

Numerology with Heart



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Numerology with Heart eBook

1 - The Basics of Numerology

Introduction

In this first numerology lesson you'll gain a basic understanding of what each number embraces within its vibration. As we cover the different parts of an individual numerology chart, you will be able to apply the concepts a given number represents. Let's begin:

All numbers have three possible expressions:

- Balanced
- Under-balanced
- Over-balance

When we are out of balance, we may experience the polarities within the number (the under-balance or over-balance qualities). This occurs until we learn how to balance the qualities of the number within ourselves. The definitions we give below are the balanced expressions. Use your intuition to imagine what qualities the number would take on if it were under-balanced or over-balanced. Later on in the course, we'll present a chart of the under-balanced and over-balanced aspects of each number.

The Number Chart

The Number 1:

There is a beginning to every story. Therefore, within the 1 we have many qualities that embrace LEADERSHIP and courage such as:

- Independence
- Adventure
- Initiative
- Originality
- Individuality
- Direction

The Number 2:

Then light was shinned upon the subject. The vibration of 2 is the 'light bearer'. Its core intention is balance and PEACEMAKING, creating friendship wherever it goes. It holds such qualities as:

- Diplomacy
- Mediation
- Caution
- Kindness
- Sensitivity
- Cooperation
- Emotion
- Feeling
- Intuition

The Number 3:

The subject began to express with great creativity. Behold the joy of living with EXPRESSION in its many forms. The principles of the 3 are:

- Enthusiasm
- Inspiration
- Imagination
- Words
- Vision
- Optimism
- Pleasure
- Creativity
- Ease
- Happiness
- Animation
- Artistic
- Cordial

The Number 4:

Now that we have creation let us put it into FORM and order. With practicality and determination we can create order and serve. Great achievements have been accomplished from the qualities of the 4, which include:

- Concentration
- Management
- Application
- Conservation
- Dedication
- Organization
- Follow-Through

The Number 5:

Now that we have accomplished, let us allow FREEDOM to prevail so that we may progress and create new enterprises. With the energy behind the 5, we promote new ideas and undertakings. Rewards are to be realized through such qualities as:

- Expansiveness
- Invention
- Promotion
- Variety
- Adventure
- Flexibility
- Movement
- Change

The Number 6:

Without others to love, serve, and cherish all is without purpose. Therefore, the 6 vibration brings with it the RESPONSIBILITY to restore humanity and remind all of us of the treasures within life. As 6 energy moves about in the world it embraces qualities such as:

- Beauty
- Creativity
- Domesticity
- Healing
- Morality
- Passion
- Harmony
- Trust
- Serving

The Number 7:

Now that I have learned how to give of myself, who and what am I really? I must have INDIVIDUALITY. Therefore, the quest for wisdom and knowledge begins. Eager to make sense of it all, the qualities of the 7 are:

- Analysis
- Research
- Calculation
- Understanding
- Perfection
- The Unseen
- Intuition
- Investigation
- Reason
- Vision
- Solitude

The Number 8:

Now that I have discovered Heaven, how do I bring it to earth? There is power behind MANIFESTATION and I want to do what it takes to attain what I want. The 8 becomes very busy managing and supervising with its sense of judgment. Behind the vibration of the 8 is:

- Power
- Authority
- Capability
- Organization
- Efficiency
- Skill
- Hard Work
- Money

The Number 9:

Having universal wisdom, I embrace the principles of forgiveness and COMPASSION. The 9 holds the vibration of universal love. It teaches us how to accept each other. By having such a vast overview, the 9 becomes a bridge to many qualities like:

- Creativity
- Imagination
- Benevolence
- Impersonality
- Intuition
- Philanthropy
- Emotion
- Generosity
- Devotion
- Dedication

The Number 11:

Let us create ILLUMINATION of all that is before us. There is a path beyond what we know today. The 11 lives in two worlds. On practical days, it vibrates with the 2. On days that it senses its full nature, it is of an energy that translates a world beyond. Therefore, the 11 energy is:

- Awareness
- Six-Sensed
- Creative
- Discerning
- Dreamy
- Inspiring
- Intense

The Number 22:

Let us build upon a foundation of precision and balance and we will have a master plan. On a practical day, the 22 becomes the 4. When it senses its full capacity as a MASTER BUILDER, it can achieve what is barely imaginable. The qualities the 22 embraces are:

- Mastery of Vast Co-Creative Projects
- Great Achievement
- Ingenuity
- High Energy
- Innovation
- Idealism
- Balance

As you become familiar with the principles behind the numbers, you can add to the list. Remember that each vibration can be expressed as balanced, under-balanced, or over-balanced. Here is one example for the 3 vibration:

- Balanced = Expressive
- Under-balanced = Shy
- Over Balanced = Boastful

Home Play

- Grab a dictionary, and thesaurus if you have one, and add some additional words that make sense to you for each of the numbers. There's no right or wrong here. Just enjoy playing with some possibilities.
- Take some guesses about how each of the numbers might be expressed as under-balanced and over-balanced. Remember that the words above (associated with each number) are some of the balanced expressions.
- Review each of the numbers and take a guess at which one you think most describes you.
- Important Note: Please keep your "home play" for each lesson. Each lesson will build on the next and we will be referring back to previous learning exercises in this workshop.

Quick Review

1	Leadership
2	Peacemaking
3	Expression
4	Form
5	Freedom
6	Responsibility
7	Individuality
8	Manifestation
9	Compassion
11	Illumination
22	Master Builder

Next Numerology Lesson

In Lesson Two we will feature "The Alphabet in Relationship to Numbers". Each letter of the alphabet and how each letter from A-Z has an equivalent number of one through nine. Congratulations. You're on the way to learning Numerology and being able to more deeply understand some of life's mysteries--including yourself!

2 - The Alphabet in Relationship to Numbers

A Numerologist sees numbers as vibrational expressions. Numbers are also associated with letters. Both numbers and letters describe certain vibrational patterns. These patterns are forces that manifest within a person's life and their environment.

By examining a person's name and birth date an interpretation can be made. The individual's "snowflake pattern" exists in relationship to the ever-present vibrations or expressions of the universe. These constant expressions are wave like cycles and come full circle in a sequence of nine degrees. Like a lotus blossom illustrates, the unfoldment of human consciousness is accomplished within this sequence.

Each letter is 'personified' (Definition: A rhetorical figure of speech in which inanimate objects or abstractions are endowed with human qualities) to help you better imagine the characteristics of each letter.

The letters of the alphabet correspond to the nine primary numbers as follows:

1	AJS
2	BKT
3	CLU
4	DMV
5	ENW
6	FOX
7	GPY
8	HQZ
9	IR

A (1)

This letter holds the vibration of a leader and is the most aggressive and self-starting of the alphabet. 'A' is very adventurous and pioneering and has much independence. It is very self-reliant. Liking to initiate, they often must learn through experience. 'A' is also a catalyst activating other vibrations around them. They have to learn how to be less self-absorbed sometimes and are often opinionated and stubborn until they learn how to channel their vibration. They love change and adventure.

B (2)

This vibration is a sensitive helper and finds its motivation through others. It seeks balance and is very good in areas calling for diplomacy, mediation, and improvement. This vibration responds well to appreciation and can be quite kind, gentle, and loveable unless it is lacking in confidence and self-appreciation. 'B' works best with others as a team member and can contribute much once it feels connected.

C (3)

Within the 'C' is a spontaneous creator. Anxious to express its inspiration and originality, work and ideas flow. Sociable and friendly, a 'C' acknowledges joy as its greatest motivator. The round shape of the 'C' guarantees that what it gives out usually comes back to it! It is also quite sensitive and intuitive. The arts in many forms are embraced within the 'C'. In an unbalanced state, the 'C' can scatter its energies or have difficulty manifesting what it wants.

D (4)

This vibration is a steady builder who holds onto responsibility as its teacher. It works long and hard and brings practicality, patience, and orthodox values. Sometimes the 'D' finds it hard to express itself and finds physical and tactile approaches to help it channel its energy. The 'D' is honest, true, and constant. Being in nature really helps a 'D' to access its qualities in a positive way. In addition, a 'D' is here to learn much about control and how to give acknowledgment to the self.

E (5)

This vibration is quite versatile and inspirational. Holding onto freedom, it embraces travel, movement, and flexibility. It is straightforward and direct. It is usually interested in spiritual matters. It likes to learn and enjoys words, whether in written context or in speaking. It holds within it a lot of energy and vitality. With the amount of energy that moves through an 'E', it usually remains fairly calm. Too many 'E's' can bring on impulsiveness and restlessness.

F (6)

Within the 'F' is a need to serve humanity and an appreciation of that which is esthetic. There is a complexity to this vibration. It needs to be with others as it feels that its destiny is found in home and relationship. It holds values and principles very dear but it has a hard time with criticism. By expressing cheerfulness and channeling its energies in creative directions, the 'F' vibration finds happiness.

G (7)

This is the vibration of the reserved thinker. Often misunderstood because of not speaking up, the 'G' is constantly within engaged in introspective thought. They have much patience and ability to assimilate knowledge. They must learn to build confidence, and through sheer will and determination, they usually gain much wisdom throughout life. Having a dreamy nature and much imagination, they often develop psychic abilities. Their determination helps them overcome obstacles. To be harmonious they need to be aware of the mental, spiritual, and physical aspects of life. Business partnerships are usually a difficult experience for the 'G'.

H (8)

With an extreme awareness of the material world, this vibration often becomes quite successful in the areas of business and finance. It works methodically and has keen perceptions. It likes to advance itself and will work hard to achieve what it desires. Gifted with executive qualities, it usually finds itself in management roles. If it becomes confused by its sense of power, it will have many ups and down and can experience difficulty in making reforms or changes. Most often it is aware of spiritual needs and embraces these in its ability to manifest what it values and needs.

I (9)

Within in the 'I' you will find much sensitivity, intuition, and intensity with a strong focus on emotion. The 'I' wishes to contribute to humanity but often becomes distracted by what is reflected in its environment and life's dramas. It needs to have time alone to meditate and find its center. It may often sacrifice to give to others as it has a deep understanding of other's needs. It must learn self-compassion so that it is able to truly give what it so deeply desires. It also possesses much creative and artistic energy. Nature is a godsend for it helps the 'I' to stay somewhat balanced.

J (10/1)

This vibration is also a leader but tends to be a little more cautious than the 'A'. It leads in an original and innovative way but its broad perspective may make getting started a little bit more difficult. It prefers action but often indecision is at the base of its ideas. It needs a little more support than the 'A.' It is optimistic and recovers well when difficulties arise. It has a good mind and is ambitious in a quiet way.

K (11/2)

The 'K' holds a master vibrational expression in that it has a high potential for achievement and desires to inspire intuitively. It is very open to spiritual awareness and is an old-soul vibration that holds much wisdom. The 'K' expression often does not have many close friends. It doesn't lack the ability to create friendships. Instead, it expresses those energies primarily through teaching and leading many, as it holds within it much light. When 'K' is out of harmony it often attracts challenging situations. It is good at detail and is very creative. It dislikes second best. It appreciates affection and is capable of expressing much affection as well.

L (12/3)

This vibration holds a magnetic attraction. It is a loving expressive vibration that enjoys the public and is the most mental of the threes. Its job is to express the joy of living and contribute of its originality. It has abilities to reason, which facilitate its abilities to create and contribute in words and ideas. It is also sensitive and can be a bit critical when confronted.

M (13/4)

A solid and hard working vibration is the foundation of the 'M.' There is a love of home and a protective nature. With practical approaches and organization, the 'M' desires to serve. This vibration is often hard to get to know as it sometimes limits its viewpoint and has a fear to expand its potential. It has intuition but often sees it as instinct. Its nature can assist in managing material and practical affairs as well as managing others.

N (14/5)

The 'N' loves to encounter change and movement. Therefore, it is always seeking excitement and variety. It can have interests in many areas and works extremely well with others. It knows how to motivate others to achieve ideas and is progressive in its thinking. It is a little more rational than the other five vibrations as it enjoys its mental abilities. It has a certain personal philosophy that it resonates with and is open to sharing its analysis. Often it receives some sort of public recognition and/or its purpose has to do with the public.

O (15/6)

The 'O' holds within it a desire for responsibility and can take on more than its own share at times. It learns much about what it means to be of service and what it is like to give more than its share. It is usually traditional and conservative and finds its freedom through some form of creative appreciation (which may extend into its domestic surroundings). It retains what it gains as its disciplined nature knows what it takes to get what it wants. It attracts assistance and help along the way, as it learns to balance its nature. It values the spiritual in its daily life.

P (16/7)

It is often difficult to know what the 'P' holds within its thoughts as it often is without expression. It likes to be alone to contemplate and has to learn how to channel its feelings. It is a thinker vibration and is capable of deep analysis and introspection. It often lacks determination and willpower to carry through its thoughts. With all this in mind, it does hold within it vast intuitive qualities and often possesses vision and an understanding of the unseen.

Q (17/8)

The 'Q' is a vibration that is distinct and often a little eccentric. It enjoys its material achievements and will extend its executive leadership qualities to attain what it desires. It usually has a cheerful disposition and much energy. This vibration often attracts money and success even though sometimes it has lessons around power. It is usually quite generous but sometimes finds relationships unsteady.

R (18/9)

The foundation of the 'R' is selflessness. It is here to assist humanity and is capable of great understanding and tolerance. It has a strong potential to assist others, as it understands how to motivate and inspire. It can be taken advantage of until it learns self-value and compassion. It has much emotion running through it and a deep need to contribute. Often it expresses as a teacher, writer, artist, or poet with a great potential to lead others. There is a certain nervous energy running through this vibration, which can cause some delays or confusion. It is a self-starter.

S (19/1)

This vibration is the more emotional of the leader vibrations. It has spiritual roots that are often expressed in unorthodox ways. It often follows a spiritual path. It can lead but often prefers to do it indirectly. It holds within it individuality and ambition but often feels alone. Independent and courageous, it will set an example to others of subtle ways to express emotion, which can create cooperation (which demonstrates its power).

T (20/2)

This vibration enjoys peace and will often prefer to follow rather than take the lead if it feels that it would promote ease. It does expect much from others but is usually quite patient and helpful. It desires relationship and enjoys closeness within its family. It often stays close to home, thrives from affection, and is quite gentle most of the time. It is a wonderful teacher desiring to help.

U (21/3)

The 'U' is a receptive channel. It takes in and flows out and often scatters its energies. Its challenge is to stay balanced. It is happiest when it feels supported. It is the subtlest of the three vibrations but holds within much creative and artistic ability, which may take many different forms during a lifetime. Often it doesn't fully know what it possesses and must channel its creative energy through words, music, and/or voice to gain a sense of self. It can inspire others but is the more conservative of the three vibrations.

V (22/4)

Holding within it much tension, the 'V' is capable of vast accomplishments. It has a global yet practical view that can envision ideas and manifest them into material form. This vibration has to push out into the world, often by moving from their hometown. It attracts great achievement and monumental success. They inspire others in dynamic ways and are one of the most powerful vibrations within the alphabet.

W (23/5)

The 'W' has the power of persuasion and holds excellent verbal abilities. Often it finds itself in sales of some form, accompanied by movement and travel. It enjoys love and relationship and is the most levelheaded of the five vibrations. Although it enjoys confronting any and all experiences, it will not risk as much as some of the other fives. It can vacillate and gets confused sometimes, because it would rather experience than express. It usually enjoys plants and the healing arts and has a sense of the order within life.

X (24/6)

This vibration is one to take on many responsibilities and often feels much emotion because of this. It cares, protects, and may even sacrifice itself. It holds within it sensuality which helps it attract attention. It may enjoy nice clothing or beautiful things, which can lead it to believe it is externally oriented. Actually, it wants simplicity and a settled lifestyle. It can attract worldly success as it is artistically talented and holds within it magnetic energy.

Y (25/7)

This vibration must learn to trust its intuition and psychic abilities. It has profound insights into higher matters and feels very deeply. It works best alone so it often feels lonely. It can be uncertain and vacillating. Meditation can help it get a sense of its connection to 'all-that-is', which can ease its loneliness. Its mission is to uncover the mysterious, the hidden, and bring about understanding. It often has a hard time committing itself to one thing, as it often senses before it more than one direction.

Z (26/8)

This vibration is extremely dynamic and is capable of great achievements. The material world and those of distinction call to it. It holds within both self-confidence and will power. It has the qualities of an executive nature and can handle itself well in an emotional crisis. Sometimes it may magnify or exaggerate, as it loves excess in food, luxury, and whatever it can indulge in.

Home Play

Now let's apply what we've learned to your first name. Each of the letters in your name has a vibration as listed in the information above. Let's use the name of 'Kirk' as an example:

K	11/2
I	9
R	18/9
K	11/2

- Make sure to write out your name just like the table above. Take some time to ponder the different vibrational frequencies that make up your first name.
- Now lets 'digit down' each of the individual numbers that are associated with each letter in your name. Keep adding until you get one digit. For the name 'Kirk' it would be:

K	11/2	1 + 1 =	2
I	9	9 (only 1 digit)	9
R	18/9	1 + 8 =	9
K	11/2	1 + 1 =	2

- Imagine how each of the letters in your first name blend to form one synergistic vibration. Sometimes you will have letters that seem to be opposites. Actually, they simply make up different parts of one whole. A diamond is one precious stone but its many facets display a number of different colors. One ray of white light can be refracted into many colors.

- Now add the digitated number for your name. Then digit that number down to one digit. Here's how it works for the name 'Kirk':

2
9
9
2
= 22
2 + 2
= 4
The name Kirk is a 22/4

- Now go to Lesson One and look up both 22 and 4 (not the 'D & V' in this lesson) and see what the vibration of 'Kirk' is. You'll see that 22/4 is a 'master number' and that we can interpret its vibration as 22 (without being digitated down). It can be difficult for a master vibration to always remain at such an intense vibrational level; therefore it can also revert to a 4. Let's digit it down one more ($2 + 2 = 4$) to 4. So, since a 22/4 is a master number, it can express as both a 22 and a 4. (We'll talk more about master numbers in your upcoming lessons.)
- In the same way, digit down the numbers in your name and look up the result in Lesson One.
- Calculate some more names (including your last and middle names if you wish) and play with their meanings. (You can call this last exercise 'extra credit'.)

Next Numerology Lesson

In Lesson Three we will talk about "The Core Concept". We all are much more than just one vibration. We have several parts to our nature and these parts make up our core. We will cover the key elements that make up this core in order to gain insight into our innate nature and talents, our deepest heart's desires, our potential purpose, and our personal characteristics. You will gain a greater understanding of how to synthesize these aspects as we progress through our course.

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3 - The Core Concept

Introduction

We like to think of our physical existence as a manifestation of our individual soul. Within the manifestation of our soul, there is a desire to learn, grow, create, and experience life within a body. This body has an individual pattern--a soul vibration--that is unique unto it. When our individual vibration is born into the physical world, it contains within it a seed. This seed has a natural instinct along with characteristics. These qualities are what the individual pattern has brought with it. It also has within it a purpose!

Let's take a look at this seed. It was planted at birth and there is a grand intention within. The expression of this life is a continuation of its 'spiraling' journey. Experiences of expansion, connection, and awareness of its divine nature perpetuate the spiraling motion. It relies on its innate knowledge to assist it in growth, and its greatest hearts desires, to fuel it as it moves towards its purpose. As its roots grow, it matures by knowing its place in co-creation.

In previous lessons, we defined Numerology as a tool to interpret the physical manifestation of vibration. We can apply this tool to gain an understanding of an individual's unique pattern. Within us, we have four distinctive parts that wish to be synthesized and brought into balance. Let us take a moment to examine each aspect to understand what part of our nature each part expresses.

Life Path:

The Life is found in your Birthday. This vibration is at the heart of your being during this life. It tells you what you are really like. Its qualities want to be utilized and acknowledged. It is what is innate and natural for you. It is the vibration in which your soul has chosen to ground its essence. Therefore opportunities, experiences, and lessons that you attract this life will ask for you to draw on the energies present in your Life Path. By embracing these resources you will then be able to synthesize your other core parts. Note: Life Path is also called the 'Birth Force' in some Numerology texts.

Birth Day:

Your specific day of birth may direct you to added understanding of what you are here to do. For example, in the Birth Date of July 11th, 1956, the Birth Day is 11. I like to think of it as 'added spice' as it often combines with other energies to help them develop! Sometimes you will also find talents connected to this vibration since your Birth Day is a component of your Life Path (derived from your entire Birth Date).

