Easy Ways to Change Your Life With Numerology

This is a manual to help you make positive changes in your life. Everyone wants something to improve in their situation. There are many tools to help you improve any area of your life – Numerology is one of them.

Part One

An introduction To Numerology, and how it can help

What Is Numerology?

Numerology is a system of gaining knowledge, information and wisdom about yourself and the universe by using numbers as symbols.

The ancient Chaldeans understood that all things are composed of energy at varying states of vibration, and modern science is just catching up with this concept. The Chaldeans were well-versed in what modern writers call the “laws of correspondence” and found a way to associate most everything with the 9 single digits.

Numbers are seen as gestalts or archetypes that exist within us and outside of us, capable of transferring energy from deep within ourselves into the material world. They are underlying principles of both mind and matter, and exist wherever consciousness exists. They are more than how we count, they are abstract principles that separate order from chaos in the universe.

While it does not take much of a leap to imagine the mystical diagrams used in Astrology or the mythic images of Tarot as being symbols possessed of many meanings, it is a lot harder for most people to imagine those same attributes being held by common numbers or letters of the alphabet. We have a hard time seeing numbers as anything other than ciphers for quantities and measurement, because that’s how they’re commonly used.

Names for the Study of Numbers

Copyright (c) 2013 Numerologist.com
The term Numerology was coined by Dr. Julia Seton, and first seen in a book published around 1937. Before then, this type of divination was referred to as the Science of Numbers, Arithmancy, or sometimes erroneously, Kabbalah.

There are other schools of Numerology which have their origin in ancient Taoist cosmologies that follow the theory of Yin and Yang and the Five Elements. It is believed that these methods, which have developed into the form known as 9 Ki or Kyusei in Japan, along with the Yijing (I-Ching) are older than the origin of numbers.

The more modern and very popular system of Chinese Astrology, known as the Four Pillars, is really a numerological method based on the calendar, rather than the movements of the stars.

In India, many methods of astrological divination are based on numerological techniques such as harmonics and magic squares. Some of them use only approximate positions of the planets, a preset sequence of positions in the Zodiac signs, or sequences and cycles of time that have no relationship to planetary position at all. These are actually based on the symbolic value of number, rather than the observation or the sky.

**The 3 Facets of Numerology**

We could say that Numerology has three different facets. The first would be Numerology itself: the study of numbers as symbols for vibrational patterns deeply rooted in the order of things.

The second facet has been recently and brilliantly rediscovered by the famous author J.K. Rowling – Arithmancy. Arithmancy is the set of techniques used for manipulating the numbers and extracting the meaning from their various relationships. Arithmancy gives us the ability to find the definitions we need and the information we seek.

The third facet of Numerology is called Isopsephy in Greek, or Gematria in Aramaic and Hebrew. This is the technique of assigning the letters of an alphabet, or (sometimes) the phonemes of a language to numbers. These methods help a practitioner to convert names and words into numeric symbols.

None of these facets can operate on their own, because they are the three legs of the tripod upon which Numerology stands.
Numerology is a profound and reliable way to examine your inner nature, and look at the various psychological, physical and spiritual processes that make up your experience in the world. It can give you a very good idea of what makes you tick, and provides an excellent way for navigating the currents of daily life.

Numerology can help you learn how to emphasize your strengths and overcome your weaknesses as well. In fact, almost anything you need to know can be found within the vibrational patterns and their cycles defined “by the numbers.”

Part Two

Your Basic Numerology Chart

It’s not uncommon to see a Numerology Chart in which numbers are written down and explained in such a way that this means this, and that means that. That’s OK, because many people have gained tremendously helpful insights into themselves and their experience by this formulaic approach.

This manual presents a different approach, one built on the idea of the chart being composed of functional elements – based on the three Core Elements – and what you can do with them to change your life, and your destiny.

Obstacles, Thought and the Law of Attraction

All obstacles that stand in the way of your success and happiness are things that exist in the mind. The more focus you give to these obstacles, the more power they have to manifest in your world. This is because thoughts are things, and they feed and grow on thoughts and emotions of a similar nature. This is how and why the Law of Attraction works, and why it’s so easy to find ourselves in situations that we’d rather not be in, despite our best intentions.

The good news is that the mind can be changed. Therefore the way you connect with and express the vibrational patterns of the Core Elements of your chart can be changed. You’ll learn very quickly that all attitudes and ideas about your state of wellness, success and relationships are based on your view of yourself, not on some kind of cosmic law. The only cosmic laws
involved are the ones that support the idea that you get what you give, and that what you project is what you experience.

**The Three Core Elements**

The three Core Elements of the Numerology Chart are the Expression, The Soul Urge and the Life Path. The reason they are so important is that they show something about the nature of your inner self, and a lot about how you project your inborn qualities into the world. These, in turn, create your destiny.

Before we describe the three Core Elements in detail: How they work, and how they can help you make positive changes in your life; it would best for you to have an overview of what the individual numbers mean. Again, this is an overview. A full explanation of every number would take a few volumes to complete.

These are the numbers/vibrations we work with the most when making personal numerology charts. They act differently according to what chart elements they are associated with, and what vibrations challenge or support them. In order to know more, it’s time for us to show you how the Core Elements and several assistive elements can help you make the changes you desire.

**Core Elements Explained - The Life Path**

The **Life Path** is the vibration that summarizes your Month, Day and Year of birth. Here is the correct method for calculating the Life Path of a person born on December 14th, 1980.

Birth Month = December = 12 (being the 12th month of the year).
Birth Date = 14 (because it’s the 14th of the month).
Birth Year = 1980 (the same as the year).

Once you’ve isolated these numbers, add them up as follows:

\[
\begin{align*}
12 & \quad \text{As } 1+2 = 3, \text{ it is the Formative Cycle vibration.} \\
14 & \quad 1+4 = 5 \text{ is the Birthday Vibration, and the Productive Cycle.} \\
26 & \quad \text{Taken as } 2+6 = 8, \text{ this is the Achievement Number.} \\
1980 & \quad 1+9+8+0 = 18/9, \text{ it is the Harvest Cycle vibration.} \\
2006 & \quad 2+0+0+6 = 8, \text{ so } 8 \text{ is the Life Path Number.}
\end{align*}
\]
By calculating the life path this way, we’ve made sure that we have captured the Master Numbers (11 and 22) and the Karmic Numbers, 13, 14, 16 and 19. We have also found the vibrations of the three Life Path Cycles, and the achievement number, which calculates your personal years.

**Your Life Path Number**

Your Life Path Number is the arbitrator or negotiator of cause and effect in your life. It is your experience in the world, and can be described as the way your personal projection into universal currents of cause and effect establish a “theater of operations” for your inner self. It can carry both positive and negative attributes, because no mortal puts out only positive vibes.

The Life Path is permanent because it’s based on the date of birth. While the name can be changed, this only means that the “new you” still has to work with the Life Path vibration, in a different way. Here are brief descriptions of each Life Path number.

**Life Path One Keywords:**

Positive: leadership, self-motivated, innovative, assertive, energetic, beginnings, emphasizes uniqueness, ambitious, determined, progressive, active, instinctual, curious, original, and creative.

Negative: egocentric, passive-aggressive, lacking in self-esteem, arrogant, superiority complex, impatient, controlling, fearful, timid, uncooperative, a bully, ego-driven; sometimes cruel or abusive.

**Life Path Two Keywords:**

Positive: sensitive, intuitive, cooperative, diplomatic, a good organizer, trustworthy, harmonizer, friendly, nurturing, domestic, detail-oriented, tactful, loyal, romantic, gentle, a mediator, compassionate.

Negative: subservient, shy, blunt, overly sentimental, careless, timid, codependent, self-centered, finds it really hard to “let go” of emotional attachments, insensitive, not a team player, hides emotions, dogmatic.

**Life Path Three Keywords:**

Positive: charismatic, entertaining, charming, positive, energetic, creative, visionary, magnetic, humorous, attractive, flirtatious, artistic, sensual, joyful, witty, artistic, optimistic, communicative, intelligent, extroverted.

Copyright (c) 2013 Numerologist.com
Negative: scattered, unreliable, bored, inconsistent, wasteful, evasive, elusive, introverted, vain, exaggerates, leaves things undone, jealous, sarcastic, manipulative, temperamental, insecure, hard to “get into.”

**Life Path Four Keywords:**

Positive: down-to-earth, reliable, organized, hard-working, a builder, loyal, practical, management ability, patriotic, family oriented, focused, honest, straightforward, meticulous, logical, methodical, systematic.

Negative: biased, arrogant, reactionary, opinionated, confrontational, irresponsible, defensive, evasive, rigid, argumentative, repressed, uninspired, brooding, controlling, cruel, sometimes abusive.

**Life Path Five Keywords:**

Positive: freedom-loving, charming, flexible, sensual, physical, social, entertaining, curious, artistic in all things, adventurous, thrill-seeking, ever-changing, enticing, fascinating, sexy, and dramatic.

Negative: impulsive, irresponsible, self-indulgent, unreliable, inconsistent, inconsiderate, over-indulgent, flighty, deceitful, excessive, unfaithful, self-centered, restless, addictive, noncommittal, frustrated.

**Life Path Six Keywords:**

Positive: loving, responsible, kind, practical, gentle, romantic, protective, empathic, compassionate, domestic, loyal, community and service oriented, counseling and negotiating skill, “team player”, nurturing.

Negative: perfectionist, nosy, a busybody, moody, avoids responsibility and commitment, withdrawn, control issues, passive-aggressive, needy, manipulative, secretive, possessive, smothering, temperamental.

**Life Path Seven Keywords:**

Positive: philosophical, intelligent, rational, dignified, efficient, introspective, reliable, calm, insightful, studious, investigative, discriminating, resilient, seeker of “truth”, conversant, analytical, capable.

Negative: fearful, distant, critical, aloof, critical, crafty, doubtful/faithless, manipulative, overly analytical, unsociable, a zealot, argumentative, distrustful, withdrawn, quietly angry, emotionally closed.

Copyright (c) 2013 Numerologist.com
Life Path Eight Keywords:
Positive: determined, knowledgeable, tenacious, expert, focused, powerful, “walks their talk”, inventive, orchestrator, organized, successful, delegates, adaptable, authoritative, generous, likes being in charge, leader.

Negative: controlling, power hungry, easily frustrated, egomaniacal, stubborn, either cheap or a spendthrift, impatient, judgmental, condescending, intolerant, hard-hearted, materialistic, abusive.

Life Path Nine Keywords:
Positive: easy-going, intuitive, imaginative, thoughtful, creative/artistic, intriguing, compassionate, unassuming, inquisitive, gentle, romantic, sensitive, spiritual, empathic, helpful, future-oriented, encompassing.

Negative: co-dependent, lacks self-esteem and/or self-confidence, takes on other’s problems, unfocused, impractical, daydreamer, aimless, self-limiting, addictive, wasteful, escapist tendencies, procrastinator.

Life Path Eleven Keywords:
Positive: self-confident, approachable, empathetic, friendly, warm, genuine, welcoming, mysterious, centered, hypnotic, imaginative, intuitive, adaptable, wide range of interests, charming, kind.

Negative: superiority complex, malicious, fanaticism, disrespectful, creatively deceptive, antisocial, withdrawn, escapist, self-righteous, hypersensitive, blunt, uncooperative, codependent.

Life Path Twenty-Two Keywords:
Positive: intelligent, idealistic, builder, charming, practical innovator, needs to produce tangible results, seeks to expand mass awareness, creative, tireless, driven, global outlook, realist, brings dreams into manifestation.

