

# **PRACTICAL NUMEROLOGY**

A TOOL FOR SIMPLIFIED, INTEGRATED, & CREATIVE LIVING

TYLER MONGAN

[www.practicalnumerology.com](http://www.practicalnumerology.com)

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## **PART 1: CONTEXT**

## FLIGHT TO PARADISE

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A couple of days before the 2007 New Year I was flying over the Pacific Ocean heading towards Hawaii. Fidgeting in the last row of the plane, I assured myself, “Everything is going to be OK.” My decision to drop out of medical school and move to the year-round surf and sun of paradise weighed heavy on my mind. I knew my decision was correct, but that did not make stepping into the unknown any easier.

My focus wandered between the book I was reading, “The Secrets and Mysteries of Hawaii” by Pila, and analyzing the positives and negatives of delaying my dream of becoming a doctor. Sitting next to me on the plane was a young man. To preoccupy my mind, I started conversing with him about our journeys to Hawaii. Soon into the conversation, I heard a subtle and distant voice in my head repeating, “Read his birth numerology.” A 22-year-old male, he didn’t seem like the type of guy that would be receptive to a soul-revealing, birthday numerology reading (and especially not from some random guy sitting next to him on a plane). The voice continued to get louder, “Read his birth numerology.”

The first time I was exposed to numerology, my teacher simply asked me for my birthdate. With the information hidden in the numbers, she proceeded to describe some of my deepest and privately kept aspirations in life. Shocked, I initially denied the validity of the information, simply because it had been derived from numerology.

However, being a curious scientist, I was intrigued and decided to explore the system to see if it really could make accurate claims about people's lives. I signed up for my teacher's class and took the first step towards learning about numerology.

Initially my subjects were close friends and family, and they were a bit skeptical of my offer to read their birthdate numbers. Yet, without fail, the reading proved the system was accurate and informative. Each reading usually finished with people requesting more information and following up a few days later asking, "Remember that numerology reading you did? Could you write down what you said about my numbers?"

I decided to listen to the voice resonating from my soul and take the opportunity to test my understanding of the numerology system. I carefully told my seatmate, the 22-year-old guy, about birthdate numerology. I added as a disclaimer that I was not sure if it worked or not, but if he was interested I could do a reading for him. He was a bit taken aback, but we had another four hours of flying before arriving at our Hawaiian destination, so he hesitantly agreed.

I explained the history of the system and how it made sense within the context of a modern worldview. I wrote his birth chart on half of a piece of paper and began to explain the meaning of the chart and numbers. He sat still, asking very few questions, but listening intensely all the while. His numbers revealed a unique dynamic between his relationship to masculine and feminine energies. I elaborated on the information; discussing how his mother played the role of father, which he confirmed. I used the numerology system to relate stories about his life path, internal conflicts, and the gifts he could use to remove life blocks.

By the end of the hour-long reading, my new friend turned to me, with tears in his eyes, and said, "What you just shared with me has been more valuable than the last two years of psychotherapy. I now



have a much better understanding of myself, of my life struggles, and of why I am moving to Hawaii. Thank you.” I was totally shocked. At that moment I realized how much this “numerology stuff” really mattered. Not only was the birthdate numerology system accurate in its assessment of someone’s character, but it could also provide people with much-needed insight into their life and how to continually move forward with a positive focus.

There are many stories about how this unique birthdate numerology system has helped people better understand themselves and move more effortlessly along their life path. I share some of these stories and examples throughout this book to aid the learning process.

In my experience the system continues to empower people and I am content in knowing that. I like to think that the universe is simple and ordered in every way possible, but that the human mind continues to make it complicated and chaotic. We humans believe that the natural state of the universe is full of disorder. By learning this unique and elegant numerology system you can discover the secrets to flowing with the existing harmony of the universe, discovering your own personal order within the chaos. My hope is that these methods simplify your life, facilitate self-integration, catalyze your actions, and, ultimately, create a better world.



## HOW TO USE THIS BOOK

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The numerology system explained within this book is rich in meaning, highly accurate, and simple to use. There are many books about the symbolic meaning of numbers and other popular numerology systems (Kabbalah, Chaldean and Pythagorean). I've found that many of the popular numerology systems are too complex for most people to use in daily life. Learning the meaning of numbers and studying complex numerology systems is intellectually stimulating, but the symbolism is more practical when conceptualized within a complete system.

