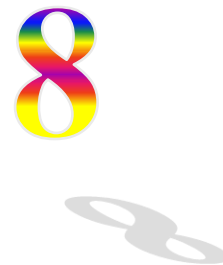


Numerology

Numbers ... Numbers ... Numbers ...



Marianne Thorne

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So many numbers; like so many signs along the way

There may not be a manual or map to life ... but there are signs!

We arrived contributing our *gift* (affecting those around us) and have been sharing our *gift* ever since; whether we are conscious of this or not. As most parents agree, each child is different and unique. And yet, we humans have so many similarities that we can learn from each other's experience. As we continue to arrive at meetings, family gatherings, shopping malls, etc, we bring our *gift* with us. Sometimes we share the positive attributes, while other times our fears are running the show. Even if we are not aware of our *gift*, others are drawing on *it*, responding to *it*, reacting to *it*. You know how it is when you meet some people and just know you can be friends, or never be friends; work with them, or not. And other people of our acquaintance just keep us wondering why they might be in our life at this point in time.

If we could simplistically represent each other as a number and have an understanding as to how each number interacts with each other, we could learn more about ourselves and our day ... would that be of any value to you? Well no doubt, that depends on which number represents you! Some of us are keen to use whatever help we can get, while others are busy just getting on with life (or avoiding getting on with it).

I have found that life can be full of distractions leaving us feeling disconnected and forgetful of our naturally chosen purposes, direction and contributions. So much so, that any purpose or direction would be useful! So, whether you find yourself contemplating a 'Higher Purpose' or a 'Life Purpose,' or not; I would like to share the numerology tricks I use to make my day, each day, fun and easy. I know some people wonder how I do this, and others don't believe it could be so easy ... it all boils down to ... choice: drama, or fun and easy? Life is full of signs indicating why there are some days that are just not fun and easy, and what that particular sign is telling us ... if we would be aware of it!

I like using numerology as a reminder of the simplicity of my life path and where I fit in with those around me, both on a daily basis and overall. I like to think I am part of a Higher Purpose, part of a *team* with a Higher Purpose, even if I don't know all the *team* players or even the goal of the *team*!

What I do know, based on my limited experience, is that when I apply numerology to my day, my business, my family, relationships, etc ... I find *my way* becoming the '*Effortless Way*' to achieving fun and easy outcomes. I do that by acknowledging my Mind which is involved in being Aware of my feelings, my Intuition. In addition to this Awareness, using numerology is how I keep my conscious mind, my ego, both entertained AND **Focused**. I find keeping the ego/conscious mind involved can be a very useful tool in personal development ... otherwise the ego subconsciously runs the show while I'm distracted dealing with emotions, running around putting out fires; dramas!!! It is a better plan to have my mind finding evidence that this numerology works. That way, the rest of me can have a relaxed, fun and easy day doing something useful toward my goals, my dreams and desires as recorded in my **Creative Goal Setting** folder. (Available at <http://www.creativegoalsetting.com/creative-goal-setting/creative-goal-setting>)

My Life Number is 11 ... so it is no surprise I find myself sharing these ideas with you!

So, why is that number significant? And how did I come up with it? First of all, you need to know the simple and neat trick to working with numbers in numerology. We split numbers and add the digits together ... not the maths they taught us at school.

Calculating the numerology of your birth date ~ Life Number

To calculate the Life Number, your natural contribution: add the numerals/digits of your birth date.

For example: 18.07.1963: $1+8+0+7+1+9+6+3 = 35$; $3+5 = 8$

or 23.05.1963: $2+3+0+5+1+9+6+3 = 29$; $2+9 = 11$... Master Number, do not reduce to 2.

or 04.01.1961: $0+4+0+1+1+9+6+1 = 22$... Master Number, do not reduce to 4.

or 29.12.1963: $2+9+1+2+1+9+6+3 = 33$... Master Number, do not reduce to 6.

To demonstrate how we may be contributing and being supported to contribute as part of any team, I have a story about a dozen people, or more, who find themselves travelling companions on a magical mystery tour. As with most group tours; different personalities are demonstrated almost immediately. In this case there is no bus driver or tour guide; this group is on its own ... it is up to them to not only get from A to B, but also decide what A and B may represent, in which direction they may find their destination, and whether they want to add purpose to this journey! There will of course be personal processional purpose ... Individual Higher Purpose ... whether they are each aware of this or not.

The Team on their Journey, Finding Their Way

Number One is a leader, simply because of their ambition and enthusiasm to constantly start with fresh, new ideas. Others are inspired by this enthusiasm and a path is formed as they are motivated purely by curiosity to see 'The Way' the Number One goes. As Ones don't really care whether others follow or not, they can lack the knack of clear communication, earning the label of arrogance. This is where the Two assists them ... thus the beginning of a *team*.

Ones can be *challenged* by their fear of loneliness, demonstrating their need for an audience; often feeling alone and/or lonely when they let this fear dominate their thinking, even when surrounded by others. Being aware of this 'air of arrogance' they use to cloak their fears, can help us break down the barriers and make their journey more fun and easy. Problem is, we need to convince them that fun and easy is indeed more fun and easy for them too! Don't rush them, they'll just run away to their oneness ... until the day they discover they can allow themselves to get involved with a bit of *spontaneous co-operation*.

Number Two makes a great personal assistant to Number One. Twos are attracted to worthwhile causes and they are keen to assist where assistance is obviously required. So they find themselves helping the Number Ones simply because Ones 'must need help out there on their own! Doesn't everyone need someone helping them?' Besides, there are others asking for directions, asking for help. So the Two steps up and establishes communication between the Leader of the group and everyone else, thus both supporting them and communicating 'Their Way' at the same time. With this excellent communication, a larger team forms, surrounding this hub of two. Ones, like everyone else have many needs, so the team forms a natural Resource base for this particular *Way* and the journey continues.

Even though the Two has created a group of friends and associates, from time to time, they are *challenged* by their fear that no one supports them in their life role of being supportive

communicators. Twos often have trouble seeing and allowing support when it is offered them. This is a tricky situation whereby Twos can find themselves emotionally separate from the very group they helped create! Only self awareness can blast through this self made wall of deception. This is because telling them falls on deaf ears; their walls of deception are designed to keep this sort of constructive support out!