Negative: egotistical, greedy, insensitive, feelings of invulnerability, unethical, immoral, manipulative, materialistic, self-promoting, unfair, ignores rules, selfish, never satisfied, ungrateful.

Your Life Path Cycles
The Life Path is built upon three **Sub-Cycles**, each having their own particular vibrational tone. These form the backdrop against which the various yearly vibrations play out. It also helps us to understand the challenges that present themselves to us, and what we can do to meet them.

The Sub-Paths, or **Life Path Cycles** are understood by the numeric values of the three components of the Life Path: the day, month and year of birth.

**Finding out when the Life Path Cycles Change**

The Life Path Cycles run sequentially. They have a close connection with two key astrological cycles known as the Return of the Progressed Moon and the Saturn Return.

- The **Formative Cycle** begins at birth, and ends at the beginning of the **Cycle of Productivity**.

- The **Productive Cycle** begins during a personal year “1” closest to the 28th birthday. In some cases, a “1” personal year falls before the 28th birthday, in which case the beginning of the Productive Cycle is not “felt” until the 28th birthday, although events corresponding to the nature of the upcoming cycle will be set in motion during the transition period.

- The **Harvest Cycle** begins on the “1” personal year closest to the 57th birthday. If it begins before, the effect will not be felt until the 57th birthday, although events may be set in motion during the transition period that sets the tone of this cycle. It lasts for the remainder of the lifetime. Some call this number the “maturity number” and say that it’s something that has to be achieved, but this particular chart element has more to do with the changes in life that come at that time.

These Sub-Paths provide us with important opportunities to achieve goals and enjoy personal happiness when operating in their positive mode. When they operate in their negative mode, they offer important life lessons that, if learned, will open up the positive qualities of their vibrational patterns.

When these Sub-Cycles change, people have been known to mysteriously change one career for another, abandon a previously cherished way of life or place where they live, or experience a sudden elevation or difficulties.

**Understanding the Sub-Paths**
The first, **Formative Cycle**, takes on the quality your month of birth. In other words, a person born in September will experience the vibrational pattern of 9 during their Formative Cycle.

The quality of the second, **Cycle of Productivity**, is determined by your Birthday Number. For someone is born on the 21st of any month, the Cycle of Productivity has a value of 2+1 = 3.

The **Harvest Cycle** is qualified by the arithmantic sum of the year of birth. If someone was born in 1980, their Harvest Cycle has a value of 1+9+8+0 = 18: 1 + 8 = 9.

Please note that no one can have a Formative Cycle equal to 22, because there is no 22nd month. People born in November are considered to start out with a Formative Cycle of 2, because the 11 is too difficult a vibration for young people to express, at least until the latter teenage years or the early 20’s.

The **Formative Cycle** describes your growth and the groundwork laid for the individuation process, or the circumstances that prepare you for adulthood. It plants the seeds of self-defeating or self-empowering thoughts which can flower during your **Cycle of Productivity**.

The **Cycle of Productivity** represents your career in the world, or your adult life. This Sub-Cycle is the period of time when your Birthday Vibration is being expressed most strongly, and therefore can help you to bring forth a particular gift, talent, or long held dream.

Your **Harvest Cycle**, which lasts until the end of life, represents the rewards that are reaped from your efforts during the **Productive Cycle**. You may choose to “give back” to the world as a guide or teacher, in order to share the wisdom you have gained. Sometimes people take up a new career, advance their education, or experience other achievements during this time of life.

Let’s take a brief look at what the Sub-Paths might look like for the different vibrational patterns described by the numbers.

**One**

**As The Formative Cycle**
Anyone with a Formative Cycle of the vibration One responds to their early life circumstances by expressing their individuality, and developing their sense of independence. Sometimes people with this sub-path are left to their own devices, or expected to be too independent as children. Negatively, this Sub-Path may lead to egotistical habits of thinking that get them in trouble.

**As the Cycle of Productivity**

This Cycle of Productivity represents an active and busy individual, driven by attempts to fulfill their ambitions. There is always a warning with this Cycle, because people who experience it sometimes put themselves on a pedestal. During this time one needs to practice empathy and consideration as much as possible. It can bring the opportunity for leadership, or the ability to get things started while others are holding back.

**As the Harvest Cycle**

People with a Harvest Cycle of vibration One tend to be very busy in the latter portion of their lives. This is not a sign of a quiet retiree. In fact, many people find a new business, sport or course of study to participate if they do retire. If they retire early, it’s usually because they have an adventure or two planned as a way to enjoy the fruits of their labors.

**Two**

**As The Formative Cycle**

A person with a Formative Cycle of the vibration Two often experiences more positive feminine influences than masculine ones during childhood. This could mean that they were raised in a home based on a nurturing philosophy, rather than a disciplinarian one. The most negative possibility for children with this vibration is being overly coddled, and a dependent nature may emerge during the teen years. Strong friendships and alliances develop early in life. This is sometimes an indicator of an early marriage.

**As the Cycle of Productivity**

This Cycle of Productivity indicates a time of life during which the individual will focus primarily on cooperation and teamwork. They tend to be driven to form partnerships, seek allies and generally do better with others than on their own. This is a prominent tendency of an individual in any career. These days we call someone like this a “people person.” The only danger is becoming dependent on the goodwill of others.
As the Harvest Cycle

A Harvest Cycle belonging to vibration Two usually predicts a restful time, probably as half of a comfortable partnership. There is a good deal of emotion and nostalgia during these years. Many people with this pattern engage in collecting, or antiquarian activities, or spend their later years working on collaborative ventures with others. There is no desire to move into later life alone.

Three

As The Formative Cycle

Someone experiencing a Formative Cycle of the vibration Three may have had a lot of opportunity to express themselves during childhood. Generally well liked, adults often encourage these children to “show off”, as do their peers during the teen years. The period of young adulthood is usually quite social, but difficulties may come from being overconfident, or underestimating the odds against them. Music and the arts may play an important part in the early life.

As the Cycle of Productivity

Those who have a Cycle of Productivity of the vibration Three usually experience a pleasant time built on social or creative activities, and friends and family. Any possible application of the “creative juices” will be at its peak. Despite the chosen career path, this vibration almost always makes for much sociability, and these activities are usually advantageous to advancing a career in any field.

As the Harvest Cycle

When the Harvest Cycle belongs to vibration Three, the later years is full of activity, and there is never a lack of friends. People experiencing this vibrational pattern almost always have many opportunities for self expression. Some leave the professional world in order to teach or entertain in some way. Often long held creative ambitions, travel or entertainment are pursued, and sometimes turned into a business venture.

Four

As The Formative Cycle

Someone experiencing the vibration Four during their Formative Cycle usually has to apply themselves in school, in that good grades and praise do
not come easily for them. Even in lenient environments, these children tend to be self-critical and self-disciplined. A child with this Sub-Path might experience restrictions that their peers do not, and their attitudes are often shaped by the desire for an easier life in the future. Children find this vibration difficult when they are not allowed to pursue their own interests.

**As the Cycle of Productivity**

A Productive Cycle of the vibration Four shows a period during which one builds a strong foundation for the future. Most travel taken during this cycle is for business rather than pleasure. It is a period in which sudden changes are avoided. It can sometimes mean many years of hard work.

**As the Harvest Cycle**

When someone has a Harvest Cycle of vibration Four, they are not likely to retire early. Sometimes this occurs by choice, and sometimes by necessity. Many people carrying this vibration have careers in which retirement is not necessary, but others spend their time working hard to care for home, property, or family matters.

**Five**

**As The Formative Cycle**

A child experiencing a Formative Cycle of the vibration Five is likely to experience a lot of change, variety and freedom. Sometimes the parents move often, or for some other reason, the young person spends time in many different places, or with lots of different people. They develop a wide range of experience and much curiosity. This vibration will usually signal the early adaptation of adult behaviors. It’s possible that excellent teaching and communication skills are developed during this period, as well as an overly sensual nature that needs to be kept in check during the teenage years.

**As the Cycle of Productivity**

A Cycle of Productivity bearing the vibration Five is almost always one of constant change. Sometimes a major event occurs every year that causes change. There is usually a lot of travel and variety of experience, often connected with work or career interests. Sometimes a major change occurs about 18 months after the beginning of the cycle that can affect the individual’s entire future. It’s important for those with this cycle to keep their libido in check, or it may lead them into trouble.
As the Harvest Cycle
When the Harvest Cycle is defined by the vibration Five, one is likely to experience a time of pleasant change, travel, and new activities during their later years. It's possible that anyone with this vibrational pattern will neither need nor want to retire from professional life. Whether they do or not, they are likely to enjoy themselves, possibly even more than they did when they were younger.

Six
As The Formative Cycle
A young person going through a Formative Cycle with the vibration Six is likely to have had a lot of responsibility early in life. Sometimes children with this vibration act as an extra adult in the home, or face other restrictions. In the latter part of the teenage years, the restrictions encountered earlier will most likely lessen, and the lessons they have learned will help them become appreciative and reliable. Sometimes this is due to romance, falling in love with ideas or philosophies, or even early marriage. Troubles can develop if adults make no attempt to lighten the load of young people of this vibration.

As the Cycle of Productivity
When the Cycle of Productivity is of the vibration Six, the adult will face many adaptations and adjustments regarding the domestic life. It can represent a very happy home life or marriage, but only for those who have become able to accept others' behaviors, rather than demanding that others will behave as they would like them to. On the whole, it represents a period dominated by the desire for a happy home and pleasant relationships with others, and, at the very least, the comfort of a lifestyle that runs in accordance with their values. Six often brings a rapid rise in career.

As the Harvest Cycle
A Harvest Cycle of the vibration Six describes a person who will experience a fairly high level of security in their later years, but they may also be saddled with burdens and obligations, sometimes unwanted or unjust. There is some restriction in the lifestyle at this time, probably due to responsibilities. Nevertheless, it is a vibration that is well adapted to most of the circumstances they are likely to experience during the later years of life.

Seven
As The Formative Cycle
Someone experiencing a Seven Formative Cycle is likely to have a childhood experience that emphasizes the inner world rather than the social one. As the teenage and young adult years are reached, the passion turns to ideas, the seeking of knowledge, or trying to “find oneself.” The understanding of the meaning of life, or uncovering their purpose in life becomes a top priority. The greatest difficulty faced by young people with this vibration comes from a lack of trust or encouragement from adults.

As the Cycle of Productivity

Most people who have a Cycle of Productivity of the vibration Seven find that they prefer activities that focus on matters concerning the inner life, the mysteries of the world, or the future. It may be difficult to develop fulfilling relationships at this time, but if they do arise, they will be with like-minded people and will last. Actively seeking material wealth brings difficulties, but success will come easily to those who focus on their aspirations and goals. Some people place a lot of value on self-development during these years.

As the Harvest Cycle

An individual with a Harvest Cycle of the vibration Seven is likely to retire from the hustle and bustle of business, unless their work is academic, creative, or otherwise allows them to pursue personal interests in peace. Most people who continue working during this time do so from home, or are scholars and writers who work in a fairly secluded environment. It will be a peaceful time, and those who experience it may encounter true wisdom.

Eight

As The Formative Cycle

A person who experiences a vibration Eight Formative Cycle usually faces a difficult early life. It’s possible that circumstances may force one to focus on the need for control, or to develop overbearing or materialistic attitudes. Many children with this vibration are overindulged, and those who are not develop a strong desire for accomplishment, achievement and knowledge. The most troublesome possibility of this cycle occurs when the opportunity to compete or do things on one's own is taken away, because a sense of entitlement is developed that can be disempowering later in life.

