b>Five</b>	is air
<b>Six</b>	is earth and air (so when counting the elements for 6, earth is 1/2, air is 1/2)
<b>Seven</b>	is water
<b>Eight</b>	is earth
<b>Nine</b>	is fire
<b>Eleven</b>	is air
<b>Twenty-two</b>	is water

They have:	Amount	Number	Element
there are _____		1's (in their name)	_____
_____		2's	_____
_____		3's	_____
_____		4's	_____
_____		5's	_____
_____		6's	_____
_____		7's	_____
_____		8's	_____
_____		9's	_____
_____		11's	_____
_____		22's	_____

**Step II-3.** Sort the elements into the element groups below.

**Fire**

there are \_\_\_\_\_ #1's = \_\_\_\_\_ fires  
there are \_\_\_\_\_ #3's = \_\_\_\_\_ fires

there are \_\_\_\_\_ #9's = \_\_\_\_\_ fires  
total \_\_\_\_\_ fires

**Earth**

there are \_\_\_\_\_ #4's = \_\_\_\_\_ earths  
there are \_\_\_\_\_ #6's = \_\_\_\_\_ earths (see above)

there are \_\_\_\_\_ #8's = \_\_\_\_\_ earths  
total \_\_\_\_\_ earths

**Air**

there are \_\_\_\_\_ #5's = \_\_\_\_\_ airs  
there are \_\_\_\_\_ #6's = \_\_\_\_\_ airs (see above)  
there are \_\_\_\_\_ #11's = \_\_\_\_\_ airs  
total \_\_\_\_\_ airs

**Water**

there are \_\_\_\_\_ #2's = \_\_\_\_\_ waters  
there are \_\_\_\_\_ #7's = \_\_\_\_\_ waters  
there are \_\_\_\_\_ #22's = \_\_\_\_\_ waters  
total \_\_\_\_\_ waters

**Step II-4.** Rank the elements in order from the most to the least in frequency below.

	total #	element	meaning
most frequent	_____	_____	_____
next frequent	_____	_____	_____
next frequent	_____	_____	_____
least frequent	_____	_____	_____
total	_____ (should be same as the number of letters in your name)		

**Step II-5.** Write the meanings next to each element in the above chart.

<p><b>Earth</b> sensual, practical, and conservative, “down to earth,” “grounded.”</p> <p><b>Air</b> speech, contact with others, social, change and originality.</p> <p><b>Fire</b> life energy, creative, adventurous, emotional and intelligent.</p> <p><b>Water</b> mystical, silent, alone, perceptive and the arts.</p>
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**Step II-6.** Total (in the chart above) to see if the number matches the number of letters in the name.

### Cross Analyzing the Numbers and the Elements

**Step II-7.** See how the elements influence the numbers. Look at the meaning of the elements and see which ones are alike or very similar to the meaning of the numbers.

Number Meanings		Element Meanings	
<p><b>1</b> new beginnings, self-confidence</p> <p><b>2</b> relationships</p> <p><b>3</b> self-expression</p> <p><b>4</b> work, limitations</p> <p><b>5</b> freedom, change</p> <p><b>6</b> responsibilities, home</p> <p><b>7</b> meditation, the God within</p> <p><b>8</b> material aspects of life</p> <p><b>9</b> completions</p> <p><b>11</b> selfless service</p> <p><b>22</b> projects for mankind</p>	<p><b>Fire</b> life force, creativity, adventurous</p> <p><b>Air</b> social, communication, change</p> <p><b>Water</b> mystical, silent, introspective, art</p> <p><b>Earth</b> practical, conservative, grounded</p>		

## Earth

**Because earth is grounding, practical, sensual, it reinforces:**

**One** to take on new projects and to have the self-confidence to do so, being grounded and practical helps.

**Four** to deal with our work and limitations, the qualities of being practical helps.

**Six** to take on responsibilities, make adjustments, establish and run a home and possibly a marriage relationship, you need to be practical.

**Eight** to deal with the material aspects of life you need to be practical.

**Nine** to bring things to an end, to rid yourself of things that no longer help you in your life, you need to be practical and rational.

**Eleven and Twenty-two** if you are going to serve others or plan and initiate major projects to benefit mankind, you do need to be practical and realistic.

## Air

**Because air is flexible, changeable, loves to be social and to communicate, it reinforces the numbers:**

**Two** to have relationships with others, whether business or personal, you need to be able to communicate and enjoy the company of others.

**Three** self-expression usually means relating to others what you are really like, and who you are. Many times, we seek the help of others to help us discover who we really are.

**Five** to have personal freedom and to enjoy change, it will help to have the flexibility and changeability of air.

**Nine** to give service to others, you need to be sociable.

**Eleven and Twenty-two** to be of the service and projects to help others, you will be aided by the social and communication energies of air.

## Fire

**Because fire has the energies of being energetic, creative, adventurous, emotional and intelligent, this energy is good to have reinforcing the entire numerology structure.** Someone with little or no fire energy will not have the energy or drive to accomplish much for any of the numbers. This energy is life itself and the moving force behind all the numbers.

**Water**

**Because water is of the spiritual realm, being intuitive, mystical, silent, liking to be alone, perceptive, and express through the arts, the numbers that are reinforced are:**

**Seven and all the master numbers, Eleven, Twenty-two, Thirty-three, Forty-four,....,** these numbers deal with the spiritual aspects of life such as finding the God Self within, selfless service to others (this will also strengthen that part of the energies of the number Nine).

(You can refer back to the Charting and Interpreting Names chapter under Step 5-E to see how I interpreted John Doe Smith’s elements and numbers.)

Write your impressions here of how the elements influence the numbers:

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**Step II-8.** See how the elements react with each other.

**Earth mixed with water** muddies it so the two energies can inhibit each other.

**Earth dumped on fire** puts it out; it will inhibit the adventurous, creative aspect of fire.

**Earth and air** will compliment each other for earth will keep the changeable air grounded and practical.

**Air will fan a fire** to burn brighter or it can, if strong enough, put it out. Social contact, talking things over with others can enhance the creativity, the adventure that is Fire. Too much socializing or trying to please others can inhibit creative expression and the sense of adventure.



### Part III Cross Analyzing Numbers, Elements, and Colors

**Step III-1.** First list the colors for each number in the name and how many of each color there are.

Number	Color	Meaning
One	Red	life energy, desires and impulses.
Two	Orange	money, fertility, wisdom and leadership.
Three	Yellow	psychic, the intuition and spiritual wisdom.
Four	Green	healing, bringing dreams into reality and concentration.
Five	Tan	dependable, trustworthy and organized.
Six	Blue	harmony, will power and discipline.
Seven	Purple	God Self within and spirituality.
Eight	Black	rebellion, a negative outlook and the will.
Nine	Gold	wisdom, counseling and the spiritual realms.
Eleven	Pink	peace, devotion, endurance and the mystical.
Twenty-two	Brown	being dependable and being who you are.

Amount	Number	Amount	Color
there are _____	of the number _____ (most frequent)	so there are _____	of the color _____
there are _____	of the number _____	so there are _____	of the color _____
there are _____	of the number _____	so there are _____	of the color _____
there are _____	of the number _____	so there are _____	of the color _____
there are _____	of the number _____	so there are _____	of the color _____
there are _____	of the number _____	so there are _____	of the color _____
there are _____	of the number _____	so there are _____	of the color _____
there are _____	of the number _____	so there are _____	of the color _____
there are _____	of the number _____ (least frequent)	so there are _____	of the color _____
Total _____	(should match the number of letters in the name)		



**Step III-2.** Total the number of each color they have in your name. Put the numbers and the colors into the groups listed below.

**The colors are grouped together according to their energies:**

**Group 1** deals with the mental and emotional issues.

**Group 2** deals with the material aspects of life.

**Group 3** deals with the spiritual aspects of life.

**Group 1**  
green\_\_\_\_  
blue\_\_\_\_  
black\_\_\_\_  
red\_\_\_\_  
total\_\_\_\_

**Group 2**  
orange\_\_\_\_  
tan\_\_\_\_  
brown\_\_\_\_  
total\_\_\_\_

**Group 3**  
yellow\_\_\_\_  
purple\_\_\_\_  
gold\_\_\_\_  
pink\_\_\_\_  
total\_\_\_\_

**Step III-3.** Total the groups above.

**Step III-4.** Arrange the color groups from the greatest to the least in total number.

color group \_\_\_\_ has a total of \_\_\_\_

color group \_\_\_\_ has a total of \_\_\_\_

color group \_\_\_\_ has a total of \_\_\_\_

Total \_\_\_\_\_ (should match the number of letters in the name.)

**Step III-5.** See how the colors strengthen the numbers by taking the meaning of the groups and matching them to the meanings of the numbers.

**Several examples:**

To hold a job (4) you need to be practical (earth), be able to concentrate (green), be disciplined and have the will power to be on time and do what is expected of you (blue and black) and have the energy to do so (red).

Having a friendship (2) you will get together to be with each other and you will communicate in many different ways (air), you will need to be dependable (tan), have the energy to do things (red), and be devoted (pink).



**Step III-6.** See how the colors affect the elements.

**Color group 1, healing, will power, concentration, life energy, desire, reinforces:**

the conservative and practical **earth** because the qualities of colors in group one can all relate to the earth qualities. Healing can be on the physical level. Will power and concentration can help you be conservative and practical. The life energy and desire can all manifest on the earth plane.

the sociable, changeable, original qualities of **air** because healing can occur on a social level. Will power, concentration, the life energy, and desire can all aid in changes and in bringing out your originality.

the life energy, impulse, and adventure qualities of **fire** because they are so alike.

the silent, prospective, mystical qualities of **water**. Healing deals with all levels and healing on the spiritual level is enhanced with the group one colors. Concentration and will power are needed for introspection, meditation, and the discipline of entering the silence within.

**Color group 2 or money, dependability, and organization will reinforce:**

practical, conservative **earth** for these qualities all deal with the material plane.

the social, and changeable **air** as long as it does not dominate it and put too many limitations on it.

**It may weaken** the adventurous, active, and action of the life force of **fire** and provide the things needed so that silent, mystical, and meditative **water** can be reflective and solitary. However, some group 2 qualities can keep the water energies more practical.

**Color group 3, the spiritual colors, will reinforce:**

the silent, introspective, mystical, and being alone qualities of **water**.

**may weaken** the flesh loving, action filled life of **fire** and keep it from a total "living for today," "Devil may care" life style.

may lead the social loving, speaking, and changeable aspects of **air** to a career in ministry or some sort of charitable work where the care and helping of others is important.

Write your thoughts below:

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**Part IV: The Expression of the Energy of the Letters in the Name**

**Step IV-1.** Put each letter of the name into one of the four levels.

Letters that express through the **mental level** are: **A G H J L N P**

Letters that express through the **physical level** are: **D E M W**

Letters that express through the **emotional level** are: **B I O R S T X Z**

Letters that express through the **intuitive level** are: **C F K Q U V Y**

Use m = mental level, p = physical level, e = emotional, i = intuitive

Write your name here and put m, p, e, or i under each letter:

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Total all the mentals and put the total here \_\_\_\_\_  
 Total all the physicals and put the total here \_\_\_\_\_  
 Total all the emotionals and put the total here \_\_\_\_\_  
 Total all the intuitives and put the total here \_\_\_\_\_  
 (Total should match the letters in the name) \_\_\_\_\_

**Step IV-2.** Arrange the expressions from most frequent to the least frequent:

expression	number of
_____	_____ (most frequent)
_____	_____
_____	_____
_____	_____ (least frequent)

**Step IV-3.** See how these levels will affect the numbers, elements, colors, and each other.

**If the emotional is the strong,** then whatever numbers are strong, emotions will play a part. The job, the relationship, the book, etc. will need to appeal to the emotional side of the person. If the emotional it will also be a part of the life force, activity of fire, the silent, meditative side of water, the social, changeable part of air. This is true for the colors also.

**If the mental is strong,** then the mind will need to be active and guide the activity of the numbers, elements, and colors.

**If the physical is strong,** then you will be very active physically, and this will influence the numbers, elements, and colors.

**If the intuitive is strong,** that will guide the numbers, elements, and colors.

**If some of the expressions are equal,** those qualities will be equal in strength.

**If the emotional and mental are equal,** then there could be a pull between making a decision based on feelings versus logic. But if feelings and logic agree (if the mind and the emotions are in agreement) that person will make a choice and will not be moved from it.

**If the emotional and physical are equal**, the physical activities will also need to have an emotional response, such as, be excited about the challenges of playing football.

**If the mental and physical are equal**, then the person will need to have physical activities that involve mental processes, such as, coaching football.

**If the mind and the intuitive are equal**, the person may struggle between following the inner voice of the intuitive or the logic of the mental.

Write your thoughts below:

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### **Part V: Profile and Analysis for Your Name**

Take all your thoughts and put them together starting with the numbers, the elements, the colors, and the expression. (You can refer back to the interpretation of John Doe Smith's in the chapter Charting and Interpreting Names.) This will probably be easiest if you use your own paper or use the pages for notes at the end of this book.

**Note** If your name has changed due to marriage, adoption, etc. use your name at birth and add on the change i.e. Mary Jo Smith "Jones". If you go by a nickname all the time, add it on to the birth name i.e. Mary Jo Smith "Candy". Figure the birth name interpretation and do the Life Chart then figure the name change and/or nickname interpretation and do the Life Chart to see how the energies have changed with the changed name.

## Working Pages and Charts for Doing a Life Chart

### Life Chart Summary

(Use this summary sheet to put your findings to make finding the information later easier.)