Expression:

The name you were given at birth tells a wonderful story. Your name is what you must be this life. It is a 'Divine Promise' of opportunity. When embracing the qualities of this vibration, you find that your soul adds to its experiences, knowledge, and growth. In the Expression number, you will find evidence of your purpose. As you synthesize this core part, you will also discover a deeper connection to your other parts. Sometimes natural abilities are also found within a person's Expression number. Note: Expression is also called 'Destiny' in some Numerology texts.

Heart's Desire:

This vibration comes from the vowels in your name. The vowels are said to be very sacred and in some languages were so respected they were never written! The Heart's Desire provides insight into your soul's deepest urges and values (what you find important, just, fair, etc.) This is not to be taken lightly for it is a very wise part of you. It is the part that has the deepest feelings and sheds light on what you most desire. You will find your most essential motivations here. Your Heart's Desire is a major part of your core since it beautifies and rounds out your character. This part of you also wishes to harmonize with your other core vibrations so that you may express fully all that you are. I feel the Heart's Desire is a key that will open doors for your other key parts to fully express. Note: Heart's Desire is also called 'Soul Urge' in some Numerology texts.

Personality:

The information within the Personality gives us an understanding of how others may attempt to see and direct us. It provides us with insight on which aspects of our personality others may recognize and validate. This information is derived from their first surface impressions. What we are describing is the influence the outer world has on us. Yes, the Personality number has qualities that are very much a part of us. We may be content with what this vibration has to offer for a while. However, it is the Heart's Desire vibration that assists us in manifesting our full natures. The Heart's Desire will lead us to a greater fulfillment found within our Expression vibration. As you will recall, the Expression includes both the vowels (Heart's Desire) and the consonants (Personality) in your name.

Summary

In Numerology these are the five major vibrations that make up your core nature:

- Life Path
- Birth Day
- Expression
- Heart's Desire
- Personality

You are a blending of these vibrations. Sometimes one core part may stand out more than others. Often one part stays in the background as you recognize, express, and experience the other parts. Eventual synchronization and blending of all parts into a balanced, fully functioning, and expressive self is the ultimate experience of this lifetime.

In the next few numerology lessons we will explore each core aspect fully. We'll be showing you how to specifically calculate each of these five core vibrations. There are also other modifiers that can impact these vibrations and we will also learn more about them in future lessons. These individual parts can blend with ease or create disharmony (which throws them out of balance). Whatever the case may be, rest assured it is all part of your co-created master plan! The plan is within your soul and expresses your desire to experience more of life!

Home Play

In this numerology lesson we want to give you some exercises so that you can become comfortable playing with words and finding their numerical values. During this exercise, you will review how to:

- Find the numerical values for each letter of a specific word.
- Add those numbers together.
- If necessary, add those numbers together until you have one digit ('digit down'). (Remember that the numbers 11 and 22 are master vibrations and can stand on their own.)
- To do this exercise you will need to refer back to both numerology Lesson One and Lesson Two to find the meanings of each vibration. Use Lesson One for the **totals** of a given word and Lesson Two for the vibration of each individual letter that makes up the word that you are studying. Make sure to check out both the total and the individual letters.

Let's start your exercise by using the name of Barbara as an example:

B	2
A	1
R	9
B	2
A	1
R	9
A	1
Total	25
Digit Down	$2 + 5 = 7$

In future numerology lessons you'll be learning the different parts that vowels and consonants play in Numerology. At this stage, we'll give you the 'hint' that the vowels are what makes up a person's Heart's Desire and the consonants are used to determine a person's Personality (how they are viewed by others). So, begin to think:

- Vowels = Heart's Desire
- Consonants = Personality
- Total = Expression

We'll be showing you how to calculate the Heart's Desire, Personality, and Expression numbers in an upcoming lesson. Back to the name 'Barbara':

Vowels:

Her vowels are all 'A's' which tell us that she is very self-reliant and capable of leading. She enjoys change and also has a pioneering spirit. This would mean that she is motivated to do things in a new way as well as bring into awareness new or innovative ways of thinking. Sometimes with this much 'A energy', she could become a little stubborn at times.

Consonants:

'B' and 'R'. The 'B' brings in the qualities of a helper and someone who would desire to be in connection with others. It adds some gentleness to her nature. The 'R' helps her balance out the three 'A's' by giving her a greater sense of humanity, which would help her from becoming too self-absorbed. The 'R' is also good at teaching and like the '7' total, it seeks universal wisdom.

Total:

When you refer back to numerology Lesson One, you will see that the total of '7' tells us that within the name 'Barbara' we have an individual that seeks wisdom and knowledge. Her first name shows us that she has a deep desire to learn and also has abilities that would assist her in being a great teacher. She probably uses her senses to gain deeper knowledge into the unseen.

Can you start to get a sense of how the individual energies within the name blend to form a single vibration? Notice how they relate to each other and draw out the qualities of each other. Part of learning Numerology is allowing your intuition to begin to synthesize the vibrations and seeing how they could possibly come together.

Your Turn:

- Right now grab some paper and something to write with. We'll wait... Great.
- Now take a few minutes and play with the name Barbara a little more. See what other understandings you can come up with.
- Make a list of ten words that are nouns (any person, place, or thing).
- Now start with the first word on your list. Look at the vowels within that word and see if it doesn't give you some insight into the heart of its nature.
- Next look at the consonants and see how that item's personality is perceived by the external world.
- Total the word down to one digit and look up at its destiny.
- Continue by doing steps 4 - 6 with each word on your list.

Here are some more examples that you may find interesting:

- Book: $2662 = 16/7$ which is a number that holds within it knowledge! At the heart of a book are the 'O' vowels, which express a desire to take on responsibility. It wants to be of service and likes to give back. It expresses for humanity! It can take many forms from practical to esthetic as long as it serves!
- Car: $319 = 13/4$, which is a vibration that is hard working, constructive and practical. At the heart of the word car is the vowel of 'A' which is aggressive and adventurous and has much independence! It is a catalyst activating other vibrations around it. Sometimes they are stubborn! They love change!
- Telephone: $= 25357655 = 46/1$ is a vibration that is innovative and original. It wants to initiate an exchange. At its heart it has three 'E's' and one 'O'. With that much 'E' you can tell that it travels! It seeks freedom but the 'O' shows that it has a sense of family, community, and seeks to serve as well.

By doing this exercise you can gain a sense of how vibrations blend. After we spend time discussing the core vibrations in more depth, we will then practice blending those vibrations.

Have fun!

Next Numerology Lesson

In Lesson Four we will feature "The Life Path". Analyzing your individual date of birth helps you to understand some of your life lessons and why you have the talents and abilities that you do. Gaining information in this area can create more freedom for you to express these qualities. Your talents and innate abilities will begin to make sense to you in a new way that can be very empowering. Rather than going through life resisting them, you will gain a greater sense of how to channel them as you synthesize all of your core vibrations described throughout this course.

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4 - The Life Path

Introduction

In Numerology Lesson Three we discussed the Core Concept. We provided an overview of the four major areas of Numerology. When combined, they create our unique individual core vibration. Over the next four lessons we will discuss in more depth each of these four aspects.

In this lesson we are featuring the Life Path. We like to think of the Life Path as a 'seed' that is planted on the day of birth. Your accumulated wisdom lies within it. Perhaps you could call this your 'heritage'. It is much like a record that you can rely on for tapping into your innate talents and abilities. As you become aware of this part of our nature, life seems to become simpler. If more parents understood their children's Life Path, it would be much easier to provide direction and help to build confidence.

Some Numerology systems call this part of your nature the Birth Force or Birth Path. No matter what you call it, its meaning remains the same. It is what you will always have on hand. Your Life Path is one of your greatest assets. You can always count on this part of your nature to be there for you.

The Life Path and the Expression work hand in hand. Dr. Juno Jordan, one of our favorite Numerologists, used an analogy from business to contrast the Life path (or Birth Force) and Expression (or Destiny) numbers. She said, "The Birth Force represents the stock on hand and the Destiny the business to be established." We like that analogy because it can help you to understand how important your Life Path is. When we surrender to our nature and use our tools, we can progress and begin to allow our purpose to unfold.

November	26th	1953
11 is 11/2	$2 + 6 = 8$	$1 + 9 + 5 + 3 = 18$
11/2 (Master Number)	8 (already one digit)	$1 + 8 = 9$
$11/2 + 8 + 9 = 19$		
$1 + 9 = 10$		
$1 + 0 = 1$		

Also, we often find that the Life Path qualities often appear as opportunities, challenges, and lessons. We are learning how to embrace the qualities of the Life path in a balanced way.

Let's begin by calculating the Life Path for the following Birthday:

- In the example above, we have a 1 for the Life Path (a 1 'seed' to use our previous metaphor). The person with the Birthday above can gain insight regarding the 1 vibration (qualities of the 'seed') and know that they have and can further develop those abilities. Let's do a quick review of the number 1.
- We can be assured that this person has a strong will. They are someone capable of leading and taking initiative. The person is probably fairly independent and may even work in a field that requires originality and self-direction.
- Remember that all vibrations can be expressed as 'balanced', 'under-balanced', and 'over-balanced'. If the person in the example above is expressing their 1 in a balanced way, they will use their leadership and pioneering spirit. Some other qualities that may be active are the capabilities to generate creative thought, inventive ideas, determination, a sense of humor, inspiration, and clear thinking.
- Now, if there are other aspects within the core that are at odds with the 1 vibration, we may find the 1 will express itself in an under-balanced or over-balanced state. If this person has conflict in accessing their innate tools, they may appear to lack confidence, show signs of insecurity, become dependent on others, or become passive (under-balanced). If they feel threatened or have difficulty in channeling this vibration, then they might become bossy, opinionated, or dominating (over-balanced).

- When working with an individual, the job of a Numerologist is to guide. When working with a person's full chart--which you will be able to do after completing this entire course--you will easily be able to see where conflicts between different numbers could occur. Your job is to assist in the blending of these vibrations in such a way as to empower the person. There will always be a reason why conflicting numbers are present in a person's life. Most likely it is to strengthen or develop the person in some way.
- Try to find the intention behind the creation of a potentially conflicted combination of numbers. Ask yourself, "What positive attainment could come out of this combination?" By doing so, you will then be on a useful track! Don't spend a lot of time pointing out the 'negative' aspects. Highlight the possibilities that they may exist.

Home Play

A. Discover the Life Path for some people you know:

- Grab a pencil and some paper (some people use a calculator but we recommend you do the simple arithmetic by hand so that you can quickly calculate the Life Path when you don't have a calculator).
- Write down the full birth dates of at least five people who you know.
- Pick the first person's birth date.
- Calculate their Life Path number.
- Recheck the calculation (it's always important to re-check your first calculation!).
- Look up that person's specific Life Path number in the chart in Numerology Lesson One.
- Take a minute to think of that person in light of their Life Path.
- Repeat the above process with all of the names on your list.
- As other people come to mind, calculate their Life path numbers as well (if you have the birth dates of your parents and/or siblings, their Life Path numbers can provide lots of interesting information regarding your family).

B. Analyze the names for some well-known people such as these U.S. figures:

- Roosevelt, Franklin Delano, January 30th 1882, 1882-1945. The 32nd President of the United States (1933-1945). Governor of New York (1929-1932), he ran for President with the promise of a New Deal for the American people. Relief programs, measures to increase employment and assist industrial and agricultural recovery from the Depression, and World War II, marked his administration. He was the only U.S. President to be reelected three times (1936, 1940, and 1944). He died in office.

- King, Martin Luther, Jr. (Note that we don't use the 'Jr.' to calculate his Birth Force.), January 15, 1929, 1929-1968. American cleric whose eloquence and commitment to nonviolent tactics formed the foundation of the civil rights movement of the 1950's and 1960's. Among the many peaceful demonstrations he led was the 1963 March on Washington, at which he delivered his "I have a dream" speech. He won the 1964 Nobel Peace Prize, four years before he was assassinated in Memphis, Tennessee
- Nixon, Richard Milhous, January 9, 1913, 1913-1994. The 37th President of the United States (1969-1974). Vice President (1953-1961) under Dwight D. Eisenhower, he lost the 1960 presidential election to John F. Kennedy. Elected President in 1968, he visited China (1972) and established detente with the USSR. Although he increased U.S. military involvement in Southeast Asia, he was also responsible for the eventual withdrawal of U.S. troops. When Congress recommended three articles of impeachment for Nixon's involvement in the Watergate scandal, he resigned from office (August 9, 1974).

Next Numerology Lesson

In numerology Lesson Five we will cover the significance of "The Birth Day" (in contrast to your entire birth date). The "spice within your core" is how we like to refer to the specific day we were born. The knowledge found here will point you toward your more hidden talents. By discovering more about your day of birth, you will find a quality within yourself that you can use to invoke your other core vibrations into balanced action.

Numerology with Heart eBook

5 - The Birth Day

Introduction

In Numerology Lesson Four we discussed the Life Path and the knowledge found within it. You learned how to find your individual Life Path vibration by adding up the numbers in your full birth date. In this lesson we will examine the individual Birth Day (just the day and not the month or year of your birth) in further detail and discuss the information found within it.

Different Numerologists agree that the actual day of birth is a significant piece within the whole picture. They also agree that the day of birth sheds light on important lessons to be learned. By calculating the day of birth, you will be able to more clearly understand the nature of these lessons and how they relate to the abilities you brought into this life. As you have learned in this course, these energies can be expressed in balanced, over-balanced, or under-balanced ways.

Over the years, we have found that the Birth Day identifies a person's first recognized talents along with how the person may perceive herself or himself. It often reveals abilities they are comfortable with. Close friends will usually identify with the characteristics of the Birth Day more than the major theme within the Life Path. As mentioned in earlier lessons, we like to think of the individual Birth Day as the added spice one would put into a dish to bring out all its flavors!

In all cases, the best way you tap into the knowledge found within a given numeric vibration is by reading its combined expression as well as the individual numbers of which it is made.

For this lesson, we are going to use the birth date of 11-**26**-1953 as our example:

$2 + 6 = 8$
Emphasis is on the 8
2 = sub-influence
6 = sub-influence

By understanding the energy behind each vibration we gain a richer meaning. In the example above, the person would rely on 8 types of characteristics and abilities within their nature (please refer to Lesson One). This would lead them to use judgment and discernment in approaching most tasks. They would enjoy applying themselves and finding work that utilizes the other abilities found within their core. They would apply themselves in productive ways by contributing, organizing, and administering. With the 8 they would also be inclined to be in a management position or possibly be inclined to start their own business. Material gain would be important to them but in ways that would support and blend with their other vibrations.

The sub-influence of the 2 would add friendliness and balance to what they do. They would enjoy connection with others and feel a desire to maintain harmony. The 2 would also add sensitivity.

As we move to the sub-influence within the 6 we would find an ability to be of service and an attraction to areas in which they could apply themselves. This person would feel good about contributing to the well being of others. The 6 is also a humanitarian vibration so it would draw out abilities which could be applied in areas of healing, family, art, animals, nature, etc. Responsibilities would hold their attention.

Now let's go back and synthesize what we have just learned with their 1 Life Path vibration. We have a greater sense of how this person will direct their 1 leadership qualities. We can see how their independence and individuality is flavored with these innate abilities. The 1 Life Path may soften a little bit by the influence of the 2 as well as the consideration within the 6. The 8 would strengthen the 1's sense of direction with judgment and discernment guiding it.

Home Play

A. Explore the Birth Days for some people you know:

- Gather together a pencil, some paper, and your home play notes from Numerology Lesson Four.
- Now underline the Birth Days for each of the birth dates you worked with in the previous lesson.
- Begin with the first Birth Day on your list.
- Look up the person's Birth Day and each sub-influence number from the chart in Numerology Lesson One.
- Synthesize all of the vibrations in the Birth Day, allowing the sub-influences to 'season' the main number.
- Once again, look up the person's Life Path vibration.
- Finally, synthesize the Birth Day Numbers with the Life Path and notice how the 'spice' of the 'Birth Day blend' adds more clarity and richness to the Life Path.
- Repeat the above process with all of the names on your list.

B. Do the process above for some well-known people such as these U.S. figures:

- Roosevelt, Franklin Delano, January 30th 1882, 1882-1945. The 32nd President of the United States (1933-1945). Governor of New York (1929-1932), he ran for President with the promise of a New Deal for the American people. Relief programs, measures to increase employment and assist industrial and agricultural recovery from the Depression, and World War II, marked his administration. He was the only U.S. President to be reelected three times (1936, 1940, and 1944). He died in office.
- King, Martin Luther, Jr. (Note that we don't use the 'Jr.' to calculate his Birth Force.), January 15, 1929, 1929-1968. American cleric whose eloquence and commitment to nonviolent tactics formed the foundation of the civil rights movement of the 1950's and 1960's. Among the many peaceful demonstrations he led was the 1963 March on Washington, at which he delivered his "I have a dream" speech. He won the 1964 Nobel Peace Prize, four years before he was assassinated in Memphis, Tennessee

- Nixon, Richard Milhous, January 9, 1913, 1913-1994. The 37th President of the United States (1969-1974). Vice President (1953-1961) under Dwight D. Eisenhower, he lost the 1960 presidential election to John F. Kennedy. Elected President in 1968, he visited China (1972) and established detente with the USSR. Although he increased U.S. military involvement in Southeast Asia, he was also responsible for the eventual withdrawal of U.S. troops. When Congress recommended three articles of impeachment for Nixon's involvement in the Watergate scandal, he resigned from office (August 9, 1974).

Next Numerology Lesson

In Numerology Lesson Six we are going to discuss "The Expression". The Expression number is found within the name one is given at birth. By understanding the gifts within your chosen name, you will find direction and purpose. Your Expression vibration gives you opportunities to grow, discover, and add purpose and meaning to your life.

Numerology with Heart eBook

6 - The Expression

Introduction

In Numerology Lesson Five we discussed the Birth Day and the knowledge found within it. This lesson reveals the information found within the Expression vibration. In reviewing Numerology Lesson Three, The Core Concept, we found that purpose and fulfillment lie within the Expression vibration.

As discussed previously, the name a person is given at birth shares a wonderful story. The name contains potential direction and points to qualities you can cultivate during your life. By paying attention to this vibration, you will realize a wonderful opportunity and a divine promise. When embracing the qualities found here, you may find that your soul adds to its experience, knowledge, and growth as you continue with your soul's attainment.

We feel the Expression points to purpose. Sometimes people are more aware of other core parts during the first stages of their life. As they become comfortable with their other core parts and find ways to balance them, their Expression becomes more evident. As people mature, the destiny actually transforms (but we'll leave that to one of your future lessons!). As the Expression becomes more integrated it will deepen the connection with other parts. It is as if the other parts are eager to join in and assist in helping attain life purpose.

To discover what your Expression vibration is refer to Numerology Lesson Two to find the numerical value of each letter. You have practiced this skill already by working with the first name. In calculating the Expression number, always use the full name as it appears on the birth certificate. This is the chosen name and it contains a blueprint, so to speak. Do **not** include in your calculations any designations such as 'Sr.' or 'Jr.' For those who were adopted, if they can go back and find the original birth certificate name, use that. If that isn't possible, then use the name the adopted parents chose.

Our true imprint lies within the name as it appeared on the birth certificate. However, if we change our names, we do add the qualities of name changes. The changed name overlaps, so in cases where the birth certificate name isn't available, valuable information can still be found in our first remembered full name.

Let's begin with a specific example. We'll be using the name 'Barbara Ann Kelly'. The calculation is as follows:

BARBARA ANN KELLY																
B	A	R	B	A	R	A		A	N	N		K	E	L	L	Y
2	1	9	2	1	9	1		1	5	5		2	5	3	3	7
25/7						11/2						20/2				
First Name: 7						Middle Name: 11/2						Last Name: 2				
25 + 11 + 20 = 56																
5 + 6 = 11/2																

Here we find an individual with an Expression vibration of 11/2. We now know that as life brings experiences she will learn about the quality of the 2 and how it may bring her opportunity. As she approaches life with this in mind she may attract ways to find more fulfillment and life purpose.

As we discussed in Numerology Lesson One, the 11/2 is a master number and suggests an old soul vibration. The 11 attracts opportunity as a deepening of spiritual connectness, which desires to illuminate its surroundings. The 2 contains qualities of kindness and friendship. It wishes to bring peace and balance to its surroundings. It is a vibration of a diplomatic nature and adds light to any subject. It enjoys helping others and carries much feeling within it. Now we can get a sense of how Barbara may attain direction and begin to find fulfillment and life purpose. By engaging in experiences that allow her to explore these qualities, she will begin to attract opportunities. As she does this, her other core parts will engage their qualities to assist her in attainment.