As the Cycle of Productivity

Many individuals having a Cycle of Productivity of the vibration Eight learn early in this time period that the harder they work, the more they achieve.
Success, for them, is directly proportional to their drive and ambition, but is also dependent on how well developed their compassion is. This cycle is troublesome for those who expect luck to bring them success, or who throw their efforts into making money, rather than getting the job done well. Their key to success is to be helpful, and to ask for help; the more that is done for others, the luckier they will be.

As the Harvest Cycle

When the vibration Eight describes the Harvest Cycle, one is likely to trade in a job for a business, rather than taking their retirement. The material accomplishment quality of this vibration can shift people into a second career that gives them an income doing what they love to do. Someone with this vibration is likely to live, in their later years, in a well-run and organized home, that gives a good deal of structure to their lives.

Nine

As The Formative Cycle

Anyone whose Formative Cycle vibration is Nine is likely to have experienced a childhood that was filled with a good deal of tension due to the demands and expectations of others. Sometimes this may mean a very good education or a tendency to seek knowledge rather than achievement. If the need for nurturing love was not fulfilled, and the home was run on the basis of discipline, they may become tense and defensive. Often children with this vibration are forced to behave in ways that did not suit them, resulting in difficulties with authority, self-esteem or their social life in the later teen years.

As the Cycle of Productivity

People who experience a Cycle of Productivity of the vibration Nine spend their adult lives enjoying a good degree of freedom, but need to be responsible for grasping the possibilities and opportunities presented to them on their own. Following rules does not come easy. To a person in this cycle, fulfilling the expectations of others is viewed as a sacrifice. Spiritual experiences as well as material success are latent within this cycle, but unless one is flexible and open minded, this can be a difficult time for married life and job security. There is a rebellious streak in this vibration that others usually don’t notice, at least at first.

As the Harvest Cycle
If the vibration Nine is the indicator of the Harvest Cycle, one is likely to spend more time studying, learning, and expanding their knowledge than ever before. Travel and new experiences are generally predicted, but not business and work, unless it somehow involves an expansion into new territories, relationships or knowledge. This is an almost perfect cycle for a writer, academic, composer or other person of a philosophical or artistic bent.

**Eleven**

**As The Formative Cycle**

A person whose Formative Cycle is of the Master Number Eleven may not tune in to the “full force” of this vibration until they reach their teenage years. The inspirational nature of this vibration, and the need to express it are usually too potent for the young personality. Younger people handle this vibration as Two instead of Eleven, and there is a good chance that much of what is said about Two applies to them. These children usually grow into the creative and adventurous aspects of the 11 vibration in the teenage years. If the early environment is difficult, they are likely to become teens who are overly self-indulgent, and believe that the world needs to take care of them in some way.

**As the Cycle of Productivity**

Those who have a Cycle of Productivity of the Master Number Eleven usually spend their adult lives focusing on the fulfillment of their ideals, and manifesting their dreams, because their job in life is to inspire others. Financial speculation and material pursuits may be difficult for them, unless a part of their own inspiration, insight and vision. Some individuals find this cycle difficult and reduce it to the Two vibration instead, in which case much energy is spent seeking partnerships and cooperation, which may be a challenging task. Many people experience enhanced intuition during this time.

**As the Harvest Cycle**

When the Harvest Cycle belongs to the Master Number Eleven, the person experiencing it is likely exhibit some form of mastery in their lives. Retirement from the workforce is likely, but they will continue learning, teaching, speaking or writing about their experiences. This is a sign of someone who is an inspiration to others and may be sought after for the wisdom (or the special talent) they possess. There is great productivity in later years due to this vibrational pattern.
Twenty-Two

As The Formative Cycle

As mentioned earlier, a Formative Cycle of the Master Number 22 does not exist, since there is no 22\textsuperscript{nd} month of the year.

As the Cycle of Productivity

Those who have a Cycle of Productivity of the vibration Twenty-Two can experience a period of leadership and major achievements, but only if they “live up to their potential and promise.” Those who do not are likely to fall into manipulative or coercive behavior, and see others only for what they can get out of them. Emotionally trying and extreme situations may be faced, and when things become difficult, it is likely that they will bury themselves in work, but this is not a good vent for the emotional volcano underneath. This Master Number requires ambition and authority, and gives success in work for the common good, or for major enterprises, but disaster if the focus is only on gaining personal wealth or power.

As the Harvest Cycle

A Harvest Cycle bearing the Master Number Twenty-Two can be very fruitful if one remains active by taking up some form of physical activity or work that they can engage late in life. Many people with this vibrational pattern become teachers, or professionals who share their experience for the benefit of others. Those who are in a profession that has no real age limit will prosper. In fact, the best way to channel this high-energy vibration is by throwing oneself into some kind of life-enhancing process, preferably one with a strong ethical basis.

Summary

These Life Path Cycles give a general background to what life will be like. The ups and downs of relationships will reflect them in one way or another. The annual cycles of Personal Years will have more noticeable effects on the love life, but are not as good at “setting the scene” as the Life Path Cycles are. This is because Life Path Cycles provide the context within which the shorter annual periods operate. Understanding these Life Path Cycles can help you formulate a strategy to work toward expressing the positive side of these vibrations, and give you plenty of time to do so.

Your Birthday Vibration
This powerful indicator shows a talent, or special ability, that you possess. Sometimes this talent is latent and waiting for an opportunity to express itself, and often it is apparent in one form or another from an early age. It expresses itself powerfully during the Cycle of Productivity.

**Your Achievement Number and the Personal Year**

The **Achievement Number** is simply the sum of the month and day of birth. There are several ways to use the Achievement Number, but, as this is an “Easy Ways” guide, we will focus on the “**Personal Year**”, and how each year offers the opportunity to make positive changes in your life.

**Achievement Number + Calendar Year = Personal Year**

Here is an example of how this simple calculation works.

**Born April 12th, 1985 –**

- April = 4
- 12th = 12

**Achievement Number = 16/7**

**Calendar Year = 2013;**

2013 + 16 = 2029, 2+0+2+9 = 13/4

**The Personal Year Vibration is 4.**

So let’s take a look at the Personal Years and what they might mean for you.

**The 9 Year Cycle of Personal Years**

**Personal Year 1**

You have the chance and obligation to make a new beginning. You should start something new, because whatever you begin this year will last, and maybe grow, throughout the nine-year cycle.

**Personal Year 2**

This year promotes cooperation, partnership and teamwork. Be a little less aggressive in the pursuit of your goals, and work together with others. Helping others brings rewards. Take others’ advice seriously.

**Personal Year 3**
This year’s keywords are “social” and “pleasant”; this is a year for renewing old friendships and cultivating new ones. Personal creativity is at a peak - if you missed setting something in motion during year 1, do so now.

**Personal Year 4**

This is the vibration of work - keep your nose to the grindstone, and do things “by the book.” Pay attention to details regarding wellness and business, because situations can easily get out of control.

**Personal Year 5**

A year of changes. Put new methods or ideas to use, fix or purchase new indispensable items, like cars or appliances. Make personal changes – the more visible they are, the more effective they will be.

**Personal Year 6**

A year of “adjustments” – balance the books in all aspects of your life, a good year for financial matters. Home and relationships get top priority this year – both marriage and divorce are favored.

**Personal Year 7**

This is the right time for rest, recuperation, introspection and meditation. Stay out of the “rat-race” and assess the lessons of the last six years – focus on what you want to accomplish in the long term.

**Personal Year 8**

Take advantage of any opportunities to increase personal wealth, but plan well. The consequences of your actions will manifest more powerfully than usual – it’s a year of both money and karma.

**Personal Year 9**

Bring things to a close. Let go of the past and make room for the future. Unproductive friendships should be avoided, bad habits should be dropped, and nothing new should be started.

**Working with the Life Path**

Now that you understand the Life Path, you’ll probably begin to wonder how this information can help you change your life. The principle is actually simple, but we’ll have to grasp it in terms of “good” and “bad.” These terms
are kind of politically incorrect in this type of manual, but it makes the concept much easier to understand. You need to ground out the bad, so that the good can do its job.

The methods of working with the Life Path are not always easy, but following up and trying them is a lot better than knowing that the lessons of history are repeating, and you haven’t learned them.

**Habit, Instinct and Experience**

Your behaviors are driven by habit, instinct, and an astronomical number of experiences in coping with the expectations of others. Numerology can make it easy to sort these patterns out without following complicated rules.

The hardest part of working with the chart is adapting new behavior, which is the only thing that can be done that works the Life Path itself. Working with the Expression and the Soul Urge is easier, but they send out the vibes that sets up patterns for the future, and if you want to change your life, you have to break the chains of cause and effect that were set forth in the past.

**Harmonizing the Life Path with Sub-Cycle & Yearly Vibrations**

The Life Path vibrations have harmonious and discordant relationships with the Sub-Cycle and Year vibrations. If a person has a Life Path of, say, 5, he may have a difficult time during a 4 personal year, simply because the limiting qualities of 4 slow down the drive for freedom in 5. So how does he use this information to his benefit? The easiest answer is to bring the quality of that number into the life in some way, so that it can be “discharged”, or grounded out.

This person could start making a schedule or journal for themselves, stick to it, and keep it up. Going off the plan (unless there is a real emergency) is not helpful, because it brings up the energetic conflict, which will make for obstacles, delays, limitations and the like. They might want to use things that are shaped like squares, for instance eyeglasses, vases, briefcases and similar items. This would be really difficult for a 5 or a 3, but it is better to experience this minor irritation than to deal with the worst aspects of the 4 vibration.

It is pretty easy to say things like “don’t travel, don’t go to the movies” in a case like this, but those ideas don’t help – plus, negative suggestions are usually not followed well. Overreaching rules that contradict the Life Path are likely to cause more troubles, and certainly won’t resolve them.
The planning and detail aspect of 4 could actually be beneficial, because adding some structure in a small way will not feel oppressive at all. It doesn’t mean that if you plan carefully and don’t miss a single detail that the restaurant won’t bungle your reservation or the flight won’t be delayed because of weather. But it does mean that the “delay” aspect of the 4 is operating in some area of your life, and that you have the advantage of having planned for it.

In this example we are giving the 4 vibration something to do, so it doesn’t look for opportunities to interfere with your social or creative activities.

“Grounding” the Contrary Vibrations

You see, each number acts in many different ways, and you want to focus on “grounding” the contradictory aspect of the temporary vibration, so that the more positive aspects can be helpful, and improve your life.

Working with the Life Path does not involve inner, emotional or psychic qualities that need to be changed or developed. It’s all about taking action that changes behavior. This is a way of expressing a different relationship between your personal vibrations and cosmic patterns, and processing your experience in a way that is more fulfilling and positive.