Life Path # \_\_\_\_\_

First Life Cycle ends the year of \_\_\_\_\_ age \_\_\_\_\_ and is the # \_\_\_\_\_

Second Life Cycle ends the year of \_\_\_\_\_ age \_\_\_\_\_ and is the # \_\_\_\_\_

Third Life Cycle ends the year of \_\_\_\_\_ age \_\_\_\_\_ and is the # \_\_\_\_\_

First Life Attainment ends the year of \_\_\_\_\_ age \_\_\_\_\_ and is the # \_\_\_\_\_

Second Life Attainment ends the year of \_\_\_\_\_ age \_\_\_\_\_ and is the # \_\_\_\_\_

Third Life Attainment ends the year of \_\_\_\_\_ age \_\_\_\_\_ and is the # \_\_\_\_\_

Fourth Life Attainment ends the year of \_\_\_\_\_ age \_\_\_\_\_ and is the # \_\_\_\_\_

First Minor Life Challenge runs first half of life and is # \_\_\_\_\_

Second Minor Life Challenge runs second half of life and is # \_\_\_\_\_

Major Life Challenge runs all of life and is # \_\_\_\_\_

Soul Urge # \_\_\_\_\_

Urges Behind the Soul Urge \_\_\_\_\_

Soul Urge Challenge # \_\_\_\_\_

The Quiet Self # \_\_\_\_\_

The Challenge to the Quiet Self # \_\_\_\_\_

The Expression # \_\_\_\_\_

The Challenge to the Expression # \_\_\_\_\_

The Hidden Passion # \_\_\_\_\_

The Sub-Conscious Self # \_\_\_\_\_

The Eccentricity # \_\_\_\_\_

The Cornerstone # \_\_\_\_\_

The Balance Number # \_\_\_\_\_

The First Key # \_\_\_\_\_

The Second Key # \_\_\_\_\_

An Important Character Trait \_\_\_\_\_

The Achievement # \_\_\_\_\_

The Capstone # \_\_\_\_\_

The Life Number # \_\_\_\_\_





## Life Chart

**Life Path** represents the major lessons or growth patterns that are chosen to be learned in this life time. To get the Life Path Number, take your birth date and add it together. Now reduce it to a one digit number by adding the digits of the total together.

For example: (June) = 6+ (day of birth) 14+ (year of birth) 1956 = 1976 = 1+9+7+6 = 23/5 (use the last three digits, i.e. 36/9 unless it is a master number.)

\_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_, \_\_\_\_ + \_\_\_\_ + \_\_\_\_ + \_\_\_\_ = \_\_\_\_/\_\_\_\_ Write the meaning of the number(s) here: \_\_\_\_\_

\_\_\_\_\_

### Summary of the Numbers and Meanings--(full meanings are in the number chapter near the end of the book.)

- One** Attainment, new beginnings, self-confidence, action, spiritual unity
- Two** Relationships, love, peace, dualities, knowing the higher and lower selves
- Three** Self-expression, talent, ideals, enlightenment of Spirit
- Four** Work, responsibilities, organization, trust, rewards and punishments for actions taken
- Five** Freedom, change, experience, travel, curiosity, realizing there is something more than the physical
- Six** Responsibilities, power, service, decisions, adjustments, home, marriage, harmony of God's will and yours
- Seven** The God Self within, wisdom, knowledge, study, meditation, spiritual realization
- Eight** Material aspects, power, money, dependability, politics, the inner voice becomes clear
- Nine** Endings, completion, sacrifice to serve, travel, universal knowledge and love
- Eleven** Inspiration, revelation, selfless service to others
- Twenty-two** Absolute Truth, projects to benefit all of mankind

**Life Cycles or Sub-Paths** operate concurrently along with the Life Path. During each, there is the opportunity for personal growth and healing. In order to find the time span of the Life Cycle, you need to know how to find the Universal and Personal Year Number.

**The first Life Cycle** will begin at birth and continue until the person enters a "1" Personal Year closest to their twenty-eighth birthday (to be exact, it is the twenty-eight birthday plus 4 months). The Personal Year number is the energy a person will be exposed to for that calendar year. When the Personal Year number is a 1, then it is considered a "One" Personal Year.

**To find the "1" Personal Year closest to their 28th birthday,**

Find what year they will be 28 by adding 28 to the year of their birth.

$$\underline{\hspace{2cm}} + 28 = \underline{\hspace{2cm}}$$

Find their Personal Year number for that year of their 28th birthday by:

a.) finding the Universal Year number for the year of their 28th birthday by adding the year's digits together and reducing it down to a single digit unless it is a master number, example:  $1846 = 1+8+4+6 = 19 = 1+9 = 10 = 1+0 = 1$   
 $1 \ \underline{\hspace{1cm}} + \underline{\hspace{1cm}} + \underline{\hspace{1cm}} + \underline{\hspace{1cm}} = \underline{\hspace{1cm}}, \underline{\hspace{1cm}} + \underline{\hspace{1cm}} = \underline{\hspace{1cm}}$

b.) now add their month of birth and day of birth to the last number above and reduce it to a single digit, example (the last number in the example above is)  $1 + (\text{month of birth, June}) 6 + (\text{day of birth}) 16 = 23 = 2+3 = 5$  or  $23/5$   
 $\underline{\hspace{1cm}} + \underline{\hspace{1cm}} + \underline{\hspace{1cm}} = \underline{\hspace{1cm}}, \underline{\hspace{1cm}} + \underline{\hspace{1cm}} = \underline{\hspace{1cm}}$

The Personal Year numbers run in order. So if the year is not a 1 Personal Year on your twenty-eighth birthday, then count back the years or forward the years to get to a 1 Personal Year. Personal Year numbers where the 1 Personal is closer by counting backwards are 2, 3, 4, and 5. Personal Year numbers that are closer to a 1 Personal Year are 6, 7, 8, and 9.

If you have a 5 Personal Year in the year 1856 so count back:  
 1855 would be a 4 Personal Year  
 1854 would be a 3 Personal Year  
 1853 would be a 2 Personal Year  
 1852 would be a 1 Personal Year

If you have a 6 Personal Year for the year 1856, then count forward:  
 1857 would be a 7 Personal Year  
 1858 would be a 8 Personal Year  
 1859 would be a 9 Personal Year  
 1860 would be a 1 Personal Year (numbers repeat after 9 because  
 10 reduces to 1+0=1, etc.)

Write the year and the age they will be when you will have a 1 Personal Year closest to their 28th birthday here: \_\_\_\_\_

Do the same procedure to find the 1 Personal Year closest to their 57th birthday (see below). Refer to the above explanation for the 1 Personal Year closest to their 28th birthday.

**The second Life Cycle** will begin when the first Life Cycle ends and will continue until the "1" Personal Year closest to the fifty-seventh birthday (to be exact, the fifty-sixth birthday plus 8 months)

Find what year they will be 57 by adding 57 to the year of their birth.

$$\underline{\hspace{2cm}} + 57 = \underline{\hspace{2cm}}$$

Find their Personal Year number for that year of their 57th birthday by:

a.) finding the Universal Year number for the year of their 57th birthday by adding the year's digits together and then reducing it down to a single digit unless it is a master number: (add the digits of the year they will be by 57).  
 $\underline{\hspace{1cm}} + \underline{\hspace{1cm}} + \underline{\hspace{1cm}} + \underline{\hspace{1cm}} = \underline{\hspace{1cm}}, \underline{\hspace{1cm}} + \underline{\hspace{1cm}} = \underline{\hspace{1cm}}$

b.) now add their month of birth and their day of birth to the last number above and reduce it to a single digit:

$$\underline{\hspace{1cm}} + \underline{\hspace{1cm}} + \underline{\hspace{1cm}} = \underline{\hspace{1cm}}, \underline{\hspace{1cm}} + \underline{\hspace{1cm}} = \underline{\hspace{1cm}}$$

Write the year and the age they will be when they will have a 1 Personal Year closest to their 57th birthday here: \_\_\_\_\_

**The third Life Cycle** will begin where the second ends and run until death.

## Finding the number(s) of the Life Cycles

**The first Life Cycle** is the number of the birth month. Write their birth month number here: \_\_\_\_\_ (be sure to reduce it to the single digit also as 12/3, unless it is the master number 11). Write the meaning for the number(s):

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**The second Life Cycle** will be the number of the birth day. Write birth day number here: \_\_\_\_\_ (reduce it to the single digit also as 27/9, unless it is a master number of 11 or 22). Write the meaning for the number(s): \_\_\_\_\_

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**The third Life Cycle** will be the number of the birth year reduced to its single digit unless it is a master number. Write their birth year here: \_\_\_\_\_ (be sure to reduce it to the single digit also as 17/8, unless it is a master number of 11, 22, 33...). Write the meaning for the number(s): \_\_\_\_\_

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## Life Attainments

There are four Life Attainments. A Life Attainment is the changes that the person will be dealing with, the lessons and healings that they will be working on during the time of each one. The number of the basic cycle of the numbers is 9. There are 4 Life Attainments; so, 9 is multiplied by the 4 to get 36. From this is subtracted the Life Path Number to find when the first Life Attainment will end and the second will begin. The second Life Attainment will end 9 years later, and the third will begin. The third will end 9 years later, and the fourth will begin and run until death.



## Life Challenges or Life Lessons

Life Challenges are those lessons that you need to pay special attention to so that they can be strengthened, healed, and brought into balance.

**First Minor Challenge** runs the first half of life and is found by taking the month and day of birth and reducing them to single digits. Then subtract the lesser from the greater number: month single digit \_\_\_\_\_ day single digit \_\_\_\_\_, now subtract \_\_\_\_\_ - \_\_\_\_\_ = \_\_\_\_\_ Write the number(s); \_\_\_\_\_ Write the meaning of the number(s): \_\_\_\_\_

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**The Second Minor Challenge** will run the last half of life and is found by reducing the year of birth and the day of birth to single digits and then subtracting the lesser of the two numbers from the greater: year \_\_\_\_\_ (as a single digit), day \_\_\_\_\_ (as a single digit), now subtract \_\_\_\_\_ - \_\_\_\_\_ = \_\_\_\_\_ Write the Second Minor Challenge here: \_\_\_\_\_ Write the meaning of the number(s) here: \_\_\_\_\_

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**The Major Life Challenge or Lesson** will run all of their life. It is found by subtracting the First Minor Challenge from the Second Minor Challenge, the lesser from the greater (you may need to subtract the Second Minor Challenge from the First if the Second Minor Challenge is the greatest number).

\_\_\_\_\_ - \_\_\_\_\_ = \_\_\_\_\_ Write the Major Life Lesson here: \_\_\_\_\_ Write the meaning(s): \_\_\_\_\_

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**Note:** If you get a zero in the Life Chart, then there is no lesson or challenge.

The rest of the Life Chart is concerned with the Soul energies and will have a strong influence on how a person's life is lived, the choices that are made, the "secret" longings and tendencies.

**The Soul Urge** is an inner longing that is deep within us and will seem to “color” who we are and what we want. The Soul Urge is found by adding all the vowels in the person’s name at birth.

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

**K=11 and V=22**

Write full name at birth here and place the value of each vowel above the vowel letter:

\_\_\_\_\_

Add the values of all the vowels or the name and reduce it to a single digit by adding the digits of the two digit sum unless it is a master number.

\_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ = \_\_\_ + \_\_\_ = \_\_\_

Write Soul Urge here \_\_\_\_\_ (do not reduce a master number and use the last three digits i.e. 34/7) Write the meaning for the number(s) here: \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Soul Urges Behind the Soul Urge** are a deeper look into the inner feelings. This is done by looking at the vowels of the name because it is the vowels that make up the Soul Urge. Write the vowels here: have \_\_\_ a’s which are 1’s, have \_\_\_ e’s which are 5’s, have \_\_\_ i’s which are 9’s, have \_\_\_ o’s which are 6’s, have \_\_\_ u’s which are 3’s, \_\_\_ y’s used as a vowel which are 7’s, \_\_\_ w’s as a vowel which are 5’s.

Write the meanings of each number by listing them from the most frequent to least: \_\_\_\_\_

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**The Soul Challenge or Lesson** is that which applies to the inner feelings, to the Soul Urge. To find the Soul Challenge, subtract the first vowel from the last vowel of the total name, or the last from the first vowel depending on which is the greater number.

Write the first and last vowel of their full name with its number value and subtract: \_\_\_\_\_ - \_\_\_\_\_ = \_\_\_\_\_ Write the meanings of each number here:

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**The Quiet or Inner Self** is that which needs to be created within the self and for the self. It is what is necessary to accomplish in this life. To find the Quiet or Inner Self, add all the consonants in the full name at birth.

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

**K=11 and V=22**

Write the full name at birth here and the number for the consonants under each one. Then add all the consonants and reduce to the single digit unless it is a master number:

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Add the numbers for the consonants here:

\_\_\_\_ + \_\_\_\_ + \_\_\_\_ + \_\_\_\_ + \_\_\_\_ + \_\_\_\_ + \_\_\_\_ + \_\_\_\_ + \_\_\_\_ + \_\_\_\_ + \_\_\_\_ = \_\_\_\_ + \_\_\_\_ =  
\_\_\_\_\_

Write the total here, remember to use the last 3 digits i.e. 24/6 unless it is a master number \_\_\_\_\_ Write the meanings of each number: \_\_\_\_\_

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**The Challenge to the Quiet or Inner Self** is what needs to be overcome in order to accomplish what the Quiet or Inner Self must do. Subtract the first letter from the last letter in the total name, the lesser from the greater.

\_\_\_\_ - \_\_\_\_ = \_\_\_\_ Write the meanings of each number: \_\_\_\_\_

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**The Expression** is what they are expressing to other people. It is the total of what they have to work with in this life, all the positive and negative aspects that make up who they are. Add the number value of all the letters in the complete name by following these steps:

1. add the vowel total \_\_\_\_\_
2. add the consonant total \_\_\_\_\_
3. add the vowel total to the consonant total.