Number Three senses another *Way* being carved out of *the wilderness* (just like another blank canvas). They are inspired to splash their creativity around, creating things, colours, sounds, songs, and stories out of 'thin air.' They are lighting up *Their Way*; making *Their Way* both visible and appealing to others. They are the people adding coloured ribbons, descriptive writings, drawings, and other signs along *Their Way* so others may happily, easily and effortlessly follow!

Sadly, they are often *challenged* by their fear that their work, their creativity, is not good enough, not appealing enough. When in this fearful state, they forget that all creativity is creative! There are no exceptions to this rule. Consciousness does not judge whether it is good or bad, it just is ... *creative ... enjoy!*

Number Four is the 'worker,' known for taking care of the repetitive tasks that must be done for comfort and ease along *Their Way*. Through repetition and practice, they reproduce, re-create, things required on a daily basis by us all. Think of them as the ones producing and laying the paving stones (repetitious jobs) on *Their Way*, making a *path*; making everyone's journey so much easier and more comfortable. Now we can all bring along our goods and shackles, build houses and setup enterprises, knowing that others are bound to follow where there is infrastructure developing.

The biggest *challenge* for the Four is their tendency to procrastinate when feeling overwhelmed ... the fear that there is too much to be done! Fours just want to do what they do best and get the job done, but when they need (or want) to learn a new skill that requires practice, they can sabotage their personal goal with procrastination. This is best fixed with an attitude of 'demonstration.' Demonstrating to themselves and others what they are capable of. Remind them how to create momentum, how to get started. It is in the answers to this riddle: How do you eat an elephant? One bite at a time. Or continue a journey? One step at a time.

Number Five inspires transformation in others through cheerful laughter (enlightenment = "lighten up" to Fives!) therefore they like to socialise; making *Their Way* fun and joyful by providing entertainment. They plan and mix well at parties. But entertainment can also be used as a distraction. When Fives are not avoiding their feelings and/or their reality by partying too hard, they are creating change as and when it is needed. When life is seemingly too difficult, Fives remind us we are developing our strength toward freedom of expression. Like the butterfly straining its wings to break free of its cocoon is building strength to fly – with life's struggles (negative contrasts), Fives transform and have the strength to fly, to travel among us creating a Balance of fun and cultural awareness. Fives are also like the canary down the coal mine; they're the first ones to indicate when a change is required. When *Their Way* is no longer fun and easy, Fives become restless and seek ways of avoidance. They may travel away seeking another '*Way*' or simply demand change, usually by organising a group demonstration ... another excuse for a party! And so a sense of joy and fun entertainment is also an important part of any journey.

Fives are *challenged* by their fear of change caused by forces outside of their control ... many feelings are involved when facing inevitable change. Although change is as natural and normal to life as can

be, Fives are usually more agitated by it. This fear feeling feelings can lead them into long term avoidance tactics.

Number Six mediates the many different opinions, due to their keen empathy with those around them, thus keeping the peace along '*Their Way*.' The goal of the Six is to keep everyone on the path co-operating, feeling welcome and an integral part of the team. Sixes seem to have an innate understanding of everyone's roles and the importance of each role. They are the ones who not only understand what it is to walk in another's shoes, but can also facilitate understanding between separate parties/people.

The Sixes find their biggest *challenge* in their immediate family/co-worker environment; probably because of the emotional attachment to being understood in their closest circle of influence. Their fears and *challenges* which are so often based on family/co-worker upsets and the various misunderstood ideas and opinions keep them busy worrying about their possible failure to have people co-operate. What a challenge this is in most family environments where personalities are thrust together through birth and then having to learn to deal with their differences; as compared to choosing like-minded friends and colleagues. Sixes can save themselves much anxiety by allowing everyone *Beingness* (to be themselves whatever that may be like) from which *spontaneous co-operation* evolves. Trusting that people are sharing their innate *gift*; even if unconsciously.

Number Seven focuses on and enjoys studying or contemplating the mental aspect of life. They take it upon themselves to remind *the team* of the importance of maintaining appreciation of the Higher Mind in all that they do, be and have, along *Their Way*. Sevens remind us of the concept, that whatever the outcome chosen, it must be for Highest Good of all concerned. They tell us, that even though there is no accident; that everything happens at the right time, in the right place, for the right people, and for the right reasons; that there is a Higher Purpose and that we are all part of it – we still have FREE WILL to use our discernment based on our experience/study to say "NO THANK YOU". Sevens are the ones who can see the silver linings, when the rest of us are feeling blinded by the emotional drama.

The Sevens bring great philosophical concepts to *the team* to ponder upon, yet when unconscious of their higher purpose or swamped in fear, they can bury themselves in academic study (studying only what has already been studied). Their fears, and therefore their *challenges*, are based on the apparent lack of physical evidence of their Consciousness that they can Communicate with and ask questions of ... they can lose touch with their feelings, where the proof of their Consciousness is in the *now*. Denying their feelings, using intellectual arguments to adhere to past ideas, and prove old opinions.

Number Eight is attracted to the possibility of further opportunities for creating wealth through expansion ... and they are just the ones to organise it. Eights will be in there up to their elbows burning the midnight oil organising and managing the many abundant Resources found and Created along *Their Way* by designing brilliant streamlined systems; maintaining physical abundance through disciplined thoughts and actions. They are the ones drawing up lists and duty rosters, and doing regular stock-takes and audits ... and then making improvements to these systems. As a result, everyone can travel *Their Way* in comfort, even luxury, if they want to.

Eights can harbour a fear of lack, and/or encourage systems that prey on people's fear of poverty due to the easiness of this form of manipulation. Their *challenge* is to see and allow abundance

regardless of the apparent lack of evidence of plenty in their Reality. When Eight's fear of poverty has them in its grip ... they may try to fight their way out, trying to control/manipulate things and others around them. Sadly, this is the opposite to Sharing the natural Resources already Provided by their Consciousness in the form of abundant solutions.