Here is a basic table of number relationships that will help get you started, remember, this table is only used to compare the Life Path to its Sub-Cycles, so that you can determine what needs to be done, rather than having to wonder what can be done:

**Basic Number Comparison**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1:1</td>
<td>Over activity, stress from “pushing it” too hard</td>
</tr>
<tr>
<td>1:2</td>
<td>A conflict of interests, emotional strain</td>
</tr>
<tr>
<td>1:3</td>
<td>Harmonious</td>
</tr>
<tr>
<td>1:4</td>
<td>4 limits 1; 1 sub-cycles are favorable for LifePath 4</td>
</tr>
<tr>
<td>1:5</td>
<td>Harmonious - change if 1 is the LifePath; success if it is 5</td>
</tr>
<tr>
<td>1:6</td>
<td>Harmonious if 1 is the LifePath; discord if 6 is the LifePath</td>
</tr>
</tbody>
</table>

Copyright (c) 2013 Numerologist.com
<table>
<thead>
<tr>
<th>1:7</th>
<th>Conflict if 1 is the LifePath; change if 7 is the LifePath</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:8</td>
<td>Relatively difficult if 1 is the LifePath; success if 8 is the LifePath</td>
</tr>
<tr>
<td>1:9</td>
<td>Moderately Harmonious, with emotional stress</td>
</tr>
<tr>
<td>1:11</td>
<td>Harmony if self-interest is not the top priority</td>
</tr>
<tr>
<td>1:22</td>
<td>Harmonious</td>
</tr>
<tr>
<td>2:2</td>
<td>Discord</td>
</tr>
<tr>
<td>2:3</td>
<td>Harmony in love matters</td>
</tr>
<tr>
<td>2:4</td>
<td>Sometimes Harmonious; favorable in financial matters</td>
</tr>
<tr>
<td>2:5</td>
<td>Conflict, errors in judgment</td>
</tr>
<tr>
<td>2:6</td>
<td>Harmony in love &amp; domestic life; discord otherwise</td>
</tr>
<tr>
<td>2:7</td>
<td>7 brings peace and balance, but possible emotional upsets</td>
</tr>
<tr>
<td>2:8</td>
<td>Harmony</td>
</tr>
<tr>
<td>2:9</td>
<td>Emotionally discordant</td>
</tr>
<tr>
<td>2:11</td>
<td>Harmony if “tuned into” 11</td>
</tr>
<tr>
<td>2:22</td>
<td>Mostly Harmonious, discord sometimes</td>
</tr>
<tr>
<td>3:3</td>
<td>Distractions, scattered energy</td>
</tr>
<tr>
<td>3:4</td>
<td>Conflict if 3 or 4 is the LifePath</td>
</tr>
<tr>
<td>3:5</td>
<td>Harmony</td>
</tr>
<tr>
<td>3:6</td>
<td>Harmony</td>
</tr>
<tr>
<td>3:7</td>
<td>Balancing and uplifting</td>
</tr>
<tr>
<td>3:8</td>
<td>Goes from accord to discordant</td>
</tr>
<tr>
<td>3:9</td>
<td>Harmony</td>
</tr>
<tr>
<td>3:11</td>
<td>Harmony</td>
</tr>
<tr>
<td>3:22</td>
<td>Harmony</td>
</tr>
<tr>
<td>LifePath</td>
<td>Description</td>
</tr>
<tr>
<td>----------</td>
<td>-------------</td>
</tr>
<tr>
<td>4:4</td>
<td>Limiting, overwork</td>
</tr>
<tr>
<td>4:5</td>
<td>Conflict</td>
</tr>
<tr>
<td>4:6</td>
<td>Harmony</td>
</tr>
<tr>
<td>4:7</td>
<td>Harmony</td>
</tr>
<tr>
<td>4:8</td>
<td>Disharmony, losses</td>
</tr>
<tr>
<td>4:9</td>
<td>Discord if 4 is the LifePath; harmony if 9 is the LifePath</td>
</tr>
<tr>
<td>4:11</td>
<td>Discord</td>
</tr>
<tr>
<td>4:22</td>
<td>Harmony if “tuned in” to 22, otherwise, limitations</td>
</tr>
<tr>
<td>5:5</td>
<td>Harmony: possible abuse of personal freedom</td>
</tr>
<tr>
<td>5:6</td>
<td>Discord</td>
</tr>
<tr>
<td>5:7</td>
<td>Harmony if “tuned in” to 5, otherwise, discord</td>
</tr>
<tr>
<td>5:8</td>
<td>Discord if 5 is the LifePath; Harmony if 8 is the LifePath</td>
</tr>
<tr>
<td>5:9</td>
<td>Generally harmonious</td>
</tr>
<tr>
<td>5:11</td>
<td>Harmony and discord</td>
</tr>
<tr>
<td>5:22</td>
<td>Harmony and discord</td>
</tr>
<tr>
<td>6:6</td>
<td>Discord due to too much responsibility</td>
</tr>
<tr>
<td>6:7</td>
<td>Harmony and discord</td>
</tr>
<tr>
<td>6:8</td>
<td>Generally harmonious; relationship problems</td>
</tr>
<tr>
<td>6:9</td>
<td>Harmony</td>
</tr>
<tr>
<td>6:11</td>
<td>Harmony</td>
</tr>
<tr>
<td>6:22</td>
<td>Harmony</td>
</tr>
<tr>
<td>7:7</td>
<td>Discord due to withdrawal and limitation</td>
</tr>
<tr>
<td>7:8</td>
<td>Conflict</td>
</tr>
<tr>
<td>7:9</td>
<td>Harmony if 7 is the LifePath; discord if 9 is the LifePath</td>
</tr>
<tr>
<td>Time</td>
<td>Description</td>
</tr>
<tr>
<td>------</td>
<td>-------------</td>
</tr>
<tr>
<td>7:11</td>
<td>Usually harmonious, sometimes discordant</td>
</tr>
<tr>
<td>7:22</td>
<td>Usually discordant, sometimes harmonious</td>
</tr>
<tr>
<td>8:8</td>
<td>Discord due to financial loss or limitation</td>
</tr>
<tr>
<td>8:9</td>
<td>Usually discordant, sometimes harmonious</td>
</tr>
<tr>
<td>8:11</td>
<td>Harmony</td>
</tr>
<tr>
<td>8:22</td>
<td>Harmony</td>
</tr>
<tr>
<td>9:9</td>
<td>Discord; emotional upheavals and losses</td>
</tr>
<tr>
<td>9:11</td>
<td>Harmony; opportunity and greatness</td>
</tr>
<tr>
<td>9:22</td>
<td>Harmony</td>
</tr>
<tr>
<td>11:11</td>
<td>Harmony; sometimes tension or anxiety</td>
</tr>
<tr>
<td>11:22</td>
<td>Harmony</td>
</tr>
<tr>
<td>22:22</td>
<td>Greatness or tremendous difficulty</td>
</tr>
</tbody>
</table>

There are a couple of things that you need to know about this table. First of all, this is not written in stone. It is a representation of how the vibrations mesh and the level of difficulty that is present when you try to integrate a temporary situation (Life Path Cycle, Personal Year) into your overall plan (Life Path). Do not use this table for comparing yourself to someone else. These indications are personal, not general.

**Harmony and Discord**

Harmony is a keyword for ease of functioning; Discord is a keyword for stress in one’s undertakings. When both are indicated, it usually means that there are swings from ease to difficulty during the cycle under examination. The colon (:) indicates that two numbers are in a relationship. If you are in a harmonious period, there’s nothing that really needs to be done. If you are in a discordant period, you need to figure out how you can physically bring what you don’t like about the uncomfortable vibration into your world.

These indications will not mean the same thing all the time; for instance, every 7th year or month will not cause the same problems for an individual to whom this number is discordant. It will be easier to understand if you...
realize that sometimes these indications may mean that someone is involved in a project, plan or relationship that is appropriate to the number combination, and therefore “absorbing” the vibration that would otherwise cause trouble.

A beginning Numerologist would do well to start working on the Life Path numbers and sub-cycles using this method, because doing so will give rapid understanding of how these relationships work, and what you can do about them. Although the work can be difficult, the rewards are tremendous.

Let’s take an example. You can see from the table that 9:9, 8:8, etc. all produce discordant results. That may seem a little counterintuitive, but if you think about it, it makes perfect sense. In the example of 8:8, a person of Life Path Eight may be in an 8 year. The 8 year will focus on financial matters, and is good for little else. But 8 is also called the “number of Karma” because one’s actions get strong feedback. Now the Life Path 8 person always needs to focus on helping others, and may be doing well at it, but the kind of opportunities that they can’t refuse may come along during the eight year, and they might choose to follow that path, as opposed to the remedial path. When this happens, the negative possibilities of the 8 vibration are much more likely to manifest, because activities that expand both the negative and positive aspects of this number may open the door for problems to manifest that may not do so otherwise.

Core Elements Explained - The Soul Urge

A Little Background

The Soul is the essence of who we are. The Tibetans say that it is the subtle part of us that coordinates the five elements on all planes. The Greeks believed it was a mixture of the material components of the world and the Nous, or spirit.

One can say the Soul is the part of us that seeks experience and growth. Author, Shaman, Healer and Teacher Robert Moss brings up an important point:

“The Iroquois Indians say that if we fail to honor ‘the wishes of the soul’ (as opposed to ego agendas), the soul will distance itself from us, leaving us prone to sickness and bad luck, putting us on the road of the walking dead.”
When we pursue material goals at the expense of the urgings of the Soul, its participation in our lives may diminish or disappear. Psychologists call this disassociation, ancient shamans called this “Soul Loss.”

When this happens, luck disappears, we become listless, depressed, and dependent on powerful medicines to try and imitate the quality of being in touch with our true hearts. We give our power away to others, and make decisions that do not further our self improvement. Our immune systems weaken and we try to be happy be staying stuck in a rut, isolating ourselves from growth, beauty and bliss.

**The Soul Urge, or Heart’s Desire**

The Soul Urge is also called the Heart’s Desire, because as the Soul is to the total human being, the heart is to the body. We may know what this desire is, but we may not express it, either by choice or because of our circumstances. That’s why it’s so important to connect with the Soul Urge.

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

Using the alphabet conversion table above, you can find your Soul Urge by arithmantically summing the vowels of your name. If the sum comes to 11 or 22 it is not reduced.

**IMPORTANT NOTE:** “W” and “Y” are to be treated as vowels under the following circumstances:

- “W” is counted as a vowel when next to another vowel
- “Y” is a vowel when it is preceded by a vowel, or if there are no other vowels in the syllable that contains it.

As an example, in the name Edward, “W” is a vowel because it is next to another vowel. In the name Maya, “Y” is counted as a vowel because it comes after “A.”
Here’s a brief analysis of the meaning of the vibrations when acting as the Soul Urge or Heart’s Desire number. Keep in mind that the Heart’s Desire aspect of the Soul Urge may seem to have negative characteristics, but they really describe what will happen when one is not “tuned in” to the vibration of the Soul Urge or its Challenge.

**One**
*Soul Urge*: The desire to lead is prominent. Rarely is an opportunity for praise passed up. Likes doing big things, success oriented, impatient. Dislikes dealing with details.

*Heart’s Desire*: Desires deep love, but has a tendency to let ego agendas get in the way.

**Two**
*Soul Urge*: Seeks partnership and craves love and appreciation. Enjoys working in cooperation with others more than leading them. Sensitive, emotional.

*Heart’s Desire*: Cannot thrive without partnership and will sacrifice for gaining the approval of a loved one.

**Three**
*Soul Urge*: Seeks opportunities for self-expression. Sees the beauty and good in others and in their circumstances. Outgoing, friendly, social.

*Heart’s Desire*: Strongly romantic and enjoys “the game of love”. Cannot tolerate betrayal. May be jealous.

**Four**
*Soul Urge*: A lover of systems, order and tradition. Craves responsibility in all circumstances. Dependable and reliable, but demands the same from others.

*Heart’s Desire*: More concerned with stability and security than romance in relationships. Sincere and dependable.

**Five**
*Soul Urge*: Puts personal freedom above all other concerns. Seeks change, travel and the easy life. Impatient and adaptable. Usually has a wide range of interests.
Heart’s Desire: More interested in company and pleasure than stability in relationships. Desires variety in love.