The birthdate numerology taught within this book is a complete system, with its own language and metaphors. Although it is unique, it is still consistent with the information presented in other numerological systems and easily integrates with other ancient teachings. I call the system shared in this book “practical numerology” simply because it works (my teacher called it StarCode of Destiny Numerology). I have tested it on hundreds of people interested in discovering more about themselves, their careers, their relationships, their health, and their life paths. With some practice you can even learn to chart out the system in your head, which is great for dinner parties.

If you are like me, then you are curious about the world and your distinct role in making it a better place. The challenge is that society, friends, family, and ego continually frame who we are and what we

should do with our lives. Our lives are complicated and divergent, continually leading us into a cycle of fear, worry, and frustration. This practical numerology system accurately assesses our deepest psychology: what makes us happy, frustrated, empowered, resistant, special, fearful, inspired, and fulfilled. It reveals ways to embrace all aspects of the self and then empowers us on our way to becoming a life guru—someone with a simplified life, integrated self, and catalyzed actions who is working to create a better world.

Due to the depth of information, I recommend reading the entirety of the book before attempting to do any birthdate charting. The context is just as important as the content, and there are secrets hidden within the text that will help you better understand the numerology system. To set the framework, I'll share three stories about my life path. These stories express the depth and breadth of the numerology system and how the information is useful in everyday living. The first story is about the lesson of the number 1 and how it empowered me to “be my own man” as opposed to the man that others want me to be. The second story is about the number 9 and how it helped me to embrace both knowledge and intuition. The final story is about the number 5, my life purpose or destiny number, and how I am constantly learning to live my teaching.

More examples and learning tools are available online at  
[www.practicalnumerology.com](http://www.practicalnumerology.com).

# NUMBERS IN LIFE

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## Number 1: “Be Your Own Man”

“BE YOUR OWN MAN” were the words my father ingrained in me from a very young age. Growing up, I could not grasp the value of that concept. Being one’s own man usually placed one in the category of outsider and loner. Luckily, I was athletic enough and perceived as cool enough to have friends. Though I still found myself alone often, being my own man.

It was this idea of “be your own man” that drove me to become a student of life 15 years ago. For the first 22 years of life I was a student of whatever other people wanted me to study—a product of “schooling”—what occurs inside a square building with cold air-conditioning and oftentimes with teachers that are just as cold. School was the place where you memorize information, usually about the past, and then regurgitate it back in the form of tests. Early on in my schooling I realized if I studied what the teacher wanted me to learn and then recited verbatim their words and insights, I could easily pass any class.

Fifteen years ago everything changed. I was unhappy with my college career, so I packed up an old station wagon with most of my belongings and headed west from my home in Georgia—no destination in sight. The simple act of driving on never-ending roads and through the expansive views of New Mexico, Arizona, and

Colorado destroyed all the misconceptions of my past schooling. On that trip I experienced the richness of simply being alive, met strangers who became friends, explored untouched wilderness, slept with the starry sky as a roof, and ultimately decided to become a student of life.

The journey west ended abruptly when my old station wagon turned its last wheel. On a 22-hour bus ride home to Georgia, I decided I was going to finish college—realizing that I had one more step to take to fully break away from the “need” of schooling. I went from a business/math major to a biology/premed major, interested in learning the foundations of the human body and the health of our world. After graduating from college with a 3.9 GPA in biology, I decided to fully commit to learning for the sake of knowledge, rather than to get a grade, and I discovered a deep desire to find out what it really means to be your own man.

I applied for a job on a small sustainable farm in Colorado, and to my surprise I was hired. The farm experience forced me to connect to the roots of life, both physically and metaphorically. I was inspired by the simplicity of farm life and witnessed the delicate interactions between nutrients, water, soil, plants, and animals. I felt healthier than ever, and the words “food is medicine” and “you are what you eat” became my mantras. I considered remaining on the farm indefinitely, however, my mind’s thirst for knowledge was not satisfied; I desired more schooling.

I attended graduate school in philosophy to study the foundations of human intellect. In graduate school I stayed true to my commitment to learning for the sake of knowledge, and in my final semester I dropped out of the University of Tennessee. I discovered that the process of writing a thesis was more about following rules and satisfying teacher expectations than about actually learning something and exploring the world from a inimitable and reasoned

perspective.

After dropping out of graduate school, I attended naturopathic medical school in Arizona, hoping to fulfill what I thought was my dream to be a doctor. It was an intense mental experience, cramming obscene amounts of information into my brain: embryology, physiology, anatomy, biochemistry, histology, genetics, herbal medicine, physiotherapy, physical manipulations, acupuncture, homeopathy, and clinical assessment.