Number Nine is the Visionary, visualising the end result in its perfection with everything completed. Nines are also like sponges; they soak up the energy around them and amplify it. Whether they are conscious of it or not, Nines are sharing their vision, their energy, with the group. With mental telepathy, Nine's provide the vision that Ones perceive as the direction/next step of *Their Way* and *the team* feels magnetically aligned to. As Nines become aware of the tone to the energy in their surroundings they can use their Awareness to Visualise change by simply choosing a more positive and harmonious vision. There is a word of warning to be added here, such as 'beware the low tone need to manipulate others simply to get what you want'. Nines, like everyone else, benefit from being Aware of where they are at emotionally. Clutter clearing and completing projects on both the emotional and physical levels are healthy pursuits for the Nines.

Nines don't have particular fears like the others, they just have the job of remembering the power of their visions, visualisations, and that they can change these at any time, transforming any situation. Yet, they can be forgetful, daydreaming so much that they become vague, and therefore not aware of their ability to change reality.

Master Numbers also have their role in the Team

Number Eleven communicates on a higher level and on a larger scale than the Two. When they are not behaving as a Two (which they do with ease), they are acting in their other role as an Eleven, being a team representative, communicating *Their Way* to other teams on behalf of *their team* and reporting back with plans and ideas from other teams. Although much of this takes the form of sharing ideas; on a practical level, these people can contribute exceptionally well in business and community projects by communicating with key personnel of other organisations, connecting and finding ways of supporting each *team* for the highest good of all concerned. This communication, with some awareness, happens on a Higher Mental level too; a psychic 'knowing' is shared and the right people are drawn 'magically' to the right place at the right time.

Sometimes Elevens can let their fears *challenge* them by wondering if they are indeed receiving support from their Higher Mind/Consciousness. Super Conscious Support is there for all of us, but Elevens can convince themselves that this is all just hokus pokus and disallow their Intuitive Support when it comes so easily/naturally to them. Of course, the more energy they put into disallowing, the more their Consciousness complies. If they have allowed themselves to slide into depression, remind them that we only see/experience what we believe and that this too can pass with Awareness and clear Communication; asking How/What Questions of their Consciousness.

Number Twenty-Two is the engineer, designing and working on projects that offer infrastructure for the higher good of this '*team*' and others in the wider community. When they are not being a Four, they are still working; but more on designing and directing others in the installation of the appropriate paths (infrastructure) for this terrain with the available resources. Much communication with Eights is involved. Like the Eleven, they can receive information from a higher plane ... sometimes receiving solutions to their 'problems' in dreams.

Their *challenge* is a fear of lack of work, a fear that their Reality doesn't have a team requiring their services; a fear that their expertise may go to waste ... a life with no purpose is a daunting prospect for a Twenty-Two. Our purpose is happening whether we are conscious of it or not; radical trust (faith) in our Consciousness being the solution.

Number Thirty-Three is the mediator of teams. When they are not being a Six, they are doing their best helping people to understand that they can *Allow* all paths to be 'Ways'. Like the Eleven and Twenty-Two, they can receive information from a higher plane ... sometimes recalling dreams in which they are guided to help others in need of direction, understanding and empathy.

Their greatest fear and *challenge* ... is coming to terms with and allowing that this concept, of all paths are part of '*Their Way*' may never be completely understood by all. Possible solution: allow that it does not need to be understood by all. It is a big job being a mediator sandwiched between 'opposing' opinions and requires a strong faith in a 'higher truth' prevailing at the right time for the right people. Not 'The Truth' ... a *Higher Truth* that is only true in any given moment for all those present. This requires Awareness. Being Present in the 'Now,' using the innate empathy of the Thirty-Three, to feel *the effortless Way* to harmony and discovering it is through *Allowing*.

As indicated by these personalities Creating their Way, we all have a *Life Number* AND its inherent *Life Challenge*. Life is challenging us to rise above these fears that only obstruct and distract us from *Our Way*. The Life Number (as described above) indicates the essence of the *gift* we came to Share. Staying focused on our goals and neutralising any fears along the way leads us to personal mastery. The [Creative Goal Setting \(CGS\) Program](#) and [Emotional Freedom Technique \(EFT\)](#) being the cognitive behavioural techniques I use to neutralise any fears. Yet, this is the smaller of our two main challenges in life ...

When the Journey is not going smoothly? Who or what is in the way?

Life Challenge Number

Another challenge, one more specific to us as an individual, making us a little different to the others of the same Life Number, needs to be addressed for a smoother journey along *our way*. By being aware of this challenge and choosing to adopt its strengths (rather than the challenging weaknesses that comes with avoidance), you will be adding a secondary contribution to your skill base and eventually mastering this challenge for your Highest Good.

To work out our **Life Challenge** number we use a slightly different technique to reduce each number in our birth date:

$$\begin{array}{r}
 18.07.1963 \\
 1+8 = 9 \quad 0+7 = 7 \quad 1+9+6+3 = 19; \quad 1+9 = 10; \quad 1+0 = 1 \\
 = \quad 9 \quad . \quad 7 \quad . \quad 1
 \end{array}$$

Now we calculate the difference between these numbers to come up with the two Sub Challenges:

$$\begin{array}{r}
 9 - 7 \text{ and } 7 - 1 \\
 \mathbf{2} \quad \text{and} \quad \mathbf{6}
 \end{array}$$

Then we calculate the difference between the Sub Challenge numbers to discover the Life Challenge.

$$2 - 6$$

4

The Sub Challenges affect us, in that we can usually relate to them. But more importantly, the Life Challenge is one to look out for and create awareness of; thereby transforming its potential negativity.

The Life Challenge Number is already described in the above story of [The Team on their Journey](#) as their *challenge* in each Number. This more personal Life Challenge number acts as a guide to discovering our *Shadow Self*, allowing us opportunities to allow our humanness expression ... a very healthy thing to do, especially with techniques such as the [Emotional Freedom Technique \(EFT\)](#) to help us resolve the innate emotional attachments that go with our *Shadow Self*. As we find balance between our Life Number and our Life Challenge Number, we find *our Way*.