**Six**  
*Soul Urge*: Understanding and is a peacemaker. Accepts responsibility easily. More oriented toward home and family than casual relationships. A good listener.

Heart’s Desire: Always ready to make sacrifices in order to stabilize relationships. Seeks the approval of loved ones.

**Seven**  
*Soul Urge*: Philosophical and a seeker of knowledge. Considers their actions carefully. Self-contained. Attracted to meditation and other private pursuits.

Heart’s Desire: Very selective in relationships. Prefers living alone to settling for “second best” in love.

**Eight**  
*Soul Urge*: Loves big organizations. Seeks power and wealth. Is filled with confidence and courage, and expresses it outwardly in their activities.

Heart’s Desire: Seeks strong partners in love and family. Tends to put material concerns above love.

**Nine**  
*Soul Urge*: A giver and teacher. A seeker of knowledge. Self-sacrificing. Open and giving with the knowledge and experience that they gain in life.

Heart’s Desire: More compassionate than romantic. Likes being in love but is sometimes inattentive.

**Eleven**  
*Soul Urge*: Inspirational and inspired. Selective, but with a broad outlook on life. Tries to live by and impart ideals to others. More likely to give revelations than information.

Heart’s Desire: Has a hard time in relationships with partners who are not philosophical or spiritual by nature.

**Twenty-Two**
**Soul Urge**: Not self-seeking – desires to create and act for the greater good, rather than to improve personal circumstances. High ideals. Practical and down-to-earth.

**Heart’s Desire**: Lofty goals and altruistic. Seeks partners with the same qualities. Focused on the “big picture.”

**The Soul Urge Challenge**

The Soul Urge Challenge represents the more difficult tasks the Soul brings with it into incarnation. They are only “challenges” because they involve actual effort. But these are efforts that help the Soul gain more of a foothold in life.

The Soul Urge Challenge is easy to find: it is the difference between the first and last vowel in the full name.

For instance, a person named David Edward Hanson has a first vowel of “A” and a last vowel of “O.” “A” has a value of 1, while “O” has a value of 6, therefore his challenge would be 6-1 = 5.

It is impossible to have a challenge of 9, but it is possible to have a Zero challenge if the first and last vowels have the same value. This shows that someone faces all challenges, and should work with them all on a regular basis. Here’s an overview of meanings for each Soul Urge Challenge, and some principles for interpreting them:

**One Challenge**: Either one is lacking in drive or initiative and needs to become self-motivated, or the desire to bend others to the will is dominant and must be checked.

**Two Challenge**: One must learn to be willing to let others take the lead. Cooperation does not mean being dependent on others, this is another important lesson.

**Three Challenge**: To overcome this challenge, one must become more social and not fear making mistakes around others. It can sometimes cause one to live totally “inside” themselves.

**Four Challenge**: Too much or too little attention is given to details. Learn to be dependable, how to focus on completing things, how to set schedules and abide by them.
Five Challenge: Learning how to accept change, let go of the old to make room for the new is 5’s challenge. Another lesson is moderation: overindulgence in any pleasure will bring trouble.

Six Challenge: Being a perfectionist and having unrealistic expectations of others can be difficult for someone with this challenge. Find ways to be responsible to family and partners.

Seven Challenge: Developing patience and understanding by finding commonality rather than differences is at the root of this challenge. It’s important to develop faith in the self and others.

Eight Challenge: Either too much or too little concern with financial and material matters is the hallmark of this challenge. It’s important to focus on people, not profits.

When you work with these challenges, you open your connection with Soul. This is a good thing, because it enhances your imagination and intuition, and makes love a constant in your life, rather than a variable.

Working with the Soul Urge

Working with the Soul Urge is easy, because we can connect with Soul directly. It’s what we feel when we are at our best and what you see in those who are at theirs.

When you begin to work on connecting to the Soul, you will find that you feel at your best more often, and that your health and connections with others improve. You will also begin to attract opportunities that fall in line with who you really are, rather than what the world expects you to be.

The Heart is your Key

The connection between Soul and Heart is frequently discussed in textbooks and oral teachings on Yoga and other meditation practices. And, make no mistake: the Heart is the key to the body and the mind – nature has given us a direct connection from body to Soul.

Every heartbeat generates a burst of activity in the nervous system and brain. Scientists are just finding out that the nerve cells in the heart are more complex than many of those within the brain.
The Heart-Body-Soul Connection

It is the heart and not the “subconscious” mind that monitors body functions such as hormones, rates of vibration (both mechanical and electromagnetic), internal pressure and many other things. It passes this information to the brain to let it know if it needs to produce more of the chemicals that move both thought and intention through the body and beyond.

The heart produces a substance called atrial natriuretic factor ANF, also called the “balance hormone.” This hormone regulates blood pressure, electrolyte balance, fluid retention, sodium levels and so on. ANF powerfully affects the key internal organs within the body. It’s also involved in the immune and reproductive system, and can inhibit hormones associated with stress.

The pulse is the result of the pressure wave generated by the heartbeat. Skilled healers can tell more than you might imagine by reading the pulse – not only about your health, but your personality, your likes and dislikes and your temperament.

The electromagnetic field produced by the heart is about 5,000 times more powerful than the field produced by the brain. It has been proven that stimulating emotions in one person can affect another, even at a distance of several yards. This is all laboratory-proven science, not theory.

Focusing a ‘Coherent’ Heart

Although modern “neuro-cardiologists” are just discovering these facts, this knowledge is several thousand years old. It has been proven that when focus is brought to the heart, and positive feelings like gratitude, caring and compassion are imagined as residing there, the many vibrations produced by the heart become coherent, like a laser beam: stronger and more potent.

Exercise: The ‘Coherent’ Heart

It’s easy to do this – just calm your breath and imagine that the breath is going into the heart - use your imagination to “feel” a positive emotion. The vibrations of the heart will go into coherence and broadcast a stronger signal.

It takes two minutes at most to feel your way into this state, although you can practice for longer periods of time. If you do this every day, it won’t be
long before you can tune into the heart and ask it for guidance in a minute or so. It even works if you are upset or angry.

**How your Heart Connection can Change your Life**

You may wonder how this Heart connection will help you change your life...

First of all, it is a remedy that helps to retrieve qualities of Soul that have been lost due to trauma or from not honoring your essential nature.

Second, it increases the intensity of dreams, imagination and compassion.

Third, it enables you to send forth vibrations that are about what you really want, instead of spending so much time worrying about what you don’t want.

Doing the above exercise regularly will cause you to experience a wonderful transformation at the emotional level! Here’s some of the possible results …

- You will feel better about who you are
- Your difficulties will stop feeling so impossible to deal with.
- You’ll be more capable of sharing in the happiness of others.
- You’ll start attracting others because of who you are, rather than those who want something from you.

Working with your Soul Urge is not an instant cure for all human ills, but if this is the way you start working with your Numerology Chart, everything else will be easy. Just try a couple of minutes a day, every day, and see what happens.

**Core Elements Explained - The Expression**

The Expression, or the Total Name Number, is, obviously, about how you express yourself, but is more than that. It contains the Soul Urge and the Personality Number or Persona. It works with these two elements and the Life Path to process past experiences and generate future ones. Before we fully explain its implications, let’s take a look at the compliment to the Soul Urge – the Personality Number.

**The Personality Number**

The Persona, or Personality Number, is derived from the Expression by summing the consonants in the Full Name, in the same way that the Soul
Urge sums the vowels. Use the table of alphabet-number conversion (above) to find this number.

The Personality Number is a compliment to the inner aspect of the self. In any word, the consonants help us make sense of the vowels: they give form to the substance of the word. In some languages, the vowels are omitted from religious or magical texts so that only initiates could understand them, but no one has ever tried to do this with consonants – the language would not make sense at all.

This element of the chart holds interesting implications, but is often glossed over by Numerology books. Many Numerologists in India use it as an indication of personal style - they believe that “the first impression is the last impression” – they use it to define how the style of behavior affects others.

**Your Soul’s ‘Vehicle’**

We might say that the Personality Number is the vehicle that the Soul uses to make contact with the vibrational currents of the universe – learning from it and modifying it.

Some Numerologists call this the “Quiet Self”, and look at it as the self-image, but still understand it as an indicator of how one attempts to express their Soul’s Urge, it’s compliment.

Let’s take a look at the standard descriptions of the Personality Numbers, so you can see how easy it is to make the changes that will gradually improve it!

1 = Leadership, dignified, likable, outstanding, one who likes to “dress to impress”. More concerned with their impression on others than most.

2 = Association, companionship, pleasing, gentle, pays attention to details - especially in dress. Sometimes fussy or needs to choose style over comfort.

3 = Self-Expressive, talkative, friendly, artistic in style. Likes jewelry and sometimes is more showy than necessary in their style of dress.

4 = Hard-working, serious and practical in demeanor. Dresses in well fitting clothes, but has to avoid over-dressing or being overly defensive.

5 = Freedom-oriented, changeable, modern in style, up on the latest trends in both speech and clothing. Needs to be more serious in conversation.
6 = Responsibility-oriented, sympathetic and compassionate, does not pay too much attention to dressing. Prefers comfortable or vintage styles.

7 = Knowledge-oriented, sometimes acts and styles themselves as an “outsider” or “loner”, generally friendly, impressive but reserved.

8 = Materialistic, friendly and optimistic, impresses others as being “in charge”. Heavy or sporty well-made clothes are the preference.

9 = Service-oriented, looks younger than their age, friendly, generous, needs to avoid wearing black. Dresses casually or in “practical” clothes.

**Simple adjustments for Big Changes**

The most important thing about the Personality Number is that it’s really easy to work with. Just a simple adjustment in the style of dress, speech or any method of making an impression on others will do. Although this method is not guaranteed to make miracles happen, it usually works to influence the opinions of others in more subtle and effective ways, and is a proven method of making the kind of changes you’d like to see.

In some traditional textbooks, certain of these suggestions are associated with the Birthday Vibration. But careful study seems to show that people get better results when making these changes using the Personality Number.

Here are a few simple guidelines that you can follow and experiment with.

- A person with a 9 Persona simply can avoid wearing anything black, and others will find them more attractive – they work best with inclusive color combinations.
- 8 people would do best to dress like a professional no matter what their trade or status – they need to be power-dressers and use earth tones and grays to their advantage.
- Those who have 7 as a Personality Number would do well to wear darker clothing, especially if there is something unique or mysterious about the styles that shows expertise and depth.
- A 6 Personality needs to wear comfortable and softer fabrics in lighter earth tones and pastels; colors and fabrics that help others feel at ease with them.
- A Persona of 5 needs to keep up with the latest trends appropriate to their surroundings, but they are likely to be at the cutting edge anyway – bright colors are good for them.
● 4 Personalities would do well by wearing sturdy and practical clothing rather than decorative outfits, unless a uniform is required for their work.
● 3 people usually benefit by blending in with the crowd and avoiding the tendency to be showy. Generally they don’t have to be concerned about standing out.
● It is a good idea for someone with a 2 Persona to choose style over comfort. The compliments they receive will certainly boost their self-esteem and self-confidence.
● The 1 Persona is not usually fussy about clothing, but it would benefit them immensely if they dressed in properly fitted outfits designed to impress others, rather than themselves.

Again, these are rules that aren’t set in stone, but are definitely useful guidelines. Unlike the use of expensive gems, these changes do not affect your personal vibrational patterns if you make a mistake.

Using the Personality Number as a style guideline shows others something about yourself that has much more to do with who you really are than who you think would be acceptable, or who you’re trying to be. It will help lift your self-image out of the realm of conditioning and conformity, and into a place where you can use your personality to control your circumstances, as opposed to accepting what you may believe to be the dictates of your situation.