Within a year of study I was drained. I found out that some of my fellow students were seeing an intuitive/energy healer to help them deal physically and mentally with the rigors of medical school. I was pretty skeptical of the idea, but decided to take a chance with the healer since my classmates were experiencing such great results. My scientific intellect was uncomfortable with the idea, but the first visit with the healer was enough to make me seek a second and then third session.

It was the third session that really blew my mind. The intuitive healer started to relate a vision to me of a young boy, about seven years old, sitting in a classroom with his desk turned facing everyone in the class. She expressed that this little boy, who is a part of me, feels isolated, independent and an outcast. I suddenly recalled a story my mother told me about the time I was in first grade and the teacher sent a notice home to get parental approval to show a movie in class that had witches in it.

After reviewing the movie my parents, who are devout Catholics, did not approve of their child watching a movie that had witches. They returned the permission slip, informing the teacher that I was not allowed to watch the movie. For some reason the teacher decided that I should stay in the room while the movie was playing with my desk turned around in the opposite direction of the rest of the class. The strange part is that I sat in the second row, which made the

situation awkward for me, and my classmates. At age seven, I did not comprehend why my desk was turned around and my subconscious internalized the feelings of being different than everyone else. The scenario was continually replaying in my mind without my awareness and became an important part of my personal character and how I related to the world.

As the healer continued, we worked on giving a voice to the part of me that was traumatized by the experience, and she began to reveal the beauty and power of that experience. It was deeply ingrained in my psyche that I was different, unique, and independent. I could go against the grain and survive and I could face the crowd, even when it was against me. I realized the power in reframing the story.

According to the birthdate numerology system, I have a “1” in the lesson position on my birth chart. “1” is the number of the seed and independence. Numbers in a lesson position are all about learning the negative of the number, learning life lessons associated with the number meaning and then rising above the karma, using the power of the lessons learned to reach one’s purpose. The classroom experience taught me a lot about the number “1” and its karmic effects. It initially influenced me to be stubborn, independent to a fault, mentally ridged, a loner, and in a constant state of waiting to sprout, but with the fear of sprouting. After the healing session I began to shift my negative lesson into positive power, stepping out of my limited self and moving into a self-motivated and creative pioneer of life.

The power of “1” has allowed me to continually go beyond the norms and standards of others. It was the driving force behind my desire to experience the foundations of life—physically as a farmer, intellectually as a philosopher, and emotionally as a healer—and use those experiences to define what it means to be your own man. I have continually evaluated myself with the question, “Am I doing this



because this is who I am, or because it is what others want me to be?”

I fully embraced the power of “I” when I dropped out of medical school, going beyond what others expected of me—even my father. The day I told him I was dropping out of medical school (my third time dropping out of school) I could tell he was disappointed. Yet, there was also a part of him that was excited with the idea of his son carving his own path in life—“being his own man.”

## Number 9: “Knowledge & Intuition”

“KNOWLEDGE and INTUITION” are two words that are rarely used in the same context. I love knowledge, but like everyone else I was never taught anything about intuition. In school I learned how to memorize, regurgitate, and get the grades to pass tests. In life I learned how to fix cars, build houses, and follow the rules of religion. I was always proud of the knowledge I had, but I had no knowledge of intuition.

After college, while working on a sustainable farm in Colorado, I quickly discovered that I was skilled at working with animals. I felt at ease cleaning the hooves of 1,000+ lb. horses, working with untamed bulls, and managing the dairy herd—my connection with them went deeper than my intellect. After a couple months the animal manager had to take another job building houses in the Rocky Mountains and I became the default animal manager.

As animal manager I started to develop a deeper sense for the animals’ behavior; I had a sense of when things were working smoothly or when they were off. I remember waking up one morning at 3 a.m. to discover that a cow was giving birth, and recall another

time I was plowing a field easily controlling the power of two horses, without any prior training. My experience on the farm opened my mind to the idea that the source of knowledge is not limited to books and schooling. There is a deeper, more innate source of information about the world that is available to us as humans.

Intuition became even more important to me in medical school. After years as a family physician, my father would sometimes just “know” what was wrong with someone as soon as they walked in the office. I reasoned that I needed the ability to connect with my patients, like I connected with the animals on the farm. However, we never received training in intuition and most of my time in medical school was spent reading books, taking tests, and gathering “knowledge.”