The 0 Challenge Number.

Some people have both Sub Challenges being the same number. In a similar way to the Challenge Number, they will relate to this number's influence in their life! This will result in a Zero Life Challenge Number. Zero Challenge has the job of balancing all the Challenge Numbers 1-9 and discovering the real meaning of PERSONAL RESPONSIBILITY. If you have the Zero Life Challenge Number, study all of the Team Members fears/challenges and create Awareness around each one until they transform, creating a fun and easy path for you ... this is your *personal responsibility*; making your life fun and easy!

Life has given us the resources to work all this out.

Personal Year

Our Consciousness/Reality has given us many opportunities to understand our role in life. In fact, Life has given us every year, month and day to give it a go. Life provides us with repetition as one of the best learning tools (along with experience) we are ever going to get! Yes, it is *Ground Hog Day* ... And we do have a choice how to handle each day of it!

Every nine years, we can experience our Life Number and its Life Challenge in detail again! Our job is to make it work for us, not against us! During the other eight years we can focus on how we experience the other aspects of our life. In other words, as you may have noticed when reading the story of the journey, we can all relate to each of the roles played by the team members. This is because each year we get to experience one of the nine roles (sometimes the master number roles too) in taking responsibility for our experience of life.

And not just every year; every twelve months, and every nine days ... although we need to watch out for the beginning of each month as there can be an interesting repeat or skip in the Date Number of Daily Numerology.

Working out which Personal Year we are in, and its Challenge Number, is similar to working out our Life and Life Challenge Numbers above; except we insert this year instead of our birth year.

For example: 18.07.2010: $1+8+0+7+2+0+1+0 = 19$; $1+9 = 10$; $1+0= 1$

And

Personal Year Challenge, using the subtracting method: 18.07.2010

$1+8 = 9$ and $0+7 = 7$ and $2+0+1+0 = 3$

$9 - 7$ and $7 - 3$

2 and **4**

$2 - 4$

2

Read the story of [The Team on their Journey](#) again assuming *the team* members' roles are being played out by you, one role per year. You are on your *Way* taking responsibility for your own path to realising your natural or innate contribution. And, like the Life Challenge, use your Personal Year Challenge to guide you in knowing where you are most likely to sabotage yourself this year when not using Awareness ... the key to Personal Development/Transformation.

Take a look at the nine year pattern in your life. You may find it useful or interesting to make a list of your life events with dates included. Add another column to your list for the Personal Year Number and Personal Year Challenge Number. You may be lucky enough to notice a positive upward spiral effect, whereby you have evolved, grown, through each of the nine year cycles to become wiser, happier, and more attuned to your *Way* of contributing.

Each Personal Year has an overall focus (apart from your role, your Life Number), as does each Universal Year. The Universal Year is the four digits of the year added together and reduced to a single digit or master number.

For example: 2010: $2+0+1+0 = 3$

When thinking of the Universal Year Number, which affects everyone (albeit differently depending on our Life Number and Personal Year Number) within our workplace, educational institution, professional association, and the larger community. Think of politics, international relations, community progress on civic buildings, laws, etc. For example, in 2010 the community will find creative solutions and artistic/creative attractions to be very popular. Although, some decisions may be based on the fear "not being good enough."

When applying our Personal Year Number, we discover our contribution on two levels. To our self (our personal goals and our evolution) and teams we are a part of (whether we are aware of it or not), which may be strongly reflected in the Universal Year goal. We are here to spontaneously co-operate as humans and Consciousness/non-physical Beings. Each year is an opportunity to do it differently, to improve our understanding of our selves. The following is a guide to the essence of each year:

Focus for the One Year: Starting new projects and new ideas. Beginning new phases, attitudes and looking for new outcomes. Ambition is the energy drawing us forward, giving us the encouragement to take action. Any fears of being alone or lonely can be diminished with the understanding that we are all part of a team in the human race ... we are not running alone. Our desires are linked to desires from others all round this planet and beyond. We are giving what is

needed by others, whether we are aware of this or not ... trust in this process for the highest good of all concerned is well and truly working, we just can't always see the whole picture from our human perspective. When allowing this feeling of connection we find our self inspired, doing the right thing, at the right time, for the right reasons.

Focus for the Two Year: Finding and giving support, especially for projects and ideas started during Year One. This requires clear communication and the allowing of the right people, the right resources, arriving at the right time, in the right place to support the outcome for the highest good of all concerned. Fear of having to ask for help or receive offered assistance will only be blocking the Flow of our Consciousness that also wants to see our ideas materialised. Support arrives based on our desire to achieve success. Sometimes it requires the courage of expressing what we need and want. The more support we are able to give, the more support, in many guises, flows our way. The old adage: 'the more you give, the more you get to give' applies here.

Focus for the 11 Year: Same as the Two Year, only more expansive, more encompassing of others and may include a desire to access more Communication with your Consciousness, thus receiving more Support. Be aware of the tendency to block this Communication with the Super Conscious Aspect of your Mind, which can only be limited by your level of denial of your Personal Power as Consciousness.

Focus for the Three Year: This is the year to create 'it,' our goal, our dream; materialise 'it.' We may need to review the last couple of years to draw on the best ideas and the best people (and other Resources) to Create the outcome this year. It is a year for adding creativity, using creativity, and being creative. Creating creative solutions and positive outcomes. The creative ideas are flowing ... if not, our fears are getting in the way. Any fears that our creativity is not good enough will only result in sabotaging the expansion of ideas and productivity. This creativity inspires others ... in business its positive promotion ... making others want to be involved in our project/life/ideas.

Focus for the Four Year: Task oriented. Focusing on getting the mundane repetitive tasks finished on time, every time, brings both satisfaction and positive results. It demonstrates our abilities. A productive year based on getting on with the job demonstrating what we are able and willing to do. Producing and reproducing the product of last year's creativity. Fear of getting down and getting dirty, or bored, will only cause delays, so throw off the cloak of arrogance and get back to basics. This humbling experience reminds us of our connection and similarity to others and how we are all on this Plane together. Are you practicing a new skill, learning a musical instrument, language, sport, or something similar? Be aware that you may tend to choose procrastination over practising and sabotage the goal.