More on the Expression Number

The Expression is a whole and complete description of you, the magic that you bring into the world, and how you go about bringing your inner light to others. It is the number that describes what you send out into the world. People often do not realize that through their actions, they create chains of cause and effect that lead to new experiences.

The Law of Attraction is based on the foundational principle that: “What you send out into the world is what you get back.” This is a perfect description of the Expression, which some call the Destiny Number.

One

If your Expression is One, you are likely to take the lead in almost everything you do. When you do not rely on your own abilities and intuitions, things are likely to “go south”, because your success is dependent on your ambition and courage. You need to be bold and forthright, because if you
aren’t, challenges become obstacles instead of pursuits. But you also need to practice compassion and tolerance, because you get back what you put out.

The negative path of vibration One leads to selfishness and egotism, which can turn small problems into big ones. The determination to make sure you’re acknowledged for what you do may go as far as trying to impose your will on others, and this can become as addictive as any drug.

Learn to allow others their right to self-determination without surrendering your own, and in time, you’ll find that satisfaction and fulfillment are the products of your choices, not of your efforts.

Two

While One is the number of individuality, Two is the number of cooperation and togetherness. Diplomacy, negotiating skill, intuition and the capacity for peaceful coexistence are the gifts of this vibrational type. Success can come easily to you through others – as long as you’re willing to find common ground with them. People of the Two vibration are often far happier and more successful when in a close relationship.

The negative path of Expression Two leads to clinginess, dependency and indecision. You expect others to cooperate and be a part of the team, but if they don’t you may suffer from the side effects of frustration and anger. You may try to go it alone, but that usually doesn’t work with a 2 Expression because you prefer someone to bounce ideas off of and talk things out in order to make clear and positive decisions.

Tuning in to your Expression will not only empower you to feel better about yourself, but it will attract more exciting opportunities to you. Your natural spiritual bent will help you obtain the kind of life you desire – one that you don’t have to handle on your own.

Three

People with Expression Three tend to be outgoing, social and friendly, and have the ability to “light up the room” with an atmosphere of enthusiasm. Others are usually attracted to you because of your conversational skills and personal style. A natural attraction to music, the arts, or any forms of self-expression is always an asset to a person with Expression Three, and can enhance your popularity throughout life. Three also likes variety and travel, because these activities give them something new to stimulation and creative inspiration.
Not receiving recognition or praise for your efforts may get in the way of maintaining a positive emotional stance, and this could begin to surface as gossip, backbiting or sarcasm. In this state, it will be hard to commit, and even harder to finish things. These are symptoms of the fear that things won’t work out. This fear may even prompt you to engage in unconscious attention-getting behavior. Jealousy is not uncommon if the brilliant creative imagination of Three follows a negative lead.

Your sincere and cheerful nature will bring happiness to many, and whether you know it or not, you are luckier than most people. Luck will act to help you escape many difficulties in life, but only when your courage holds.

**Four**

Four is associated with work, and as an Expression number, it tends to show people who are stable, steady and detailed in their approach to establishing security in their lives. Four shows an individual who is serious and reliable, someone who is “down to earth.” Often others depend on them, and sometimes they attract the type of attention that causes others to think that they will do for them what they’d rather not do for themselves. This is the number of those who admire stable and solid works; a builder who is not ashamed to work hard for what they achieve.

The negative path of vibration Four shows itself when one of its children becomes brooding and wants to be on their own. If it’s your Expression, you may feel it as becoming stricter or less tolerant of others, yet willing to prove your own ability to do what others won’t – and they take advantage of this. This feeling turns into resentment and a feeling of being exploited. If the negative path goes that far, you may even withdraw the desire to help, or become critical, argumentative and stubborn. These are signs of emotional congestion.

Some people whose Expression is Four fail to recognize that success is not always the result of hard work, and deny the existence of the miracle of positive manifestation. The interesting thing is because of their steadfast and persevering attitude, they may be better at bringing dreams into manifestation than they ever imagined – if they focus on it.

**Five**

Five’s basic drives are toward freedom and progress – that’s why it’s known as the “Free Spirit.” People born with this expression seek change and
variety and even invite it into their lives. It is a sign of adaptability and versatility, as well as the ability to coordinate people and projects, no matter how chaotic the situation is. Five is always up on the latest in styles or other trends, and is almost never boring.

The negative path of Five leads to irresponsibility and self-indulgence especially when it comes to sensual pleasures. This can actually degenerate into an abuse of freedom. Jumping from one thing to another does not help Five’s reputation for lack of dependability in the eyes of others. If it is your Expression, you may need to be careful about whom you choose to team up with, either for business or pleasure – you need to partner with another adventure oriented soul like yourself.

If you learn to focus on being responsible, opportunities will appear everywhere. Don’t do so, however, at the expense of your ability to multi-task, explore, create and invent – that would be irresponsible!

**Six**

Six is an Expression that generally takes on responsibilities in a cheerful and optimistic way, and does well in business and relationships as a result. Anything that requires “people skills” is favorable to this vibration, as is anything in which one needs to climb the “ladder of success.” If this is your Expression, you may find that you advance easily, especially in career, because of your willingness to sacrifice for the benefit of the cause, family or friends. You will tend to support your partner in all ways, and are regarded as a reliable and loyal person by anyone you connect with.

This innate generosity can lead to negative results because it is difficult for you to say “no.” It may be hard for you to tell the difference between doing a favor versus being used. Your willingness to ‘help out’ can cause you to attract schemers and manipulators, to your disadvantage. You have to be vigilant about this, because your ability to adjust may cause you misplace your loyalty. You are more likely to experience trouble involving others than problems that result from your own actions.

Six is often called the “love number”, and is favorable for relationships, especially domestic ones. But it’s seldom said that Six is a favorable number for money. It’s a sign of trending toward stability and fulfillment of desires, if the vibration is lived in a constructive and positive way.

**Seven**
Expression Seven is often called the “Philosopher’s Number”, because people who hold it as their Expression tend to be more interested in the meaning, possibilities, whys and wherefores of things than the material profit that can be gained from them. Seven is the most inwardly focused of the vibrations, and as an Expression, it generally exhibits itself as a thinking person: one who prefers intellectual pursuits over social ones, unless the social activities include those with whom they share common interests. If your Expression is Seven, the feeling of being “different” may get in the way of either financial success or happiness in relationships.

The negative path of Seven leads to doubts, trust issues, and isolation. If others find you difficult to “get into”, and you find it difficult to believe that others are sincere, it’s a symptom common to those with this Expression. It may be difficult to attract people who have mutual interests at heart, unless you put some energy into seeking them out.

If this is your total name number, chances are good that your intuition is strong, because many who exhibit psychic gifts are born with this Expression. People are attracted to you because of your expertise in whatever field you are in. So learn to trust – it’s the key to your success in life.

**Eight**

Expression Eight possesses a natural genius for organization, which is usually visible through the talent for controlling circumstances. People of this Expression often tend to make the “facts and figures” or the “bottom line” their top priority, and run a “tight ship” in all aspects of their lives. It is a vibration that expresses itself through ambition, forthrightness, courage and persistence. Eight possesses tremendous managerial instincts, and the ability to get things done, no matter what it takes.

The negative path of Eight leads to intolerance, bluntness and control issues. Eight is not known to “pull punches” – especially when under stress. If this is your expression, you may think that no one can be trusted with what you need to be done, and end up taking on too much, or adapting yourself to unhealthy obsessive patterns. Sometimes this is simply a result of an overly materialistic focus that needs to be balanced by an effort to see the value in the less tangible aspects of life, such as love, sharing and cooperation.

Although the fear of failure may be strong in this Expression, it seems to disappear in those who devote themselves to something bigger than
themselves. So many Eights are successful because of their persistence, but even more succeed because of allowing for the loving support of others.

Nine

Nine is known for quiet power and intensity, which attracts many people. This makes it a favorable vibration for those that teach in any capacity. It is a very creative vibration, and doing things in an original or unique way is a Nine hallmark. If Nine is your Expression number, you may dislike being confined, whether physically or by the expectations of others. You are almost always willing to get rid of rules that you think hinder progress and growth. Nines recover quickly from disappointments, setbacks and wounds, and others may regard you as being more emotional than you really are.

The negative path of Expression Nine can lead to being overly concerned by your status, and using any means necessary in order to achieve your goals. In following this path, you will find that it only makes difficulties more severe, and will turn those who look to you for wisdom into detractors and even enemies. You have a talent for seeing the big picture in the world – you need to turn that talent toward your own life and practice compassion toward yourself and others.

Nines need to be involved in something bigger than themselves. Travel and writing are good remedies for almost any problem you face, and finding some type of spiritual or metaphysical practice to be involved in will enable you to blossom, empowering all your natural gifts.

Eleven

The Master Number Eleven represents a sign of intuition and inspiration. If this is your Expression, your visionary and forward thinking view of the world has much to offer others. If you focus this ability into practical matters, you’ll always have something original and unique to give.

You also have an amazing ability to find unique solutions to problems that stymie the best efforts of others. As long as you don’t turn all your effort toward material gain, the inspiration that flows from you to others will be a source of support and advancement in all aspects of life.

The negative path of Expression Eleven starts with the belief that you stand outside the rules and need to be treated as an exception to them. Also, it may be hard to turn your intuition toward yourself and your relationships with others. Some people of this Expression, especially children, try to live
this potent vibration in reduced mode, as if they are a “Two” instead. If this persists into adulthood, it can cause the visionary power to be bottled up, resulting in hypersensitivity, loneliness, attention-seeking behavior, and even tense nerves. The important lesson about this Master Number is that it is the visionary and inspirational side of your nature that generates success and happiness for you – being “normal” does not.

Your imagination is the source of strength and happiness, so don’t deny it.

**Twenty-Two**

The Master Number Twenty Two is often called the vibration of the “Master Builder” or the “Mastermind.” This is because people of this Expression don’t do things in a small way, or for a small purpose. Twenty Two represents the power to handle big projects using the people skills, detail orientation and perseverance necessary to make things happen and bring dreams into manifestation.

The commanding quality of Twenty-Two may be very useful for getting things done, but if the negative path of this Master Number is followed, one will bring themselves to ruin, with plenty of collateral damage.

If this is your Expression, you may overestimate your ability to handle the tasks you take on, or to take on too much because of unrealistic expectations of others. This can cause you to put more emphasis on failure than success.

The negative aspects of this vibration reduce the Twenty-Two to Four, and can turn you into a stubborn and vengeful person instead of a Mastermind, or a workaholic that feels exploited, rather than a Master Builder. You need to recognize that it’s the big dreams, plans and projects that attract others to you, and cause them to support you. It’s important that you know the support and the connections you make with others keeps you on a positive path. Do something to change the lives of others for the better, and there will be no limits to your success.

Living this powerful vibration isn’t easy, but positive relationships and caring for others can make it so.

**More About The Expression**
There are far too many chart factors derived from The Expression to contain or describe as an “Easy Way.” It’s important, though, that you understand The Inclusion Table, also called the Karmic Lesson Table.

The name is more daunting that the table itself is. It is simply a tally of all the times each number is used in the full name. It’s main purpose is to find any missing, under-represented or overabundant numbers in the cycle of 1 - 9.

Here are some well-known effects of the greatest and least or missing numbers in the table. It’s an excellent guideline for what you can work on in order to change the way you focus on various concerns.

Be warned that some numbers are more common than others. For instance it is far more common to have one or no 7’s than it is to have no 9’s or 1’s – that’s a statistical fact related to the English language and names based on it.