During my second year of medical school I was introduced to the numerology system and discovered that my soul number of a “9” was metaphorically the number of the mind of God. It is the number that could know all things. I became excited about the idea of just “knowing” things without studying them and interested in testing the idea. I already knew I could stuff information into my head, but I wanted to test my intuition to see if it could be useful in my life.

The first thing I did was to organize remote viewing experiments at my school. Remote viewing was established as part of a military program to help discover information about Russian nuclear missile locations during the Cold War (You can find out more by reading “Limitless Mind” by Russel Targ). Of course, I was initially skeptical of the idea of remote viewing, but at this point I was willing to experiment. For our training, teams would place objects in random lockers on campus. After following a specific protocol, individuals would “guess” what object the other teams had hidden and in which locker they placed the object.

The results were really interesting, considering there was no way

anyone could “know” what the objects looked like. I recall getting the vision of a flying animal and a spiky oval, later to discover that the other teams had placed a wooden dragon and spiky seashell in their lockers. Other students had similar results; accurately selecting the lockers that contained items, and providing drawings and words that resembled the hidden objects. Experiences like this allowed me to trust and build a deeper relationship with my intuition.

My scientific mind wanted to test this intuition stuff even more. I thought the ultimate challenge would be the ability to pass medical tests without studying for them. If the thing we call intuition was real then I reasoned I should be able to just know the answers; the information should just come to me. I started by not studying for quizzes.

Initially I found that the day before, or the day of a test, fellow students would ask me questions or I would overhear questions and answers that were verbatim to the ones on the test. I also learned how to get better at “guessing” by running my fingers over the possible answers to reveal which answer felt correct; usually by the feeling of a subtle electrical zap. Initially my grades hovered around a C, far below the A’s I was accustomed to when actually studying. However, as my intuition improved, and I trusted more, I would easily get B’s, with an occasional C or A. I was comfortable with the results, even to the point where I tested my intuition on midterms and finals.

I continually looked for ways to engage my intuition and test it. I realized that it was a real thing, more powerful and informative than the knowledge found in all the books I had consumed. By accessing the full cycle—from book knowledge to intuitive knowledge—of the “9,” I allowed my intuitive side to shine above the logical side. This is exactly the course of the “9” in my soul number. It is the bookworm, jack-of-all trades that understands that nothing is hidden; all the information and knowledge we need in a given situation is present

for us to access. The birthdate numerology system empowered me to develop and trust my intuition as a source of practical knowledge.

## Number 5: “Living Your Teaching”

“LIVING YOUR TEACHING” is a very rare thing these days. It seems like the modern mantra is do as I say, not as I do. Because of the “9” in my birth chart soul position, I was always excited about learning new information. When people came to me with questions about different aspects of life, I always had an answer. As I matured, I realized that without experience to back them up, my answers were shallow. The fact remains that if you really want to live your teaching it has to be alive and supported by lived experience.

The “5” as my purpose or destiny number challenged me to actually experience the things that I claimed to know. For example, when I was younger I always wanted a black belt. I read everything I could find about martial arts, but never took any classes. I could talk as if I deeply understood martial arts movements and application, without actually practicing or experiencing the martial art. Years later I decided to actually train in martial arts and experienced it deeper than simply reading about it. The “5” in my numbers taught me that mental knowledge needs to be translated into physical reality to have application.

My skill at learning and retaining knowledge also allowed me to give off the impression that I was a good teacher. The “5” in my core reinforced my ability to teach, but the “5” in my purpose informed me that I was going to take my teaching to whole new level. The energy healer reiterated this when she informed me that I was moving

to Hawaii to live my teaching and make it an example for others.

Interestingly, I am officially a teacher, teaching medical assisting classes at a local college in Honolulu. But more importantly, I maintain awareness of my ability to teach and pass on information to others regardless of the context; classrooms, lecture halls, business meetings, or pau hana (after work) with friends. Over the past five years I have been applying my knowledge in the physical world and gathering real-life experiences. I am attempting to live my teaching daily as an example to others. This book is a result of my lived experience and I hope this birthdate numerology system will help you discover yourself on a deeper level so you can live your own teachings.



## DISCOVERING THE SYSTEM

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During naturopathic medical school I started to explore the alternatives to alternative healing methods. I was fascinated by ancient knowledge and drawn to any practice or tool that claimed to possess healing value. One thing I started to explore was kundalini yoga, taught by an extremely bright woman. After class one day she asked my birthdate and used the numbers to dissect and divulge my deepest secrets.