(Remember to use the last three digits as 21/3 unless it is a master number.)

vowels \_\_\_\_ + consonant \_\_\_\_ = \_\_\_\_\_ Write the meanings of each number:

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**The Challenge to the Expression** is what must be overcome in order to express in a positive way. Add the Soul Urge and The Quiet Self together because the Soul Urge is what moves the person and is what is being sought, and the Quiet Self is what they would like to accomplish in life. Soul Urge \_\_\_\_\_ + Quiet Self \_\_\_\_\_ = \_\_\_\_\_ Write the meanings of each number: \_\_\_\_\_

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**The Hidden Passion** is a single factor in the life that is an overpowering drive. Look at the name and see which number or numbers appear the most. The number(s) that appear the most in the name are: \_\_\_\_\_ Write the meanings of each number: \_\_\_\_\_

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**The Sub-Conscious Self** is the reaction they will have when presented with an emergency. It will be the first reaction. Find the number of numbers missing from the name and subtract those from 9. (Example: someone does not have a 3, or 4, or 6 in their name. That is 3 numbers missing from their name so subtract  $9-3=$ .)  $9 - \underline{\quad} = \underline{\quad}$  Write the meaning of the number here: \_\_\_\_\_

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**The Eccentricity** is how they will react to a problem that seems to be unsolvable. Take the Key (the total of the numbers in the first name) and add the day of birth. Total of the numbers in the first name \_\_\_\_\_ + day of birth \_\_\_\_\_ = \_\_\_\_\_ (use the last three digits, i.e. 36/9 unless it is a master number.) Write the meanings of each number here: \_\_\_\_\_

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**The Cornerstone** is the foundation on which the life will be built. It is the first letter of the first name. The first letter of the first name is \_\_\_\_ and its number is \_\_\_\_\_. Write the meaning of the number here: \_\_\_\_\_

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**The Balance Number** is what they will stand firm on in cases of emergencies and problems. It is found by adding the initials of all the names. First initial number is \_\_\_\_ + second initial number is \_\_\_\_ + third initial number is \_\_\_\_ = \_\_\_\_\_ (remember to reduce it to a single digit and use the last three digits as 36/9 unless it is a master number.) Write the meaning of the number(s):

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**The First Key** shows how the life will be led. To find the First Key, reduce all the numbers in the first name to a single digit and add them together. \_\_\_\_ + \_\_\_\_ + \_\_\_\_ + \_\_\_\_ + \_\_\_\_ + \_\_\_\_ + \_\_\_\_ = \_\_\_\_\_ (reduce it to a single digit unless it is a master number and use the last three digits, i.e. 36/9.) Write the meaning of the number(s) here: \_\_\_\_\_

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**The Second Key** is the certain element that will be strived for. It is found by using the first letter of the last name. Write the last initial and its number value of here: \_\_\_\_\_ Write the meaning of the number(s): \_\_\_\_\_

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**An Important Character Trait** is found with the first vowel of the first name. Write the first vowel of the first name here: \_\_\_\_\_

Vowel	# Value	Meaning
A	1	It is very mental and creative. The drive will be for self.
E	5	It is very active and physical with a drive for change and freedom.
I	9	It is very emotional and will want to have closure.
O	6	It is emotional but it's held inside, secretive, and rely on self.
U	3	It is intuitive, emotional and expressive with a tendency for self-sacrifice.
W	5	It is physical, powerful, erratic, needs freedom and change.
Y	7	It is intuitive, perceptive, and secretive.

**The Achievement** is what needs to be accomplished in this life. It is the primary mission. It is found by using the month and day of birth. Write the month number of birth here \_\_\_\_ + the day number of birth \_\_\_\_ = \_\_\_\_\_ (reduce it to a single digit unless it is a master number and use the last three digits, i.e. 36/9.) Write the meaning of the number(s) here: \_\_\_\_\_

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**The Capstone** is how they will react to every day life. Use the last letter of the first name. Last letter of the first name is \_\_\_\_ and its number is \_\_\_\_\_. Write the meaning of the number(s) here: \_\_\_\_\_

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**The Life Number** is the primary motivator. This is what will get them moving.

Add the Life Path number and the Expression. Life Path number is \_\_\_\_ + Expression number \_\_\_\_ = \_\_\_\_\_ (remember to reduce it to a single digit unless it is a master number and use the last three digits, i.e. 36/9.) Write the meaning of the number(s): \_\_\_\_\_

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**The Spiritual Initiation** is what they will be exposed to to learn life's lessons. Add the Expression, the Soul Urge, the Life Path, and the day of birth. The Expression number is \_\_\_\_ + Soul Urge \_\_\_\_ + Life Path \_\_\_\_ + day of birth \_\_\_\_ = \_\_\_\_ (remember to reduce it to a single digit unless it is a master number and use the last three digits, i.e. 36/9.) Write the meaning of the number(s) here: \_\_\_\_\_

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**Now transfer all information to the Life Chart Chart.**



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Life Chart

<u>Life Path</u>	<u>Life Cycles</u>	<u>Attainments</u>	<u>Challenges</u>





## Working Pages and Chart for Doing the Forecast

The numbers here last only for a year or less. They forecast the energies for a given year and are much weaker than the Life Chart energies. These Forecast numbers are influenced by the stronger Life Chart energies. They in turn influence the Life Chart energies, but at a weaker level.

**Universal Year** is the energy that the whole world will be responding to, including yourself. To find the Universal Year, take the number of the year now and reduce it to a single digit. (Use the last 3 numbers of your answer i.e. 35/8, unless it is a master number.) Write the year number here \_\_\_\_ then add the digits of the year number,  $\_ + \_ + \_ + \_ = \_$  Number meaning

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**Personal Year** is the energy a person will be dealing with during a calendar year. To find the Personal Year number, take the Universal Year and add to it the month and day of the person's birth. Write the Universal Year number \_\_\_\_ + month of birth number \_\_\_\_ + day of birth \_\_\_\_ = \_\_\_\_ (Use the last 3 numbers of your answer i.e. 35/8, unless it is a master number.) Write the meaning of the number(s): \_\_\_\_\_

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**Personal Months** are weaker energies that have influence for one month. Take the Personal Year and add the number of the month to it. Put the Personal Year number here \_\_\_\_ + 1 for the month of **Jan.** = \_\_\_\_ (Use the last 3 numbers of your answer i.e. 35/8, unless it is a master number.) Write the meaning of the number(s) here: \_\_\_\_\_

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**For Feb.** 2 + Personal Year \_\_\_\_ = \_\_\_\_ Write the meaning of the number(s) here: \_\_\_\_\_

**For March** 3 + Personal Year \_\_\_\_ = \_\_\_\_ Write the meaning of the number(s) here: \_\_\_\_\_

**For April** 4+ Personal Year \_\_\_\_ = \_\_\_\_ Write the meaning of the number(s) here: \_\_\_\_\_

**May** 5 + \_\_\_\_ = \_\_\_\_ Write the meaning of the number(s) here: \_\_\_\_\_

**June** 6 + \_\_\_\_ = \_\_\_\_ Write the meaning of the number(s) here: \_\_\_\_\_

**July** 7 + \_\_\_\_ = \_\_\_\_ Write the meaning of the number(s) here: \_\_\_\_\_

**Aug.** 8 + \_\_\_\_ = \_\_\_\_ Write the meaning of the number(s) here: \_\_\_\_\_

**Sept.** 9 + \_\_\_\_ = \_\_\_\_ Write the meaning of the number(s) here: \_\_\_\_\_

**Oct.** 10 + \_\_\_\_ = \_\_\_\_ Write the meaning of the number(s) here: \_\_\_\_\_

**Nov.** 11 + \_\_\_\_ = \_\_\_\_ Write the meaning of the number(s) here: \_\_\_\_\_

**Dec.** 12 + \_\_\_\_ = \_\_\_\_ Write the meaning of the number(s) here: \_\_\_\_\_

**To find the First Minor Challenge** which runs the length of the first half of the year, subtract the Universal Year from the Birth Digit (the month added to the day). Month \_\_\_\_ + day \_\_\_\_ - Universal Year \_\_\_\_ = \_\_\_\_ Write the meaning(s) here: \_\_\_\_\_

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**To find the Second Minor Challenge** which runs the second half of the year, subtract the Birth Digit from the Personal Year. Personal Year \_\_\_\_ - month + day \_\_\_\_ = \_\_\_\_\_ Write the meaning of the number(s): \_\_\_\_\_

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**The Major Challenge** for the year runs the entire year. To find it, subtract the First Minor Challenge from the Second Minor Challenge, the lesser from the greater. \_\_\_\_ - \_\_\_\_ = \_\_\_\_ Write the meaning(s) here: \_\_\_\_\_

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**There are four Pinnacles** for the year. Pinnacles are the attainments or changes that will occur and are part of the healing and growth process. They are weaker than those of the Life Chart for they last a shorter period of time. The first one begins on January 1 and runs for 3 months. Each Pinnacle lasts 3 months.

**For the first Pinnacle** which runs from January 1 through March 31, add the Universal Year with the birth month and the birth day. \_\_\_\_ + \_\_\_\_ + \_\_\_\_ = \_\_\_\_ Write the meaning of the number(s) here: \_\_\_\_\_

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**For the second Pinnacle** which runs from April 1 through June 30, add the Personal Year with the birth month and birth day. \_\_\_\_ + \_\_\_\_ + \_\_\_\_ = \_\_\_\_ Write the meaning of the number(s): \_\_\_\_\_

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**For the third Pinnacle** which runs from July 1 through September 30, add the first Pinnacle and the second Pinnacle.  $\_\_\_ + \_\_\_ = \_\_\_$  Write the meaning of the number(s) here: \_\_\_\_\_

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**For the fourth Pinnacle**, add the Universal Year and the Personal Year.  $\_\_\_ + \_\_\_ = \_\_\_$  Write the meaning(s): \_\_\_\_\_

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**The three Periods** begin at the birthday and run four months each. Periods are energies that also influence the healing and growing. Notice that for some people, some of their Periods will go into the next year.

**To find the first Period**, subtract the age at the time from the calendar year. Year  $\_\_\_\_\_\_ -$  age at this birthday  $\_\_\_\_\_\_ = \_\_\_\_\_\_$  Write the meaning of the number(s) here: \_\_\_\_\_

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**To find the second Period**, subtract the Life Path number from the current year that the second Period will begin in.  $\_\_\_\_\_\_ - \_\_\_\_\_\_ = \_\_\_\_\_\_$  Write the meaning(s) here: \_\_\_\_\_

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**To find the third Period**, add the Soul Urge with the current year that the third Period will begin in.  $\_\_\_\_\_\_ + \_\_\_\_\_\_ = \_\_\_\_\_\_$  Write the meaning of the number(s): \_\_\_\_\_

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**Now transfer all the information to the Forecast Chart**

Forecast

<u>Personal Year</u> <u>This energy runs the full year.</u>  <u>Personal Year Challenges</u> <u>Major Challenge lasts all the year.</u>  <u>First Minor Challenge lasts the first 6 months.</u>  <u>Second Minor Challenge runs the last 6 months.</u>	<u>Personal Months</u> Jan. <hr/> Feb. <hr/> Mar. <hr/> Apr. <hr/> May <hr/> June <hr/> July <hr/> Aug. <hr/> Sept. <hr/> Oct. <hr/> Nov. <hr/> Dec. <hr/>	<u>Pinnacles</u>  <hr/>  <hr/>  <hr/>	<u>Periods</u>
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## The Numbers: Their Full Meanings and Related Information

### NUMBER I

**Number One** is the number of the attainment of goals and dreams. It is the number of action. It represents new beginnings, progress along one's path, and self-confidence or ego. On the spiritual level, it is the number of the Creator, the Spiritual Self. It represents the union and balance between the spiritual and material levels of life and of no longer seeing the physical world as being separate from Spirit. There is only The One. Everything becomes spiritual.

**The symbol is a circle.** It represents a crown, or the serpent eating its tail. It represents eternity. Native Americans generally say the circle is sacred because the Great Spirit created all things, except stone, to be round. Many ceremonies are done in a circle. The Medicine Wheel is set up in a circle.

**It is called the "Aspiration of Man."** It is the urging of the soul to reunite with God, the One from which we came.

**Its element is fire.** Fire is the energy of the emotions, intelligence, creativity, and the spirit of adventure. It is the life force. It gives a person a lot of energy for life. To be near fire, whether in the form of candles or a camp fire: will be soothing and strengthening.

**Its color is red.** Red is the color of the life energy and feeds the desires and impulses. Wearing red will aid in dealing with the energies of the One.

**The planet is the Sun and the signs are Aries and Capricorn.** The sun has the energies of will power, vitality, leadership, creativity, achievement, honor, glory, individualization, authority, and the self. Aries is the sign of activity, primitive self-expression, the joy of being, and of leaders and pioneers. Capricorn is the sign of appreciation for the value of organization, a keen sense to conserve material resources and to perfect abilities.

**The chakra is the Root.** It is the chakra for the life force and creativity. It is located at the base of the tail bone. (A chakra is an energy vortex that allows energy to pass through from the physical body to the energy field around it, and from the energy field around the body to the physical body.) It is the chakra associated with the physical functioning of the body. If you are having problems handling the energies of the one, you may have trouble with the area of the body near the root chakra and you may feel more tired than usual.

**The Tarot cards associated with the number one are The Magician, The Sun, and The Wheel of Fortune.** The Magician is the card of will-power and mastery. It brings organizational skills and creative talents. It means you have the ability to take the power from above and direct it through your desires into manifestation. The Sun is the card of material happiness, success, attainment, and achievements in the arts, science and agriculture. It is the card of liberation and pleasure in the simple life. The Wheel of Fortune is the card of success and means a turn of luck

**The physical areas associated with the number One are the head, the heart, and the senses.** If you are having difficulty dealing with the energy of the one, you may experience problems with these physical areas of the body. If you are handling the one's energy well, these areas will tend to be healthy.

**The Mode of Expression for the one letters are: A and J express through the mental level, and the S expresses through the emotion level.**

### **GEMS FOR NUMBER 1**

**Carnelian** activates the sense of touch, and increases the ability to be in touch with the inner self. It is the symbol of the spiritual love of God. It helps the healing of the eyes, boils, indigestion and imbalances in the kidneys, lungs and spleen. It also deepens the powers of concentration.

**Coral** helps bone disorders and offsets senility. It helps concentration and balance in one's character. It is used to counter the loss of appetite or to control the appetite. It eases depression and excessive worry. It cools tempers, balances physical energies, relaxes the mind, and brings wisdom. It also helps protect against upper respiratory infections.

**Diamond** helps to protect against evil forces and is associated with innocence and constancy. It is considered a barrier against cowardice and brings love and comfort.



**Garnet** helps to strengthen the liver, heart, kidneys, and thyroid and helps alleviate various types of anemia and blood disorders. It aids in getting rid of bad dreams and depression. It also enhances self-esteem.

**Jasper (red)** aids in hormonal balancing of the body and increases sensitivity into understanding. It also helps to balance the emotions.

**Jet** helps to ward off evil influences and aid the cells of the body in healing and staying healthy.

**Obsidian or volcanic glass** helps to balance the stomach, intestinal tract and muscle tissue. It protects one from being abused. It will aid in balancing the emotional stress brought on by outside pressures.

**Onyx** aids in strengthening and regenerating the over all physical condition of the body. It helps relieve stress, apathy, and neurological disorders. It increases the assimilation of vitamins B and E. It aids in the ability to let go of issues and people that are no longer of benefit. It helps to control the emotions and remove negative thinking. It aids in helping to deal with separations such as the loss of a job or loved one.