**Analyzing the Inclusion Table**

The main rule for its analysis is simple - in an 18 letter name, three is a balanced number of 1’s, 1 is a good number of 7’s, because 0 is not a rare situation in English. And for all other numbers, two would be a balanced amount. This can be proportioned for longer or shorter names. Of course, the rest of the chart needs to be taken into account, because all things tend toward balance, and what’s missing in this table may be apparent elsewhere, showing a direct path to compensate for the lack in the table.

**One**

Overabundance: This is a sign of the urge to impose one’s desires on others.

Lack: This individual finds it difficult, if not impossible, to stand on their own – a lack of self-confidence.

**Two**

Overabundance: Too much reliance on others. A tendency to be emotionally draining.

Lack: This is a sign that shows extreme difficulty with cooperation or compromise. Can be over-sensitive emotionally.

**Three**

Copyright (c) 2013 Numerologist.com
Overabundance: On a superficial level, this could represent a stereotypical “party animal” always seeking social situations.

Lack: This condition usually shows someone who is an introvert, or at the very least, socially awkward.

**Four**

Overabundance: This is a sign of someone who buries themselves in details or is a workaholic.

Lack: This is almost always an indication of an extreme dislike for work, especially physical labor or detailed work.

**Five**

Overabundance: Here we have a sign of the abuse of one’s personal freedom, lack of regard for others, or over-indulgence.

Lack: This individual finds it hard to accept change, and also tends to be jealous and controlling.

**Six**

Overabundance: Usually people with this characteristic in their chart tend to be overly concerned with duties or domestic/family matters.

Lack: A perfectionist who often finds it hard to assess the “true” value of things. Also, a tendency to avoid responsibility.

**Seven**

Overabundance: An overabundance of 7 is very rare, and would indicate extremism or fanaticism when it occurs.

Lack: This is common, and can show impatience, impulsiveness, and being either too abstract or too materialistic.

**Eight**

Overabundance: A sign of being overly concerned with money and financial matters, as well as power.
Lack: Often shows a lack of concern with material issues, but also indicates an overwhelming drive to gain personal wealth.

Nine

Overabundance: Usually indicates someone who is determined to do things their own way. Can be over-concerned with others, even to their own disadvantage.

Lack: An extremely rare sign that indicates a lack of empathy or compassion for others’ plights.

To Summarize:

Most books concerned with Numerology and Astrology only cover the meanings of individual factors that can make up a character sketch, or give information about the future. This small manual takes a different approach. What we have done is to describe the 3 key elements of the Numerology chart, and describe their functional attributes.

The Life Path is about your experience of the world: that which you project into the world, while taking into account the chains of cause and effect that you have little or no influence over. That which is called by mystics “currents of universal energy.”

The Soul Urge is your inner essence. Although part of the Expression, it is what the Expression “expresses.” It is the most powerful part of you, it is the true desire of your Heart: the urge for growth and experience, and the quality of Love you bring to the world.

The Expression is the coordinator between the inner and outer aspects of the Self. It is that which brings out the desires of the Soul into the world, and the part of you that lives in world, and brings to the Soul the experiences it needs for growth.

These three elements are inseparable, yet part and parcel of the same thing, your Numerology Chart.

There are many other factors and subtleties in a Numerology Chart, but these are the easiest to work with, and that’s what this manual is all about.

As we move on to Part 3, you will find many strategies that can help you figure out “Easy Ways” to make the changes you desire.

Copyright (c) 2013 Numerologist.com
Part Three

Making the Changes You Desire

When it comes to effective strategies for making the changes you want to make, studying the core elements of your Numerology Chart is your first step. These will guide you in the right direction for making changes that align with your Soul and your Life’s greater purpose.

This is why it’s important to review the above material carefully. It contains both in-depth information on your Numerological Profile, as well as specific strategies to help you on your way.

Love, Money & Health

It can take a while to put all of the information in Parts One and Two of this training together in order to make decisions about exactly what it is you want to change. But there are 3 major areas of life that we all, at different times, may seek to improve: Love, Money and Health.

Some people are looking for improvement in their love-lives. In fact, this topic that is so important that we’ve created a specific (complementary!) training book called Enhance your Relationships with Numerology. If this is your concern, you’ll find the information contained in that training, combined with this book, to be invaluable. Simply click on the title to access it.

Other people want to change something about their financial situation: from getting a job or a raise, to finding work that is more meaningful; opening a business or making better investment decisions.

Still others have questions about wellness and physical well-being.

Health and wellness are really the provenance of healers and doctors, whether they practice standard or alternative medicine, and not appropriate for discussion in a training such as this one. But an extremely large number of people can attest to the fact that following some of these methods empowers the spark of optimism and encouragement, which starts internal chains of positive self-talk and an improved inner dialog. And all of those improvements result in a better self image – which is always a positive step toward healing!
Rather than covering these subjects as separate items, this section is more of a do-it-yourself manual for making small changes that, with time and commitment, will result in sweeping improvements in your Love, Money or Health-related circumstances.

**The Law of Attraction**

The Law of Attraction contain many features of what has previously been called esoteric or mystical teaching. They mostly have to do with management of the mind, and verifiable concepts about how it operates.

The central principle of this doctrine is that thoughts are things. The idea is that thoughts attract to themselves thoughts of a similar nature. This is the basic premise behind mnemonics, or memory aides.

**Attracting by Thought + Feeling**

In working with memory, someone who needs to remember a speech can use mnemonic ‘tricks’ to remind the speaker of the next section. One trick might be to build a memory palace, in which objects with an emotional ‘charge’ - and relate to the topic - are, using the imagination, “pinned” on a familiar scene. This works because a trigger thought connected with a feeling “attracts” to itself other thoughts of similar nature that the memory expert needs at the moment. It also works because this is a natural behavior of the mind.

Think about it. How many times have you been driving down the freeway or watching a commercial on television, and see, say, a car or a pair of shoes that you would really love to have. Then that thought is followed up by “well, it’s probably too expensive for my budget” followed by thoughts of how to get around the budget or how to do something in order to have more money.

**How to Never Get what you Want**

What this means is that the thought of “I want that” has been covered up by negative thoughts about prosperity and negative self talk. So even if you don’t believe you’re participating in the “devolution” of a happy thought (that beautiful new pair of shoes), by associating it with a chain of subconscious negative thoughts focused on what you don’t have, this is exactly what you’re doing! In fact, it’s a sure-fire way of never being, doing or having what you want.
And it can go even further, calling up deeply rooted thoughts about what you deserve and what you don’t, about why you’re unlucky, or about how only people who are cruel and evil get the things they want in life ... And on it goes down a dark hole that will only attract more of what you don’t want.

The basis of popular books on the Law of Attraction, like *The Secret* are trying to teach us that the good and positive thoughts about what you want is enough – that the universe will take care of how we get it.

**Undoing Self-Defeating Conditioning**

This does take discipline, but some degree of self-understanding, developed through a careful study of your Numerology Chart, can really help undo this conditioned response, no matter how deeply it is rooted in your psyche.

How many times have you read or heard stories about how people who are already well off get a lucky break that kicks things up a notch for them? Chances are good that when you look into their story, you’ll find someone so focused on their goal that they leave no room for negative, self-depreciating talk. In other words, the negative “thought forms” that block the buildup of positive thoughts does not have a chance to overcome their wishes or desires.

**The 2nd Principle of the Law of Attraction**

This opens the second principle of the Law of Attraction, which is that thoughts build on one another until they become powerful enough to manifest in the material world. Now this is a heavy one, but it is true. The famous Dr. Carl Jung and his colleague, Nobel Laureate Wolfgang Pauli, did considerable research on the subject, (which is far too complex to go into here). In short, they used terms like “transgressivity” and others to explain how psychic energy moved from the personal to the collective unconscious and then into the material world.

You’ve probably heard this before, and for good reason: as you think, so you experience. Today’s modern Quantum Physicists have no doubt that matter and the course of energy can be affected by thought and intention. Thus the idea of mind over matter is no longer a possibility, it is considered a fact of life.

**Changing Cause-and-Effect by Changing your Mind**

Copyright (c) 2013 Numerologist.com
But what we are talking about right now is not as difficult as affecting matter with thoughts. We are talking about changing chains of cause and effect in the mind. You may wonder how we change the mind with thoughts. Well it can be done, it requires touching powers deeper and stronger than those of your everyday thoughts, and they are present in the Soul.

We have already discussed making contact with Soul in the section about the Soul Urge. The process is simple. All it requires is a little imagination and the will to feel better about yourself – and life in general. Please keep in mind that it’s not about bright lights, extreme feelings or the voices of angels in your ears. It’s simply about being mindful of your breath, and letting the body do its work of balancing the hormones that throw you into self-criticism, fear, worry and other mental constructs.

**Small Steps for Big Change**

In other words, such a simple thing as making little adjustments in your thought processes for a few minutes a day will gradually change the entire direction of the thoughts that pass through your mind. This includes thoughts that tell you what you can’t have, what you don’t deserve, or that you’ll never be the person that you want to be. Just like a Nuclear Reactor, a small action can begin a big chain reaction that changes the entire set of internal events down to the atomic level. It may take a while, but in the realm of Soul, this event takes a very short time.

When the chain reaction has started, you’ll notice that you are not feeling as bad about yourself as you did even days ago. You may not even be thinking as much about yourself – your focus is more likely to shift to what you are doing. This means that the kind of thoughts you need to activate the Law of Attraction have begun to build up strength, while the thoughts supported by negative self-talk begin to wither away because there is no longer enough psychic energy to feed them!

Once the negative self-talk begins to be replaced, you’ll notice that you feel more encouraged about making the kinds of changes you desire. You’ll find that your intentions are more positive and focused on what you want, rather than being focused on what other people are doing.

This may sound selfish, but self-preservation is a basic law of nature that you are now coming into contact with – maybe for the first time. You’ll focus on your self-interest more than you pay attention to what others think. Eventually, something really surprising happens: other people’s attitudes will
change too. Once they see the increased courage and the more positive aspects of your Soul Urge vibration beginning to manifest, the more positive part of them can ‘show up’ in your relationship.

**You Are What You Project**

In the process of making positive changes, you are likely to come to a place where you see that some habits, moods and ways of expressing yourself no longer work for you. It’s sort of like being an actor in a play, and somebody changed the events in the play without changing your script. If you’re committed to change, your old ways of being may not work anymore. Albert Einstein once said "**We can’t solve problems by using the same kind of thinking we used when we created them.**" Please reread that, because this is one powerfully true statement!

If you’ve realized that things aren’t working as you would like them to, and you really want to change, you must realize that you need to change things from the ground up. If you keep patching up the same car in the hopes of getting it to perform like a new one, you’re setting yourself up for disappointment.

**Getting your Behaviors out of your Soul’s Way**

What we’re talking about now is making changes in your behavior in order to lessen the resistance of your mind and body to the urgings of your Soul. This is much more difficult than making changes on the inner levels, but not difficult in the overall scheme of things.

Your behavior is what other people see of you, so it acts to project what is occurring within. If you have the desire to change, and nothing is showing on the surface, you are projecting the same energy into the universe that you were before you made the decision. This is why it is so important to “ground” the change you want to make in some visible way. Please see the methods mentioned in the above section on the Personality Number.

**Number Compatibility within your Chart**

If you know a little about Numerology and number comparisons, you might ask the question “What if my Soul Urge and my Personality Number are not compatible with one another?” This is something you really don’t have to worry about. At the level we are working on, the level of the Expression, the Soul Urge and the Personality Number are components of the Expression, which is what is really changing. In other words, the individual ways of
working with the Soul Urge and Persona will bring out the best in them both, and the Soul Urge will help you find a proper strategy for helping them work together in order to affect the changes you want to make.