If you like, take a moment right now and intuit or imagine what kinds of environments and experiences Barbara may attract to find opportunity.

Some examples that we came up with are as follows:

- Environments which embrace spiritual connectedness
- Environments where she could help and assist others
- Places where her kindness and caring could be of benefit
- Facilitating as a mediator or assisting with diplomatic approaches
- Working with design and balance which assists others in feeling better about themselves

Are you getting the idea?

Now let's go back to previous lessons and refresh our memories. The individual nature within her Life Path Lesson Four would of course be present. It would point us to tools and assets within her. In addition, the qualities within her Birth Day Lesson Five will flavor the ways in which she expresses herself.

In a future lesson, we will give more guidance in how to synthesize these various vibrations. If you feel a little overwhelmed in the beginning, rest assured that it gets easier as you continue to learn the fundamentals of Numerology.

Home Play

- Get your pen and pad out and refer back to the names you have previously been working with.
- Calculate the Expression number for each of these names. Refer back to the chart in Numerology Lesson Two to find the numerical value of each letter.
- Once you have the final addition, go back to Numerology Lesson One and refresh your memory by finding the meaning held within each number you calculate.
- Now image or intuit what kinds of environments, situations, and opportunities that would embrace these qualities.
- For extra credit, go back to Numerology Lesson Four and see what Life Path assets or tools can be viewed alongside the Expression number.
- For additional extra credit, go back to Numerology Lesson Five and see what may come easily as well as what may be comfortably brought into the experience.
- Now congratulate yourself. You are becoming a Numerologist!

Next Numerology Lesson

In Numerology Lesson Seven we will discuss "The Heart's Desire"! We find this number to be one of the most important vibrations we all have within us. Here you will discover your greatest motivations. Your passion for life exists within this vibration. Without the Heart's Desire, we would lack intention, desire, and connection. So stay tuned to find out all the benefits held within your individual Heart's Desire.

Numerology with Heart eBook

7 - The Heart's Desire

Introduction

This lesson is devoted to the vibration held within the vowels of your name. We call this component of our core vibration "The Heart's Desire". By understanding what lies within this vibration, you will gain a deeper connection to the part of yourself that holds passion and desire. You will feel your greatest motivations. In addition, you will notice the qualities you may find in your mate. This is because the Heart's Desire connects you to that which is most dear to your heart.

Through the years of interpreting numerology, we feel that it is very important to understand the intention of the Heart's Desire. Because of the emphasis on logic in our culture, the Heart's Desire often becomes the part of us that we pay the least attention. By suppressing this part of ourselves, we often spend a lifetime doing things to just get by without knowing what we really want and what is truly passionate for us. It is as if we will do anything but pay attention to the direction which the Heart's Desire points. Understand that within this core part lays the key to directing our purpose and success.

Imagine having a parent that understands your deepest dreams and supports you in directing that energy! It could save you much time and effort searching for happiness. It is never too late, so let's begin to unravel the mysteries held within this vibration. As you interpret your Heart's Desire, remember that within this vibration lies a seed yearning for expression. It is what you must feel, honor, and embrace in directing your other core parts!

In Numerology Lesson Six we looked at the example name of 'Barbara Anne Kelly' and found that her Expression was an 11/2. This week we examine her name in more detail by focusing on only the vowels within of her name. This method will point us to the insights found within the Heart's Desire.

Always use the vowels A, E, I, O, U and sometimes Y (if there are no other vowels in the syllable). It wasn't until recently that we began to use the Y at all. It seems that people are entering a new vibration and level of awareness. Because the vowels are a harmonic vibration, it seems the Y is part of the celestial tone that is now more present on Earth. Everyone is different, so try it both ways: with and without the Y. Sense which one seems the most accurate to you. We have found that there is no absolute rule here. In some case the W can act as a vowel as well but isn't used in the Heart's Desire. Perhaps it will also be included within the Heart's Desire in the near future! We feel that our alphabet may adapt new letter(s) to represent the new vibrations coming into the Earth plane. Now that is a thought to ponder!

Let's refer back to the name Barbara Ann Kelly as we used in our previous Numerology lesson:

BARBARA ANN KELLY																
3 + 1 + 3 = 7 Heart's Desire																
3					1					12/3 = 3						
	1			1		1		1					5			7
B	A	R	B	A	R	A		A	N	N		K	E	L	L	Y
2	1	9	2	1	9	1		1	5	5		2	5	3	3	7

Here we have a 7 for a Heart's Desire by also using the Y in her name. By not using the Y as a vowel, her Heart's Desire would be a 9. For today's illustration we are going to go ahead and use the Y. We encourage you to evaluate both and sense which one feels appropriate.

Barbara's motivations hold within them a desire to understand as well as an appreciation for being understood. She loves to learn as knowledge provides her ways to express and connect. She needs solitude within her day and time to work on her own. This assists her in attaining knowledge and will help her extend out into the world where she can fulfill the opportunities and destiny that awaits her. She desires perfection in what she does and, because of this, she could sometimes become critical of herself and others.

Remember that all numbers can be expressed as balanced, under-balanced, or over-balanced. As we learn how to connect with the vibration within a number and embrace it--rather than pushing the vibration away--we begin to find the key within it. Doing this will assist us in moving into a balanced state, therefore utilizing the key found within the number.

The 7 can become critical when it is out of balance. However, by asking what it is that the critical nature is pointing us to within ourselves, we will find its grand intention. Perhaps the nature just wants to be understood! Therefore, by allowing and embracing the expression, we then find the key motivation, desire, and passion. This way it is much easier to move into the balanced state. When we allow our true energies to be known and express, a balance will occur. We can utilize our discernment and creativity rather than reaction or a sense of separation.

Continuing on with the analysis of Barbara's Heart's Desire, in a relationship she would respond well to someone who supports her with her needs. A life mate that gives her space would help her sort and discern. Someone who assists her in discovery, learning, teaching, and understanding would be very nurturing to her heart and would assist her in connecting with the opportunities of her life purpose. This is someone she would grow close to and connect with deeply.

As illustrated above, you can easily see how important the Heart's Desire is in fueling our life. It is a life force energy that comes from our soul and gives us the urge to extend and express ourselves. Again, when allowed to express, it will assist us in attaining our life purpose as well as directing us to meaningful experiences and relationships.

Home Play

- Get your pen and pad out and refer back to the names with which you have previously been working.
- Calculate the Heart's Desire number for each of these names. Refer back to the chart in Numerology Lesson Two to find the numerical value of each letter.
- Once you have the final addition, go back to Numerology Lesson One and refresh your memory by finding the meaning held within each number you calculate.
- Now for each person image or intuit how the Heart's Desire number would channel itself as a motivation, desire, or passion.
- Next reflect into the life of the person you are analyzing and examine where they are directing their motivations, passions, and desires. Note what seems to come easy for them. Ask yourself if they seem to be in touch with their heart.
- For extra credit, go back to Numerology Lesson Six and notice how they could utilize the energy within their Heart's Desire as fuel to assist in attaining the opportunities and purpose that lays within their Expression.

Next Numerology Lesson

In Numerology Lesson Eight we will discuss "The Personality" vibration and what meaning may lie within the consonants of your name. The Personality reveals how others may see you. Often others want to direct us into becoming more of this vibration. One of the benefits of understanding the Personality is that you will be able to see yourself through the eyes of others! Therefore, we look forward to continuing with in Numerology Lesson Eight as we reveal more about the secrets found within in your individual pattern!

Numerology with Heart eBook

8 - The Personality

Introduction

In Numerology Lesson Seven we discussed the vowels within your name. They make up the vibration known as the Heart's Desire. This lesson's focus is on "The Personality" vibration, which consists of the consonants within your name. The vowels represent an important aspect of our core as well as our innermost desires. The consonants have their place in our outer world. Another way to phrase this is that consonants represent how the outer world interprets us at first impression.

Over the years we have found many benefits by understanding the Personality. The information within the Personality gives us an understanding of how others may attempt to see and direct us. It provides us with insight on which aspects of our personality others may recognize and validate. This information is derived from their first surface impressions.

Have you ever had someone tell you that you would be good at something and then heard it again later from someone else? Perhaps as time went by you may have found yourself actually involved in activities that utilized the qualities they saw in you. And maybe as more time went by, you realized that you were quite capable in this area but it didn't fully resonate with what you really desired or felt motivated to do.

What we are describing is the influence the outer world has on us. Yes, the Personality number has qualities that are very much a part of us. We may be content with what this vibration has to offer for a while. However, it is the Heart's Desire vibration that assists us in manifesting our full natures. The Heart's Desire will lead us to a greater fulfillment found within our Expression vibration. As you will recall, the Expression includes both the vowels (Heart's Desire) and the consonants (Personality) in your name.

So how can we use the Personality vibration? It's simple: We incorporate it. In doing so, we can recognize that the Personality is an added dimension of our nature. Its vibration is not the full capacity that exists within us and we are capable of attainments that lay outside of its influence. By adding the Personality as a supporting influence, it will assist us rather than directing the whole show.

Let's take a look at Barbara's calculations again. In the following Numerology table we illustrate both the Heart's Desire and Personality. When adding these two final totals together you will have the Expression number.

BARBARA ANN KELLY																	
3 + 1 + 3 = 7 Heart's Desire																	
3						1						12/3 = 3					
	1			1		1		1					5			7	
B	A	R	B	A	R	A		A	N	N		K	E	L	L	Y	
2		9	2		9				5	5		2		3	3		
22/4						10/1						8					
4 + 1 + 8 = 13																	
1 + 3 = 4 Personality																	
7 Heart's Desire + 4 Personality = 11/2 Destiny																	

Barbara has a 4 personality. So what nature lies within a 4? How would this relate to how others would see Barbara and how they may respond to her? How might they direct and interact with her? These are some of the questions you can ask. After you have answered these questions, you will be able to redirect the energy as a supportive influence.

As we answer these questions, we get a sense that others would see her as someone who could accomplish what she sets out to do. She will be perceived as determined and capable of using her tools. Others would also see her as someone who is practical and approaches things from a more conservative direction. A 4 often holds the stereotypical qualities of a farmer: Someone who will work very hard and take on much duty and responsibility while steadily working to accomplish what is vital. Would this mean others would like to give Barbara their tasks and responsibilities as well? Possibly, since they would see her as quite capable.

Again, because the four in this position represents the outer world, it may be likely that Barbara has been directed by her outside world to do things that are far more practical and limited than the full capabilities of her nature. By embracing these qualities and using them to support the Heart's Desire and Expression, she may find greater attainments possible. By using the Personality vibration as a supportive influence, determination and a step-by-step approach will assist the motivations her 7 Heart's Desires and her 11/2 Expression in achieving opportunities and purpose. Can you get a sense of the high level of supportive power she will have behind her dreams, desires, and opportunities?

Home Play

- Get your pen and pad out and refer back to the names with which you have previously been working.
- Calculate the Personality number for each of these names. Refer back to the chart in Numerology Lesson Two to find the numerical value of each letter.
- Once you have the final addition, go back to Numerology Lesson One and refresh your memory by finding the meaning held within each number you calculate.
- Ask yourself, "How might the Personality vibration and it's outer world influence direct the affairs of the individual? What might they find themselves doing?"
- Now, take some time to imagine how the qualities within the Personality number could support the motivations within the Heart's Desire and the Expression in achieving opportunities and purpose. Write down a list of possibilities.
- Repeat steps 3 - 5 for each person's name.

Next Numerology Lesson

In Numerology Lesson Nine we will discuss in more depth how to synchronize and blend the four main aspects with our "Formula for Blending Core Aspects". We will give you an easy step-by-step formula to follow. By utilizing the steps that we will outline, you will be able to interpret a chart with ease.

Numerology with Heart eBook

9 - Formula for Blending Core Aspects

Introduction

In the previous eight numerology lessons we have discussed the fundamental vibrations held within numbers and the letters of the alphabet. You have learned about the core elements of a numerology chart and been given simple step-by-step illustrations to follow. During this lesson, you will learn how each core aspect contributes independently as well as synergistically.

During this lesson we'll be describing life as a journey. As we live each day we experience, access, and develop our natures. The following formula is based on this concept. Again, we will use Barbara Ann Kelly as our example. We have prepared a blank chart that you can print out that will make it easy for you to create your own Numerology "mini-reports" like the one below. Hopefully you have a printer available. If not, just reproduce it on a piece of paper. Then return back to this spot to continue your learning.

Numerology Mini-Report

Person's Full Name: BARBARA ANN KELLY

The Life Path Chart:

November	26th	1953
11 is 11/2	$2 + 6 = 8$	$1 + 9 + 5 + 3 = 18$
11/2 (Master Number)	8 (already one digit)	$1 + 8 = 9$
$11/2 + 8 + 9 = 19$		
$1 + 9 = 10$		
Birth Force: $1 + 0 = 1$		

The Expression, Heart's Desire, and Personality Chart:

Heart's Desire: 7															
3 + 1 + 3 = 7															
3					1							12/3 = 3			
	1			1		1		1					5		7
B	A	R	B	A	R	A		A	N	N		K	E	L	Y
2		9	2		9				5	5		2		3	3
22/4						10/1						8			
4 + 1 + 8 = 13															
Personality: 1 + 3 = 4															
Heart's Desire: 7 + Personality: 4 = Expression: 11/2															

The Blending Chart:

Life Path: The inner talents and abilities used throughout your life journey. They may come quite naturally or they may be experienced as lessons to help you understand and express your true nature. They are your inner resources that you will continually develop and refine in order to express your Life Purpose.	
Life Path: 1	Independence, adventure, initiative, originality, determination, individuality, direction
Birth Day: These are some additional talents and abilities that may come to you quite easily. They "spice up" your Birth Force.	
Birth Day: 8	Power, authority, capability, organization, efficiency
Expression: These energies describe where you are headed on your journey. Look for how you can be involved with people, places, and things that express these vibrations. They are the outer expression of your Life Purpose.	
Expression: $11/2$	Awareness, intuition, creativity, discernment, inspiration
Heart's Desire: These qualities provide the inner fuel to accomplish your outer Expression as you develop and utilize your Life Path and Birth Day vibrations. These energies represent your true passions and interests. They are the inner heart of your Life Purpose.	
Heart's Desire: 7	Analysis, research, calculation, perfection, understanding, the unseen, intuition, vision, investigation, reason

	solitude
Personality: This is how other people will perceive you as you journey through life. These qualities can be supportive influences that you can rely upon and that assist you in attaining what you want.	
Personality: 4	Concentration, management, application, conservation, dedication, efficiency, organization

As you prepare your mini-report, you can add other descriptive words that apply. Review your notes from the last few weeks. The individual may also express their number vibrations in both under-balanced and over-balanced ways from time to time. Remember all numbers can be balanced, so write down their balanced expressions as you create your mini-report! Help people--and yourself--to turn toward that which you wish to create.

Home Play

- Get your pen and pad out and refer back to the names that you have chosen.
- Use the blank Mini Chart that you printed out to format the information for each of the names. Refer back to the chart in Numerology Lesson Two to find the numerical value of each letter.
- Now do your calculations and complete the mini-report for each person with which you've been practicing. Go back to Numerology Lesson One and refresh your memory by finding the meaning held within each number that you calculate. Insert the descriptions in the chart in the appropriate places.
- Review your previous sessions and see if there is any other information you would like to add to your mini-report. You can even create a summary to go along with your chart if you like.
- For extra credit try some new names.

Next Numerology Lesson

In Numerology Lesson Ten we will discuss "Harmonious and Discordant Aspects". By understanding how the core aspects blend together, this information will assist you in understanding why we may respond in over-balanced or under-balanced ways. A harmonious aspect isn't always a blessing and a discordant aspect isn't always a negative quality! Stay tuned to learn more.

Congratulations for making it through the basic concepts of Numerology with Heart eBook. In the next lesson you will begin to learn the more advanced Numerology material.

Numerology with Heart eBook

10 - Harmonious and Discordant Aspects

Introduction

During the next few lessons we will discuss various cycles, modifiers, and other key elements found in a numerology chart. By adding this information to your chart interpretations your analysis will become richer and more complete.

In Numerology Lesson Nine we discussed the Formula for Blending Core Aspects. In this lesson we want to help you learn how to discern the many ways the core elements may effect or impact each other. In Numerology Lesson One we discussed the theory behind numerology and its vibrational nature. Let's take that theory a step further and use the words "harmonious" and "discordant" to describe the relationship between the main core aspects. Let's use music as a metaphor and imagine that each of our lives is a unique song. A harmonious relationship is a blending that comes together and appears to flow with grace and ease. A discordant relationship is a blending that seems offbeat or out of sorts in some way. A discordant tone could even appear to split off and sound like two tones disrupting each other to find identity. This may sound familiar to some of you already.

In working with over-balanced and under-balanced energy, you can imagine that the harmonious and discordant relationship might have something to do with bringing about this imbalance. We believe so. We also believe that everyone has free will. Therefore, some people can take even the most discordant combination and transform it into an opportunity. They quickly reshape the imbalance and seek ways to find empowerment. It is much like the friction of a match striking an abrasive surface to create a fire that then continues to build momentum.

In other situations we have found harmonious energies, which should flow with ease, that are never quite able to gain momentum. Therefore, the intended purpose is never quite realized. This has brought us to feel that both aspects, harmonious and discordant, can be positive as well as negative. However, by understanding the relationship of the core elements with each other and the potentials that exist within their relationship, a numerologist can help find solutions. They can act as a guide and help their clients recognize possible choices that they hadn't recognized before. As a chart interpreter, you may also be able to point out possible patterns in which awareness can be developed.

In this lesson we explore examples of possible combinations for you. Over the years of examining charts, we have found that there are no set rules. Some combinations, in which compatibility seems so unlikely to exist, can bring out the best of each number's qualities through a person's consistent learning by trial and error. On the other hand, some combinations that are easy to blend can create a lack of desire and energy. In these situations the person may become complacent or bored. They may not live up to the full potential found within their chart. We wish you to become insightful Numerologists. Therefore, this lesson's home play focuses on exercises to help in utilizing both harmonious and discordant energies in constructive ways! For fun, imagine ways that the combinations could become out of balance as well.

Refresh your memory by going back and rereading the key descriptions of each core part. The Life Path (Lesson Four) points to talents and abilities. The Heart's Desire (Lesson Seven) is an expression of motivation and desire. In the Expression (Lesson Six) you find opportunity and purpose, and in the Personality (Lesson Eight) you find supportive traits. Use these descriptions when blending these energies.

Examples

Let's refer back to our subject, Barbara Ann Kelly, who has a 1 for a Life Path and a 7 for a Heart's Desire. This vibration is usually discordant. What does that mean? It may mean that the 1's talents and abilities leading her to attainment are strong-willed. This would conflict with the desire and motivation of the 7 Heart that wants to take time to develop introspection and understanding. The 1 would become impatient with the 7 and the 7 would resent the 1! Anyone with this combination will probably be very familiar with this description.

People may feel like a dichotomy exists within them when energies that seem foreign to each other exist in their natures. A practiced Numerologist will assist by helping create connection between these parts. This helps to create inner communication and an easier flow of energy.

Let's pose a couple of important questions:

- What is a possible direction to take with these two seemingly conflicting energies to help them learn how to connect?
- What would need to occur for this to be possible?

Perhaps if the desire and motivation of the 7 Heart were empowered to use its keen observation, intuition, and ability of analysis, it could empower the 1 Life Path to use this newly acquired knowledge to lead it to greater attainment! A potentially discordant combination is now co-creating in a way that works for both energies. The inner vibrations can now flow with more ease.

Using another example, let's consider the combination of a 2 Life Path and a 3 Expression. This combination is usually harmonious. In this case, the ability of the 2 Life Path to act as a team player is supported by the 3's social awareness and opportunities found through expression. The cooperation within the 2 can help the 3 meet its purpose. But, what if the 3 Expression lacked purpose and direction and was too frivolous and playful? The 2 would experience an inner lack of cooperation, which could lead to frustration. This example illustrates how a combination that is usually harmonious can still create imbalances! Again, it is about free will!

In our next example, let's use a 4 Expression and a 6 Heart's Desire. This combination is usually harmonious. The 4 has abilities which like to create systems and order while the 6 Heart's Desire is motivated to serve and wants responsibility. These two vibrations can team up and become incredibly powerful. However, what if the 4 becomes too restrictive and one-dimensional? The 6--who loves to contribute--would feel the restriction and may respond with a lack of commitment. The 6 Heart would feel disconnected and could not serve in the ways that it wished! In this case, a practiced Numerologist could point out possibilities and help the client bridge to more useful awareness'.