I recall her stating that my birth chart revealed that I was really stubborn and lived inside my head (number 1). Her assessment was that I was a jack-of-all-trades and a master of none, but needed to master one thing in life before mastering all things (number 9). She also brought up my independent attitude toward life and how I was going to be a teacher by example; I would live my teaching for others to learn (number 5).

It might not seem like much now, but at the time it meant everything to me. Prior to this, I believed that the universe was completely rational. Upon hearing this, I slipped into scientific doubt. How could this numerology stuff really work? It did not fit into the scientific world I was raised in. There are thousands of people born on the same day as we are; do we all have the same character and the same destiny? My decision to become a doctor did not support nor endorse new-aged, esoteric systems like numerology. At least, that was what my initial thoughts were. Yet I was intrigued and decided to take a class from her on the subject, even if only to

prove to myself that it was not a valid system of knowledge.

For 20 years my numerology teacher was under the tutelage of Yogi Bhanjan; he was famed with introducing kundalini yoga to America. During that time she was an astute recorder of Yogi Bhanjan's teachings. He would often inquire about people's date of birth and then share information about the numbers with them. He never officially taught the system, yet over the years my teacher was able to gather enough knowledge to see how the system worked and began to piece it together.

During the class I learned many things about myself through the numbers that I had always thought to be true. I now had semi-objective verification for what I thought. Driven by the desire for self-understanding, I became an expert at the system of numerology, called StarCode of Destiny Numerology, and continually tested the scientific validity of the knowledge the numbers revealed.

Dropping out of medical school to move to Hawaii was one of the best things I have ever done, and numerology helped me to see the importance of that decision even when faced with much self-doubt and with social criticism. I use the system daily to continually deepen self-awareness and to assist others in doing the same. After learning the system I've provided in this book, you will too.

I encourage you to research other perspectives on this system of numerology. You can find out more by searching the web for the following: StarCode of Destiny Numerology, Numerology as Taught by Yogi Bhanjan, Ten Energy Bodies Numerology, and Kundalini Numerology.



## DOES IT REALLY WORK?

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Many things need to be considered when making life choices. Numerology can be a big asset in this department. However, it won't solve life's problems; you still have to do the work. The stories I shared earlier illustrate how my life was following a path revealed in the numbers even though I was unaware of the birthdate system. If I would have been taught numerology earlier in life, I am sure I would have moved along my life purpose with more efficiency and grace.

After a year in Hawaii, I wanted to put numerology to the test. I submitted a proposal to teach a non-credit course at a local college on Birthdate Numerology and a course in Medical Intuition. I thought that positioning the course in a college setting would give some validity to the numerology system and help to free the knowledge from the label of esoteric. Within a couple weeks I was face-to-face with the director of the non-credit class program and her two assistants. After discussing my background in medicine and acupuncture they agreed to offer the medical intuition class, but the director requested a demonstration of the numerology system before approving it.

The director's birthdate immediately revealed two things: first she had a tendency to be more aware of the negatives of life as opposed to the positive (with a 2 for a soul number) and she tended to be overly judgmental (with a 4 in the lesson or karma position). This told me she was not going to be an easy sale, as her first approach to life is to be very critical, see the negative of a situation and then judge the hell

out of it. As I continued the reading I could feel the director's mind dissecting every bit of knowledge that the numbers were revealing to me, though she sat quietly with very little visible reaction. After the reading she stood up and excused herself to go to the bathroom. My initial thoughts were that the information from the numbers was inaccurate and she was not convinced of its value.

As soon as the door shut, her two assistants turned to me, wide-eyed and in shock. They confirmed everything the numbers revealed about the director and said that I described her character in detail that only people who had spent many years with her could have picked up on. Of course they both wanted a reading. When the director returned to the office she said that they would add the numerology course to the college course catalogue; this numerology stuff works.

It was interesting that she had to go to the bathroom after the reading. It could have been that she simply had to relieve herself, or perhaps she needed to relieve herself of old information to make room for the new information revealed by the numerology reading. There have been several occasions where people feel nausea or sickness the evening of the reading or the next day. And sometimes people feel a lightness or deeper connection to the self. This all depends on the experience that is necessary for that person to assimilate the information into their life.

Despite scientific advancements, the fullness of the universe remains a mystery. One of the most powerful tools we have in life is the power of story. If nothing else, numerology provides us with an inspiring story for our lives. It is a story of personal transformation from a mundane, mechanistic life into a more authentic way of living. Understanding our stories of Self has subtle and lasting effects, even long after the story itself has been forgotten.