**Quartz** is the symbol of purity, patience, perseverance, and the infinity of space. It is a general healing stone. It aids in breaking bad habits and strengthening positive action. It stimulates openness and the awakening of the mind. In many Native American cultures, the clear quartz crystal is important because it reflects the rainbow. This reflection of the rainbow, which is a God-made symbol, makes the stone special.

**Ruby** is the greatest spiritual protector of all the gems. It has a mystical vibration. It aids in bringing good health, long life and continuous happiness. It aids in the clearing of negative thoughts and enhances intuition.

## NUMBER 2

**The Two** is the number of relationships: with yourself, others, your world. It is the number of friends, love and peace. It deals with dualities such as negative and positive, male and female, etc. On the spiritual level, it is the number of the descent of Spirit into Matter or of Creation. It is the number of the Higher and Lower Selves.

**The symbol is the cross or an upside -down V.**

**It is called "The Duality of Man" or God the Father and God the Mother.**

**The element is water** which has the qualities of being silent, mystical, and perceptive. It is the element of the arts. To be in or near water, such as in a shower or near a water fountain will be a soothing and strengthening experience. It will help you deal with the energy of the two.

**The color is orange.** Orange has the energies of fertility, wisdom, leadership, and money. To wear this color or have it around you will aid in dealing with the energies of the two.

**The planet is the Moon and the sign is Taurus.** The moon gives the energies of instinct and habit and deals with feeling, imagination, and receptivity. It is the desires and the energies of the home. It strengthens the feelings of protecting and cherishing those we love and aids in sensitivity, adaptability, popularity, and sympathy. It is the "planet" of women. Taurus is the sign of stability and permanency in the universe. It strengthens those who are builders and those who are working with and conserving the resources of the earth. It aids in reflection before any action is taken.

**The chakra is the Naval** which is the center for sex, relationships of the physical level, order and release. It is associated with the emotions. If you are having trouble with the energy of the two, you may have problems in the naval area of the body, may have sexual problems, problems having order in your life and being able to release things from your life that need to be let go.

**The Tarot cards are the High Priestess and Judgment.** The High Priestess represents the unraveled future and the hidden influences at work in your life. It is the card of value for artists, poets, composers, and mystics. Judgment represents a life well led, awakening and renewal. It brings a change in consciousness which is ready to blend with the Universal Consciousness.

**The physical areas are the nerves, kidneys, spleen and the stomach.** If you are having problems handling the energies of the two, you may have problems with these physical areas.

**The mode of expression is through the emotional level for the letters B and T.**

## **GEMS FOR NUMBER 2**

**Agate** aids in driving away bad dreams and guards against danger. It endows the wearer with strength and a brave heart. It banishes fears, cures insomnia, and aids the awakening and opening of the inner self to be receptive.

**Azurite** helps in changing mental thoughts and vibrations. It is good for developing psychic abilities. It is a powerful healing stone and is used for invoking spiritual guidance and help.

**Emerald** is considered the symbol of hope and faith. It has therapeutic powers and is a link to the spiritual forces. It aids in strengthening the memory, enhancing eloquence and speech, and acts as a tranquilizer for a troubled mind. It is considered the gem of universal insight and provides the gifts of perception, insight, hindsight, foresight, truth and love.

**Gold** prompts the beauty within you to come forth, balances your energy field and combats depression.

**Lapis** is one of the oldest spiritual stones known. It is associated with wisdom and when worn, it stimulates psychic experiences. It is used for strengthening both the mind and body to a spiritual awareness. It strengthens the physical body. It helps heal eye problems.

**Topaz (golden)** helps the healing of anger and diseases of an emotional nature. It strengthens the eyes and acts as a stimulant to the appetite. It aids in relieving tensions and restores physical balance.

**Topaz (blue)** allows you to see all things as equally important. It helps bring the body, mind and spirit in union with the Universal perfection.

### NUMBER 3

**The number Three** is the number of self-expression. To express who you are, you must know yourself. For those who have buried their true feelings for any number of reasons (abuse, wanting to be loved), it will be a challenge to heal and become strong enough to let that true self out. So, the three can also be the number of finding that true self and expressing it. There will be a desire to express peace and beauty in some form and to be surrounded with these qualities. You will desire social interaction in many ways. You will be lead by your ideals. On the spiritual level, it is the number of the birth of the three levels of consciousness--the body consciousness, the awareness of the soul, and the enlightenment of Spirit.

**The symbol is the triangle.**

**It is called “The Expression of Man” of the Trinity: the Father, Son, and Holy Ghost.**

**The element is fire.** Fire is the energy of creativity, and adventure. It feeds the emotions and the intelligence. It is the element of the life force.

**The color is yellow** and is the color of intuition and wisdom. The color expresses the psychic and spiritual energies.

**The planet is Jupiter and the signs are Gemini and Pisces.** Jupiter is the planet that stimulates the Higher Mind. It is the planet of wisdom and enthusiasm. It brings expansiveness, optimism, benevolence, and generosity. It is the planet of law, the church, universities, and business. Gemini is the sign for exercising intelligence and gathering all kinds of varied impressions and facts. It is the sign of travel. Pisces is the sign for self-sacrifice in order to achieve a greater goal, and it is the sign of extending the boundaries of consciousness.

**The chakra is the solar plexus** located at the base of the sternum and is the center for judgment. It is associated with the mind. If you are having problems expressing who you are to others, you will feel the energy very strongly in the area of the solar plexus.

**The Tarot cards are The Empress, The World and The Hanged Man.** The Empress represents material wealth, marriage, fertility, and luxury. The World is the card for completion of goals and issues in your life and for rewards earned. It is the card of success and triumph. It represents travel and a change of residence. It is the path of liberation and the arrival at a state of Cosmic Consciousness. The Hanged Man is the card of spiritual matters, wisdom and prophetic power. It represents suspended decisions. It is self-surrender that leads to the transformation of the personality and material temptation is conquered.

**The physical areas of the body are the liver, the skin, and the throat.** If dealing with the energy of the three is difficult, there may be problems with these areas of the body.

**The letter L feeds the mental level and the C and U feed the intuitive level.**

### **GEMS FOR NUMBER 3**

**Alexandrite** is the gem of good fortune. At night, it is said to stimulate pleasure and love.

**Aquamarine** aids ailments of the stomach, jaws, liver, and throat. It has a calming effect on the sea and is the gem of sailors. It is used for calming the nerves and lifting the spirits.

**Bloodstone or heliotrope** helps in bringing the mental self into balance. It gives wisdom and courage. The stone will aid in clearing bloodshot eyes, relieving sunstroke and headaches. It is used as a shield against negative energy and helps develop courage. The stone brings good luck.

**Diamond** helps to protect against evil forces and is associated with innocence and constancy. It is considered a barrier against cowardice and brings love and comfort.

**Jade** is associated with occult wisdom and extensive healing. It is worn to assure a long life and a peaceful death. It inspires quick and precise decisions, brings good luck, wealth, and happiness. It aids in cleansing of the blood. It helps the immune system and the kidneys. It soothes the eyes and the nervous system.

**Pearl** is associated with femininity. It aids in relaxing the mind and freeing the energy for physical balance. It is worn to bring the wearer happy experiences of love.

**Quartz** is the symbol of purity, patience, perseverance and the infinity of space. It is a general healing stone. It aids in breaking bad habits and strengthening positive action. It stimulates openness and will accelerate the awakening of the mind. In the Native American culture, the clear quartz crystal is important because it reflects the rainbow. This reflection of the rainbow, which is a God-made symbol, makes the stone special.

**Tourmaline** has a calming affect. It will attract success. Concentration and eloquence improve and balance is restored in relationships when this stone is owned and worn.

**Turquoise** is used to contact the Great Spirit and to protect against evil thoughts. It clears the thinking process and brings mental balance. It is the stone of friendship.

## NUMBER 4

**The number Four** is the number of work, responsibility and organization. It is the number of trust and devotion. On the spiritual level, it is the Path of Evolution, Redemption and Karma. You will reap the consequences of your decisions. This is the number of the soul trapped in the physical form

and all its limitations. The process of freeing yourself will take trust and devotion to a spiritual path. It is also the first initiation taken on the Spiritual Level toward the rejoining of the soul with its Creator.

**The symbol of this number is the square or a circle with a cross inside.** Each of these symbols represents the limitations of the physical form.

**It is called “The Limitation of Man,” “The Four Lords of Destiny, or “The Four Elements.”**

**The element is earth.** Earth has the qualities of being sensual, practical, conservative and being “down to earth.” Being outdoors and making contact with the earth will be beneficial, soothing and strengthening.

**The color is green,** which is the color of healing. Green is also the color of dreams coming into reality and of the concentration of the mind. Wearing this color and/or having it around you will help make these qualities stronger and will help with the energies of the four.

**The planet is the Earth and the sign is Cancer.** The planet Earth has the energies of the senses, of being practical and conservative. The sign is Cancer. It is the sign of the family and of protection. Its emotional component is having a tendency to cling and to nurture. This sign also gives insight when there are good business potentials.

**The chakra is the heart** which is the center of love. If you are having problems with the work and dealing with the limitations in your life, you may have some problems with loving and being loved.

**The Tarot cards are The Emperor and Death.** The Emperor is the card of leadership and mental activity. It is the card of domination and authority. It brings the results of actions taken in the past and controls and directs sexual energy. Death is the card of transformation and change. It is the card of destruction followed by renewal. It represents the clearing out of things that stand in the way of a new beginning.

**The physical areas are the heart, teeth and the blood.** If you are dealing with work and limitations well, these areas will tend to be healthy.

**The letters D and M express through the physical body.**

#### **GEMS FOR NUMBER 4**

**Emerald** is a symbol of hope and faith. It has therapeutic powers and is a link to the spiritual forces. It aids in strengthening the memory, enhancing

eloquence and speech and acts as a tranquilizer for a troubled mind. It is considered the gem of universal insight and provides the gifts of perception, insight, hindsight, foresight, truth and love.

**Moonstone** is a symbol of hope, bringing life to the spirit and strength to the personality. It bestows gifts of prophecy and second sight, gives the wearer a clear mind, stimulates love and protects those with a sensitive nature.

**Pearl** is associated with femininity. It aids in relaxing the mind and freeing the energy for physical balance. It is worn to bring the wearer happy experiences of love.

**Silver** draws negativity from the body, cleanses the toxins from the cells and promotes popularity.

**Turquoise (green)** is used in contacting the Great Spirit, and in protecting against evil thoughts. It clears the thinking process and brings mental balance. It is the stone of friendship.

**Tigers eye** enhances the psychic abilities, and helps you to be practical and grounded.

## NUMBER 5

**The number Five** is the number of personal freedom and change. It is the number of experience, travel, and curiosity. Under this number, you will progress toward your goals. On the spiritual level, it is the number of one's attempt to rise above the material level. It is the beginning of the spiritual path, the realization that there is more than just the physical body and the physical world.

**The symbol for the number five is the five pointed star.**

**It is called "The Expansion of Man."** It represents the Christ resurrected from matter.

**The element is air.** Air represents change, and originality. It enhances the desire to be with others and to share with them what you have to say.

**The color for five is tan.** Tan has the energy of being organized and dependable.

**The planet is Mercury and the sign is Leo.** Mercury is the planet for communication, interpretation and self-expression. It is the planet of reason, relationships and travel. It aids in ingenuity, adaptability and mobility. The sign, Leo, is the sign for creative abilities and pride in your achievements.

**The chakra is the throat** which is the center of power and communication. It is associated with the divine will and power of the word and speaking things into being. It also deals with listening and taking responsibility for your actions. Many times the throat will become sore or we will lose our voice when we are having difficulty with the energies of the number five.

**The Tarot cards are The Hierophant and The Temperance.** The Hierophant card represents a preference for the symbolic forms of religion, rituals and creed. It represents the importance of social approval and conformity. The Temperance card represents adaptation to what is going on with you and around you and using self-control. It represents modifying yourself and your surroundings to work in harmony with others. It shows us that what we have imagined will come to pass.

**The physical areas of the body are the sex organs and the nerves.** If you are dealing with the issues and the energies of the five well, these areas tend to be healthy. If you are not dealing well with the number five energies, you may experience nervousness and problems with the sex organs.

**The letters E and W express through the physical level and the N expresses through the mental. .**

## **GEMS FOR NUMBER 5**

**Amber** radiates heat, light, and possesses powerful magnetic electricity. It is used as an all around healing stone.

**Peridot** (aloli vine, or chrysolite) works against evil. It frees the mind of envious thoughts and jealousy. It dispels fears, guilt and depression. It increases clarity, patience and promotes a positive outlook. It balances energies and wards off stress. It strengthens the heart.

**Ruby** is felt to be the greatest spiritual protector of all the gems. It has a mystical vibration. It aids in bringing good health, long life and continuous happiness. It aids in the clearing of negative thoughts and enhances intuition.



## NUMBER 6

**The number Six** is the number of responsibility, power and service. It is the number of decisions, adjustments, the home and marriage. On the spiritual level, it is the blending of justice and mercy. You have the ability to see that justice is done with compassion and understanding. It is the number of harmony between spirit and matter of the Divine Will and human will.

**The symbol is Solomon's Seal** which is one triangle pointing up superimposed over top another triangle which is pointing down. **Another symbol for the six is Siva and Vishnu** which is one triangle pointing up above a triangle pointing down.

**It is called "The Harmony of Man."** This is where there is a working partnership between yourself and the Creator.

**The elements are earth and air.** Earth represents the sensual part of yourself, the practical and conservative. Air represents speech, change, originality and the desire for the company of others.

**The color is blue.** It is the color of harmony, will power and discipline. Wearing blue and/or having it in your environment will help with the responsibilities, the organization and the decision making of the number six.

**The planet is Venus and the sign is Virgo.** Venus has the energies of beauty and harmony. It is the planet of the arts and of love and pleasure. The sign Virgo stands for a highly-developed sense of detail and powers of discrimination. It reflects an appreciation of the value of technical efficiency.

**The Tarot cards are The Lovers and The Devil.** The Lovers represent choice, temptation and attraction. They also represent the struggle between sacred and profane love, as well as the harmony of the inner and outer aspects of life. The Devil represents black magic, discontent, depression and illness. It stands for the wrong use of force, bondage to the material world and for experiencing things without understanding their meanings.