Focus for the Twenty-Two Year: Same as the Four Year, yet more in the development of systems and equipment that improve the productivity from tasks being performed by yourself and your team/family.

Focus for the Five Year: A year for Change; appearing in different forms. Change handled well turns into positive transformation taking us to new heights, new paradigms, and new points of view. Sometimes we are afraid of change, afraid of leaving our 'comfort zone', yet fear of change holds us back keeping us stuck in the past. Look for what needs transforming ... it will be easier to do so this year. By choosing our 'change' challenge with awareness, we will feel empowered and more in control. Avoidance invariably results in 'change' catching us unaware, resulting in us being

distracted by drama and struggle. So, even if it appears to be a missed opportunity for graceful transformation, we often end up with the change (drama and all) whether we wanted it or not!

Focus for the Six Year: Mediation is required. We find ourselves in the role of mediator, or in need of support in the form of mediation within one or more of our relationships. Awareness will keep you out of law courts or family feuds. This is a good year for you to mediate your own disputes by understanding and allowing yourself and others' *Beingness*, the opportunity to be our self in our own unique way, while at the same time allowing everyone else to find their unique *way*, even if it is very different from ours. Interestingly, rifts within our family relationships will be highlighted this year ... as understanding, shared/communicated reality, is a requirement in all healthy family relationships.

Focus for the Thirty-Three Year: Same as the Six Year, but more expansive, involving understanding and/or mediation on a larger scale, maybe including other groups, cultures, organisations, neighbourhoods. Focusing on harmoniously finding the "Higher Thought" (the one that works for all perspectives) will help.

Focus for the Seven Year: Sabbatical ... Time to reflect and understand our Consciousness, our Mind; our connection to all that is within our Reality, and our personal decisions about the meaning of life. A great year for getting in touch with our feelings, learning the language of the body, and using this intuition to guide us in making our everyday 'mundane' existence one of purpose and passion. We may want to watch out for avoidance in the form of intellectualising, justifying our existence based on out-of-date ideas or information. The only up-to-date information at any given time is ... our feelings which can only be felt in this Present Moment. Everything else is mere illusion and can change with a new vision and/or attitude. It takes practise to experience the finer nuances of feeling; yet the benefits are sublime, a life of abundance and bliss in enjoying freedom of choice in all that we do, be and have.

Focus for the Eight Year: To get the results we really want this year, we can remember to use organisation and discipline of our self and good management of our resources. Wealth (freedom of choice and physical wellbeing) is created through a conscious disciplined use of Resources (including our Mind). Set up and improve systems by which you can manage your resources efficiently and effectively. Systems are meant to support progress and creativity, not slow it down or suppress it. In the same way, our attitude is meant to support ... if you realise you are being overbearing, too authoritarian (over controlling) ... relax and allow your Resources (that are already Provided by your Consciousness) to come forth and assist you in receiving what you want.

Focus for the Nine Year: This is the year for completions and an opportunity to fine tune our vision for our future; well, our next Nine Year Cycle at least. As next year we will be taking everything to a whole new level (based on our Progress to-date), it stands to reason that we would want to be ready; everything done, finished, cleaned up and made ready. We can clear away the clutter on all levels, physical, emotional, and mental, and travel light leaving the emotional and physical 'baggage' behind. Releasing what no longer works for us with love and care (no point creating more drama). Then make time to daydream ... dare to dream big ... visualising the best for our self, creating a positive vision. Write it, read it, evolve it and keep it handy to read and evolve even further as time goes by. Focusing on this Vision will draw, like a magnet, all that we want and need to fulfil our Vision while keeping it in focus.

The Focus for each Month

We have 3 aspects to 'study' when it comes to each month.

The **general focus** of each month, 1 - 12 every year, starting in January.

The **Universal Month**, which is calculated by adding the month, for example January to the current year: $1 + 2+0+1+0 = 4$.

And our **Personal Month**, which is calculated by adding the month, for example January to our birth year: $1 + 1+9+6+3 = 2$.

Each month in each year gives a hint as to what to focus on for 30ish days.

While holding your overall annual focus/goal (usually inspired by ideas by the end of January) in mind as your goal to achieve/receive this year. Now apply the numerology of this year's Universal Year and Personal Year to understand the how this fits in with your life and spontaneous contribution/co-operation you might make to the general community. Then apply any of the 3 types of focus derived numerologically from the month as mentioned above.

The focus of each month is similar to the [Focus of each Year](#), so I have only written them once on the Year Page.

While reading the [Focus of each Year](#), replace the word 'year' with 'month' for the first nine months of any year. Read the first three again for October = 1, November = 2 & 11 and December = 3, as these three months give us the opportunity to fine tune the outcomes of the first three months (especially useful when we get off to a slow start to any year). Then add your Personal Month calculation to the equation. No crystal balls required! You will have plenty there to go on. At the end of the day, it does not matter how many psychics, fortune tellers we go to see, it is up to us to take Personal Responsibility for our thoughts, emotions and behaviour; thus Creating our outcomes. When we have a system, which is all Numerology is, we can systematically work our way through the Right Actions of Creation.

When the year starts well, I find these three months (October, November & December) act as a 'premonition' to the first three months of next year. And I often notice November bringing in the elements of the master number 11 ... communication with other 'teams,' connecting and supporting each other for the Highest Good of all concerned. Communication with our Self, our Higher Mind, Consciousness, is heightened in November.

And there is more!

The Focus for each Day

Making plans for each day based on both the inherent universal energy of the date and our own energetic contribution to the day can bring great rewards. More going with the Flow of our Consciousness, our Mind, rather than wondering why we feel as though we are swimming against the current. Knowing the universal energy of the day (Universal Date Number) and using it is another way of receiving support from our Reality by understanding why and how others are working / playing their parts the way they are this day. Knowing what our potential contribution is, shared spontaneously of course (Personal Date Number), gives us a better chance of giving our best,

rather than unconsciously avoiding it and/or giving our worst (the inherent *challenge*) and finding ourselves upset with outcomes.