Numerology is a wonderful tool to use when facilitating others. By helping a person understand their nature and balance their core parts, people become more powerful and effective.

Table of Harmonious and Discordant Relationships

Legend: h = Harmonious, d = Discordant, vd = Very Discordant, e = Either

1-1=vd										
1-2=d	2-2=vd									
1-3=h	2-3=h	3-3=vd								
1-4=h	2-4=h	3-4=d	4-4=vd							
1-5=e	2-5=d	3-5=h	4-5=d	5-5=vd						
1-6=d	2-6=h	3-6=h	4-6=h	5-6=d	6-6=vd					
1-7=d	2-7=d	3-7=d	4-7=h	5-7=d	6-7=d	7-7=vd				
1-8=h	2-8=d	3-8=d	4-8=d	5-8=d	6-8=d	7-8=d	8-8=vd			
1-9=d	2-9=h	3-9=h	4-9=d	5-9=d	6-9=h	7-9=d	8-9=d	9-9=vd		
1-11=d	2-11=h	3-11=h	4-11=d	5-11=d	6-11=h	7-11=h	8-11=d	9-11=h	11-11=vd	
1-22=d	2-22=d	3-22=d	4-22=e	5-22=d	6-22=h	7-22=d	8-22=h	9-22=h	11-22=d	22-22=vd

Home Play

- Get your pen and pad out and refer back to the charts you created in Lesson Nine.
- For each person, practice blending the core elements:
 - ◇ If the combination is harmonious, examine the traits and how they could blend and flow with ease.
 - ◇ Imagine how they could become disruptive and move into an under-balanced or over-balanced state.
 - ◇ If the combination is discordant examine the traits and how they may conflict with each other.
 - ◇ Consider how they could be supportive to each other and create harmony.
- First, combine the talents and abilities of the Life Path with the purpose and opportunities of the Expression.
- Next, combine the Life Path with the motivations of the Heart's Desire.
- Last, combine the Heart's Desire with the Expression.

Next Numerology Lesson

In Numerology Lesson Eleven we will discuss "The Intensification of Numbers Within a Name". Each number found within a name will either be average, below average, or above average. This points to the intensity of each number. We use this information to modify the existing chart and also point us to Karmic Lessons or excessive energies. We invite you to continue to learn new ways to empower your individual nature to achieve your life's purpose.

Numerology with Heart eBook

11 - The Intensification of Numbers

Introduction

This Numerology lesson details the averages of numbers found within a name. The Intensification of Numbers can point to areas where we can learn more about ourselves. Knowing this information can help us round out our natures. It can also help us gain a greater sense of self-definition, point us to areas where we can grow, and help us develop inner strengths.

We feel that a person's individual nature cannot be separated from the whole. We are one collective, so to speak, of human beings. Let's once again use the metaphor of music. Each of us has our own set of individual tones (numbers). When we combine each tone together, we can hear our personal song (all of our numbers blended into a whole). In the same way, we can combine each individual person's song and come up with one universal song that reflects the entire collective of human beings. Imagining this metaphor will help you understand the Intensification of Numbers.

As we examine the collective human race, we find that certain tones (numbers) are more expressed than others. Subsequently, other tones or numbers make up less of the whole. We'll be using the word "average" to express this concept.

It is also possible to see where we may have a 'Hidden Passion' or possible 'Karmic Lesson.' As the excessive numbers often reveal a deep-seated passion, and the missing numbers can point to a Karmic Lesson.

The General Rules

The following illustrates averages of the numbers 1 - 9 found within a name. The numbers 1, 5 and 9 are found most often. Here's a summary of each number as expressed collectively:

- 1 - We all have free will and initiative to create our place within the world. This has given us initiative to grow and expand as a race of beings as well as individuals.
- 5 - We have a strong desire for freedom and are curious about what is new and innovative. Through the 5 we progress, develop, and expand our sense of possibility.
- 9 - We are resilient even when life brings us difficulties or tragedy. We move into our hearts to help, love, and forgive.

The numbers 2, 3, and 4 are usually only found once within a name:

- Sometimes the 3 will be repeated because of the desire for creativity and self-expression.
- Because these three vibrations usually only appear once, they are doubled in force if found more than once.

The number 7 may be missing:

- In the collective of human nature, the discrimination, analysis, and perfection that a 7 carries is not as frequent as the numbers listed above.
- In many names the 7 may not even be represented. Because of averages, if the 7 is missing it is not significant.
- If a 7 does occur, it gives a desire to prove, reason, and understand the motives that are behind any event.

The number 8 may also be missing:

- It is common for a successful person to lack this number.
- If it appears once you will know this person can work under stressful situations.
- If there are too many 8's, the person may put himself or herself through a lot of pressure, mental challenge, and possibly achieve great attainments because of the incredible effort.

Benefits of Understanding Intensification

- The Intensification of Numbers within the name are felt deep within the character. They may not show on the surface as the Core Numbers do. However, it is useful to understand these energies since they help us gain insight in several ways:
- They help us to understand why we may repeat patterns.
- They point to areas where we may feel an inner void, or have a karmic lesson.
- They point to areas where we may lack experience or development from previous lives.
- They may show us why we rely on certain skills.
- They may show us where we obsess or perhaps where we have a hidden passion eager for more room to express.

Number Average Chart

The following chart shows what usually occurs in a name:

Number	Letter	Averages	
1	AJS	Usually occurs three or four times	three or four
2	BKT	Usually occurs once	one
3	CLU	Usually occurs once	one
4	DMV	Usually occurs once	one
5	ENW	Usually occurs three or four times	three or four
6	FOX	Usually occurs once	one
7	GPY	May be missing	zero
8	HQZ	Usually occurs once or be missing	zero or one
9	IR	Usually occurs three times	three

How to Fill Out the Chart

We have prepared a blank chart that you can print out that will make it easy for you to create your own Intensification of Numbers Chart like the one below. Hopefully you have a printer available. If not, just reproduce it on a piece of paper.

Here are the steps:

- In the first row, write down on the chart the first, middle, and last name of the person whose chart you are calculating.
- In the next row, look up and write down the number that corresponds to each letter in the first, middle, and last names.
- In the "Core" column, write "Yes" in front of any number that is also one of the Core Numbers and place it's abbreviation after the "Yes". Here's the legend of abbreviations:

- ◊ LP - Life Path (Birth Day is included in the Birth Force)
- ◊ E - Expression
- ◊ HD - Heart's Desire
- ◊ P - Personality

- In the "+ or -" column, place a plus or minus sign after the numbers where there is a difference from the averages. Use a plus for more and a minus for less.
- Now note the relationship with the average. For example, two 4's would have a greater significance than four 9's. Look for the "Key Modifier" (also called the "Intensifier" in Numerology). This is the one number that has the most excessive energy available and stands out the most in relationship to the average. You can write the word "Key" after the plus. To illustrate we highlighted the Key Modifier by color on our chart.
- Next, look for whatever number(s) are void. If it is any number other than 7, place a minus next to it.
- Note if the void number(s) are also within the Core Number. If so, the effect is lessened. If the void energy is not found as a Core Number, place the word "Key" after it as well.

Explanation of Meaning

Where excess energy exists, we will use the energy to achieve, grow, and acquire in relationship to the number. If we find areas that are void, be assured that we want to round out our character and attain life lessons in these areas. Some Numerologists feel a voided number is a karmic area or one that we may have avoided in previous lives for some reason or another. It may be that experiences were not available to us and we are now wishing to add knowledge during this life.

Learning Example

For this lesson we will again use the name Barbara Ann Kelly as our example. Follow along as we interpret the chart.

Barbara		Ann		Kelly	
2192191		155		25337	
Core	Amount	+ or -	Number	Letter	Average
Yes - LP	4		1	AJS	three or four
Yes - E	3	+ Key	2	BKT	one
	2	+	3	CLU	one
Yes - P	0	-	4	DMV	one
	3		5	ENW	three or four
	0	-	6	FOX	one
Yes - HD	1	+	7	GPY	zero
	0		8	HQZ	zero or one
	2	-	9	IR	three

Let's start by noting which numbers are in excess (+ sign in the "+ or -" column) of the averages:

- 1 - She has four occurrences of the number 1 which is slightly in excess of the low end of the three or four average. However, all of the 1's bridge to her 1 Life Path and strengthen it.
- 2 - She has three occurrences of the number 2 which is way above the average of one and makes 2 her Key Modifier. But just as above, this "excessive" number is her Expression and one of her Core Numbers. Therefore the 2 bridges to her 11/2 Expression and strengthens the qualities found there. What may be excessive compared to the averages is actually another strengthening force for Barbara.
- 3 - She has two occurrences of the number 3 which is one above average. This would tell us that she would add a quality of lightness to events and surroundings within her life. This may show up as humor, or possibly a joyful nature added to her spirit.
- 7 - She has one occurrence of the number 7, which is higher than the average of zero. However, once again the 7 bridges to her 7 Heart's Desire and strengthens it as well.
- So, three of her Core Numbers are found in excess in the Intensification of Numbers Chart but all numbers appear to be supportive. Remember, "excessive" does not mean "bad".

Now we want to look at the energies that are void. Here we see that the 4 and 6 stand out. As we mentioned in "The General Rules" above, the 8 is sometimes found as missing in a name:

- 4 - She has zero occurrences of the number 4 which is one below the average of one. The 4 is also one of her Core Numbers, so she has some experience with it. However, with the 4 missing in her name and it being the Personality vibration, she may have some additional lessons here. Possibly she has to learn how to apply herself in ways that would fulfill her, rather than being busy taking care of everyone else. The reason for interpreting the 4 this way is that the zero (void of energy) points us to lessons about application and duty. Because the 4 is a Core Number and is placed on her Personality, it relates to how others see her and how they may try to direct her.

- 6 - She has zero occurrences of the number 6 which is one below the average of one. It's possible that Barbara may attract opportunities to help her learn how to balance responsibility. She may have the challenge of taking on too much responsibility for others or becoming confused about taking action on her own behalf. The 6 also points to creativity, relationships, and humanitarian endeavors. So she may have some added lessons in these areas.
- 8 - The 8 is borderline and often does not occur within a person's name. Therefore, we have not included it in our interpretation.

We feel that the intensification modifiers are really a lot like road signs. Unlike the Core Numbers that make up our nature, the intensification modifiers point us to areas that we know will be examined throughout our life as lessons. Whether in excess or void we are pointed in the direction of improving the qualities of our nature.

Home Play

- Get your pen and pad out and refer back to the names with which you have previously been working.
- Use the blank Intensification of Numbers Chart you printed or created and follow the seven steps detailed above in "How to Fill Out the Chart".
- Note which numbers are in excess of the averages.
- Note which numbers are void.
- Note the single Key Modifier for the excess energy and what lessons may be encountered by its presence.
- Note the numbers that are void and what lessons may be encountered by the lack of their presence. Remember to notice the relationship with the Core Numbers.

Next Numerology Lesson

In Numerology Lesson Twelve we will discuss "The First Name and Karmic Numbers". Some numerologists feel certain numbers are more difficult to experience than others. Therefore, you may have some karmic lessons that you don't know about.

Numerology with Heart eBook

12 - The First Name and Karmic Numbers

Introduction

In Numerology Lesson Eleven we discussed the Key Elements found in the Intensification of Numbers Table. This lesson's topic includes The Karmic Numbers, The First Name, The Growth Number, and The First Letter and First Vowel. Let's begin by examining some keys that are revealed in the First Name. After that we'll discuss the benefits of understanding what Karmic Numbers are and how they impact us.

The First Name

We often hear our First Name called out loud as people address us. It is no wonder that the name which casually represents us holds within it special qualities. Our First Name is a repeated vibration--a mantra in a sense--that declares an intention each time it is voiced. So what makes the First Name stand out from the whole name? All of us have a First Name. Many of us have at least one Middle Name or a Middle Initial. Most of us also have a Last Name. But our First Name, our "personal name", is frequently used to identify us in day-to-day life. It is as essential to the relationship we have with ourselves as it is with the way we connect to other people. Its tone is declared over and over again.

In describing the relationship of our First, Middle, and Last Names in numerology, we could say that the First Name represents our personal self. It also sets us apart from other members of our family. It holds within it a Growth Number, a vibration that supports us in a deep expression of our individual nature (more on that in just a moment). Often we see evidence of this energy in our private lives.

Our Middle Name supports and reinforces our identity and is more hidden within the self. Our Last Name carries within it the collective vibration of our family. Its numerical sum represents our family traits, inherited qualities, and what you might call our "family makeup". It also represents our more formal nature.

Using our example of Barbara Ann Kelly, let's take a look at her First Name again. What information can we find here? In Numerology Lesson 2 we spent some time calculating and interpreting the components of a First Name. In Numerology Lesson 3 we examined the vowels and consonants of her First Name as well. You may want to go back and review these two lessons to refresh your memory. In this lesson we go one step further and describe three other elements that are found within the First Name.

First Name Chart

B	2	2 = First Consonant
A	1	1 = First Vowel
R	9	
B	2	
A	1	
R	9	
A	1	
Total	25	
Digit Down	$2 + 5 = 7$	7 = Growth Number

The Growth Number

By adding the First Name together and reducing it to a final digit we find the Growth Number. It is a significant Key Element but isn't felt as intensely as a Core Element is. The Growth Number adds energy to the core and denotes a pattern that assists us in growth and development. Therefore, we could say that it could be used as a tool to help us on our journey.

In the name Barbara, we notice that her Growth Number is a 7. This means that when Barbara embraces the qualities of the 7 throughout her experiences, it helps her grow and develop. Analysis, investigation, and understanding are all tools found within her Growth Number. It would make sense that her abilities to teach and learn would be strong as well as her need for solitude at times.

It is delightful that her Growth Number is also her Heart's Desire. This gives us a hint that she created the 7 as her Growth Number to attain a greater sense of her heart! It is always helpful when the Growth Number is the same as one of the Core Elements. A person is more apt to use the vital energies found in the Growth Number to bring about balanced experiences and promote development. When the core is void of the same energy found in the Growth Number, it is much more difficult to benefit from the Growth Number's nature. We feel if the latter is the case, there is a perfect reason and life's experiences will reveal a way to eventually discover and learn from the Growth Number's contribution.

The First Letter and First Vowel

The First Letter and First Vowel found in the First Name are also Key Elements. These two vibrations contribute energy in a special way. Some Numerologists feel that these two letters describe our "reactions and responses". Usually a First Name begins with a consonant. Because the consonants are a component of the Personality vibration, we feel that the First Letter could give us some clues to how we may respond to the outer world (sometimes referred to as the "material world"). We feel the First Vowel can provide insight into how we might respond to our dreams and motivations--our more spiritual or non-material world. In cases where the first letter is also a vowel, use the First Letter to represent both vibrations.

Examining the First Name Barbara, the B is her first letter and also a consonant. A B holds the vibration of a 2. This would tell us that Barbara might initially respond to the outer world in courteous kind ways seeking friendship and balance. Her responses to experiences in the outer world may be to first quietly think a matter through.

The First Vowel in her name is an A. Here we find that Barbara would feel more confident in areas that are of a more personal nature. She may be less reserved in her home and family life. The A holds the vibration of a 1 and depicts courage and leadership. Also, it tells us that Barbara may be harder on herself than she would be towards others.

Karmic Numbers

There is a theory in Numerology that a few numbers bring qualities along with them that suggest karmic or unfinished business. It may be that we choose to create lessons in these areas to round out our natures. Another possibility is that we want to develop qualities that were somewhat void in the past. Either way, Karmic Numbers can feel a bit more challenging than others. If you have a Karmic Number as one of your Core Elements, you may experience the number as over-balanced or under-balanced before experiencing a fully balanced and accessible energy.

Look for these Karmic Numbers in your Core Elements. Reflect on the area of your life that the Core Element represents and note where you may find confusion from the Karmic Number that is present there. For accuracy, remember that the numbers 11 and 22 are Master Numbers and stand on their own. Always add an 11 as an 11 rather than a 2 and a 22 as 22 rather than a 4. This makes a difference in determining if you have a Karmic Number or not.

Karmic Number 19/1

When reducing the numbers to a final digit, if you find a 19 before a 1 you have a Karmic Number. A 19/1 carries in it lessons about self-definition and self-motivated thought. Because a 1 carries within it an energy that is self-directed, an individual with a 19/1 learns how to consider outside energies rather than just individual needs. Independence, adventure, initiative, originality, determination, individuality, and direction are all traits held within the 1. When these traits are not balanced (over or under) they can bring about indulgence, opinionated thought, and aggressiveness. Because human nature, for the most part, learns through contrast (continually experiencing the pain of co-creating and living with what we don't truly want), eventually a balanced nature is quite possible.

Karmic Number 13/4

When reducing the numbers to a final digit, if you find a 13 before a 4 you have a Karmic Number. A 13/4 is still a 4 but with a focus on learning and accepting the qualities the 4 represents. Often there is a feeling of restriction and limitation. As discussed in Lesson One, the 4 represents concentration, management, application, conservation, dedication, efficiency, and organization. You can imagine how productive one's life could be when applying skills in these areas. However, when a person comes in with a 13/4, they will be learning how to bring these energies into harmony, therefore manifesting the qualities they represent to a greater height. By doing so, restrictive beliefs can be transformed.

Karmic Number 14/5

When reducing the numbers to a final digit, if you find a 14 before a 5 you have a Karmic Number. A 14/5 is still a 5 but with a focus on learning about progress, freedom, and flexibility. In previous experiences the 5 probably wasn't fully understood or utilized. Therefore a person may feel restless, easily distracted, and find it hard to follow through. Their first life experiences may result in the under-balanced and over-balanced traits previously mentioned above as well as impulsiveness and indulgence. Because life brings many opportunities, this life's experiences will bring situations to learn how to apply the energies in beneficial ways.

Karmic Number 16/7

With the Karmic Number of a 16/7 you often find a person who has difficulty in relationships. They sometimes feel isolated and alone, which can create confusion in love relationships. Because they are more introspective than the 1, they may be less self-directed in some ways but may be more resentful or detached. Of course when a 16/7 learns how to heal it's beliefs around separation and uses its fine abilities to gain deeper spiritual understanding, the 16/7 energies can be redirected into a balanced state. In this way the person can begin to create relationships where self-love is a supportive trait rather than feeling that they are selfish or being misunderstood.

Home Play

- Get your pen and pad out and refer back to the names with which you have previously been working.
- Calculate the First Name to find the Growth Number, First Letter, and First Vowel.
- For each name, note the Growth Number and apply it to the person's growth and development
- Note the First Letter and apply it to possible responses and reactions in the public world.
- Note the First Vowel and how it may impact a person's responses and reactions in the more personal areas of their life.
- Lastly, go back through your charts and re-check your addition. Make sure Master Numbers have been added correctly. Note where a Karmic Number exists in relationship to Core Elements. Interpret how this may impact the person.

Next Numerology Lesson

In Numerology Lesson Thirteen we will cover "The Habit Challenge". Have you ever felt like you have a habit or repeated pattern that is so innate that it is hard to identify? Your Habit Challenge may shed some light on this subject. So stay tuned to learn more how the numbers in your name can empower your life.

Numerology with Heart eBook

13 - The Habit Challenge

Introduction

In the last three Numerology lessons, we discussed several Key Modifiers that influence the Core Elements found in a Numerology chart. This Numerology lesson features a trait we call the "Habit Challenge". Some Numerologists refer to this aspect as the "Point of Security". Both names describe the nature of this aspect quite well. Although it is not exactly a modifier of Core Elements, the Habit Challenge does influence the flow of energy available to them.

Have you ever felt a habit or a repeated pattern that was hard to identify? No matter how aware of the pattern you became, it continued to occur over and over? Your Habit Challenge may shed some light on this subject. The Habit Challenge is just what it sounds like--a habit we feel challenged by which is usually negative. Because all numbers have a polarity as well as a balanced state, the Habit Challenge is usually experienced as an extreme (under-balanced or over-balanced) rather than a balanced vibration. Our challenge is to learn how to balance its influence. This trait then becomes positive and empowering.

Often stress, confusion, and insecurity are energies that create the reactions found in the Habit Challenge. When a person becomes aware of the reactions, they can choose to bring the extremes into a nurturing and balanced state. Like all vibrations that exist within an individual chart, synergy can enhance the individual parts.

Habit Challenge Chart

Determining a Habit Challenge is quite simple. It is the total letters in a name added together. In other words, rather than adding the value of each letter, like in previous lessons, we add the total number of letters together and reduce them to one single digit.