**The chakra is the third eye** located between the eye brows. It is the center for obtaining, recording and sending symbols, colors and images that represent reality. It is the center for self-image and goals. It is associated with love that cares for and supports, protects and nurtures all life.

**The physical areas are the heart and the neck.** If you are having problems with the energies of the six, these areas may cause you problems.

**The letter F expresses through the intuitive level and the letters O and X express through the emotional level.**

## GEMS FOR NUMBER 6

**Azurite** helps in developing psychic abilities. It is credited as a powerful healing stone and for invoking spiritual guidance and help. It stimulates thoughts and helps develop mental control and balance.

**Citrine** transmutes negative energy into positive, aids in acquiring wealth, stimulates the intuitive self, dispenses fear and aids digestion.

**Jasper (red)** aids in hormonal balancing of the body and increases sensitivity into understanding. It also helps to balance the emotions.

**Rhodochrosite** helps to heal the wounded psyche from both emotional and physical traumas and it wards off mental breakdowns. It inspires forgiveness. It aids the astral body and self-identity. It heals the subconscious mind, allowing for higher realms of thought.

**Star Sapphire** helps to bring devotion and spiritual enlightenment. It is the symbol of wisdom and prophecy. It contributes to mental clarity and is used for protection.

## NUMBER 7

**The number Seven** is the number of the God Self Within and of the Christ or the Perfect Expression of Who You Really Are. It is the number of wisdom, knowledge, study and meditation. Seven is the number of spiritual self-realization. It represents introspection and the intuitive aspects of yourself.

**The symbol is a triangle pointing upward above a square** which stands for the Union of the Trinity and the Four Elements of Physical Manifestation. The Trinity or three aspects of God are no longer separate from the physical universe. They are now united.

**It is called "The Perfection of Man"**, for now you can manifest your spiritual self in your daily life and your world.

**The element is water** which is silent, mystical and perceptive. It also includes the creative arts.

**The color is violet or purple** and it is the color of the Inner Self. It is the color of the Spiritual Self.

**The planet is Neptune and the sign is Libra.** Neptune has the energies of intuition and the imagination. It brings expansion, idealism, sympathy and compassion. The planet represents renunciation, self-sacrifice, sensitivity and the mystical. Libra is the sign for the urge to co-operate with others and make adjustments and compromises. It brings out the peace-maker within us. It is harmony and service.

**The chakra is the crown** on the top of the head and is the center for the Union with the Higher Self. It is the center that connects us to spirit. It is associated with the integration of our spiritual and physical levels and with the higher mind and higher knowing.

**The Tarot cards are The Chariot and The Tower.** The Chariot represents triumph, success and control over the forces of nature. It brings triumph over illness, money difficulties and enemies of any sort. It represents fulfillment and mind over emotion. The Tower represents change, conflict and the overthrowing of existing ways of life. It brings a disruption in the person's life that will bring about enlightenment and any selfish ambition will bare no fruit.

**The physical areas are the nerves and glands.**

**The G and P express through the mental body and the Y expresses through the intuitive body.**

## **GEMS FOR NUMBER 7**

**Agate** aids in driving away bad dreams and guarding the wearer against danger. It endows the wearer with strength and a brave heart. It banishes fears, cures insomnia and aids the awakening the Inner Self to be receptive.

**Opal** attracts to the wearer what is within the self. It is used to grant wishes. It will help develop the psychic powers, ease depression and apathy

**Rose quartz** brings calmness, attunes to the energy of love, balances chakras and aids in healing emotional wounds.

## NUMBER 8

**The Eight** is the number of material aspects of the world. It represents power, money, politics, survival and dependability. Attention will also be focused on the body. On the spiritual level, the inner voice (the intuition) will become clear, or, if already in tune with that inner voice, it will become stronger.

**The symbol is a square on top of a diamond.**

**It is called "The Manifestation of Man."** It is also the number of Karma. It is "The Lifting above Limitations." You will be dealing with the limitations of the physical manifestation, but will see them from a more spiritual meaning.

**The element is earth** which is sensual, practical and conservative.

**The color is black or gray** which is the color of rebellion, negative energy and willpower.

**The planet is Saturn and the sign is Scorpio.** Saturn has the energies of contraction, concentration and the imposition of limits. It is the planet of ambition, self-preservation and caution. It stands for integrity, responsibility, justice, stability and endurance. Scorpio is the sign for deep emotions, power and the need for discipline. It represents an instinctive recognition of the fact that death is not an end, but merely a transitory phase in existence.

**The Tarot cards are Strength and The Star.** Strength represents the force of character. It is spiritual power overcoming material power, love triumphing over hate and the higher nature of the self overcoming the lower. The Star represents insight, inspiration, hope and unselfish aid. It is good health and gifts of the Spirit. Love will be given and received.

**The physical areas are the stomach and the nerves.**

**The letter H express through the mental body, the Q expresses through the intuitive body and the Z expresses through the emotional.**

## GEMS FOR NUMBER 8

**Coral** aids concentration and the balancing of one's character. It is used to counter the loss of the appetite or to control the appetite. It eases depression and excessive worry. It cools tempers, balances physical energies, relaxes the mind and brings wisdom to the owner.

**Garnet** helps to alleviate bad dreams and depression. Red garnet aids in curing hormonal imbalances. Yellow garnet balances the liver. It is used to enhance self-esteem and brings good business relationships.

**Ruby** is felt to be the greatest spiritual protector of all the gems. It aids in bringing good health, long life and continuous happiness. It helps in the clearing of negative thoughts and enhances intuition.

**Topaz** (golden) helps the healing of anger and diseases of an emotional nature. It strengthens the eyes and acts as a stimulant to the appetite. It aids in relieving tensions and restores physical balance.

**Zircon** is used to enhance physical desires. The orange is used to protect travelers. It aids in alleviating emotional pain. The red or brownish strengthens the emotions, induces sleep, restores the appetite, banishes depression and stabilizes the personality.

## NUMBER 9

**The nine** is the number of completion and bringing things to an end. It is the number of getting rid of things that no longer serve you. It is the willingness to serve others and travel. On the spiritual level, it is the number of high soul expression, service to others, universal knowledge and love and intuition.

**The symbol is a triangle pointing upward with a smaller triangle within it pointing downward and touching the sides.**

**It is called "The Completion of Man" or "The Cycle of Man"** because the next numbers after nine are the master numbers which carry more energy and responsibility for those who are ready to use the knowledge and wisdom of a master.

**The element is fire** which is creative, adventurous, emotional, intelligent and represents the life force.

**The color is gold** which represents wisdom, spirituality and the counseling of others.

**The planet is Mars and the sign is Sagittarius.** Mars has the energies of passion, desire, courage, initiative, and power. Sagittarius is the sign for the student's life, for experiences, activities, religion and philosophy.

**The Tarot cards are The Hermit and The Moon.** The Hermit represents a silent counsel from within. It is prudence, discretion and receiving and

accepting wisdom from above. It also represents receiving instruction from an expert in your field, having a meeting with one who will guide you on the path to material or spiritual goals and the attainment of those goals. There may be the need to journey to gain knowledge. The Moon stands for initiation, imagination and deception. There may be the unfoldment of latent psychic powers. It represents unforeseen perils, secret foes and unfolding bad luck for ones you love.

**The letters I and R express through the emotional body.**

### **GEMS FOR NUMBER 9**

**Amethyst** protects one from the excesses of alcohol and other overindulgence. It has a calming affect and relieves pain and tension, guilt and fears. It safeguards the wearer against personal treachery, self deception, witchcraft and black magic. It induces mental clarity and precognition. It aids meditation and the lifting of the spirit.

**Hematite** assists mental activity, dispels heat from the body, transforms negative energy into positive and promotes emotional clarity.

**Malachite** is a powerful protector. It aids in the success in business and change. It enhances insight into the causes of events and it opens and balances all the chakras.

**Turquoise** is used to contact the Great Spirit and in protecting against evil thoughts. It clears the thinking process and brings mental balance. It is the stone of friendship.

**Zircon** is used to enhance physical desires. The orange is used to protect travelers. It aids in alleviating emotional pain. The red or brownish strengthens the emotions, induces sleep, restores the appetite, banishes depression and stabilizes the personality.

### **MASTER NUMBERS**

**Master Numbers are 11, 22, 33, 44, 55, 66, 77, 88 and 99.** They are numbers that carry a stronger energy vibration and more responsibility than the

other numbers because they carry the knowledge and wisdom of a master. They are all spiritual in nature. If you are having problems dealing with the energy and responsibilities of a master number, it will reduce to its single digit and there will be problems in the areas that the single digit represents. For example, 11 will reduce to a 2 and there will be problems with relationships, a 22 will reduce to a 4 and there will be problems with work and limitations, a 33 will reduce to a 6 and there will be problems with the home, family, taking responsibility and making decisions.

## NUMBER 11

**The eleven** is a master number, which means it has a stronger energy than the other numbers and it carries more responsibility for the person during the time it is in their chart. The eleven is the number of inspiration and selfless service to others. It is the number of revelation, idealism and intuition. It represents the Divine Spirit that dwells within us is in balance with the rest of the Universe.

**The symbol is two circles side by side and overlapping.**

**It is called "The Revelation of Man."** It is the disclosure of Spirit to man.

**The element is air** which is the contact with other people and communication. It is the element of change and originality. To be outside in the fresh air and to feel the wind blowing on you will be soothing and strengthening for you.

**The color is pink.** Pink stands for peace and the mystical. It is the color of devotion and endurance. To wear this color will aid you with the energies of the eleven.

**The planet is Pluto and the sign is Aquarius.** Pluto gives the urge to transform, to regenerate. It is the planet of new beginnings and of using the group as a source of power. The sign is Aquarius. It is the sign of the search for Truth and brotherhood.

**The Tarot card is Justice.** Justice will be done and balance is required in your life. Lawsuits will be won. To balance the personality, you will need to

eliminate the excess baggage of wrong ideas and useless forms of education. A well-balanced mind is its objective.

**The letter K expresses through the intuitive body.**

## GEMS FOR NUMBER 11

**Amethyst** protects from the excesses of alcohol and other overindulgence. It has a calming affect and relieves pain and tension, guilt and fears. It safeguards the wearer against personal treachery, self deception, witchcraft and black magic. It induces mental clarity and precognition. It aids meditation and the lifting of the spirit.

**Aquamarine** has a calming effect on the sea and is the gem of sailors. It is used for calming the nerves and lifting the spirits.

**Lapis** is one of the oldest spiritual stones known. It is associated with wisdom and, when worn, it stimulates psychic experiences. It is used for strengthening both the mind and body to a spiritual awareness. It gives the wearer universal insight. It stimulates the skeletal system and strengthens the physical body.

**Sapphire (blue) and the Star Sapphire** help bring devotion and spiritual enlightenment. They are the symbol of wisdom and prophecy. They contribute to mental clarity and are used for protection.

## NUMBER 22

**Twenty-two** is the number of the builder and the creator of projects that will benefit all of mankind. It is the number of the Truth. If you are having difficulty with this number's energies, it will revert to a 4 ( $2+2=4$ ) which is the number of work and limitations. You will have problems in your work and dealing with limitations, organization and being practical. It is the number of victory over limitations and the release of spirit from confinement in the physical world. It is the number of the mystic marriage wherein the lower nature is brought into union with the higher. Your spiritual nature and the physical will be in harmony.



**The symbol for the twenty-two is a diamond shape. It is called 'The Mastery of Man.'**

**The element is water**, which is the element of silence, of the mystical, of being perceptive, and of the arts. Being in or near water will bring peace to you. It will help bring you to a more calm and peaceful place if you take a bath or shower, run water over your hands or just sit near a stream, lake or ocean. Even a walk in the rain will help you feel better.

**The color is brown.** This color helps you become more grounded; more practical and dependable.

**The planet is Uranus.** It has the energies of originality and inspiration. It is the planet of dynamic self-expression and independence. It enhances the will, inventiveness, eccentricity and the ability to synthesize information.

**The Tarot card is The Fool.** The Fool is the dreamer, a mystic and the person who desires to accomplish a great goal. A caution comes with this card and that is to be careful to make the right choices.

**The letter V is a twenty-two and expresses through the intuitive body.**

## **GEMS FOR NUMBER 22**

**Coral** helps concentration and to balance one's character. It is used to counter the loss of the appetite or to control the appetite. It eases depression and excessive worry. It cools tempers, balances physical energies, relaxes the mind and brings wisdom to the owner.

## **NUMBER 33**

**In the number 33**, love is raised to compassion. It represents the teacher of teachers and this requires self-sacrifice. Leadership is now the role and the acceptance of responsibilities with patience and forbearance without thought of reward or payment. There will be a need to be in nature and to be alone from noise and crowds. Courage and tireless energy are needed and given here. There is power over the physical realm for "right timing." Things need to proceed with

Divine Order. If this energy is not handled correctly, the 33 will reduce to a 6 and there will be problems with making adjustments, decisions, and handling responsibilities. There will also be marital problems and/or problems in the home.

**The Tarot Card is the Seven of Wands.** This card represents the ability to leave the body (astral travel) and to work hard without thought of self. The card tells us that the development of the Higher Self is more important than the lower self. To give service to others is the goal.

### **GEMS FOR NUMBER 33**

**Bavenite** enhances self-image and the motivation to grow spiritually, intellectually, and emotionally. It helps you open up to creativity and gaining knowledge. It is used in the treatment of all five senses and stimulates the attribute of wellness.

**Cobaltite** can be helpful with enhancing creative activities and uplifting emotional experiences. It can help access the perfection within oneself.

**Black Coral** gives peacefulness to one's actions and aids in finding answers to problems through meditation.

**Diamond** helps to protect against evil forces and is associated with innocence. It is considered a barrier against cowardice and brings love and comfort.

**Seamanite** is used to calm one's attitude, to help provide direction to one's creativity, to fight depression and to give hope. It is used to help the assimilation of iron within the blood.

### **NUMBER 44**

**With the number 44,** the metamorphosis into a spiritual being is both concentrated and happens with ease. The healing, growth and changing of self into the highest expression of the Divine is the goal. Success will come through useful enterprises. Self-discipline is the key. Your intuitive self is to be developed

and used. If you are not handling this energy correctly, the 44 will reduce to an 8 and you will experience problems with material aspects of your life, such as money, power and politics.