Firstly, the number from adding the 8 digits together in today's date provides the Universal Numerology of the day. This is the number to which all people are consciously or subconsciously vibrating toward on a community level ... and in which we have our inherent outcome of the date. Our Personal Daily Numerology provides an indication of the behaviour and/or attitude required in order for us to fully learn, understand, and/or produce, the outcome of the day as an individual.

To work out the Universal Date Number: add the 8 digits of the date. Then add the digits of the total until they reduce to a single digit. With three exceptions; the Master Numbers 11, 22 or 33.

For example: 23.05.2010: $2+3+0+5+2+0+1+0 = 13$; $1+3 = 4$,
29.12.2006: $2+9+1+2+2+0+0+6 = 22$... Master Number.

Personal Date Number: use today's day and month numbers, plus your own year of birth.

For example: 23.05.1963: $2+3+0+5+1+9+6+3 = 29$; $2+9 = 11$... Master Number,
29.12.1963: $2+9+1+2+1+9+6+3 = 33$... Master Number

We then integrate these numbers together establishing a Universal attitude of the date and our Personal contribution to it. Consult the following two Numerological Interpretations for a brief description. To add more depth re-read [Personal Year Focus](#) for the Universal Date and the [Team on their Journey](#) for our Personal Date. When doing this exercise on a daily basis we notice a 9 day cycle in which we continue to evolve our attitude to life.

Universal Date Numbers ~ outcome inherent in the day.

Using today's date as a **What is going on Today Guide**

Universal Date 1: inspiration, new things, beginnings, new phases, new projects, new directions ... a great day to start something as everyone will have the ambition and enthusiasm for new projects.

Universal Date 2: support, both giving and receiving love, comfort, encouragement, assistance ... and communication ... knowing we are never ever alone as we are always connected with our Consciousness/Higher Mind. Administrative details and other 'behind the scenes' details brought up-to-date and recorded. Communication established/continued with others, supporting the progress of any goals.

Universal Date 3: creativity in all forms, creative ideas, colours, music, poetry, and the acknowledgement of creativity ... and creation and harvesting. Ideas materialised, a great day to create 'it' and/or promote 'it' as creativity abounds.

Universal Date 4: work, tasks, production, (often mundane and/or repetitive) ... great day for housekeeping, bookkeeping, mowing, etc. Understanding the meditative state (like being in the 'zone') of repetitive activity ... embracing with total focus on the task at hand. Practise and repetition demonstrates your desire, intention, willingness and ability.

Universal Date 5: change, transformation toward creating balanced equilibrium with whatever else needs to be considered. Also good day for socialising, meeting new people, getting out, travel ... great day to celebrate with others, have a business opening, or sale.

Universal Date 6: family issues highlighted. Spontaneous co-operation, acceptance, and empathy comes from understanding others and their differing opinions and offerings. A great day to get to know others better, on a deeper level, communicate with encouragement and mediation as necessary.

Universal Date 7: sabbatical, Awareness of our Consciousness by being in Present Time with our feelings creates paradigm shifts toward higher purpose/understanding ... great day to share Insights and/or ask deep and meaningful questions of our Consciousness/Higher Mind.

Universal Date 8: management and organisation of resources; apply systems, routines and self-discipline toward expansion of overall wealth of ideas (intellectual property) and material things (including money – for those still into it), creating physical wellbeing for all involved.... great day for a stock-take, to pay the bills, re-organise finance.

Universal Date 9: completions; finishing tasks/projects creates a healthy void for daydreaming, visualising, brainstorming what you really want/need ~ the future vision ... great day for clearing clutter to make way for new.

Universal Date 11: give and/or receive support on a community and/or Consciousness level, contribute support to community event, cause and groups of similar interest ... feeling supported in our chosen purpose/project.

Universal Date 22: systems are created and/or improved to enhance productivity, procedures streamlined, best practises established creating continuity; making tasks easier and giving workers a higher sense of satisfaction. Tasks take on altruistic meaning, giving purpose and forming a co-operative ethic for people involved.

Universal Date 33: Community unity through spontaneous co-operation. There is opportunity for acceptance and understanding amongst groups; mediation allows progress to a lasting understanding toward a Higher Good for those concerned.

Personal Date Numbers ~ our personal contribution toward the above daily outcome.

Using today's Personal Date Number as a **What to DO Today Guide**

Personal Date 1: Leading by positive example, having the courage to try something new.

Personal Date 2: Supporting others in achieving their outcomes, results in supporting our selves.

Personal Date 3: Creating 'it' or adding creativity to enhance outcomes.

Personal Date 4: Working with a calm attitude, focused on the task at hand and practising / or repeating tasks until the job is done. This is a good day doing the boring chores.

Personal Date 5: Changing our attitude until we experience balance in emotions, thoughts, actions and outcomes. Being mindful of and celebrating our personal transformation, personal development and awareness. We feel more like being with or contacting others today.

Personal Date 6: Encouraging and understanding others with positive communication results in feeling more encouragement and understanding of ourselves.

Personal Date 7: Observing and being aware of our feelings keeps us connected to our chosen purpose/project. Good feelings let us know we are on purpose (on *our Way*), while uncomfortable feelings indicate an opportunity to change direction.

Personal Date 8: Using discipline for ourselves, being organised and using sound judgement, to take responsibility for our outcomes creating our ongoing physical wellbeing.

Personal Date 9: Completing tasks to create a void for new ideas to emerge. A great day for visualising a positive future.

Personal Date 11: Consciousness of others thoughts and ideas through networking, communicating, and sharing our information.

Personal Date 22: Consciousness of the present task and how to evolve it and our attitude to it.

Personal Date 33: Consciousness of community connectedness through spontaneous co-operation and contribution.

Day of birth/Illusion Number

Regarding the Day of birth/Illusion number (not Date of birth; just the day, without the month and year): often people see the attributes of the Day of our birth in us. For example, if our Day [of birth]/Illusion Number is Nine (after reducing double numbers down to a single digit, other than master numbers) then others will see us as a visionary and useful in gauging group temperaments. If our Life Number is different, then we would not put much significance on this attribute, even though others may pick up on it as their first impression of us. My birth Day/Illusion Number is One (reduced from 10) and I have often found myself voted to lead groups, when I'd have preferred to participate from within.