Barbara	Ann	Kelly
7 letters	3 letters	5 letters
$7 + 3 + 5 = 15$		
$1 + 5 = 6$ Habit Challenge		

Chart Interpretation

In Barbara's case we find a 6 for her Habit Challenge. We can speculate that Barbara may vacillate between the under-balanced and over-balanced aspects of the 6, attempting to balance them. She may become over-attached to her home, family, and environment. So much so that she finds it hard to extend herself beyond her familiar environment. She could also find herself giving advice, living her dreams through others, or perhaps becoming over-responsible. Another trait of an under-balanced 6 could be avoiding responsibility involving others and perhaps failing to keep appointments or obligations. When balanced a 6 Habit Challenge can become a very creative and resourceful asset to have.

For ease, we created possible descriptions for each number. You may want to add to our descriptions. As creative beings, there are many possible Habit Challenge expressions. We listed a few to help you along. Have fun and see what other possible expressions you come up with.

Possible Habit Challenge Responses

During this course we've asked you to use your intuition regarding how a given number would express as under-balanced or over-balanced. We'll now present some specific examples for each number. Although we are presenting these descriptions in relationship to the Habit Challenge, they are not restricted to this subject alone. The following descriptions apply to each of the numbers in context, including the Core Elements. Refer to Numerology Lesson One for the balanced descriptions.

1 Habit Challenge - Leadership:

- Under-balanced - insecure, dependent, passive
- Over-balanced - bossy, opinionated, dominating

When acting in an under-balanced way, the 1 may respond in a procrastinating manner, be indecisive, and act in vacillating ways. The 1's natural assertive nature could become over-balanced and result in a response that is bossy, impatient, stubborn, impulsive, and over-attached to one's own beliefs.

2 Habit Challenge - Peacemaking:

- Under-balanced - indecisive, dependant, uncertain
- Over-balanced - oversensitive, disapproving, unsupportive

As an under-balanced response, it may be hard to maintain a sense of identity because of a desire to please. The 2 as an over-balanced response may become fussy over little things and caught up in details.

3 Habit Challenge - Expression:

- Under-balanced - unfocused, vacillating, anxious
- Over-balanced - exaggerating, gossipy, lacking in concentration

As an under-balanced habit it can exaggerate, become self indulgent, and be without direction. A 3 is creative and expressive so when it becomes an over-balanced response it can lead to scattered energies, starting many tasks, and finding it hard to focus.

4 Habit Challenge - Form:

- Under-balanced - disorganized, narrow, uncertain
- Over-balanced - headstrong, limited, antagonistic

A 4, as an under-balanced response can expect a lot of others and fail to commit. When over-balanced, it can become too serious and careful, often creating opposition. In addition, it could become so attached to methods that it forgets to see the big picture, getting caught up in details.

5 Habit Challenge - Freedom:

- Under-balanced - non progressive, cautious, doubtful
- Over-balanced - erratic, impulsive, careless

The 5 could respond in an under-balanced way by escaping reality through indulgent means. With an over-balance response there could be a possibility of changing directions too often before results are evident. This instability could affect relationships and career.

6 Habit Challenge - Responsibility:

- Under-balanced - distant, self seeking, unorganized
- Over-balanced - discontent, overemotional, over-responsible

When the 6 is under-balanced, its response may be to avoid responsibility involving others, perhaps failing to keep appointments or obligations. The 6 Habit Challenge can become very attached to its home, family, and environment. When it becomes over-balanced, it may live through others or possibly desire to give unsolicited advice.

7 Habit Challenge - Individuality:

- Under-balanced - disregarded, superficial, undeveloped
- Over-balanced - resentful, hypercritical, secretive

If responding in an under-balanced expression, it can act in over-analytical and critical ways and can even become cut off from its own deep feelings. An over-balanced response can become very detached, shut people out, and hold onto resentments.

8 Habit Challenge - Manifestation:

- Under-balanced - powerless, impoverished, undisciplined
- Over-balanced - tactless, pushy, possessive

When under-balanced, material success and motivation may be lacking. When an 8 becomes over-balanced, it may take its effective work characteristics into friendships and home life. In addition, intimidation and manipulation may become a way of attaining results as well as trying to do everything and forgetting to delegate.

9 Habit Challenge - Compassion:

- Under-balanced - passionless, oppressive, aloof
- Over-balanced - unaccountable, impractical, dreamer

If expressing in an under-balanced way, it can be somewhat cold or detached, feeling that it is being broad-minded. In addition, it can become a jack-of-all-trades and master of none. The 9 can become moody and filled with ups and downs. Over-balance can be expressed as too dreamy and impractical or too generous for its own good.

A Note On Master Numbers - Both 11/2 and 22/4 can be read as either their master vibration or their digitated down vibration. Master vibrations represent a much higher frequency. When a 11/2 or 22/4 cannot hold the higher frequency, they will revert to either a 2 or a 4 respectively. So, also refer to the under-balanced and over-balanced aspects of the 2 and the 4 when analyzing the 11/2 and 22/4.

11/2 Habit Challenge - Illumination:

- Under-balanced - aimless, fearful of psychic abilities, submissive
- Over-balanced - extreme nervousness, misguided, obsessed

22/4 Habit Challenge - Master Builder:

- Under-balanced - lethargic, spiritless, inactive
- Over-balanced - extreme tension, overwhelmed, controlling

The purpose of pointing out the under-balanced and over-balanced traits that may occur from a Habit Challenge is to help identify possible patterns. Once identified, an individual can become conscious and work towards balancing the negative traits into a positive and creative response rather than a reactive one. We have found that once the Habit Challenge is embraced, it can then be balanced and brought into an energy which can be an impetus for success.

When working with the Habit Challenge, also pay attention to the other Core Element numbers. The Habit Challenge may be easier to balance if it has harmonious energies to help it along. If other Core Elements are Discordant, the Habit Challenge may be a little more difficult to direct into a positive and balanced resource.

Home Play

- Get your pen and pad out and refer back to the names with which you have previously been working.
- Add the letters in the first, middle, and last names together as the chart indicates.
- Note the Habit Challenge and refer to the under-balanced and over-balanced qualities above section.
- Refer back to Numerology Lesson One to see the positive intention or goal of the Habit Challenge. These balanced attributes are what the Habit Challenge wants to teach.
- Evaluate the rest of the chart looking for harmonious or discordant relationships between the Habit Challenge and the other components of the chart.
- From the information gained in the above step, create your own description of how the Habit Challenge may express itself in that specific chart.

Next Numerology Lesson

As we grow older, certain energies begin to blend together and take on their own identity. From this occurrence, "The Maturity Number" is revealed. In Lesson Fourteen we will discuss the Maturity Number in detail, the value within it, and when to expect its influence. Most of us would like to know about possible future influences. The Maturity Number will give you clues and something to look forward to.

Numerology with Heart eBook

14 - The Maturity Number

Introduction

In this lesson we feature a major element in Numerology called the Maturity Number. This vibration is something to look forward to in our latter years. Blending two Core Elements creates the Maturity Number. Some Numerologists call this vibration either the Reality Number or the Ultimate Goal Number. We prefer the Maturity Number because this vibration begins to become evident in the middle range of one's life.

The Maturity Number acknowledges possible ways an individual may contribute back to the universe their unique expressions, creations, and knowledge cultivated from this life. This number is also an indicator of a meaningful, satisfying, and happy life in latter years. Therefore, as we enter the latter years of life--after gaining knowledge, learning how to balance our energies, and becoming more self-aware--this vibration engages within us and begins to express outwardly.

You might wonder when a person may begin to notice this vibration. In small children, you can sense this vibration for a few years by noticing the way they act and by observing some of their personal interests. However, the early effects of the Maturity Number usually fade because the Life Path, Heart's Desire, and Expression vibrations become more evident during the first stages of life development. Again, the opportunities the Maturity number presents usually blossom later in life.

If you are in your late thirties or early forties, you may wonder from time to time what is in store for you. Can you keep up the same energy through the rest of your life? What lies ahead and what may present itself to assist in making life easier in the future? If you are in your fifties or sixties and feeling that life has not been all that you desired, or if you are just wondering where else you may find happiness, opportunity, and satisfaction, look toward the Maturity Number for guidance. These are times when the Maturity Number is ready to present itself.

Opportunities that can be found through embracing the Maturity Number's qualities are waiting to be revealed. The Maturity Number really is a promise that you charted out for your latter years. It will lead you in directions where you can attain fulfillment, purpose, and reward. What a wonderful time of life and a great gift to give back to the universe!

Calculating the Maturity Number

It is quite simple to find out what your Maturity Number is. Add your Life Path Number (Lesson 4) and Your Expression Number (Lesson 6) together.

Next, reduce these two numbers to a single digit. Remember if you find the Master Numbers of either 11 or 22, there is no need to reduce them to a single digit. However, you do have the choice of embracing the opportunities found in the 11 or the 2 if an 11 is your Maturity Number. If you have the Master Number 22, you can embrace the 22 or the 4. As mentioned in previous lessons, when we have a Master Number for a final digit, it is sometimes difficult to remain at the high vibration that exists with in the Master Number. In these cases it is quite perfect to identify with the other number.

The Life Path Chart

Life Path Chart		
November	26th	1953
11 is 11/2	$2 + 6 = 8$	$1 + 9 + 5 + 3 = 18$
11/2 (Master Number)	8 (already one digit)	$1 + 8 = 9$
$11/2 + 8 + 9 = 19$		
$1 + 9 = 10$		
$1 + 0 = 1$ Life Path		

The Expression Chart

The Expression Chart																	
BARBARA ANN KELLY																	
B	A	R	B	A	R	A		A	N	N		K	E	L	L	Y	
2	1	9	2	1	9	1		1	5	5		2	5	3	3	7	
25/7						11/2						20/2					
First Name: 7						Middle Name: 11/2						Last Name: 2					
25 + 11 + 20 = 56																	
5 + 6 = 11/2 Expression																	

The Maturity Chart

The Maturity Number	
1 Birth Force	11/2 Destiny
1 + 11 = 12	
1 + 2 = 3 Maturity Number	

Numerology Chart Interpretation

Since we know Barbara's age (you always do as a Numerologist!), we can tell that the influence of the Maturity Number is already present. She may even be wondering where she can find new directions for opportunity, growth, and satisfaction in her life. In addition, she may be wondering what lies ahead for her latter years.

Knowing that she has a 3 Maturity Number should give her much encouragement. It wants to bring qualities of joy, creativity, and pleasure throughout her latter years. This Maturity Number wishes to lighten up her life. If she has felt burdened or that complexities have kept her from feeling free, this vibration surely wants to simplify her life and point her in a direction of what really matters! We have a feeling that life will present her with opportunities to embrace some of the simpler joys of living. More expression wants to come into her life--more play, friends, and creative outlets. She may have to watch to not scatter her energies, but by the time a person expresses their Maturity Number, they usually have learned how to balance the energies found within the numbers.

Home Play

- Get your pen and pad out and refer back to the names with which you have previously been working.
- Refer back the Life Path calculations in Numerology Lesson Four and the Expression calculations in Numerology Lesson Six.
- Now add the two Core Elements together to find the Maturity Number.
- Refer back to the number chart in Numerology Lesson One to identify the opportunities that may lie ahead in the years to come.
- Compare the Maturity Number and the Heart's Desire number and discern how they complement each other.
- From the information gained in the above step, create your own description of how the Maturity Number may express itself in that specific chart.

Next Numerology Lesson

Have you ever noticed how life seems to run in cycles? In Numerology Lesson Fifteen we discuss a major influence called "The Personal Year". Within the Personal Year we also have Personal Months and Personal Days. In the next lesson you will learn how to calculate these events and understand their significance. As they say, "Time is everything" and the Personal Year, Personal Month, and Personal Day can assist you in timing the events of your life.

Numerology with Heart eBook

15 - The Personal Year

Introduction

In previous Numerology lessons we learned the essentials that describe our character, motivations, and opportunities. Now let's go one step further and find out how one's individual nature is affected by the timing of events and cyclic influences that exist in a Numerology Chart. In Numerology there are two types of Cyclic Vibrations:

- Key Cyclic Vibrations
- Personal Cyclic Vibrations

Through the next several lessons these various vibrations will be the topic of discussion. In this lesson we feature the Personal Cyclic Vibration of the Personal Year. Since the Personal Month and Personal Day are part of the Personal Year, we'll show you how to calculate them as well.

The Personal Year is a vibration that you can immediately recognize and receive benefit from. Have you ever noticed how during some years you felt very restless and eager to begin new undertakings? Or that in other years you felt quite content to stay at home, work on your environment, and focus on your family. Then again, some years you might have felt like you were letting go of much with which you previously identified and that you felt anticipation about the future. What we are describing is the influence that The Personal Year can have on you. We really do create our lives with a certain rhythm and there are optimal times to initiate new tasks.

The Personal Year's rhythm is based on the vibrations of 1 - 9. The Personal Year is the most illuminating when you are facing a decision or wanting to know the probability of certain events. Each year you work through one of the nine Personal Years since the Personal Years run concurrently. They start on January 1st and continue through Dec 31st. At the end of the year you begin the next Personal Year. For example, if you are in a 9 Personal Year this year, on January 1st you will enter a 1 Personal Year.

Just as we have an individual Personal Year vibration, there is also a Universal Year that describes the general planetary vibration during the entire year. The Universal Year runs with our calendar year. It is quite simple to calculate:

- Add the numbers of the current year
- Reduce them to a single digit from 1 to 9

Sometimes in a 2 year the Master Number of 11 will be present. Be sure and add correctly to make sure you get the correct number. The same is true in a 4 personal year; the Master Number of 22 may be present.

Universal Year Chart

Using the Year of 1999 for our example:

1999
$1 + 9 + 9 + 9 = 28$
$2 + 8 = 1$ Universal Year

Using the Year 2000 as our example:

2000
$2 + 0 + 0 + 0 = 2$
2 Universal Year

Personal Year Chart

Now that we know the Universal Year, we are ready to calculate our Personal Year. To figure out what your Personal Year is, add your month and day of birth to the Universal Year.

Birth Month + Day of Birth + Universal Year = Personal Year

Personal Year Vibrations

The Personal Year embraces each number's individual qualities and applies them as the energy needed to initiate, cultivate, expand, progress, and eventually reaps the rewards of a cycle of experience. The individual energies within each number express themselves in a natural organic rhythm that cultivates human potential and growth. To refresh your memory Numerology Lesson One describes the numbers in greater detail.

It makes sense that a 1 would lead our experience and a 9 would conclude, holding within it the knowledge, compassion, and understanding gained from a full cycle of experience. Once we conclude a full cycle through the 9 Personal Years, we start all over again. The following definitions will give you some guidance in how to apply each number's energies to the direction contained in a Personal Year.

1 Personal Year:

This is a new beginning time. Embrace courage, openness, and initiate new ideas. Energy is behind you supporting new directions, self-definition, and new ideas. Follow your dreams and begin cultivating what really motivates you. It is not a time to wait around as you could miss out on what this year has to offer. You really are setting the pace for the next nine years.

2 Personal Year:

This year requires cooperation, patience, and continued development of what you began last year. Time is needed to put everything into motion. Continue to focus on your motivations and step-by-step progress so that what you began last year can further develop. Relationships are also an area of focus throughout the year.

3 Personal Year:

This year wants to expand your life and focus. It brings increased activity and recognition. Enthusiasm moves into the picture. You may find yourself quite busy with more social interaction. Seeds can be planted in the hearts and minds of those around you. If too many directions confuse you, pick the one that excites you the most. Expression and Creativity are highlighted.

4 Personal Year:

Organization is key in this year including continued development and focus. You may feel a little restricted in some ways but keep in mind the reward ahead from your efforts. This is a foundation year and asks you to finish details where continued support is needed.

5 Personal Year:

This year promises rewards and progress from what you developed the previous four years. Often opportunities come your way to advance in various directions. The year asks for flexibility, and may bring some risks, but rewards are what the year wishes to bring. Sometimes relationships at a distance and travel are highlighted.

6 Personal Year:

Relationships with family, friends, and co-workers are key this year. The spotlight shines more on domestic matters. Love interests are often highlighted as well as the passion that connects us to our creativity. There is also a focus on self-love, connection, and nurturing.

7 Personal Year:

This is somewhat of a sabbatical time. Much is gained through reflection and personal refinement. You may want to ask yourself some important questions like what your Life Purpose is and what you want your life to be like. It is a time for seeking a deeper understanding into your inner nature. Solitude is often needed in order to quiet your mind and get in touch with what really matters to you.

8 Personal Year:

After the reflection of last year, it is time to move from the inner world into the outer world and manifest in greater ways what you have been working toward during the last seven years. Material issues, career, and worldly accomplishments come to the forefront. Organization is again important and monetary gain is possible.

9 Personal Year:

Much like the 7 Personal Year the 9 invites you to pay special attention to your inner world. You have graduated from a cycle of experience. It is a time for completing many areas of experience so that you can move freely into the next cycle ahead without carrying forward outgrown or unneeded baggage. There is a letting go of the old, as anticipation of future possibilities exists within you. Gratefulness and compassion are especially important at this time.

11 Personal Year:

Unless Master Numbers are noted in the Core Aspects of the individual's chart, the 11 Personal Year is usually approached as a 2 Personal Year. In the case where the 11 is embraced, it would benefit an individual to utilize their intuitive, spiritual, and inspirational talents to direct their affairs. Contribution to humanity and inspiring others is usually part of the agenda.

22 Personal Year:

Again, unless Master Numbers are evident in the Core Aspects of an individual's chart, it is quite difficult to approach the year, as a 22 would indicate. Therefore, the 4 would direct the energies. If the 22 is embraced, you can expect much to be accomplished since this Master Number wants to create on a large scale. Like the 11, the 22 requires a certain devotion to the well being of others and the goodness of humanity. A universal approach is necessary to fully engage in this Master Number vibration.

Personal Year Example

November 26th + Current Universal Year
11 + 2 6 + 1999
11 + 8 + 1 = 20/2 Personal Year

Using the example of Barbara's Birthday, we note that she is in a 2 Personal Year. By referring to the Personal Year descriptions, we know that she is in her second year of a new cycle that began last year. The best way to direct energies this year is to further develop the ideas that she aspired to last year. Patience and time are her tools along with the cooperation of others. A 2 Personal Year also highlights friendships and relationships. When doing a chart, always note when the Personal Year corresponds with a Core Element or any other major element. Because Barbara's Destiny is an 11/2, this year may further her along with opportunities that are part of her most beneficial life experiences. This is a splendid time to enjoy a more relaxed pace. The 3 Personal Year that follows will certainly pick up the pace!

Personal Months and Personal Days

Within our Personal Year we also have Personal Months and Personal Days. A Personal Month or Personal Day is similar in vibration, however its meaning is tailored to the actions of the particular number represented for the month or day. In other words, you would apply the same qualities that are noted in the examples previously mentioned to a monthly or daily experience.

Personal Month Chart

It is simple to calculate your Personal Month. Now that you know what your Personal Year is, add it to the current month and you have your Personal Month vibration. We will use the month of May and Barbara's Personal Year for our example.

May + 2 Personal Year

5 + 2 = 7 Personal Month

Because Barbara is in a 7 Personal Month in May, we know that the month requires deeper reflection and analysis to further her along in her 2 Personal Year. During the month of May, refining ideas and projects, continued personal development, and educating herself in areas that represent her goals will add to the development of her 2 Personal Year and this cycle of her life.

Personal Day Chart

Each day of the month has its own Personal Day vibration for each individual. To find a Personal Day, add the Personal Month to the calendar day in question. Again using Barbara for an example, and the random date of May 13th, we would find her in an 11 Personal Day. Remember to apply the Master Number comments above.

Personal Month + Current Day Digit
7 Personal Month + (Current Day = Example: May 13th) 13/4 = 11 Personal Day

This day is a good one for spiritual pursuit and self care. It is also a grand day to pay attention to intuition and creativity. Perhaps an opportunity will present itself to help a friend or share a delightful experience. It could also be a day that requires a little patience in some ways, because it is a more internal day than one that is externally demanding.

The vibration found in your Personal Day can help you determine when it is a good time to initiate a direction, sleep in and take it easy, help others, travel, rest, study, etc. Of course, planning our life wholly by what is represented in the Personal Days isn't realistic. However, we can get a good idea of how our energy might flow each day and how to best utilize the energies available.

Summary

Firstly, note and pay attention to your Personal Year. The force of the year is best realized in the months between March and September. September is the month where the Personal Year will be most evident. Why? Because September is a 9 (the 9th month) and when you add 9 to any other number, it will always digit back down to the other number. Check it out! Therefore, September will mirror the vibration of whatever Personal Year you are in. Then the last three months of each year begin to prepare you for the coming new year.