If you look at this problem from the standpoint of modern beliefs about the Soul, the Soul has chosen the parents that bring it into incarnation, therefore influencing the given name, through which these vibrations are mapped in a Numerology Chart. If the Soul has chosen a challenging Persona, there is, according to this theory, a reason. What if the reason is that this is what the Soul needs in order to Express itself? Following its lead, and dealing with these elements on an individual basis will bring happiness and success; while making unnecessary changes in the life because of peer pressure or some imagined advantage will do exactly the opposite.

**There Is A Time For Everything**

Change is not always easy. For example, one whose doctor has told them to make changes in their diet in order to improve their health will either find it very easy to do, or resist making those necessary changes because the urge to remain the same is too powerful for them. For people of certain Expressions this is easy, and of others doing so would be extremely difficult.

Some of the resistance to making change may be due to cultural biases, and some forms of resistance may be due to psychological, political or even religious reasons. Whatever the cause, it can be found in the Numerology Chart, but that does not mean making a drastic change in your lifestyle will be any easier.

Beginning the work of changing your life does become easier, however, if your will to change begins on the inner levels of consciousness. Once you are no longer worried about your own or other’s opinions about the changes you want to make, it is almost certain that taking action in your own self-interest is imminent.

**The Life Path & it’s Cycles for BIG Change Choices**
You want to be sure to consider the Life Path and its cycles when determining how to make big or difficult changes. Understanding your Life Path can help you discover when change will be easier.

For example, it is much more difficult to make major changes in lifestyle during a 4, 7 or 8 Personal Year than it is during a year like 3, 5 or 9, no matter what your Life Path may be.

A Personal Year 1 means new beginnings, so it is always easy to make big changes then. Years 2 and 6 are more prone to adaptation and cooperation than the other numbers, but your decisions are more likely to be influenced by others during those times. These are rules that are generally true, but too many Numerologists have made too much of the compatibility between the Life Path Number and the different sub-paths that it consists of.

**The Life Number or ‘Ultimate Number’**

This brings us to the last chart element under consideration in this manual, which is called the Life Number, and by some, the Ultimate Number. When calculated, it is compared to any of the sub-cycles of the Life Path, or more advanced timing methods in order to gain more information about what that period of time may bring.

During the year, there are Personal Months and Month Cycles, as well as other subdivisions. When you compare their vibrations to the vibratory rate of the Life Number, you’ll gain helpful insights that would otherwise not be had from looking at the Life Path alone.

This number is calculated in a very simple way; all that has to be done is to find the sum of the Life Path and the Expression. In other words, if someone has an Expression of 7 and a Life Path of 3, the Life Number will be (7+3=10), written as 10/1.

Writing numbers in this way will keep you from missing the special numbers 11, 13, 14, 16 and 22 – The last of these is only possible if both the Life Path and Expression are the Master Number 11. If one of these special numbers is involved, say 14, the Life Number should be written as 14/5, so that the 5 is used for comparison with the time cycles, and the 14 is saved for future study.

At the beginning stages of learning how to read charts, it is not a good idea to analyze it separately as you would any other chart element. The reason is
that it requires some familiarity with concepts learned through practice, in order to interpret it properly. Its power should not be underestimated.

Here is another table that can help you learn more about how you may react to changes that happen along your Life Path’s timeline. It is based on Astro-Numerology, and those of you who know a little about astrology, especially Vedic Astrology, will find it of great use:

**Table of Planetary Correspondence**

<table>
<thead>
<tr>
<th>Number</th>
<th>Friendly</th>
<th>Enemy</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1, 3, 4, 5, 7, 9</td>
<td>2, 6, 8</td>
</tr>
<tr>
<td>2</td>
<td>2, 4, 6, 9</td>
<td>1, 3, 5, 7, 8</td>
</tr>
<tr>
<td>3</td>
<td>1, 3, 5, 6, 7, 8, 9</td>
<td>2, 4</td>
</tr>
<tr>
<td>4</td>
<td>1, 2, 4, 5, 6, 7, 8, 9</td>
<td>3, 6</td>
</tr>
<tr>
<td>5</td>
<td>1, 3, 4, 5, 7, 8</td>
<td>2, 6, 9</td>
</tr>
<tr>
<td>6</td>
<td>2, 3, 6, 9</td>
<td>1, 4, 5, 7, 8</td>
</tr>
<tr>
<td>7</td>
<td>1, 3, 4, 5, 7, 8, 9</td>
<td>2, 6</td>
</tr>
<tr>
<td>8</td>
<td>3, 4, 5, 7, 8</td>
<td>1, 2, 6, 9</td>
</tr>
<tr>
<td>9</td>
<td>1, 2, 3, 4, 5, 6, 7, 9</td>
<td>5, 8</td>
</tr>
</tbody>
</table>

For even more information, you may want to look at the table of affinities, which considers complementary numbers, and those which work in a neutral way towards each member of the cycle of nine:

**Table of Affinities**

<table>
<thead>
<tr>
<th>#</th>
<th>Vibrates To</th>
<th>Attracts</th>
<th>Disagrees With</th>
<th>Passive Toward</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>9</td>
<td>4, 8</td>
<td>6, 7</td>
<td>2, 3, 5</td>
</tr>
<tr>
<td>2</td>
<td>8</td>
<td>7, 9</td>
<td>5</td>
<td>1, 3, 4, 6</td>
</tr>
<tr>
<td>3</td>
<td>7</td>
<td>5, 6, 9</td>
<td>4, 8</td>
<td>1, 2</td>
</tr>
</tbody>
</table>

Copyright (c) 2013 Numerologist.com
By working with these tables, you will get a good idea about how to time your moves, whether these moves are changes in your lifestyle, work or your inner life.

The key to working with them is to avoid thinking in terms of bad and good. These will serve you best when you use them as guidelines. For instance, if you want to take action and your Life Number is 7, you know that months or even days under the vibration 3 will be fortunate, vibration 2 will bring you luck, and it’s best to avoid 1 and 9, even if it happens to be one of your chart’s core numbers.

This strategy primarily applies to time periods.

In the table of planetary correspondences, 1 is the Sun, 2 is the Moon, 3 is Jupiter, 4 is the negative Sun, or the Dragon’s Head, 5 is Mercury, and 6 is Venus. 7 is the negative Moon, or Dragon’s Tail, 8 is Saturn, and 9 is Mars. Since this is not a course in Astrology, this table won’t be explained in detail, but if you get the idea that these are the planetary affinities that appear in Vedic Astrology converted to Numbers, it will make perfect sense to you.

For those not well versed in the Stellar Art, suffice to say that just because one planet is friendly to another doesn’t mean that they act in each other’s best interests. For instance 8 (Saturn) is said to be passive toward 9 (Mars), but in actual practice, these planets are like the immovable object and the unstoppable force, producing nearly impossible obstacles no matter how much energy you have to expend. It’s like driving with the brakes on.

**In Summary:**

If you want to make changes in your life, Numerology can help. Although in this manual you have learned how to calculate the core elements of your
Numerology Chart and how to interpret them, the main emphasis is on how to use them effectively.

This manual is no substitute for consultations with experts, such as doctors, lawyers, and spiritual teachers. Do not take the advice of a Numerology Chart alone when doing something like having elective surgery or engaging in a lawsuit. The results could be devastating, due to a single on simple misunderstanding.

**Why this Training is Different**

The reason that this manual has not presented a number of items commonly seen in Numerology books, like lucky gemstones or numbers, is because making real changes happen in your life does not require you to get involved in someone else’s tradition about such things. It is best to seriously consider working on yourself *first* before you try these enhancement models.

As an example, from the reading of certain books, someone who finds that they have no 8’s in the inclusion table may think that they have bad luck with money and buy a sapphire, because it is the gemstone associated with Saturn. Then they start experiencing other issues in their life, even if money does come to them. There are many true stories about things like this happening to people who have followed advice without actually working on making inner changes first.

This manual also does not consider the matter of “changing your name to get better numbers.” A few books recommend this, and it can work. But unless the method is carefully worked out in a face-to-face context, it is more likely to have disastrous results than favorable ones. A forum like this one or a book is not the right place to experiment with the Core Elements of your Numerology Chart. It is something that you should work on only with a trustworthy and well-known professional.

Next you will find some blank forms for calculating your own Basic Numerology Chart. Please print copies and follow them exactly. It won’t be long before you can create a chart without having to look!

<table>
<thead>
<tr>
<th>Element</th>
<th>Calculations</th>
</tr>
</thead>
</table>

Copyright (c) 2013 Numerologist.com
<table>
<thead>
<tr>
<th>Birth Month</th>
<th>Birth Date</th>
<th>Achievement #</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Birth Year</td>
<td>Maturity #</td>
</tr>
<tr>
<td>Life Path</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soul Urge</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Expression</td>
<td>Expression+Life Path</td>
<td></td>
</tr>
<tr>
<td>(Full Name)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Personality</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Life Number</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Element</th>
<th>Calculations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth Month</td>
<td></td>
</tr>
<tr>
<td>Birth Date</td>
<td>Achievement #</td>
</tr>
<tr>
<td>Birth Year</td>
<td>Maturity #</td>
</tr>
<tr>
<td>Life Path</td>
<td></td>
</tr>
<tr>
<td>Soul Urge</td>
<td></td>
</tr>
<tr>
<td>Expression</td>
<td>Expression+Life Path</td>
</tr>
<tr>
<td>(Full Name)</td>
<td></td>
</tr>
<tr>
<td>Personality</td>
<td></td>
</tr>
<tr>
<td>Life Number</td>
<td></td>
</tr>
</tbody>
</table>

Copyright (c) 2013 Numerologist.com
- Place the Numeric Value of the month of birth in the proper box.
- Place the Numeric Value of the date of birth in the proper box.
- Sum these two values and reduce to the Achievement Number.
- Enter the Year of birth, and then sum it in the box labeled Maturity Number.
- Add the subtotal of the Month and Day to the whole year number, and sum the new total to find the Life Path.
- Enter the full name in the Expression box.
- Place the numeric value of the vowels above it, and sum them, this is the Soul Urge.
- Place the Numeric Value of the consonants below it, and sum them; this is the Personality Number.
- Place the sum of the Personality Number and the Soul Urge in the Expression box; this is the Expression.
- Sum the Life Path and Expression Values; this is the Life Number.

For your convenience, the table of alphabet conversion is repeated here.

<p>| | | | | | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
<td>E</td>
<td>F</td>
<td>G</td>
<td>H</td>
<td>I</td>
<td></td>
</tr>
<tr>
<td>J</td>
<td>K</td>
<td>L</td>
<td>M</td>
<td>N</td>
<td>O</td>
<td>P</td>
<td>Q</td>
<td>R</td>
<td></td>
</tr>
<tr>
<td>S</td>
<td>T</td>
<td>U</td>
<td>V</td>
<td>W</td>
<td>X</td>
<td>Y</td>
<td>Z</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

To make the Inclusion Table, use the form below, and for each number in the table, write in the number of times that it appears in the Expression, or total name number.

This is a simple 9 box diagram, and can be made at any time you want to study your name, or the name of another.

You are now armed with the knowledge you need to use Numerology as an aid to your material and spiritual progress in life. For even more great educational tools and tips, be sure to visit us often at Numerologist.com.

Good Luck!

Copyright (c) 2013 Numerologist.com