Our Day of birth/Illusion Number can be likened to a mirage drawing us away from our goal, a distraction. We become distracted doing the Day of birth action instead of our overall goal in our Birth Number calculated from the day, month and year. With a One Day/Illusion of birth, I find myself distracted by new ideas and new opportunities instead of staying focussed on my Overall Goal found in my whole birth date.

Here is a list of potential illusions, although not relevant if your Day of birth is the same as your Life/overall Goal Number as the Day number will support the Life number rather than sabotage it.

If you were born on a 1 day (1st or 10th of the month); you probably try to lead the way when being assertive, or be a loner when nervous, thereby distracting yourself from coming up with new plans and ideas.

If you were born on a 2 day (2nd or 20th); you probably try to support others (wondering why it is so consuming) and distract yourself following others when you don't need to.

If you were born on the 11th; you probably try to support causes and distract yourself following other philosophies when you don't really need to (because you can create your own).

If you were born on a 3 day (3rd, 12th, 21st, 30th); you probably try to be the creative poet, artist, writer, etc (but not see your work as good enough) and distract yourself doubting, but persisting with, your pursuit of creative methods of expression; this contradiction tends to hold you up, slowing your Progress.

4 day (4th, 13th, 31st); you may try to work at, rather than enjoy life, and distract yourself with jobs that don't inspire you.

22nd; you may find yourself delaying your overall plan, distracting yourself with the working details rather than letting go and letting your Consciousness to handle the details.

5 day (5, 14, 23); so busy travelling or socialising that you miss the balance that is inherent in your Overall Goal.

6 day (6, 15, 24); busy worrying about family and using that as a reason not to do your Overall Goal.

7 day (7, 16, 25); studying the theory, rather than demonstrating what you can do.

8 day (8, 17, 26); caught up in the discipline, sticking to a routine, you have applied to yourself, rather than experiencing your Overall Goal.

9 day (9, 18, 27); daydreaming rather than doing and being distracted by the emotions of those around you.

If you find you have been distracted by the Illusion of your birth day number, have a good laugh, as this is what it is to be human! It is the road to discovering that we need to look deeper (within) to find our true Self. Embrace all you have learnt, and focus on what you can do with this awareness of your overall Goal/Life Number! You can be Great ... which is heaps better than being good!

There may be a risk involved, you may need to face your fears, as indicated by your personal Challenge Number!

And there is more to this! The day of our birth is often how others perceive us at a glance; and they don't even know what day we were born on!!! This is because they are subconsciously picking up on our focus and acting as a mirror for us to see what it is we are demonstrating by our behaviours. They are providing feedback ... are you being given jobs, tasks, responsibilities, more in line with your Illusion/Day number than your overall Goal/Life Number?

For example, if you were born on a 1 day (1st or 10th of the month); people will often choose you to lead the way, or to come up with a plan/idea, or just leave you alone ... for too long.

If you were born on a 2 day (2nd or 20th); people will expect you to follow and/or support them with good communication skills thrown in!

3 day; they probably expect you to be creative now, to whip up a design or tune on the spot!

Etc, through the list on The Numbers page.

If you are tending toward the Illusion, you will do as instructed thinking you are doing the right thing, but feeling as though life is dealing you a bad hand! If you are focused on your overall Life Goal and they are responding to this, then you will be glad to help, it won't seem like work and time will fly while you get heaps done as you whistle/hum a little tune to yourself along your merry Way.

Other Numbers of Significance

House numbers, telephone numbers, tax numbers, bank account numbers, even credit card numbers! etc ... we can add these digits together to see how these things and/or organisations are here to help us, or how we can use this to sabotage ourselves. Isn't it wonderful how our Reality really does support us, giving us suggestions along our merry way. Our Higher Self/Consciousness, really does want our path to be fun and easy. Read the signs along *the way* and heed the warnings as provided and life can be enjoyed the *effortless way*. *The way* of fun and ease.

Use numerology to discover how home addresses support our journey to Awareness and what we can clear emotionally by resolving the fears inherent in the number. Discover how telephone numbers support our communication with others. We can have a higher understanding to our connection with the Tax Office, Bank, Credit Provider, etc ... this can be very interesting. May I recommend creating a list of these 'providers' and your numerology connection. Study the list from time to time, especially if feeling stressed by any monies owed.

What about other people's phone numbers, house numbers, business addresses ... what are we allowing/disallowing from them as we call them or visit them there?

Translating the English Alphabet into Numerology

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

The consonants in our name on our birth certificate add up to our **Expression Number** – how we express our thoughts and feelings in general. Left brain intellect.

The vowels in our name add up to our **Consciousness Number** – how we experience our thoughts and feelings, or how we feel our way, our experience of life. For some of us, this is more a subconscious aspect of life, although there are many benefits in creating Awareness of our Consciousness/Higher Mind abilities. For example, our ability to create anything we choose to focus on materialises through our connection to this Intelligent Creative electro-magnetic Force. Whether the result of our conscious or subconscious focus be a positive or negative experience is actually up to us. If we want positive outcomes then we need to focus positive attention (clear of fear, worry, anxiety, doubt, etc) with the intention of creating a fun and easy outcome. (Go to www.creativegoalsetting.com for a fun and easy ways of doing this!) The Consciousness Number is reflecting our way of using our Higher Mind to experience life.

All the letters in our name add up to the **Evolution Number** – what we came to learn from this life. Our ‘what we get’ as compared to ‘what we contribute’ as per our Life Number. This is happening whether we are conscious of this or not. So, even if we have been raised with a different name, changed our name through marriage, or are called predominantly by a nickname, this birth name is a strong influence all our life. The Evolution Number is what we are aiming to achieve mastery in, it is a higher purpose or processional goal, like a hidden agenda of our very own and is achieved through the balance of both the Expression and Consciousness Numbers.