**The Tarot Card is the Four of Cups.** This card represents using patience, meditation, self-control and persistence to bring forth your hidden wisdom. Choosing a worthy goal will help bring out this Divine wisdom that is hidden within.

### **GEMS FOR NUMBER 44**

**Iris agate** awakens the inner self and opens you to the truth. It aids in bringing long life, good health, happiness and friendship. It is used to open one to psychic abilities, activate the intuition and is used in shamanistic rituals.

**Cryolite** aids in public speaking and in overcoming speech disorders. It stimulates the connection of the crown and root chakras resulting in a continual flow of energy throughout the body. It helps to stabilize you during a stressful time.

**Enhydro** helps you understand the true feelings of another. It helps you be more sensitive when in relationships. It also aids in the acceptance of responsibilities and employment. It helps in the healing and changing of one's self.

**Rhonite** aids the body in the use of oxygen at higher altitudes and during physical exercises. It can be used to make dreams more vivid and to help you remember them. It is used to bring stability to the environment and to give you protection. It stimulates transformation and change within the self and aids in meditation.

**Siderite** aligns the meridians and the chakras of the physical, emotional, intellectual, ethereal and astral bodies. It enhances ones life work and brings stability in employment.

## NUMBER 55

**The number 55** represents the gaining of knowledge with ease through the occurrences of every day life. It is the number of ethical and spiritual ideals. It is the champion of right and seeks justice in all matters. It also is the number of writing and communication that benefits others in some way. If you are having problems with this energy, the 55 will reduce to the one and you will experience trouble with self-confidence (ego) and starting anything new.

**The Tarot Card is the Ace of Swords.** This card represents the hand of God holding the upraised sword of discrimination. It means using mental powers wisely. It also represents the cycle of birth and resurrection.

## GEMS FOR NUMBER 55

**Antigorite** helps to align the chakras, release negativity, activate intuition and assist in the detachment of emotional bonds between yourself and another. It also helps you gain knowledge, bring about changes and aids in releasing things from your life in a loving way.

**Diamond (Pecos)** is used to enhance creativity, intuition and personal growth. It can help stabilize emotions and bring a feeling of joy.

**Obsidian (Red)** energizes the physical body and balances the female/male energies.

**Pumpellyite** is used to protect travelers and ease motion sickness. It is used to bring positive thoughts to the forefront, dispensing negative ones and thus altering your being. It can clear emotional blockages and energize the heart chakra.

## NUMBER 66

**The number 66** is the number of Divine Order in one's personal life and the world. It is the number of helping to solve social problems. You can achieve what you set out to do and can gain great wealth under this number. You are

ruled by truth, fairness and integrity. If the energy of the 66 is not handled correctly, it will reduce to the 12/3 and there will be problems with expressing yourself, with starting new things, self confidence (ego) and with relationships.

**The Tarot Card is the Queen of Pentacles.** This card symbolizes fruitfulness, beauty, fertility and productiveness. It represents being protected by the divine beings who give contentment, love, happiness and peace.

### **GEMS FOR NUMBER 66**

**Hedenbergite** aids in making transitions in your life smoother and easier. It brings Divine Order, success, patience, and new friendships and correct actions to achieve goals. It is a good stone for meditation and healing.

**Ruby in Kyanite** is a mixture that aligns the chakras and brings positive energy and increases power. They also aid in astral travel and understanding and controlling astral journeys. This combination, when used as an attunement stone, helps to initiate the movement of the Kundalini. It helps in the organization of your life and brings uniformity. It aids meditation, connecting with your guides, induces recall of your dreams and helps you interpret them. It balances the yin-yang energies, dispels blockages in energy and aids in the movement of energy in the body.

### **NUMBER 77**

**The number 77** is the number of transcending the limitations of the physical world and recognizing the restrictions on your spirit. It is the number of wholeness within self and all of creation. It represents having great insight into understanding others and being flexible to adjust to different situations as necessary. You will feel a duty to offer your talents and understanding to benefit the world as it seeks to achieve a higher expression. If this energy of the 77 is not handled correctly, it will reduce to the 14/5 and there will be problems with making changes and using your personal freedom. There will also be problems with work, dealing with limitations, starting new things and self confidence (ego).

**The Tarot Card is the Nine of Pentacles.** It represents love, wealth, security, and abundance.

### **GEMS FOR NUMBER 77**

**Chlorocalcite** aids with analytical capabilities, exactness, study habits and meditation. It helps to calm you and aids in the identification of the causes of stress.

**Fluorite (Purple)** is a stone that supports the functions of the third-eye. It brings rationality to your intuitive messages and brings a conscious and orderly connection to spiritual and psychic growth. It helps you open yourself to healing.

**Fourmarierite** can be used during ceremonies of the medicine wheel to represent the four directions and to unite those who are around the wheel. Mentally, it can be used to bring precision and accuracy to logic and analysis. It aids in bringing patience, tolerance, strength and in recognizing which responsibilities are yours and which are not.

**Petrified Wood** promotes strength in all areas of life and is used for grounding. It assists in the growing to new and higher levels of being and can help you find the reason “behind” an illness.

### **NUMBER 88**

**The number 88** is the number of raising personal consciousness to be one with the Divine Consciousness so that there is no doubt about its existence. It represents receiving revelations of your unlimited abilities and the correct way to use them. Sensitivity and compassion will be experienced in each moment. If there is a problem with handling the 88, it will reduce to the 16/7 and there will be difficulty in several areas: finding peace, being alone, gaining knowledge, starting new things, self confidence (ego), with the home, marriage and handling responsibilities.

## GEMS FOR NUMBER 88

**Pharmocosiderite** aligns the chakras, meridians and subtle bodies. It can raise all of your energies. It is used for spiritual attunement, providing protection and cleansing on all levels. It aids in meditation.

**Faden Quartz Crystal** will further the connection you have with another. It strengthens the connection with yourself and your body when you astral travel and aids in astral traveling. It helps with understanding past life experiences and the lessons to be learned from them. It can be used to stabilize the emotional, intellectual and physical levels. It is used to open the chakras and cleanse the aura. It promotes flexibility in your attitudes and gives strength to your decisions. It is a good stone for meditation, for future-telling and telepathic activities.

## NUMBER 99

**The number 99** is the number where the evolution of one's being to a higher level is accelerated. The consciousness is flexible and an understanding of past, present and future actions become appreciated for the understanding that your life has been, is, and will be of the unfolding of the Divine within you. If you have trouble handling the energy of the 99, it will reduce to 18/9 and you will have problems getting things completed, ending things, starting new projects, self confidence (ego) and with dealing with the material aspects of life.

## GEM FOR NUMBER 99

**Tourmaline (light Pink)** stimulates the crown and heart chakras bringing together spirituality and love which promotes joy and peace during times of growth and change. It helps you trust the power of love. It acts as an over all healing stone to bring about wholeness.





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## Glossary

**Ace of Swords**. (#55) is the Tarot card that represents the hand of God holding the upraised sword of discrimination. It means using mental powers wisely. It also represents the cycle of birth and resurrection.

**Achievement** is what needs to be accomplished in this life. It is the life's primary mission.

**Agate** (#2 & #7) is a gem that aids in driving away bad dreams and guards against danger. It endows the wearer with strength and a brave heart. It banishes fears, cures insomnia, and aids the awakening and opening of the inner self to be receptive.

**Agate, Iris** (#44) is the gem that awakens the inner self and opens you to the truth. It aids in bringing long life, good health, happiness and friendship. It is used to open one to psychic abilities, activate the intuition and is used in shamanistic rituals.

**Air** (#5 & #6 & #11) is the element that represents change and originality. It enhances the desire to be with others and to share with them what you have to say.

**Alexandrite** (#3) is the gem of good fortune. At night, it is said to stimulate pleasure and love.

**Amber** (#5) is the gem that radiates heat, light, and possesses powerful magnetic electricity. It is used as an all around healing stone.

**Amethyst** (#9 & #11) is a gem that protects one from the excesses of alcohol and other overindulgence. It has a calming affect and relieves pain and tension, guilt and fears. It safeguards the wearer against personal treachery, self deception, witchcraft and black magic. It induces mental clarity and precognition. It aids meditation and the lifting of the spirit.

**Antigorite** (#55) is the gem that helps to align the chakras, release negativity, activate intuition and assist in the detachment of emotional bonds between yourself and another. It also helps you gain knowledge, bring about changes and aids in releasing things from your life in a loving way.

**Aquamarine** (#3 & #11) is a gem that aids ailments of the stomach, jaws, liver, and throat. It has a calming effect on the sea and is the gem of sailors. It is used for calming the nerves and lifting the spirits.

**Aquarius** (#11) is the sign of the search for Truth and brotherhood.

**Aries** (#1) is the sign of activity, primitive self-expression, the joy of being, and of leaders and pioneers.

**Astrology** and numerology, by many authors, have been suggested that at one time were one discipline and later split off. The information here is given to help you understand and integrate the energies and issues that are associated with numbers and to see more fully how numerology can help you heal and guide your life.

**Azurite** (#2 & #6) is a gem that helps in changing mental thoughts and vibrations. It is good for developing psychic abilities. It is a powerful healing stone and is used for invoking spiritual guidance and help.

**Balance Number** is what you will stand firm in on cases of emergencies and problems. This is the value you will not budge from.

**Bavenite** (#33) is the gem that enhances self-image and the motivation to grow spiritually, intellectually, and emotionally. It helps you open up to creativity and gaining knowledge. It is used in the treatment of all five senses and stimulates the attribute of wellness.

**Black or gray** (#8) is the color of rebellion, negative energy and willpower.

**Bloodstone or heliotrope** (#3) is a gem that helps in bringing the mental self into balance. It gives wisdom and courage. The stone will aid in clearing bloodshot eyes, relieving sunstroke and headaches. It is used as a shield against negative energy and helps develop courage. The stone brings good luck.

**Blue** (#6) is the color of harmony, will power and discipline.

**Brown** (#22) is the color that helps you become more grounded; more practical and dependable.

**Cancer** (#4) is the sign of the family and of protection. Its emotional component is having a tendency to cling and to nurture. This sign also gives insight when there are good business potentials.

**Capricorn** (#1) is the sign of appreciation for the value of organization, a keen sense to conserve material resources and to perfect abilities.

**Capstone** is how the person will react to every day life.

**Carnelian** (# 1) is a gem that activates the sense of touch and increases the ability to be in touch with the inner self. It is the symbol of the spiritual love of God. It helps the healing of the eyes, boils, indigestion and imbalances in the kidneys, lungs and spleen. It also deepens the powers of concentration.

**Chakra** is an energy vortex that allows energy to pass through from the physical body to the energy field around it and from the energy field around the body to the physical body.

**Chariot** (#7) is the Tarot card that represents triumph, success and control over the forces of nature. It brings triumph over illness, money difficulties and enemies of any sort. It represents fulfillment and mind over emotion.

**Chlorocalcite** (#77) is a gem that aids with analytical capabilities, exactness, study habits and meditation. It helps to calm you and aids in the identification of the causes of stress.

**Citrine** (#6) is the gem that transmutes negative energy into positive, aids in acquiring wealth, stimulates the intuitive self, dispenses fear and aids digestion.

**Cobaltite** (#33) is the gem that can be helpful with enhancing creative activities and uplifting emotional experiences. It can help access the perfection within oneself.

**Color** is connected to our mental, emotional and physical health. In fact, research has proven that colors affect us physiologically and psychologically. If you wish to strengthen and heal the energies of a number, wear the color that goes with that number, eat foods of that color, have it in your environment, and if possible, use the color in the lighting of a room or an area of the room for you to sit in. This can be especially helpful if you are having problems with what a number represents. If there are several issues you wish to help strengthen, use the colors for each.

**Coral** (#1 & #8 & #22) is a gem that helps bone disorders and offsets senility. It helps concentration and balances one's character. It is used to counter the loss of appetite or to control the appetite. It eases depression and excessive worry. It cools tempers, balances physical energies, relaxes the mind, and brings wisdom. It also helps protect against upper respiratory infections.

**Coral (black)** (#33) is the gem that gives peacefulness to one's actions and aids in finding answers to problems through meditation.

**Cornerstone** is the foundation on which the life will be built.

**Crown** (#7) is the chakra located on the top of the head and is the center for the Union with the Higher Self. It is the center that connects us to spirit. It is associated with the integration of our spiritual and physical levels and with the higher mind and higher knowing.

**Cryolite** (#44) is a gem that aids in public speaking and in overcoming speech disorders. It stimulates the connection of the crown and root chakras resulting in a continual flow of energy throughout the body. It helps to stabilize you during a stressful time.

**Death** (#4) is the Tarot card of transformation and change. It is the card of destruction followed by renewal. It represents the clearing out of things that stand in the way of a new beginning.

**Devil** (#6) is the Tarot card that represents black magic, discontent, depression and illness. It stands for the wrong use of force, bondage to the material world and for experiencing things without understanding their meanings.

**Diamond** (#1 & #3 & #33) is a gem that helps to protect against evil forces and is associated with innocence and constancy. It is considered a barrier against cowardice and brings love and comfort.

**Diamond (Pecos)** (#55) is the gem used to enhance creativity, intuition and personal growth. It can help stabilize emotions and bring a feeling of joy.

**Earth (the element)** (#4 & #6 & #8) is the element that has the qualities of being sensual, practical, conservative and being “down to earth.” Being outdoors and making contact with the earth will be beneficial, soothing and strengthening.

**Earth (the planet)** (#4) has the energies of the senses, of being practical and conservative.

**Eccentricity** is how the person will react to things that are unpleasant or to a problem that seems unsolvable.

**Eight** is the number of material aspects of the world. It represents power, money, politics, survival and dependability. Attention will also be focused on the body. On the spiritual level, the inner voice (the intuition) will become clear, or, if already in tune with that inner voice, it will become stronger.

**Eighty-eight** is the number of raising personal consciousness to be one with the Divine Consciousness so that there is no doubt about its existence. It represents receiving revelations of your unlimited abilities and the correct way to use them. Sensitivity and compassion will be experienced in each moment. If there is a problem with handling the 88, it will reduce to the 16/7 and there will be difficulty in several areas: finding peace, being alone, gaining knowledge, starting new things, self confidence (ego), with the home, marriage and handling responsibilities.

**Elements** are earth, air, fire, and water. Having the element that correlates with the number you’re working with within your immediate environment will help strengthen and soothe you. It will help you deal with the issues at hand.