Secondly, note your current Personal Month. This will help you plan and time various stages throughout the year. Lastly, note your Personal Day. For example, on some days you will need extra time to reflect throughout the day, where other days you will feel eager to accomplish and get things done.

Home Play

- Get your pen and pad out and refer back to the names with which you have previously been working.
- Refer back to the Life Path calculations in Numerology Lesson Four to identify the birth dates of each individual.
- Refer back to the number chart in Numerology Lesson One to identify the energies that each number represents along with the explanations given in this lesson.
- Figure out the Personal Year for each person and note if it corresponds to any of his or her Core Aspects.
- Next, Calculate their Personal Month and note how their year progresses.
- If desired, also note the Personal Day and how to best take advantage of its energies.

Next Numerology Lesson

Now that we understand the timing of our Personal Year--including the Personal Month and Personal Day--in Numerology Lesson Sixteen we will apply this knowledge to four major Key Cyclic Vibrations in our life. These cycles, called "The Pinnacles", are essentially road maps. They express four major phases of living and indicate the direction you will travel during these phases. The Pinnacles have much to offer, so remember to investigate the next lesson in order to discover what is ahead for you.

Numerology with Heart eBook

16 - The Pinnacles

Introduction

The Pinnacles are Key Cyclic Vibrations and represent four major cycles of life. In this Numerology lesson we discuss these four main periods of experience and show you how to calculate them as well as interpret them. The Pinnacles are essentially road maps of experience. They give us an outlet to experience our Core Aspects from the beginning of our life to the time we depart.

By paying attention to the Pinnacles, you receive direction and the benefit of added clarity. The Pinnacles are a cyclic energy that wants to deepen your life's experiences. Each Pinnacle represents a period of development and is accurate in its timing. It assists you in cultivating fulfillment and your life's destiny and purpose.

The Pinnacles are based on nine-year cycles. Refer back to Numerology Lesson Fifteen. Recall the Personal Years (1 - 9) that make up a complete cycle. It takes a cycle of seven to gain insight and it takes a full nine-year cycle to create fulfillment. An example of this is the time it takes to bring a baby in the womb to maturity. This is why Numerology bases its cycles on nine. Fulfillment is present when energy is fully experienced and embraced.

Overview

First Pinnacle:

We find that the energy present in the First Pinnacle develops your character. It is there for very personal reasons. This is a time when we develop our egos and define our sense of self. You might call this the springtime of life. In latter years we often hold onto the beliefs created during this time period.

Second Pinnacle:

The Second Pinnacle represents the summer of life. The energy found in this pinnacle influences our relationships with our family members and the way we direct responsibility where others are involved. This Pinnacle represents a productive time of life and prepares us for our next Pinnacle.

Third Pinnacle:

In the Third Pinnacle, also known as "middle age", we mature and enter the autumn cycle of life. This period can be a wonderfully productive time of life and our Maturity Number often begins to make sense. We usually broaden our experiences to include a more global awareness as well.

Fourth Pinnacle:

In the Fourth Pinnacle, or the winter cycle, we embrace deeper fulfillment as we expand our awareness to include a broader definition of spiritual understanding. This is an integrative time of life. The last Pinnacle wants to bring rewards and opportunities to use the knowledge gained through our life's experience.

The Pinnacles connect you to a well-defined road map that illuminates your individual life rhythm. Consider the Pinnacles a step-by-step developmental experience that can show you how to connect the dots of your life experiences. During the first Pinnacle of experience, it's often hard to imagine the future. Much later, when a person enters their Fourth Pinnacle, it is easy to look back and see why the Pinnacles exist in their particular pattern.

Calculating the Pinnacles

The Pinnacles are found within the full date of birth. Use addition to calculate the four individual Pinnacles.

- The First Pinnacle equals the sum of the digits of the month and day of birth.
- The Second Pinnacle equals the sum of the digits of the day of birth and year of birth.
- The Third Pinnacle equals the addition of these two numbers.
- The Fourth Pinnacle equals the addition of the digits found in the month and year.

Pinnacle Chart

Using Barbara's date of birth as our example:

November	26th	1953
11/2 Master No.	$2 + 6 = 8$	$1 + 9 + 5 + 3 = 18$
11/2	8	$1 + 8 = 9$
$11 + 8 + 9 = 1$ Life Path		

The Month and Day = The First Pinnacle

$11/2$ (Month) + 8 (Day) = 19
$1 + 9 = 10$
$1 + 0 = 1$ First Pinnacle

The Day and Year = The Second Pinnacle

$26/8$ (Day) + $1953/18/9$ (Year) = 17
$1 + 7 = 8$ Second Pinnacle

Add the numbers of the first two Pinnacles together = The Third Pinnacle

1 (First Pinnacle) + 8 (Second Pinnacle) = 9 Third Pinnacle

Add the Month and Year = The Fourth Pinnacle

$11/2$ (Month) + $1953/18/9$ (Year) = 20
$2 + 0 = 2$ Fourth Pinnacle

Timing of the Pinnacles

- To calculate the timing of the Pinnacles, begin with the number 36 (which is 4 times 9).
- Subtract the digit of the Life Path from 36: This is very important for your calculations to be correct. This gives you the timing of when the first Pinnacle's influence is present. It also gives you the timing of the age when its influence ends.
- Next add 9 years to this age: The time the First Pinnacle ends. This is the period of time the Second Pinnacle will influence the life.
- Continue by adding 9 to the age when the Second Pinnacle ends: These next nine years are the Third Pinnacle of experience.
- Again, add 9 years to the age when the Third Pinnacle ends: You will find when the Fourth Pinnacle will begin and continue till the end of the individual's life.

Age Chart for Pinnacle Timing

Life Path Number	First Pinnacle	Second Pinnacle	Third Pinnacle	Fourth Pinnacle
9	0-27	28-36	37-45	46 on
8	0-28	29-37	38-46	47 on
7	0-29	30-38	39-47	48 on
6	0-30	31-39	40-48	49 on
5	0-31	32-40	41-49	50 on
4	0-32	33-41	42-50	51 on
3	0-33	34-42	43-51	52 on
2	0-34	35-43	44-52	53 on
1	0-35	36-44	45-53	54 on

With the Age Chart for Pinnacle Timing we determine in the Year of 1999 that Barbara is in her Third Pinnacle. Referring back to Numerology Lesson Fifteen we note that she is also in a 2 Personal Year. Her Third Pinnacle is also a 9 vibration. This means that she is directed in her 2 Personal Year by the influence of a 9 Pinnacle.

A 9 Pinnacle brings with it a desire to gain universal knowledge along with an interest in humankind. This is much easier to do when in a latter Pinnacle than when experiencing this vibration in as a First Pinnacle. During the next seven years--because Barbara is in a 2 year--her talents will probably want more expression. She may pursue creative hobbies as well as non-conforming lines of work. Relationships want to deepen and embrace compassion and understanding. This is a cycle that also brings closures of many kinds because it is a Pinnacle that asks a person to live by higher truths.

Since Barbara is only in her second (2) Personal Year of this nine year cycle, she is just beginning to get a feeling for what this cycle is all about. In her 1 Personal Year she knew changes were ahead and she began to prepare for them. This year changes are quietly underway as she develops her ideas and applies herself.

A 9 Pinnacle brings inspiration to live by higher ideals. Often it is a very rewarding time as well as a time of deepening. Self-care is a focus because as we develop compassion, forgiveness and understanding for ourselves, we can also support others more fully.

Summary

When applying the energy available from the number represented in a Pinnacle, keep in mind if it is a beginning Pinnacle. When applying the energy to a First Pinnacle, often the experience is about balancing the energy available. In a first Pinnacle, experiences are more related to discovering what the energy is about. In other words, the energy of a 7 as a first Pinnacle--if we personify the number in human terms--wouldn't present itself as a "master educator" or "practiced intuitive". Most likely the energy would be a catalyst to develop and trust intuition.

To provide another example, a 5 for a first Pinnacle would probably create many changes in environment and promote unsettled conditions. A 5 as a Fourth Pinnacle might attract world travel and bring contribution through public speaking or areas of global influence. It's important to match the energy of the Pinnacle to the appropriate time the Pinnacle represents.

Pinnacle Interpretations

Apply the vibration within the numbers as learned in Numerology Lesson One to each Pinnacle and its significant vibration. As you create your interpretations, keep in mind how each of the energies represented in each Pinnacle work together to create a road map of experience.

1 Pinnacle:

The individuality, leadership, and courage represented in the 1 applied to a Pinnacle encourages the individual to stand up on their own. It asks the individual to use their own wit, mind, and actions to direct their life. Often in a First Pinnacle this is a little difficult for they may not feel fully prepared to do so. The reasoning behind the presence of this vibration as a First Pinnacle may be to develop strength of character that will benefit them later in life. As a Fourth Pinnacle, opportunity may be present to be outstanding in an area of undertaking and demonstrate leadership. Another possibility is that this could create more personal direction than would be available in other periods of life.

2 Pinnacle:

During a Two Pinnacle mediation, diplomacy, and sensitivity are present. Working as a team member and cultivating balanced relationships is important. It is not a period for independence. It cultivates the ability to get along with others using the energies present within a 2 vibration. As a First Pinnacle, a child may seem over-sensitive and lacking in confidence. A parent can assist the child by working with them to build confidence and by helping them to develop their talents and abilities. As a Fourth Pinnacle, quiet pursuits and pleasant surroundings are possible. In addition, there are opportunities that include cultural and public considerations.

3 Pinnacle:

A delightful Pinnacle to pursue creative directions filled with inspiration and expression. This Pinnacle is one of the easiest Pinnacles because it isn't as physically demanding as many of the others. Enjoyment is a focus as well as pleasure. Joy is prevalent. For a First Pinnacle, it can lead to scattered energies, vacillation, and exaggeration until the individual develops greater self-definition and learns how to channel their abilities. A parent can support a child by encouraging expression and creativity. This helps build confidence and encourages direction. As a latter Pinnacle, you might be delighted to know that hard work is not the focus. Usually this Pinnacle attracts money to support the inspirational directions that are possible while its influence is present.

4 Pinnacle:

A Four Pinnacle is a time of accomplishment and building a foundation to rely on in the future. At times it may feel restrictive because there is a need to remain focused and accomplish a mission. The nature of this Pinnacle is very concrete since it uses all of the energies available in the 4 vibration. Usually hard work shows benefit because much is accomplished and put into form during this time. As a First Pinnacle, a serious and practical nature will flavor ideas. It is possible that responsibilities will run high. If this Pinnacle is the Fourth, rewards will come through the contribution of effort to a worthy cause or even development of a hobby or skill. There is still more to do!

5 Pinnacle:

A Five Pinnacle creates public contact and represents unexpected activities. Often there is much freedom to move about and be a part of worldly undertakings. Usually this is not a time to stay home because the world desires your participation. It is progressive and adventuresome in nature, requiring flexibility. As a First Pinnacle, it is often difficult to focus on a direction because so many interests and ideas may seem stimulating and exciting. A parent can support a child by helping them learn how to finish tasks and teaching them the benefits of direction without stifling their many interests. As a Fourth Pinnacle, new lines of work or public undertakings can lead to great accomplishments. Experience is a great teacher and helping others to understand their experiences could be a highlight if this Pinnacle is present in the latter years.

6 Pinnacle:

During a Six Pinnacle humanitarian service flavors ones experiences. This is a time where responsibility to others is the driving force. Lines of work could include public service, healing, and even creativity-- anything that soothes and benefits humankind. Often there is a strong desire to create a family and share love. In a First Pinnacle an individual could feel a strong urge to marry at a young age. Often there is a need to feel deep connection and a desire to act out the energies held within the 6 in a family and home. Later on these same energies can broaden and benefit humankind in ways that contribute through humanitarian service. In the Fourth Pinnacle, friends and family are always present and old age brings comfort through loved ones.

7 Pinnacle:

During a Seven Pinnacle an individual will be asked to get in touch with their individuality. This is a time of soul development. Often the seeking of spiritual direction, deepening of intuitive ability, and self-definition are important for cultivating a deeper experience of human intention. Spending time alone can be very important. A person with a Seven Pinnacle often contributes knowledge through research and perfection. If a young child experiences a 7 as a First Pinnacle, they may seem somewhat detached and may be considered "gifted". A parent can help them by making sure education is provided and by supporting them to feel like they fit into the world. As a Fourth Pinnacle an individual may decide to teach others the knowledge that is available through understanding the connection of body, mind, and spirit.

8 Pinnacle:

An Eight Pinnacle is a time to manifest material attainments. This can include business responsibility as well as managing professional affairs. Recognition is possible through steady repeated effort. Sound judgment comes in handy as well as understanding the needs of people. Even though this vibration has its place in the material world, the spiritual world wants to be incorporated. As a child experiences an 8 for a First Pinnacle, expect them to be ambitious and have a taste for the finer things in life. Usually they start working at a young age and are eager for responsibility. When experienced as a latter Pinnacle, management of property, money, and possessions will still require sound judgment. Status and recognition are also possible.

9 Pinnacle:

The Nine Pinnacle fills life with beauty, art, and creative inspiration. Universal knowledge and understanding flavors this Pinnacle. Often philanthropy fills the heart of the individual experiencing this cycle. Unless the individual has developed experiences creating a compassionate and forgiving nature, this Pinnacle may bring many ups and downs to help them attain a deeper universal understanding. There is somewhat of an unconventional nature present with this vibration. As a First Pinnacle, the individual usually learns through their life experiences and they often leave something behind so they can move forward with greater knowledge. Their talents want to be cultivated during the presence of this Pinnacle since a 9 embraces all experience. During any Pinnacle, and especially as a Fourth Pinnacle, money, wealth, love, and recognition are all possible for those who follow their heart.

11 Pinnacle:

Refer back to the Two Pinnacle. Usually when an Eleven Pinnacle is present it will be experienced as a Two Pinnacle. If experienced as an Eleven Pinnacle, the person will gain through experiences of faith and spiritual connection. Interests and activities that require spiritual practice will be prominent. You may find other Master Numbers in their overall chart.

22 Pinnacle:

This Pinnacle is quite rare to experience in its full potential. Usually the individual will experience this Pinnacle as a Four Pinnacle, especially if this is their First Pinnacle. If they are able to hold the vibration of a Twenty-Two Pinnacle--through the nine-year cycle-- they will continually work to attain a goal that is very vast in its nature. Their vision wants to touch many lives and they are usually channeling a "collective intention". It may even take them a lifetime to achieve this type of goal, as other Pinnacles will be set in motion to support this achievement.

Home Play

- Get your pen and pad out and refer back to the names with which you have previously been working.
- Refer back to the Birth Force calculations in Numerology Lesson Four to identify the birth dates of each individual.
- Refer back to the number chart in Numerology Lesson One to identify the energies that each number represents along with the explanations given in this lesson.
- Figure out the four main Pinnacles for each person.
- Note if any of their Pinnacles correspond to any of their Core Aspects.
- Note the Personal Year that they are currently in within the Pinnacle's nine-year cycle. Play with synthesizing the energies of the Personal Year with the nine-year cycle of the Pinnacle.
- Lastly, examine the other Pinnacles and note how they combine to create a life road map.

Next Numerology Lesson

Coinciding with the Pinnacles are Key Cyclic Vibrations called "The Challenges". Life would be dull without incentives and the Challenges help us strengthen our weaknesses. They are actually an impetus to success. In Numerology Lesson Seventeen you will learn the secrets within your Key Cyclic Challenges. Once the Challenges are embraced and become a living practice, victory and success is assured.

Numerology with Heart eBook

17 - The Challenges

Introduction

In the last Numerology lesson the Pinnacles, which are Key Cyclic Vibrations were discussed in detail. This lesson features the Challenges. The Challenges are also Key Cyclic Vibrations and run concurrently with the Pinnacles. Just as the Pinnacles present a well-defined road map, so do the Challenges. However, the Challenges represent a different aspect of the path.

With the Pinnacles we see the road ahead. We can attain a good idea of where the road is headed. If we use the metaphor of taking a walk, we can relate the Pinnacles to the path on which we walk to get to our destination. The Challenges represent the twists, turns and potholes in the path along the way. At first the obstacles appear as something to overcome. However, while walking the path and becoming conscious of the imperfections, the Challenges actually begin to enrich our experience. Learning how to maneuver is an impetus for a successful and an enriched experience.

The Challenges first appear to do just that, challenge us. Yet they are actually incentives that lead us to victory. They call on us to develop skill and talent. It is important not to try and overcome the Challenge but instead to actually become it! They point us to habits that wish to be redirected thus helping us to continually evolve. The Challenges and Pinnacles go hand in hand. Once you determine the current Pinnacle, always look toward the Challenge to discover what else there is to learn.

The Challenges are based on nine-year cycles and run concurrently with the Pinnacles. Please refer back to Numerology Lesson Fifteen. You will recall that the Personal Years of 1 - 9 make up a complete cycle. You can combine these two Key Cyclic Vibrations--The Pinnacles and Challenges--with the Personal Year to attain an understanding of the range of experiences possible in a given year. Just as with the Pinnacles, the Challenges also express differently depending if they are the first, middle, or last cycles of development.

Types of Challenges

There are essentially three types of Challenges that extend through a person's life:

- Outstanding Challenges
- Mixed Challenges
- Cipher Challenges. Cipher is another word for "zero". A Cipher Challenge has three divisions, the single cipher, the double cipher, and the complete cipher.

Outstanding Challenges:

Outstanding Challenges are a pattern of Challenges that run through several nine-year cycles. When a specific challenge occurs two, three, and sometimes four times within a person's life, we call those Outstanding Challenges. In this case, an individual has a real opportunity to master this specific vibration. It is a major life lesson to embrace and use throughout their life.

Mixed Challenge:

The Mixed Challenge consists of a variety of different numbers bringing the development that arises from working with multiple energies.

Cipher Challenge:

Until this point in our workshop, a Cipher (zero) hasn't been used in our numerology calculations. This is because the Challenge is calculated by subtraction. Having a 9 as a Challenge is not mathematically possible because it is the highest number used and all the other numbers are subtracted from it. (More on that in a moment.) However, the cipher can actually take on the qualities of the 9.

The Cipher Challenge is the most interesting. The cipher, as mentioned, actually takes on the qualities of the 9. A Cipher Challenge is a time for experiencing all challenges or no challenges. As a person masters their nature, a Cipher Challenge gives room to draw continually from its variety. A Cipher Challenge may create a sense of lacking direction. When a Cipher Challenge runs through multiple cycles, the lack of direction can cause difficulties. In this case, look toward the Core Aspects, and other energies, to gain direction.

Challenge Type Summary

The 1, 2, 3, and the Cipher are the most common Challenges. The 4 and 5 follow, and the 6 comes next. The 6 is usually a very positive challenge. The 7 and 8 usually connect to a Cipher challenge and occur in the latter cycles.

A Challenge requires you to apply the energies found within the number developing the energy as an asset. In other words, learn to cultivate the skills available within the number and apply them to everyday life. Remember to embrace rather than try to overcome the forces at hand. In this way the Challenge combines with the Pinnacle and ensures success.

Calculating the Challenges

In calculating the Challenges, we combine the same numbers found in the Birthday. Instead of using addition, as with the Pinnacles, we use subtraction to find the Challenges.

Always subtract the smaller of the two numbers from the larger number. Remember a nine Pinnacle is never found as a challenge because it is the highest number used and all the other numbers are subtracted from it.

Note: Master Numbers are not used in calculating Challenges. When finding a Challenge, reduce Master Numbers to one digit before subtracting.

- The First Challenge is the difference of the month and day of birth.
- The Second Challenge is difference of the day of birth and year of birth.
- The Third Challenge is the difference of the First Challenge and the Second Challenge.
- The Fourth Pinnacle is the difference of the month and year.

Challenge Chart

Using Barbara's date of birth as our example:

November	26th	1953
11/2 Master No.	$2 + 6 = 8$	$1 + 9 + 5 + 3 = 18$
11/2	8	$1 + 8 = 9$
$11 + 8 + 9 = 1$ Life Path		

Subtract the Month and Day = The First Challenge

8 (Day) - $11/2$ (Month) = 6
6 = 1 First Challenge

Subtract the Day and Year = The Second Challenge

$953/18/9$ (Year) - $26/8$ (Day) = 1
1 = Second Challenge

Subtract these two numbers from each other = The Third Challenge

6 (First Challenge) - 1 (Second Challenge) = 5 Third Challenge
--

Subtract the Month and Year = The Fourth Challenge

$1953/18/9$ (Year) - $11/2$ (Month) = 7
7 = Fourth Challenge

Timing of the Challenges

To calculate the timing of the Challenges, follow the same instructions found in Lesson Sixteen. For your convenience, the age chart is included in this lesson.