Example using name at birth:

					5					+				6					=	11	Consciousness
	1			3	5		9		5				6	3			6				
J	A	C	Q	U	E	L	I	N	E		C	H	O	U	F	F	O	T			
1		3	8			3		5			3	8			6	6		2			
					2					+				7					=	9	Expression
																				11	Evolution

As this is the name Jacki was given at birth, she will continue learning from life long experience the benefits of being Super Consciously (or subconsciously) supported by communication with others from the larger community as well as family, she may have been aware of this psychically. As discussed earlier, Master Numbers can experience a knowingness, pick up information via mental telepathy, also known as communication on a higher plane/Higher Mind. The consonants in Jacki’s birth name are all about expressing positive visions, clearing any emotional clutter, and choosing to only absorb positive energies. These combined create her Evolution, her purpose in this name ... Eleven again; giving and receiving support on a larger community level. A powerful and wonderful role especially with the ability to express positive visions. These visions are expressed as they are thought ... verbal expression although useful, is not absolutely necessary on the Eleven’s higher level. As this is Jacki’s birth name, the essences of her Birth Name stay with her and support her Life Number of 8. Her contribution to those around her when using her ability to organise, use discipline (systems) to create physical wellbeing (wealth), are highly supported with her ability to communicate her visions.

Our names are representing energy on a much more superficial level than our Life Numbers derived from our birth date, in that they were given to us on a whim (usually by someone else) and can be changed on a whim ... even accidentally with a misspelling. Nicknames are often used more than actual ‘legal’ names. Names therefore represent more transient aspects of our personality; along with skills, attitudes and perspectives picked up (and often dropped later) during various stages of our lives. Yet these name numbers have the same goal as house, telephone, etc, numbers ... supporting our journey toward our goal inherent in our Life Number.

Interestingly, in our western culture, women’s names change more often than men’s. Thus, for many women, the chameleon effect of changing to suit the circumstances. Although change teaches us the wonderful skill/attitude of flexibility, it can also rob us of our identity. Therefore, getting back to the Life Number derived from the birth date can be a useful tool in re-creating life direction and purpose. This fits in well with our human mind as the conscious mind works best with a singular focus, while the Super Conscious, as directed by the subconscious, takes care of the rest. There is a good reason to clear away the emotional distractions harboured in the subconscious mind!!! Quick download the [Creative Goal Setting Workbook!](#) And learn how to do the [Emotional Freedom Technique \(EFT\)](#).

				5					+			9			=	5	Consciousness	
	1			3	5		9		5			9						
J	A	C	Q	U	E	L	I	N	E		F	R	I	N	G	S		
1		3	8			3		5			6	9		5	7	1		
				2					+				1			=	3	Expression
																	8	Evolution

These Consciousness and Expression Numbers are providing new skills and attitudes with the resulting Evolution directly supporting Jacki's Life Number during the time she was known by this name.

				5					+			8			=	4	Consciousness	
	1			3	5		9		5		3			5				
J	A	C	Q	U	E	L	I	N	E		T	U	R	N	E	R		
1		3	8			3		5			2		9	5		9		
				2					+				7			=	9	Expression
																	4	Evolution

The skills and attitudes of the Four try to replace the Eleven during the time she was known by this name, bringing Jacki's Challenge Number into focus. I am thinking Jacki would have felt and/or seen results of her Challenge Number, most likely testing her patience with the mundane tasks. She maintained her Expression Number Nine to help her visualise positive outcomes from any repetition and practice. It was a time of getting back to basics.

				5					+			6			=	11	Consciousness	
	1			3	5		9		5		1			5				
J	A	C	Q	U	E	L	I	N	E		L	A	G	D	E	N		
1		3	8			3		5			3		7	4		5		
				2									1			=	3	Expression
																	5	Evolution

This surname returns Jacki to the original Eleven Consciousness Number and a new creative Expression, Evolving through change and transformation. Interestingly reminiscent of the earlier surname of Frings as the Three and Five reappear, this time to add creative Expression and mastery of transformation.

		1			+				6			=	7	Consciousness
	1			9			1		5					
J	A	C	K	I		L	A	G	D	E	N			
1		3	2			3		7	4		5			
		6			+				1			=	7	Expression
													5	Evolution

This First name and surname combination draws Jacki's focus to studying her Consciousness via her feelings and the Expression of her feelings resulting in Evolution through change and transformation, interestingly still the same Evolutionary number with this surname. It must be important right now!

Name information can only be general. It is what we do with each day, month and year toward our overall goal inherent within the essence of our Life Number that matters most. Yet, for those of us who have experienced name changes, we can usually relate the essence of the numbers to the 'phases' we were going through at the time of the name in question. So, they do have an influence,

but it seems to be in way we treat our experience of every day ... its attitudinal. It is changeable. It is superficial as compared to our deeper 'purpose' and direction dictated by our Life Number.

Therefore, when choosing a name for yourself, or a child, choose one that reflects the Life Number (birth date) as it will provide more focus. It will narrow down the distractions, lessen the confusion. Or at least, a name you can sense the innate support being Progressive for the Life Goal.

I changed my name completely in 1998 to match my Life Number. All these years later, I can safely say that I am no longer seeking the same values as my previous name suggested. I may appear to be wandering along like a lost lamb from time to time, but that is as I explore HOW Action my overall Life Goal which is coming more and more into focus now. My life experience in that time has honed my instincts, and brought me to this space of confidently releasing my beliefs and clarifying my understanding, my awareness and joy of my knowing my Consciousness. It is a Journey discovering how I want to express who I am. I have stopped fighting what I want to express, and stopped undermining how I express it based on the upbringing that went along with that previous name. Now maybe that comes with getting older and wiser ... but, I know of many, many, people growing older but not necessarily wiser about their relationship between their self and their Self. Their human-ness and their Beingness.

My final comment ...

Use this information to make life more easy, more enjoyable, and fun.

If Sharing it (please keep it in its entirety, in its original format).

Share your journey with those around you, calculate the numerology of family and friend's birthdates to more fully understand your connections and create a deeper empathy with them and their journeys. Share your insights. I have found interesting patterns of numbers in family trees/relationships.

And most importantly ... aim to make life fun and easy ... the [personally responsible emotionally free Way](#).

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