**Eleven** is a master number, which means it has a stronger energy than the other numbers and it carries more responsibility for the person during the time it is in their chart. The eleven is the number of inspiration and selfless service to others. It is the number of revelation, idealism and intuition. It represents the Divine Spirit that dwells within us is in balance with the rest of the Universe.

**Emerald** (#2 & #4) is considered the symbol of hope and faith. It has therapeutic powers and is a link to the spiritual forces. It aids in strengthening the memory, enhancing eloquence and speech, and acts as a tranquilizer for a troubled mind. It is considered the gem of universal insight and provides the gifts of perception, insight, hindsight, foresight, truth and love.

**Emperor** (#4) is the Tarot card of leadership and mental activity. It is the card of domination and authority. It brings the results of actions taken in the past and controls and directs sexual energy.

**Empress** (#3) is the Tarot card that represents material wealth, marriage, fertility, and luxury.

**Enhydro** (#44) is a gem that helps you understand the true feelings of another. It helps you be more sensitive when in a relationships. It also aids in the acceptance of responsibilities and employment. It helps in the healing and changing of one's self.

**Expression of the letters** is how the energy in your name and your life chart will express. It can express through the mind, the emotions, the physical body or the intuition. This information will enlighten you about why you may be more mental than physical, or more emotional than mental, or more physical than mental. It will explain why the energies of your mental, emotional, physical, and intuitive self are the way they are. To understand where the energy is strong and weak, you can use that knowledge to help you understand why you do what you do and are the way you are. That understanding can help you with the personal goals for healing and growth that you set for yourself.

**Expression made to others** is what you are expressing to the people who come in contact with you. This is how they "see" you.



**Expression made to others Challenge** is what must be overcome and done in order for you to express in a positive way.

**Faden Quartz Crystal** (#88) is a gem that will further the connection you have with another. It strengthens the connection with yourself and your body when you astral travel and aids in astral traveling. It helps with understanding past life experiences and the lessons to be learned from them. It can be used to stabilize the emotional, intellectual and physical levels. It is used to open the chakras and cleanse the aura. It promotes flexibility in your attitudes and gives strength to your decisions. It is a good stone for meditation, for future-telling and telepathic activities.

**Fifty-five** represents the gaining of knowledge with ease through the occurrences of everyday life. It is the number of ethical and spiritual ideals. It is the champion of right and seeks justice in all matters. It also is the number of writing and communication that benefits others in some way.

**Fire** (#1 & #3 & #9) is the energy of the emotions, intelligence, creativity, and the spirit of adventure. It is the life force. It gives a person a lot of energy for life.

**Five** is the number of personal freedom and change. It is the number of experience, travel, and curiosity. Under this number, you will progress toward your goals. On the spiritual level, it is the number of one's attempt to rise above the material level. It is the beginning of the spiritual path; the realization that there is more than just the physical body and the physical world.

**Fluorite (Purple)** (#77) is a stone that supports the functions of the third-eye. It brings rationality to your intuitive messages and brings a conscious and orderly connection to spiritual and psychic growth. It helps you open yourself to healing.

**Fool** (#22) is the Tarot card that is the dreamer, a mystic and the person who desires to accomplish a great goal. A caution comes with this card, and that is to be careful to make the right choices.

**Forecast** is done for a calendar year and contains a Personal Year number, Personal Month numbers, four Pinnacles, three Periods, a Major Challenge and two Minor Challenges. These are the energies that will be influencing you for a given year and will interplay with the name and Life Chart energies.

**Four** is the number of work, responsibility and organization. It is the number of trust and devotion. On the spiritual level, it is the Path of Evolution, Redemption and Karma. You will reap the consequences of your decisions. This is the number of the soul trapped in the physical form and all its limitations. The process of freeing yourself will take trust and devotion to a spiritual path. It is also the first initiation taken on the Spiritual Level toward the rejoining of the soul with its Creator.

**Four of Cups** (#44) is the Tarot card that represents using patience, meditation, self-control and persistence to bring forth your hidden wisdom. Choosing a worthy goal will help bring out this Divine wisdom that is hidden within.

**Fourmarierite** (#77) is a gem that can be used during ceremonies of the medicine wheel to represent the four directions and to unite those who are around the wheel. Mentally, it can be used to bring precision and accuracy to logic and analysis. It aids in bringing patience, tolerance, strength and in recognizing which responsibilities are yours and which are not.

**Fourty-four** is the number where the metamorphosis into a spiritual being is both concentrated and happens with ease. The healing, growth and changing of self into the highest expression of the Divine is the goal. Success will come through useful enterprises. Self-discipline is the key. Your intuitive self is to be developed and used.

**Garnet** (#1 & #8) is a gem that helps to strengthen the liver, heart, kidneys, and thyroid and helps alleviate various types of anemia and blood disorders. It aids in getting rid of bad dreams and depression. It also enhances self-esteem.

**Gemini** (#3) is the sign for exercising intelligence and gathering all kinds of varied impressions and facts. It is the sign of travel.

**Gems** are stones used for many different things. One way to use the gem information is to notice what gems and stones you are bringing into your life. Look it up and see why you are drawing it into your life. Another way to use gems is to wear them or have it in your environment when you are having problems with the energies of a number. Use them to help heal, work, and grow with the energy.

**Gold (the color)** (#9) is the color which represents wisdom, spirituality and the counseling of others.

**Gold (the metal)** (#2) prompts the beauty within you to come forth, balances your energy field and combats depression.

**Green** (#4) is the color of healing. Green is also the color of dreams coming into reality and of the concentration of the mind.

**Hanged Man** (#3) is the Tarot card of spiritual matters, wisdom and prophetic power. It represents suspended decisions. It is self-surrender that leads to the transformation of the personality and material temptation is conquered.

**Heart (the chakra)** (#4) is the center of love. If you are having problems with the work and dealing with the limitations in your life, you may have some problems with loving and being loved.

**Hedenbergite** (#66) is a gem that aids in making transitions in your life smoother and easier. It brings Divine Order, success, patience, and new friendships and correct actions to achieve goals. It is a good stone for meditation and healing.

**Hematite** (#9) is a gem that assists mental activity, dispels heat from the body, transforms negative energy into positive and promotes emotional clarity.

**Hermit** (#9) is the Tarot card that represents a silent counsel from within. It is prudence, discretion and receiving and accepting wisdom from above. It also represents receiving instruction from an expert in your field, having a meeting with one who will guide you on the path to material or spiritual goals and the attainment of those goals. There may be the need to journey to gain knowledge.

**Hidden Passion** is a single factor in the person's life that is an overpowering drive.

**Hierophant** (#5) is the Tarot card represents a preference for the symbolic forms of religion, rituals and creed. It represents the importance of social approval and conformity.

**High Priestess** (#2) is the Tarot card that represents the unraveled future and the hidden influences at work in your life. It is the card of value for artists, poets, composers, and mystics.

**Jade** (#3) is a gem associated with occult wisdom and extensive healing. It is worn to assure a long life and a peaceful death. It inspires quick and precise decisions, brings good luck, wealth, and happiness. It aids in cleansing of the blood. It helps the immune system and the kidneys. It soothes the eyes and the nervous system.

**Jasper (red)** (#1 & #6) is a gem that aids in hormonal balancing of the body and increases sensitivity into understanding. It also helps to balance the emotions.

**Jet** (#1) is a gem that helps to ward off evil influences and aids the cells of the body in healing and staying healthy.

**Judgment** (#2) is the Tarot card that represents a life well led, awakening and renewal. It brings a change in consciousness which is ready to blend with the Universal Consciousness.

**Jupiter** (#3) is the planet that stimulates the Higher Mind. It is the planet of wisdom and enthusiasm. It brings expansiveness, optimism, benevolence, and generosity. It is the planet of law, the church, universities, and business.

**Justice** (#11) is the Tarot card where justice will be done and balance is required in your life. Lawsuits will be won. To balance the personality, you will need to eliminate the excess baggage of wrong ideas and useless forms of education. A well-balanced mind is its objective.

**Key, First** shows how the life will be lead; it is an indication of what it will be like.

**Key, Second** is the certain element that will be strived for.

**Lapis** (#2 & #11) is one of the oldest spiritual stones known. It is associated with wisdom and when worn, it stimulates psychic experiences. It is used for strengthening both the mind and body to a spiritual awareness. It strengthens the physical body. It helps heal eye problems.

**Leo** (#5) is the sign for creative abilities and pride in your achievements.

**Libra** (#7) is the sign for the urge to co-operate with others and make adjustments and compromises. It brings out the peace-maker within us. It is harmony and service.

**Life Attainments** run concurrently with the Life Path and the Life Cycles. There are four Life Attainments. They are the changes that the person will be dealing with and the lessons and healings they will be working with during the time of each one. They begin at birth and end at death.

**Life Challenges (also known as Life Lessons)** are areas that need to be strengthened, healed, and brought into balance so that they are not too dominating or too weak in the personality. There are three Life Challenges. One Life Challenge is the major challenge. It will run all of your life time. The other two Life Challenges are minor challenges. The first one runs the first half of life, and the second runs the second half of life.

**Life Chart** tells you what the major energies are that you have chosen to work with in this life time. The life chart shows the major areas you will be working with on healing and personal growth. It is made up of more than 30 different numbers.

**Life Cycles** operate concurrently along with the Life Path. There are three Life Cycles from birth to death. Each cycle gives the opportunity for personal growth.

**Life Number** is the primary motivator. This is what will get you moving to do things and to achieve things.

**Life Path (also known as Life Lesson, Path of Life or Destiny Number)** is the major lessons or growth pattern that you have chosen to learn in this life time. It will influence in some way all that you choose to do. It will never change and runs throughout your entire lifetime.

**Lovers** (#6) is the Tarot card that represents choice, temptation and attraction. They also represent the struggle between sacred and profane love, as well as the harmony of the inner and outer aspects of life.

**Magician** (#1) is the Tarot card of will-power and mastery. It brings organizational skills and creative talents. It means you have the ability to take the power from above and direct it through your desires into manifestation.

**Malachite** (#9) is a gem that is a powerful protector. It aids in the success in business and change. It enhances insight into the causes of events and it opens and balances all the chakras.

**Mars** (#9) is the planet that has the energies of passion, desire, courage, initiative and power.

**Master Numbers are 11, 22, 33, 44, 55, 66, 77, 88 and 99** are numbers that carry a stronger energy vibration and more responsibility than the other numbers because they carry the knowledge and wisdom of a master. They are all spiritual in nature.

**Mercury** (#5) is the planet for communication, interpretation and self-expression. It is the planet of reason, relationships and travel. It aids in ingenuity, adaptability and mobility.

**Moon (the planet)** (#2) gives the energies of instinct and habit and deals with feeling, imagination, and receptivity. It is the desires and the energies of the home. It strengthens the feelings of protecting and cherishing those we love and aids in sensitivity, adaptability, popularity and sympathy. It is the “planet” of women.

**Moon (the Tarot card)** (#9) stands for initiation, imagination and deception. There may be the unfoldment of latent psychic powers. It represents unforeseen perils, secret foes and unfolding bad luck for ones you love.

**Moonstone** (#4) is a gem that is a symbol of hope, bringing life to the spirit and strength to the personality. It bestows gifts of prophecy and second sight, gives the wearer a clear mind, stimulates love and protects those with a sensitive nature.

**Name Interpretation** is a way of finding the strengths and weaknesses within your character. Each letter has a level of expression and a number value. Each expression, number, color, element, etc. has a meaning. When all the information is put together, the different character traits are better understood.

**Naval** (#2) is the chakra which is the center for sex, relationships of the physical level, order and release. It is associated with the emotions.

**Neptune** (#7) is the planet that has the energies of intuition and the imagination. It brings expansion, idealism, sympathy and compassion. The planet represents renunciation, self-sacrifice, sensitivity and the mystical.

**Nine** is the number of completion and bringing things to an end. It is the number of getting rid of things that no longer serve you. It is the willingness to serve others and travel. On the spiritual level, it is the number of high soul expression, service to others, universal knowledge and love and intuition.

**Nine of Pentacles** (#77) is the Tarot card that represents love, wealth, security, and abundance.

**Ninety-nine** is the number where the evolution of one's being to a higher level is accelerated. The consciousness is flexible and an understanding of past, present and future actions become appreciated for the understanding that your life has been, is, and will be of the unfolding of the Divine within you. If you have trouble handling the energy of the 99, it will reduce to 18/9 and you will have problems getting things completed, ending things, starting new projects, self confidence (ego) and dealing with the material aspects of life.

**Numerology** is a way of finding, through mathematics, the energies we are working with in this lifetime. Through the numbers of our birth date and the numbers assigned to the letters of our name given at birth, numerology shows us

our strengths, weaknesses and lessons or issues we are working with. By our understanding those, we can make wiser conscious choices. This way we can flow with the content of what we are learning, how we are growing, what we are experiencing rather than trying to “swim up stream.” Numerology is a way of using mathematics, the meaning of numbers and the cycle of numbers to gather information so that we can better accomplish our personal goals in this life.

**Obsidian or volcanic glass** (#1) is a gem that helps to balance the stomach, intestinal tract and muscle tissue. It protects one from being abused. It will aid in balancing the emotional stress brought on by outside pressures.

**Obsidian (Red)** (#55) is the gem that energizes the physical body and balances the female/male energies.

**One** is the number of the attainment of goals and dreams. It is the number of action. It represents new beginnings, progress along one’s path, and self-confidence or ego. On the spiritual level, it is the number of the Creator; the Spiritual Self. It represents the union and balance between the spiritual and material levels of life and of no longer seeing the physical world as being separate from Spirit. There is only The One. Everything becomes spiritual.

**Onyx** (#1) is a gem that aids in strengthening and regenerating the overall physical condition of the body. It helps relieve stress, apathy, and neurological disorders. It increases the assimilation of vitamins B and E. It aids in the ability to let go of issues and people that are no longer of benefit. It helps to control the emotions and remove negative thinking. It aids in helping to deal with separations such as the loss of a job or loved one.

**Opal** (#7) is a gem that attracts to the wearer what is within the self. It is used to grant wishes. It will help develop the psychic powers, ease depression and apathy.

**Orange** (#2) has the energies of fertility, wisdom, leadership, and money.

**Pearl** (#3 & #4) is a gem associated with femininity. It aids in relaxing the mind and freeing the energy for physical balance. It is worn to bring the wearer happy experiences of love.