Age Chart for Challenge Timing

Life Path Number	First Pinnacle	Second Pinnacle	Third Pinnacle	Fourth Pinnacle
9	0-27	28-36	37-45	46 on
8	0-28	29-37	38-46	47 on
7	0-29	30-38	39-47	48 on
6	0-30	31-39	40-48	49 on
5	0-31	32-40	41-49	50 on
4	0-32	33-41	42-50	51 on
3	0-33	34-42	43-51	52 on
2	0-34	35-43	44-52	53 on
1	0-35	36-44	45-53	54 on

With the Age Charts for both Pinnacle and Challenge timing, we determine that in the year of 1999, Barbara is in her Third Pinnacle and Challenge. By referring back to Numerology Lesson Fifteen, we can note that she is also in a 2 Personal Year. Her Third Challenge is a 5 vibration along with a 9 Third Pinnacle.

Many times a 5 Challenge compliments a 9 Pinnacle. This combination occurs frequently. We find that the 5 Challenge creates more exposure to other professionals and to the public. Through these encounters, tools for self-awareness, healing, and personal empowerment are all possible. The 9 Pinnacle is drawn to universal understanding, so this combination is quite creative where possibilities are concerned. The energy can aid the individual and others with whom they come into contact.

With this Pinnacle-Challenge combination, Barbara will attract numerous opportunities to grow personally in the next few years. During the next seven years--because Barbara is currently in a 2 Personal Year--as her talents express themselves more, she will also develop relationships in broader ways. The 5 Challenge will broaden her sphere of influence as well as expand her sense of community.

Challenge Interpretations

Apply the vibration within the numbers as learned in Numerology Lesson One to each Challenge and its significant vibration. As you create your interpretations, keep in mind how each of the energies represented in each Challenge work together with the concurrent Pinnacle and current Personal Year.

1 Challenge:

Feelings of opposition and difficulty with authoritative figures may be dominant. This is a time to cultivate will power and learn to trust yourself. Avoid trying to overcome the actions of others. Develop a greater sense of personal identity and apply your original ideas, wit, and adventuresome spirit.

2 Challenge:

This is one of the most common challenges. Sensitivity is a human element and wants to enhance the quality of life. When suppressing this energy, shyness and lack of confidence results. This is a time to allow feelings and emotions to teach us more about what is within us. Cultivating sensitivity helps us apply knowledge and understanding leading to the harmony and balance.

3 Challenge:

Expression may feel misdirected or repressed until this challenge is recognized. By embracing the 3 energy, cultivation of talent and skill may result in many creative endeavors. Explore the talents and allow them to express and redefine themselves. Speak up, share ideas, and meet and mingle with others.

4 Challenge:

This Challenge usually comes as a latter Challenge. Its gifts are a sense of value and the ability to put an idea or concept into form. This is a time to manifest and attain a result. Direction is evident. It asks you to apply the energies of the 4 to a cause of purpose.

5 Challenge:

This number as a Challenge creates a public life. Freedom and flexibility are important and the world wants to gain from the participation of an individual with this Challenge. Sometimes remaining grounded and keeping a sense of direction can be difficult. Remember to give things time to mature before pulling up roots.

6 Challenge:

This Challenge brings service and often with it a chance to heal, teach, and experience all that mankind can appreciate through the finer senses. Appreciation in all forms is highlighted. Whether this time is devoted to learning how to appreciate and love oneself, or is focused on others, the responsibility of love and all that it embraces is at hand. This also may be a time to experience domestic affairs in whole new way.

7 Challenge:

With this Challenge comes a feeling of separation or a sense of detachment. It offers wisdom, knowledge, and understanding, which can ease the illusion of aloneness. Sometimes an event buried from the past wants to be healed and, through awareness, release can occur. Refinement and cultivation can lead to great achievement and contribution in the world as well.

8 Challenge:

This Challenge asks the parts of ones nature holding onto judgment to learn discernment as well. It is time to check motives, beliefs, and begin to see the big picture rather than just one side of any given situation. In addition, if energies are applied to meaningful enterprises, attainment and recognition can follow.

Cipher Challenge:

As mentioned above, this Challenge represents all Challenges or no Challenges. It is not uncommon for this challenge to span more than one cycle. It cultivates choice in the individual to either coast along or embrace a benevolent attitude. Embracing the latter, with compassion and a sense of direction, contributes to the world and life brings much reward and promise. The person with this challenge has an opportunity to make a difference in the world in wonderful ways.

Home Play

- Get your pen and pad out and refer back to the names with which you have previously been working.
- Refer back to the Life Path calculations in Numerology Lesson Four to identify the birth dates of each individual.
- Refer back to the number chart in Numerology Lesson One to identify the energies that each number represents along with the explanations given in this lesson.
- Figure out the four main Challenges for each person.
- Note if any of their Challenges correspond to any of their Core Aspects.
- Note the Pinnacle that runs concurrently with the Challenge and the possible ways they could interact.
- Note their Personal Year in relationship with the Pinnacles and Challenges. Play with synthesizing the three energies after defining them independently.
- Lastly, examine the combinations of the other Pinnacles and Challenges. Note how they combine to create a life road map.

Next Numerology Lesson

Numerology Lesson Eighteen covers another Key Cyclic Vibration: "The Life Path Periods". They run long-term and represent a more general energy than the Pinnacles and Challenges. The Life Path Cycles represent a broader mission of influence. Follow along in the next lesson to learn more about what energies you will experience during the three major Life Path Periods of life.

Numerology with Heart eBook

18 - The Life Path Periods

Introduction

In this Numerology lesson, we will discuss the last of the Key Cyclic Vibrations known as the Life Path Periods. Do not confuse this term with the core Life Path number. Instead these are Life Path Periods, which are experienced in three stages throughout life and represent a broader range of influence than the other Key Cyclic Vibrations. Their presence brings a rather global influence and affects our individual natures in a less specific way. Whatever Life Path Period a person is in, they can learn from what the energies present and have to offer. Their influence helps to develop the character of the number within the person.

First Life Path Period:

The first Life Path Period begins at birth. This *developmental period* runs through youth and young adulthood. This first period is a part of life that usually includes one's school years and young adult work experiences. What a person learns during this period lays a foundation for the next Life Path Period.

Second Life Path Period:

The second Life Path Period is our most productive time of life and spans our middle years. During this middle period, the energy present typically touches our family life, career, and other areas of daily life. As we grow and experience life, the knowledge developed from our experiences influence this second Life Path Period and are available to us in later years.

Third Life Path Period:

The third Life Path Period is a time for integrating knowledge and wisdom. This period builds upon the growth and development of the first two Life Path Periods. It is a time for reflection and releasing any left over struggles or concerns.

A Numerological Allegory

Once there was a traveler who was born--just like all souls--with a mission. From the moment of her birth, a seed was planted deep within her being to walk entirely around the Earth.

She came into this life with a wide variety of latent abilities. Her time in the crib was part of her journey, as were her first attempts at crawling and her first steps. In fact, her birth was actually her first "step" on her journey.

As she grew, it was clear to any thoughtful observer that her life, like all lives, was heading toward "something" or "somewhere". As she became of age to travel outside of her community, it was with fond farewells that her loved ones expressed their parting words of love and support.

As she traveled each day, month, and year the path was constantly changing. However, what didn't change was what excited and motivated her as she walked *along* the path.

Her travels brought her into contact with many other people and, as people do, they had their own perceptions of who she was and what she was doing. Since she was well nurtured as a young girl, she knew that other's impressions of her were...well, *their* impressions.

As she was becoming more adept in her daily walking, it was also becoming clear to her that she had her strengths and weaknesses. To her credit, she continually practiced turning her weaknesses into strengths. She knew that they were not personal defects but instead were gifts placed within her being to develop her being in new ways.

She walked through the countryside. She walked through various towns, cities, states/provinces and, eventually, countries. She walked, lived life, and experienced the path. Sometimes the path was fraught with difficulties while at other times it provided sure footing under her (rather tired) feet. And yes, for all of you readers with a 7 Life Path, she occasionally enjoyed passage on ships. She's quite a person but it's too much of a stretch to say she walked on water!

After much more walking, she actually began to include continents traveled in her journal of events.

Finally, at the end of the last continent, she looked back over her travel: all of the people, places, and things. She pondered what she had added to her soul and the world in which she had walked.

Allegory Interpretation

Hopefully, at this point in your eBook learning, you were able to connect some of the elements of our traveler's story with the elements found in this Numerology course. Here's a list for your enjoyment:

- Where She's Headed: Expression
- Her Latent (and latter developed) Abilities: Life Path, Birth Day, and Intensification Points
- What Excited and Motivated Her: Heart's Desire
- Daily, Weekly, Monthly, and Yearly Changes: Personal Day, Month, Week, Year
- Impressions of Others: Personality
- Weaknesses Transformed into Strengths: Habit Challenge
- Cities Visited: The Essences and The Transits (coming up in the next two lessons)
- Regions and Countries Visited: Pinnacles and Challenges
- Continents Visited: Life Path Periods
- What She Added To Her Soul and the World: Maturity Number

Timing of the Life Path Periods

The following chart illustrates ages when Life Path Periods begin and end. The transitions from one period to the next are very gradual. The Periods always change in a 1 Personal Year, but the influences of the next Life Path Period are sometimes felt a couple years before they actually change. In the same way, a previous Life Path Period gradually fades over a period of a couple of years after the new Life Path Period begins.

Like the Pinnacles and Challenges, the Life Path determines the timing of the Life Path Periods:

- The First Life Path Period starts at birth.
- The Second Life Path Period starts on January 1 of the 1 Personal Year closest to the 28th Birthday.
- The Third Life Path Period starts on January 1 of the 1 Personal Year closest to the 56th Birthday and continues the rest of the life.

Age Chart for Life Path Period Timing

Life Path Number	First Life Path Period	Second Life Path Period	Third Life Path Period
9	0-27	28-54	55 on
8	0-28	29-55	56 on
7	0-29	30-56	57 on
6	0-30	31-57	58 on
5	0-31	32-58	59 on
4	0-23	24-59	60 on
3	0-24	25-51	52 on
2	0-25	26-52	53 on
1	0-26	27-53	54 on

Calculating the Life Path Periods

- The First Life Path Period is digitated down from the Month of Birth.
- The Second Life Path Period is the digitated down from the Day of Birth.
- The Third Life Path Period is the digitated down from the Year of Birth.
- By this point in the course, you know how to interpret the Master Numbers of 11 and 22.

Example

We begin by using Barbara's date of birth as our example:

November	26th	1953
11/2 Master No.	$2 + 6 = 8$	$1 + 9 + 5 + 3 = 18$
11/2	8	$1 + 8 = 9$
$11 + 8 + 9 = 28$		
$2 + 8 = 1$ Life Path		

Month of Birth = The First Life Path Period

November
11/2 First Life Path Period

Day of Birth = The Second Life Path Period

26th
$2 + 6 = 8$ Second Life Path Period

Year of Birth = The Third Life Path Period

1953
$1 + 9 + 5 + 3 = 18$
$1 + 8 = 9$ Third Life Path Period

By calculating Barbara's birth date we determine that her First Life Path Period is an 11/2. Because her Life Path is a 1, her First Life Path Period is felt from birth until the end of December after her 26th Birthday. The influences of the 11/2 expose her to energies represented in this Master Number. Therefore, the energies of awareness, creativity, inspiration, and developing a sixth sense are present.

Remember these influences are broad in nature. Perhaps she recognizes situations in her environment that provide examples of these qualities. But most often the impressions that are left with the individual are outside of conscious awareness. We also know that she experiences the Master Number of 11 as the single digit of 2.

The energy in the First Life Path Period lingers for a couple years into the second Life Path Period, just as the Second Life Path Period is felt for a couple years before it actually officially begins.

Barbara is experiencing her Second Life Path Period now and it is an 8 vibration. This period started on the beginning of January before her 27th Birthday and will conclude at the end of December before her 54th Birthday. The 8 vibration as her Second Life Path Period influences her productive years. The energies present themselves as environmental influences of power, authority, and leadership skills. During this productive period, her career ideas and family influences may contain these qualities. She may also notice how others use power and authority as well as how organized and efficient they are. She may examine her values and beliefs in these areas. Keep in mind that a Life Path Period provides a global influence. It subtly guides a person to notice the qualities that the vibration represents.

Barbara experiences a 9 for her Third Life Path Period. It begins in the January before her 54th Birthday. Her integrative years will guide her with the wisdom of a 9 vibration. She may desire to expand herself spiritually and creatively. The 9 holds within it universal understanding. What a nice last Life Path Period to behold. This vibration assists in addressing all areas of life since a 9 holds all vibration within it.

Final Notes

Remember to examine an individual's whole chart to see if the same vibrations appear anywhere else in the chart. Concentrations of the same energy create a greater importance to work with and understand the dynamics of the vibration.

In Numerology Lesson One we provide key words to describe the energies of each number. Please refer back to Lesson One and apply the energies to each of the Life Path Periods. Keep in mind which Life Path Period the number represents and apply the information according.

Home Play

- Get your pen and pad out and refer back to the names with which you have previously been working.
- Refer back to the Life Path calculations in Lesson Four to identify the birth dates of each individual.
- Refer back to the number chart in Lesson One to identify the energies that each number represents along with the explanations given in this lesson.
- Calculate the three Life Path Periods for each person.
- Note if any of their Life Path Periods correspond to any of their Core Aspects or other Key Elements.
- Note how the Life Path Periods could build on each other to create a path of experience.

Next Numerology Lesson

In Numerology Lesson Nineteen we will discuss "The Essences". The Essences indicate key influences to the Personal Year and how it is directed. Often sudden events are triggered by an Essence. The Essence can provide powerful insights and describe possible encounters that may last a year or two or even much longer. Our next lesson will help you determine how to gain the most from The Essences and apply them in ways to benefit your life.

Numerology with Heart eBook

19 - The Essences

Cyclic Vibrations Review

In the last five Numerology lessons you've been learning about the Cyclic Vibrations. There are two types of Cyclic Vibrations:

Key Cyclic Vibrations

- The Pinnacles
- The Challenges
- The Life Path Periods

Personal Cyclic Vibrations

- The Personal Year
- The Essences
- The Transits

Introduction To The Essences

In this lesson, you will learn how to calculate and interpret the Essences. The vibrations found in the Essences contain directions to help you receive fulfillment in your current Personal Year. You can tap into abilities that may have gone unrecognized throughout the course of the year, by paying attention to the current Essence operating in your chart. We find the Essences are very informative. When you know what your Essence is, you are more apt to use the energies available with clarity and ease.

The Essences are derived from specific letters in your first, middle, and last name. (The system will work regardless if a person has one, two, or more than three names within their complete name.) As you've learned in this course, each letter in the alphabet has a numerical vibration. Each letter *also* represents a definite period of *time*. Unlike the other Cyclic Vibrations, the Essences and Transits are found in the *letters* of your name rather than your Birth Date. These time periods are called Transits as illustrated in the following chart:

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

As you can see from the chart above, the numerical vibration assigned to a letter represents how many years the letter's nature will operate as an Essence. Let's use the name Ann as an example. The "A" operates for one year, the first "n" for five years, and the second "n" for five years. When the first letter completes its time, the next letter steps in. It takes eleven years to fully complete the time and activity in the name Ann. After the name is complete, it is repeated throughout the life.

A = 1, N = 5, N = 5
1 + 5 + 5 = 11 Year Cycle

In fundamental terms, combining letters creates names. A name can be thought of like a theme that is repeated again and again throughout a person's life. All of a person's names are individual expressions and yet they harmonize like a musical chord when combined.

Calculating The Essences

To find the Essence for any given year, create a chart following the procedure below. We've prepared a blank Transit and Essence Chart for you. Hopefully you have a printer available. If not, just reproduce it on a piece of paper.

- In the first open space in the **Year** column, place your subject's year of birth. Complete the rest of the column filling it in year by year.
- Fill in the **Age** column year by year. Remember to begin with zero in the year they were born.
- Fill in their **First Name** letter by letter in the next column. Remember to repeat the letter equivalent to the number the letter represents.
- Repeat this step for the **Middle Name** and **Last Name** as appropriate for each of the subject's names.
- Now add the numerical vibrations together followed by a slash "/" and the single digit reduction placing this information in the next column.
- Note the **Essence** for the current year.

Just like your Day of Birth, there is information in the individual numbers that make up the single digit Essence. Refer back to Numerology Lesson Five to refresh your memory since the principles are the same. Also note whether the Essence is a Karmic number or not. Refer to back to Numerology Lesson Twelve for a quick update if you like.

Age Chart for Timing The Essences

For ease of illustration, we have included only the first seventy years below in our example using Barbara's name. You can easily continue adding years to the chart. Just like the Pinnacles and Challenges, an Essence begins on the individual's Birth Date. In contrast, the Personal Year begins at the beginning of a new year (January 1st).

Year	Age	First Name	Middle Name	Last Name	Essence
1953	0	B=2	A=1	K=2	5
54	1	B=2	N=5	K=2	9
55	2	A=1	N=5	E=5	11
56	3	R=9	N=5	E=5	19/1
57	4	R=9	N=5	E=5	19/1
58	5	R=9	N=5	E=5	19/1
59	6	R=9	N=5	E=5	19/1
60	7	R=9	N=5	L=3	17/8
61	8	R=9	N=5	L=3	17/8
62	9	R=9	N=5	L=3	17/8
63	10	R=9	N=5	L=3	17/8
64	11	R=9	A=1	L=3	13/4
65	12	B=2	N=5	L=3	10/1
66	13	B=2	N=5	Y=3	10/1
67	14	A=1	N=5	Y=3	9
68	15	R=9	N=5	Y=3	17/8
69	16	R=9	N=5	Y=3	17/8
70	17	R=9	N=5	Y=3	17/8
71	18	R=9	N=5	Y=3	17/8
72	19	R=9	N=5	Y=3	17/8
73	20	R=9	N=5	K=2	16/7
74	21	R=9	N=5	K=2	16/7
75	22	R=9	A=1	E=5	15/6
76	23	R=9	N=5	E=5	19/1
77	24	A=1	N=5	E=5	11
78	25	B=2	N=5	E=5	12/3
79	26	B=2	N=5	E=5	12/3
80	27	A=1	N=5	L=3	9
81	28	R=9	N=5	L=3	17/8
82	29	R=9	N=5	L=3	17/8

83	30	R=9	N=5	L=3	17/8
84	31	R=9	N=5	L=3	17/8
85	32	R=9	N=5	L=3	17/8
86	33	R=9	A=1	Y=7	17/8
87	34	R=9	N=5	Y=7	21/3
88	35	R=9	N=5	Y=7	21/3
89	36	R=9	N=5	Y=7	21/3
90	37	B=2	N=5	Y=7	14/5
91	38	B=2	N=5	Y=7	14/5
92	39	A=1	N=5	Y=7	13/4
93	40	R=9	N=5	K=2	16/7
94	41	R=9	N=5	K=2	16/7
95	42	R=9	N=5	E=5	19/1
96	43	R=9	N=5	E=5	19/1
97	44	R=9	A=1	E=5	15/6
98	45	R=9	N=5	E=5	19/1
99	46	R=9	N=5	E=5	19/1
2000	47	R=9	N=5	L=3	17/8
01	48	R=9	N=5	L=3	17/8
02	49	B=2	N=5	L=3	10/1
03	50	B=2	N=5	L=3	10/1
04	51	A=1	N=5	L=3	9
05	52	R=9	N=5	L=3	17/8
06	53	R=9	N=5	Y=7	21/3
07	54	R=9	N=5	Y=7	21/3
08	55	R=9	A=1	Y=7	17/8
09	56	R=9	N=5	Y=7	21/3
10	57	R=9	N=5	Y=7	21/3
11	58	R=9	N=5	Y=7	21/3
12	59	R=9	N=5	Y=7	21/3
13	60	R=9	N=5	K=2	16/7
14	61	A=1	N=5	K=2	8
15	62	B=2	N=5	E=5	12/3
16	63	B=2	N=5	E=5	12/3
17	64	A=1	N=5	E=5	11
18	65	R=9	N=5	E=5	19/1
19	66	R=9	A=1	E=5	15/6
20	67	R=9	N=5	L=3	17/8

21	68	R=9	N=5	L=3	17/8
22	69	R=9	N=5	L=3	17/8
23	70	R=9	N=5	L=3	17/8

Interpreting The Essences

When interpreting the Essences, always examine their energy in conjunction with the Personal Year. The Personal Year is covered in Numerology Lesson Fifteen. Barbara was in a 2 Personal Year in 1999. The chart above shows that Barbara began a 19/1 Essence in her 1 Personal Year and the 19/1 Essence duration is two years. When she began her new Pinnacle she most likely felt very restless and eager to begin a new cycle of events in her life with the two 1's operating together in 1998. The Essence is also a Karmic vibration, which tells us that it is time for her to initiate in areas where she has held back in the past. It is time to invoke her courage and cultivate her individual talents and gifts and express them more openly. The sub-influences of the 1 and 9, which make up the 1 Essence, express need for direction and compassion.