**Peridot** (aloli vine, or chrysolite) (#5) is a gem that works against evil. It frees the mind of envious thoughts and jealousy. It dispels fears, guilt and depression. It increases clarity, patience and promotes a positive outlook. It balances energies and wards off stress. It strengthens the heart.

**Periods** are in the Yearly Forecast. There are three of them. Periods are the same as the Life Cycles in the Life Chart. They give the opportunity for healing and growth in a certain area of your life.

**Personal Year number** is the energy and lesson(s) a person will be exposed to for that calendar year.

**Petrified Wood** (#77) is a stone that promotes strength in all areas of life and is used for grounding. It assists in the growing to new and higher levels of being and can help you find the reason “behind” an illness.

**Pharmocosiderite** (#88) is a gem that aligns the chakras, meridians and subtle bodies. It can raise all of your energies. It is used for spiritual attunement, providing protection and cleansing on all levels. It aids in meditation.

**Pink** (#11) is the color that stands for peace and the mystical. It is the color of devotion and endurance.

**Pinnacles** in the Yearly Forecast are the same as the Life Attainments in the Life Chart. There are four of them in the Yearly Forecast. They are the changes that you will make and the lessons you will be working with during the time of each one.

**Pisces** (#3) is the sign for self-sacrifice in order to achieve a greater goal and it is the sign of extending the boundaries of consciousness.

**Pluto** (#11) is the planet that gives the urge to transform, to regenerate. It is the planet of new beginnings and of using the group as a source of power.

**Pumpellyite** (#55) is the gem used to protect travelers and ease motion sickness. It is used to bring positive thoughts to the forefront, dispensing negative ones and, thus, altering your being. It can clear emotional blockages and energize the heart chakra.

**Purple or violet** (#7) is the color of the Inner or Spiritual Self, the Divinity within you.

**Quartz** (#1 & #3) is a gem that is the symbol of purity, patience, perseverance, and the infinity of space. It is a general healing stone. It aids in breaking bad habits and strengthening positive action. It stimulates openness and the awakening of the mind. In many Native American cultures, the clear quartz crystal is important because it reflects the rainbow. This reflection of the rainbow, which is a God-made symbol, makes the stone special.

**Queen of Pentacles** (#66) is the Tarot card that symbolizes fruitfulness, beauty, fertility and productiveness. It represents being protected by the divine beings who give contentment, love, happiness and peace.

**Quiet (also known as the Inner Self)** is that which you need to create within yourself and for yourself and what is necessary for you to accomplish in this life.

**Quiet (also known as Inner Self) Challenge** is what needs to be overcome in order to accomplish what the Quiet or Inner Self needs to do.

**Red** (#1) is the color of the life energy and feeds the desires and impulses.

**Rhodochrosite** (#6) is the gem that helps to heal the wounded psyche from both emotional and physical traumas and it wards off mental breakdowns. It inspires forgiveness. It aids the astral body and self-identify. It heals the subconscious mind, allowing for higher realms of thought.

**Rhonite** (#44) is a gem that aids the body in the use of oxygen at higher altitudes and during physical exercises. It can be used to make dreams more vivid and to help you remember them. It is used to bring stability to the environment and to give you protection. It stimulates transformation and change within the self and aids in meditation.

**Root Chakra** (#1) is the chakra for the life force and creativity. It is located at the base of the tail bone. It is the chakra associated with the physical functioning of the body.

**Rose quartz** (#7) is a gem that brings calmness, attunes to the energy of love, balances chakras and aids in healing emotional wounds.

**Ruby** (#1 & #5 & #8) is a gem that is the greatest spiritual protector of all the gems. It has a mystical vibration. It aids in bringing good health, long life and continuous happiness. It aids in the clearing of negative thoughts and enhances intuition.

**Ruby in Kyanite** (#66) is a gem that is a mixture that aligns the chakras and brings positive energy and increases power. It also aids in astral travel and understanding and controlling astral journeys. This combination when used as an attunement stone, helps to initiate the movement of the Kundalini. It helps in the organization of your life and brings uniformity. It aids meditation, connecting with your guides, induces recall of your dreams and helps you interpret them. It balances the yin-yang energies, dispels blockages in energy and aids in the movement of energy in the body.

**Sagittarius** (#9) is the sign for the student's life, for experiences, activities, religion and philosophy.

**Sapphire (blue) and the Star Sapphire** (#11) are the gems that help bring devotion and spiritual enlightenment. They are the symbol of wisdom and prophecy. They contribute to mental clarity and are used for protection.

**Saturn** (#8) is the planet that has the energies of contraction, concentration and the imposition of limits. It is the planet of ambition, self-preservation and caution. It stands for integrity, responsibility, justice, stability and endurance.

**Scorpio** (#8) is the sign for deep emotions, power and the need for discipline. It represents an instinctive recognition of the fact that death is not an end, but merely a transitory phase in existence.

**Seamanite** (#33) is the gem that is used to calm one's attitude, to help provide direction to one's creativity, to fight depression and to give hope. It is used to help the assimilation of iron within the blood.

**Seven** is the number of the God Self Within and of the Christ or the Perfect Expression of Who You Really Are. It is the number of wisdom, knowledge, study and meditation. Seven is the number of spiritual self-realization. It represents introspection and the intuitive aspects of yourself.

**Seven of Wands** (#33) is the Tarot card that represents the ability to leave the body (astral travel) and to work hard without thought of self. The card tells us that the development of the Higher Self is more important than the lower self. To give service to others is the goal.

**Seventy-seven** is the number of transcending the limitations of the physical world and recognizing the restrictions on your spirit. It is the number of wholeness within self and all of creation. It represents having great insight into understanding others and being flexible to adjust to different situations as necessary. You will feel a duty to offer your talents and understanding to benefit the world as it seeks to achieve a higher expression. If this energy of the 77 is not handled correctly, it will reduce to the 14/5 and there will be problems with making changes and using your personal freedom. There will also be problems with work, dealing with limitations, starting new things and self confidence (ego).

**Siderite** (#44) is the gem that aligns the meridians and the chakras of the physical, emotional, intellectual, ethereal and astral bodies. It enhances ones life work and brings stability in employment.

**Silver** (#4) is a metal that draws negativity from the body, cleanses the toxins from the cells and promotes popularity.

**Six** is the number of responsibility, power and service. It is the number of decisions, adjustments, the home and marriage. On the spiritual level, it is the blending of justice and mercy. You have the ability to see that justice is done with compassion and understanding. It is the number of harmony between spirit and matter, of the Divine Will and human will.

**Sixty-six** is the number of Divine Order in one's personal life and the world. It is the number of helping to solve social problems. You can achieve what you set out to do and can gain great wealth under this number. You are ruled by truth, fairness and integrity.

**Solar plexus** (#3) is the chakra that is located at the base of the sternum and is the center for judgment. It is associated with the mind.

**Soul Challenge or Lesson** is that which applies to the inner feelings, (the Soul Urge) and needs to be overcome so that the soul can fully express.

**Soul Urge** is an inner longing that is deep within us and will seem to "color" who we are and what we want. It will have a strong influence on how a person's life is lived, what choices are made, and their "secret" longings and tendencies.

**Spiritual Initiation** is what a person will be exposed to in order to learn their life lessons.

**Star** (#8) is the Tarot card that represents insight, inspiration, hope and unselfish aid. It is good health and gifts of the Spirit. Love will be given and received.

**Star Sapphire** (#6 & #11) is the gem that helps to bring devotion and spiritual enlightenment. It is the symbol of wisdom and prophecy. It contributes to mental clarity and is used for protection.

**Strength** (#8) is the Tarot card that represents the force of character. It is spiritual power overcoming material power, love triumphing over hate and the higher nature of the self overcoming the lower.

**Sub-Conscious Self** is the reaction the person will have when presented with an emergency or a problem. It will be the first reaction.

**Sun (in astrology)** (#1) has the energies of will power, vitality, leadership, creativity, achievement, honor, glory, individualization, authority, and the self.

**Sun (in the Tarot)** (#1) is the card of material happiness, success, attainment, and achievements in the arts, science and agriculture. It is the card of liberation and pleasure in the simple life.

**Symbols**, in many cultures, are important and sacred. For example, the medicine wheel is sacred to the Native Americans, the cross to Christians, and the circle of the wedding band is mentioned in many wedding ceremonies as a symbol of love without end. You can use the symbol of the number you are dealing with to help remind you of goals you have set, of desires you wish to fulfill, of the outcome of the healing and growth for which you are aiming. The symbol can be made into jewelry or drawn on a sheet of paper and placed in a spot where you will see it. You could focus on the symbol in meditation. You can be creative with this and all the information in this book. All of it can remind you of the path you have chosen to walk in this lifetime.

**Tan** (#5) is the color that has the energy of being organized and dependable.

**Tarot Cards** are so old that they are retold in myths and legends. No one knows for sure when or how the cards came about. They are a symbolic record of the human experience providing psychological insight, divination or foretelling of the future, and wise counsel. The numbers, face cards, and suits each have their own meanings and different meanings depending on whether the card is right side up or upside down. They are shuffled, split and dealt out in many different patterns. These patterns affect their meaning in relationship to the person whom the reading is for. There are many good books printed on the use of the Tarot cards if you wish more information.

The Tarot cards give more depth to the meaning of the numbers and the energy that the numbers represent. The information offered here is to add to that depth so that your understanding is more complete.

**Taurus** (#2) is the sign of stability and permanency in the universe. It strengthens those who are builders and those who are working with and conserving the resources of the earth. It aids in reflection before any action is taken.

**Temperance** (#5) is the Tarot card representing adaptation to what is going on with you and around you, and using self-control. It represents modifying yourself and your surroundings to work in harmony with others. It shows us that what we have imagined will come to pass.

**Third eye** (#6) is the chakra located between the eye brows. It is the center for obtaining, recording and sending symbols, colors and images that represent reality. It is the center for self-image and goals. It is associated with love that cares for and supports, protects and nurtures all life.

**Thirty-three** is the number where love is raised to compassion. It represents the teacher of teachers and this requires self-sacrifice. Leadership is now the role and the acceptance of responsibilities with patience and forbearance without thought of reward or payment. There will be a need to be in nature and to be alone from noise and crowds. Courage and tireless energy are needed and given here. There is power over the physical realm for "right timing." Things need to proceed with Divine Order. If this energy is not handled correctly, the 33 will reduce to a 6 and there will be problems with making adjustments, decisions, and handling responsibilities. There will also be marital problems and/or problems in the home.

**Three** is the number of self-expression. To express who you are, you must know yourself. For those who have buried their true feelings for any number of reasons (abuse, wanting to be loved), it will be a challenge to heal and become strong enough to let that true self out. So, the three can also be the number of finding that true self and expressing it. There will be a desire to express peace, and beauty in some form and to be surrounded with these qualities. You will desire social interaction in many ways. You will be lead by your ideals. On the spiritual level, it is the number of the birth of the three levels of consciousness--the body consciousness, the awareness of the soul, and the enlightenment of Spirit.

**Throat** (#5) is the chakra that is the center of power and communication. It is associated with the divine will and power of the word and speaking things into being. It also deals with listening and taking responsibility for your actions.

**Tigers Eye** (#4) is a gem that enhances the psychic abilities, helps you to be practical and grounded.

**Topaz (blue)** (#2) is the gem that allows you to see all things as equally important. It helps bring the body, mind and spirit in union with the Universal perfection.

**Topaz (golden)** (#8) is the gem that helps the healing of anger and diseases of an emotional nature. It strengthens the eyes and acts as a stimulant to the appetite. It aids in relieving tensions and restores physical balance.

**Tourmaline** (#3) is a gem that has a calming affect. It will attract success. Concentration and eloquence improve and balance is restored in relationships when this stone is owned and worn.

**Tourmaline (light Pink)** (#99) is a gem that stimulates the crown and heart chakras bringing together spirituality and love which promotes joy and peace during times of growth and change. It helps you trust the power of love. It acts as an overall healing stone to bring about wholeness.

**Tower** (#7) is the Tarot card that represents change, conflict and the overthrowing of existing ways of life. It brings a disruption in the person's life that will bring about enlightenment and any selfish ambition will bare no fruit.

**Turquoise** (#3 & #4 & #9) is a gem used to contact the Great Spirit, and to protect against evil thoughts. It clears the thinking process and brings mental balance. It is the stone of friendship.

**Twenty-two** is the number of the builder and the creator of projects that will benefit all of mankind. It is the number of the Truth. If you are having difficulty with this number's energies, it will revert to a 4 ( $2+2=4$ ) which is the number of work and limitations. You will have problems in your work and dealing with limitations, organization and being practical. It is the number of victory over limitations and the release of spirit from confinement in the physical world. It is the number of the mystic marriage wherein the lower nature is brought into union with the higher. Your spiritual nature and the physical will be in harmony.

**Two** is the number of relationships: with yourself, others, your world. It is the number of friends, love and peace. It deals with dualities such as negative and positive, male and female, etc. On the spiritual level, it is the number of the descent of Spirit into Matter or of Creation. It is the number of the Higher and Lower Selves.



**Universal Year Number**, is the energy and lesson(s) the world will be working with in a calendar year.

**Uranus** (#22) is the planet that has the energies of originality and inspiration. It is the planet of dynamic self-expression and independence. It enhances the will, inventiveness, eccentricity and the ability to synthesize information.

**Venus** (#6) is the planet that has the energies of beauty and harmony. It is the planet of the arts and of love and pleasure.

**Virgo** (#6) is the sign that stands for a highly-developed sense of detail and powers of discrimination. It reflects an appreciation of the value of technical efficiency.

**Water** (#2 & #7 & #22) is the element which has the qualities of being silent, mystical, and perceptive. It is the element of the arts.

**Wheel of Fortune** (#1) is the Tarot card of success and means a turn of luck

**World** (#3) is the Tarot card for completion of goals and issues in your life and for rewards earned. It is the card of success and triumph. It represents travel and a change of residence. It is the path of liberation and the arrival at a state of Cosmic Consciousness.

**Yellow** (#3) is the color of intuition, and wisdom. The color expresses the psychic and spiritual energies.

**Zircon** (#8 & #9) is the gem that is used to enhance physical desires. The orange is used to protect travelers. It aids in alleviating emotional pain. The red or brownish strengthens the emotions, induces sleep, restores the appetite, banishes depression and stabilizes the personality.



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