As we look a couple years ahead, we notice that as her 9 Pinnacle progresses, an 8 Essence combines with it in her 3rd and 4th Personal Years. We imagine that the direction of the 8 Essence will help her direct her finances and material areas, as well as call on her organizational and executive abilities. She will combine these energies while expanding in her expressive 3 Personal Year and the practical 4 Personal Year ahead. She will experience all of this while embracing the non-traditional qualities of a 9 Pinnacle.

When Barbara moves into her 5 Personal Year in 2002, a 19/1 Essence comes forward on her Birthday of that year! This may also be a year for taking action with individualistic approaches. There is also the possibility of travel and change as well in a 5 Personal Year. But this Karmic Essence will require her to draw on her own talents and strengths once the Essence is fully active at the time of her birthday.

Simple Essence Interpretation

1 Essence:

New beginnings, fresh starts, new direction. An opportunity to begin anew.

2 Essence:

Cooperation and partnerships. A quiet time. An opportunity to make friends.

3 Essence:

Life becomes joyful. A happy social period. An opportunity to be creative.

4 Essence:

Hard work and self-discipline. A practical period. An opportunity to achieve stability or put down roots.

5 Essence:

Surprising changes. Freedom is sought. Communication is enhanced. An opportunity to try something new.

6 Essence:

Responsibilities taken on. Creativity is expressed. An opportunity to achieve a well-balanced life.

7 Essence:

Inner knowledge gained. Study or meditation enhanced. Opportunity to find spiritual path. Unexpected victories.

8 Essence:

Goals can be reached. Deserved rewards arrive. An opportunity to become more independent.

9 Essence:

Emotional period. Something ends. Idealistic time. An opportunity to gain understanding.

11 Essence:

Spiritual awareness and advancement. Inner development. Friendships and teamwork highlighted.

22 Essence:

Work to do. Concrete plans relating to major undertakings. Desire to contribute.

Summary

We hope that you are beginning to see how the various Cyclic Vibrations work together and create unique pathways of opportunity, which embraces our individual natures. These pathways bring us experiences so that we can develop, grow, express, and experience life more fully.

Home Play

- Get your pen and pad out and refer back to the names with which you have previously been working.
- Refer back to the Birth Day calculations in Numerology Lesson Five to refresh your memory on the sub-influences.
- Refer back to the Karmic Numbers in Numerology Lesson Twelve so that you can determine if any of the Essences are Karmic.
- Refer to your completed Chart that you just created.
- Note the Essence and combine the direction of the Essence with the Personal Year.
- Now combine those two energies with the Current Pinnacle and Challenge.

Next Numerology Lesson

In Numerology Lesson Twenty we will discuss "The Transits". They further describe key influences to the Personal Year and how it is directed. They can provide powerful insights and describe influences that may last a year or two or even much longer. Continue reading to step deeper into your Personal Cyclic vibrations and find out what is in store for you.

Numerology with Heart eBook

20 - The Transits

Introduction

The individual letters of the alphabet combine together to create many different aspects found in a Numerology chart. The letters make up the Expression, Heart's Desire, and the Personality. The Growth Number, First Letter, and First Vowel are also derived from letters. We devote this lesson to the individual letters expressed as Transits.

As we learned in Numerology Lesson Nineteen, the Transits are the letters that make up a name or word. Each letter represents an influence and lasts for an equivalent number of years relative to their numerical placement in the alphabet (reduced to a single digit). Each of the Transits conveys a message.

When calculating an Essence Chart, as we did in Numerology Lesson Nineteen, we note which letter in our first, middle, and last names are influencing the current year. (Again, the system will work regardless of how many individual names are within a person's complete name.) The combined vibration equals the Essence, but each individual vibration, or Transit, also represents significant energy influences for the given year. Each Transit has an independent message while it is operating in a given year. The Transits and Essences are equal in their importance to the Personal Year and it is helpful to interpret their energies together.

To refresh your memory, the following chart illustrates the length of time each letter is active as a Transit influence:

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

Age Chart for Timing of The Transits and Essences

Let's refer back to the chart created in Numerology Lesson Nineteen. By using Barbara's name as an example, we can highlight the active Transits. Note the current year and you'll find which Transits are influencing the year in question. Each Transit lasts between one and nine years as indicated in our previous chart. Their influence starts on the subject's Birthday rather than January 1st like the Personal Year does.

Year	Age	First Name	Middle Name	Last Name	Essence
1953	0	B=2	A=1	K=2	5
54	1	B=2	N=5	K=2	9
55	2	A=1	N=5	E=5	11
56	3	R=9	N=5	E=5	19/1
57	4	R=9	N=5	E=5	19/1
58	5	R=9	N=5	E=5	19/1
59	6	R=9	N=5	E=5	19/1
60	7	R=9	N=5	L=3	17/8
61	8	R=9	N=5	L=3	17/8
62	9	R=9	N=5	L=3	17/8
63	10	R=9	N=5	L=3	17/8
64	11	R=9	A=1	L=3	13/4
65	12	B=2	N=5	L=3	10/1
66	13	B=2	N=5	Y=3	10/1
67	14	A=1	N=5	Y=3	9
68	15	R=9	N=5	Y=3	17/8
69	16	R=9	N=5	Y=3	17/8
70	17	R=9	N=5	Y=3	17/8
71	18	R=9	N=5	Y=3	17/8
72	19	R=9	N=5	Y=3	17/8
73	20	R=9	N=5	K=2	16/7
74	21	R=9	N=5	K=2	16/7
75	22	R=9	A=1	E=5	15/6
76	23	R=9	N=5	E=5	19/1
77	24	A=1	N=5	E=5	11
78	25	B=2	N=5	E=5	12/3
79	26	B=2	N=5	E=5	12/3
80	27	A=1	N=5	L=3	9

81	28	R=9	N=5	L=3	17/8
82	29	R=9	N=5	L=3	17/8
83	30	R=9	N=5	L=3	17/8
84	31	R=9	N=5	L=3	17/8
85	32	R=9	N=5	L=3	17/8
86	33	R=9	A=1	Y=7	17/8
87	34	R=9	N=5	Y=7	21/3
88	35	R=9	N=5	Y=7	21/3
89	36	R=9	N=5	Y=7	21/3
90	37	B=2	N=5	Y=7	14/5
91	38	B=2	N=5	Y=7	14/5
92	39	A=1	N=5	Y=7	13/4
93	40	R=9	N=5	K=2	16/7
94	41	R=9	N=5	K=2	16/7
95	42	R=9	N=5	E=5	19/1
96	43	R=9	N=5	E=5	19/1
97	44	R=9	A=1	E=5	15/6
98	45	R=9	N=5	E=5	19/1
99	46	R=9	N=5	E=5	19/1
2000	47	R=9	N=5	L=3	17/8
01	48	R=9	N=5	L=3	17/8
02	49	B=2	N=5	L=3	10/1
03	50	B=2	N=5	L=3	10/1
04	51	A=1	N=5	L=3	9
05	52	R=9	N=5	L=3	17/8
06	53	R=9	N=5	Y=7	21/3
07	54	R=9	N=5	Y=7	21/3
08	55	R=9	A=1	Y=7	17/8
09	56	R=9	N=5	Y=7	21/3
10	57	R=9	N=5	Y=7	21/3
11	58	R=9	N=5	Y=7	21/3
12	59	R=9	N=5	Y=7	21/3
13	60	R=9	N=5	K=2	16/7
14	61	A=1	N=5	K=2	8
15	62	B=2	N=5	E=5	12/3
16	63	B=2	N=5	E=5	12/3
17	64	A=1	N=5	E=5	11
18	65	R=9	N=5	E=5	19/1

19	66	R=9	A=1	E=5	15/6
20	67	R=9	N=5	L=3	17/8
21	68	R=9	N=5	L=3	17/8
22	69	R=9	N=5	L=3	17/8
23	70	R=9	N=5	L=3	17/8

Interpreting The Transits

When interpreting the Transits and Essences, remember to examine their energy in conjunction with the Personal Year. The Personal year is covered in Numerology Lesson Fifteen. Refer to Lesson Nineteen for the Essences.

Note the Transits operating in 1999, in Barbara's example above, are R, N, and E. The same Transits were operating in the previous year. In the year 2000, the E completes and the vibration of L takes its place on November 26, of that year (Barbara's Birthday). The R continues on and completes in the year 2002, while the N carries on until November 26th of the year 2008.

Barbara was in a 2 Personal Year in 1999. The chart above shows that Barbara began a 19/1 Essence in her 1 Personal Year and the 19/1 Essence duration is 2 years. Now let's combine the energy of initiating new ideas and developing talents (found in the 19/1 Essence) with the Transit influences of R, N, and E.

The **R** brings with it a creative and compassionate period. Ambition is highlighted but confusion can also be present. Sometimes it is hard to sort through all the options possible while sensing and feeling so much. Sometimes delays present themselves while self love is highlighted.

The **N** brings a pleasurable period with exciting events. Travel is indicated. Many changes are possible. Adaptability is enhanced and will bring opportunities. The finances can fluctuate but usually arrive at the right time. A progressive attitude can help lighten responsibilities and attract help in ways not previously thought of.

The **E** brings added freedom and possibly exciting changes. Opportunities for meeting new and interesting people may appear. Opportunity to travel or become involved in a more global approach to life is present. Sometimes this can be an eccentric period of life.

We notice that both the **N** and the **E** are 5 energies. This may add a restless quality to Barbara. Sometimes she may find it hard to finish what she has begun. She may even change ideas more frequently than usual. Because she is in a Karmic Essence of a 19/1, she may challenge herself to openly surrender and develop individual talents and interests more fully than in other times of her life. The activity in her Transits may expose her to the world in vaster ways assisting her in attracting opportunity.

Summary

Whenever we have a repeated energy, or the same letter appearing as an active Transit more than once, it can attract over or under balanced energy. In addition, when the same numerical vibration is active as a Transit more than once, as illustrated by the **N** and **E** in Barbara's chart, out of balance energies may occur. The excessive energy can always be directed by practicing awareness.

Transit Highlights

A (1 year)

Change, new starts, beginnings. A change of direction in the career, or a change in home. Creative projects begin.

AA

An over-active energy is present. Pay attention or opportunities may be missed.

B (2 years)

A slower pace is indicated. Teamwork, partnerships or love interests are favored. High sensitivity is possible. Time to balance health.

BB

Emotions could be extreme at times. A good time to learn how to center and balance.

C (3 years)

Creativity is enhanced. Social activities are highlighted. Domestic life could become stressed. A time to learn how to enjoy but restlessness could result.

CC

May desire to play too much with little accomplishment or become extremely restless.

D (4 years)

Opportunities to organize and take responsibility for one's own life. A practical, hard working period. Rest is needed.

DD

Can become a workaholic. Life can seem limiting. There is a challenge to free oneself from limiting beliefs or restrictions.

E (5 years)

Freedom is sought. Time of exciting changes and meeting new people. Opportunity to travel and possible new or renewed love interests. It can also be an eccentric period of time.

EE

May change ideas and interests too often and not yield results from application of efforts.

F (6 years)

Responsibilities are taken on. A good financial period. Domestic matters become important. Romantic interests are highlighted.

FF

Can become overburdened with responsibilities.

G (7 years)

Solitude needed at times. Tendency towards secrecy. Finances may be good. Excellent period for study and research.

GG

Spending too much time alone could alienate others or create a desire to withdraw from the world.

H (8 years)

Good period for business expansion. Financial trend is upwards. Can try too hard. Can establish independence.

HH

May become over-ambitious and encounter resulting consequences.

I (9 years)

An emotional period. Sensitivity and nervousness are heightened. Sometimes delays prevail. May be a time of highs and lows. Creative opportunities present themselves.

II

May have difficulty in getting things started because of so many distractions.

J (1 year)

A change of some sort on the horizon. Financial prospects are good. Indecisive at times.

JJ

Over activity and distraction may lead to confusion.

K (2 years)

A spiritually inspiring period. Partnerships are enhanced. Time to balance health. May attract situations needing mediation.

KK

An emotionally sensitive time.

L (3 years)

Many new friends and social events. Good time for creative purposes. Be careful not to waste opportunities by scattering energies.

LL

Over indulging in pleasure can be enticing.

M (4 years)

A practical and realistic time. Desire to work hard. Finances improve slowly. Energy levels may seem a little low at times.

MM

May have tendency to over work. Need to get enough rest.

N (5 years)

Pleasurable period with exciting events. Travel indicated. Many changes possible. Adaptability enhanced. Finances may fluctuate but appear when needed.

NN

May feel extreme restlessness.

O (6 years)

Good period for study. Domestic responsibilities accepted. Finances improve. A calm, sure period.

OO

Can become emotionally drained by the problems of others.

P (7 years)

Intellectual activities enhanced. Time spent alone is needed. Good business vibration if precautions taken.

PP

Desire to isolate from the world.

Q (8 years)

Good time for Finances to improve. Unusual business ventures favored. Eccentric time. Tactful communication is important to maintain understanding.

QQ

May be judged as over-eccentric by others.

R (9 years)

A creative and compassionate period. Ambitions are highlighted. Much confusion and emotion present. May be delays at times.

RR

Closure to many events and delays are possible. Sometimes a difficult period leading to deeper understanding of self.

S (1 year)

Circumstances may change. Often surprises appear. May feel over emotional at times. An active and ambitious period.

SS

Situations may regress or revert needing more thought and attention.

T (2 years)

Possible change of home. Partnerships are likely to prosper. Important to take care of health matters. May feel more sensitive and aware than usual. Intuition is present.

TT

May feel more tension than usual.

U (3 years)

This is a creative time. Enjoyable experiences associated with groups. Pay attention to finances. Confidence may need boosting from time to time.

UU

May be a very confusing period.

V (4 years)

May progress with an important practical venture. Personal power is highlighted in this period. Possibility for outstanding achievement combined with hard work.

VV

Plans may be too ambitious to be carried out. Take caution or can become overworked.

W (5 years)

Many changes are possible. An adventurous and impulsive period. Travel likely. Interests are varied and may change quickly and often.

WW

Tendency to scatter energy over many interests may occur.

X (6 years)

Home life is enhanced. An unusual period in some ways. Public recognition is possible. Romantic and love interests highlighted.

XX

May feel a need to support others needs before individual needs are met.

Y (7 years)

A need is present to choose a direction. Solitude desired to sort life decisions. Spiritual awareness gained after confusion.

YY

May vacillate with mental confusion feeling unable to take positive action.

Z (8 years)

Fine financial prospects may reveal themselves. Business ability enhanced. May be attracted to the unusual or esoteric subjects. Domestic matters may lack attention.

ZZ

May find domestic situations a bit stressed.

Home Play

- Get your pen and pad out and refer back to the names with which you have previously been working.
- Refer back to the Transit and Essence Chart you created in the last lesson to determine the active Transits.
- Translate the definition of the Transit and then combine it with the Essence and the Personal Year.
- Now combine these energies with the Current Pinnacle and Challenge.
- To print additional blank Transit and Essence Charts, go to Numerology Lesson Nineteen for the link, print the chart, and then return here.

Next Numerology Lesson

In Numerology Lesson Twenty-One we will refer you to free Numerology Software that will assist you in calculating an individual's chart. The software will perform every calculation that you need to do an individual Numerology reading.

Numerology with Heart eBook

21 - Numerology Software

Some Words of Encouragement

First of all, we would like to sincerely thank you for taking this journey with us. Numerology has been a wonderful tool in our lives and has assisted us in helping literally thousands of people.

If you're interested in continuing to improve your Numerology skills, you will benefit greatly from practicing the techniques you have learned in this course. We encourage you to do as many readings as possible. As you play/work with various types of people, you will gain much insight about Numerology and how it can help to clarify the issues that are most important in people's lives.

Keep your numerology sessions as light and fun as you can. Let go of having to "get it right" or be perfect. Allow yourself the luxury of experimentation. Blend the logical mathematics of Numerology with your own intuition and distinctive qualities. From a Numerology standpoint, your Core Aspects form a unique set of qualities from which you can deliver your own flavor of sessions.

The Numerology Software

You can download Numerology free software from the Internet. Why did we teach you how to calculate by hand? So you would learn the basics of Numerology from the ground up. Understanding and doing each calculation by hand helps to anchor the information in useful ways. Besides, if you want to do some calculations and you don't have a computer handy, you can still be effective.

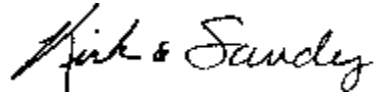
For Windows, a great program is NumerUna and you can find it by clicking [here](#) or going to:

<http://sos.netonecom.net/webpub/AstroSoftware/Edwall/edwall.htm>

We have not yet located or tested any Macintosh software but would be more than happy to list highly recommended programs. Just send us an email with the details by emailing kirk@askAlana.com.

Here's wishing great adventures and joy as you use the wonderful tool of Numerology with Heart!

Aloha,

A handwritten signature in black ink that reads "Kirk & Sandy". The script is cursive and fluid, with the names connected together.

Kirk VandenBerghe & Sandy Breckenridge
HeartCore Corporation
PO Box 370
Koloa, Kauai, Hawaii 96756

P.S. – Please make sure to tell your friends and loved ones about our Numerology Readings at 11numbers.com:

<http://11numbers.com>

P.P.S. – And make sure to visit Sandy's "Affirmation Jewelry" beColorful.com web site too:

<http://beColorful.com>

Numerology Mini-Report

Person's Full Name:

The Life Path Section:

Month:	Day:	Year
Sub-Total:	Sub-Total:	Sub-Total:
Month Total:	Day Total:	Year Total:
Life Path Sub-Total:		
Life Path Sub-Total:		
Life Path:		
Birth Day:		

The Expression, Heart's Desire, and Personality Section:

Heart's Desire:		
Vowel Sub-Total:		
First Name Vowel Total:	Middle Name Vowel Total:	Last Name Vowel Total:
First Name Vowels Translated to Numbers:	Middle Name Vowels Translated to Numbers:	Last Name Vowels Translated to Numbers:
Each Letter of First, Middle, and Last Name:		
First Name Consonants Translated to Numbers:	Middle Name Consonants Translated to Numbers:	Last Name Consonants Translated to Numbers:
First Name Consonant Total:	Middle Name Consonant Total:	Middle Name Consonant Total:
Consonant Sub-Total:		
Personality:		
Heart's Desire: + Personality: = Expression:		

The Blending Chart:

Life Path: The inner talents and abilities used throughout your life journey. They may come quite naturally or they may be experienced as lessons to help you understand and express your true nature. They are your inner resources that you will continually develop and refine in order to express your Life Purpose.

Life Path:

Qualities:

Birth Day: These are some additional talents and abilities that may come to you quite easily. The Birth Day "spices up" your Birth Force.

Birth Day:

Qualities:

Expression: These energies describe where you are headed on your journey. Look for how you can be involved with people, places, and things that express these vibrations. They are the outer expression of your Life Purpose.

Expression:

Qualities:

Heart's Desire: These qualities provide the inner fuel to accomplish your outer Expression or Destiny as you develop and utilize your Life Path and Birth Day vibrations. These energies represent your true passions and interests. They are the inner heart of your Life Purpose.

Heart's Desire:

Qualities:

Personality: This is how other people will perceive you as you journey through life. These qualities can be supportive influences that you can rely upon and that assist you in attaining what you want.

Personality:

Qualities:

Transit and Essence Chart

[illegible]

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Intensification of Numbers Chart

First Name:		Middle Name:		Last Name:	
First Name Numbers:		Middle Name Numbers:		Last Name Numbers:	
Core	Amount	+ or -	Number	Letter	Average
			1	AJS	Usually occurs three or four times
			2	BKT	Usually occurs once
			3	CLU	Usually occurs once
			4	DMV	Usually occurs once
			5	ENW	Usually occurs three or four times
			6	FOX	Usually occurs once
			7	GPY	May be missing
			8	HQZ	Usually occurs once or missing
			9	IR	Usually occurs three times