I recently caught up with a person who I had not seen in two years. As we chatted she reminded me that I did a numerological

reading for her last time we met. She recounted that I told her she was going to build some physical structure to help people master the art of non-judgmental observation, thus making the world a better place. That was the one piece of information that stuck with her ever since the reading. Clearly, some stories are so powerful that they stick with us for years after they've been told. If you are wondering, she is already on her way to making that idea a reality. This isn't to say that the reading made it happen. Maybe she would have moved along that path without the reading. Yet it's likely that the numerological information encouraged and enlightened her toward a specific direction of service to the world and a feeling of fulfillment.

Now, more than ever, we as humans need to tell different stories. We need stories that create a future full of compassion, innovation, healing, inspiration, justice, peace, truth, light, and happiness. This birthdate numerology system is a way to engage and create a new story that empowers and enlightens you. The stories that arise from this system are the stories of our unique roles in this world as life gurus: living a simplified life, having an integrated self, and taking catalyzed actions to make the world a better place.



# WORLDVIEWS

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Our worldview defines our limits and possibilities in life. It is the lens that filters and frames all our experiences on both the conscious and subconscious levels. While in graduate school in philosophy at the University of Tennessee, I was profoundly influenced by the ideas of Ludwig Wittgenstein. His work was an investigation into worldviews and how they arise from our thoughts, words, and actions.

These worldviews naturally create language games that determine what we can and cannot say or do in a given life context. When was the last time you questioned the effects of gravity in everyday life, or asked if the thing at the end of your arm is your hand? Gravity and hands are things we rely on with most every action we take in life and questioning their existence does not usually make sense. It is so deeply engrained in our worldview that we take these things for granted.

As I neared the end of my graduate studies in philosophy I began working on a thesis that explored the foundations of medicine and the worldviews that defined health and disease. It was interesting to discover that there are many explanations of what constitutes a disease and various perspectives on what it means to heal. I focused my research on integrative medicine, which seeks to develop a system of medicine that incorporates and embraces a variety of concepts of health. My research revealed many theories that are not currently part of the Western medical profession's language game. They are

considered quackery because they do not use the same language or same medical model of the human being.

I concluded that for integrated medicine to be successful, we need to first realize that the Western medical perspective is only one worldview and that other worldviews on health and disease need to be investigated and understood. Richer understandings of how we view disease and how we heal go far beyond the biochemical and physiological models. They challenge us to investigate our relationships with time, place, history, and story to discover clues to a more complete worldview of what it means to be healthy.

Understanding the concept of worldviews is important for mastering this birthdate numerology system. Our worldview has the potential to be limiting and at the same time expanding. The more we understand our worldview and how it limits us and others, the better we can understand our true place in the world and our potential to move beyond our current situation.

## Worldview Influences

Your worldview helps you determine the best path to realize your life purpose or destiny. Below, I briefly state things that influence and shape worldviews. It is important to be aware of how these formulate our foundations in life and help us develop a unique relationship with the numbers in our birth chart.

The worldview is also the reason why people born on the same day can have similar challenges, gifts, and purpose, but have very different lived experiences and different ways they express the numbers in their life. Some people may express leadership qualities as a coach of a school football team, and others as leaders in political office. Both can be fulfilled; it is the worldview that influences where we focus our life purpose or destiny.

Below is a list of things that may consciously or subconsciously formulate your worldview. It is not an exhaustive list; rather it serves as a starting point for understanding how we are influenced and what types of things from the lenses that we view the world through. Challenge yourself to consider how the list of influences shape your worldview and take the time to discover influences that are not on the list. The more objective we can be about our own worldview, the more compassionate we can be towards others and ourselves. This will also allow for a more objective perspective from which to learn about the numerology system taught in this book.

## **Past Lives**

Past lives are considered the memories of lives lived in other times and places. They could also be memories that are stored in our DNA and passed down from our ancestors. It is unknown whether or not past lives are real. Even so, past lives are a part of many belief systems and continue to have a tremendous impact on people's lives; this means that some people, regardless if it is true or not, believe in past lives enough to allow the concept to influence their current life. We should understand and respect that belief.

## **Genetics**

Your genetic code shapes what you look like, your natural ability and your initial biochemical and physiological tendencies that influence health and disease. Genes are expressed in the physical by way of constitutions. Chinese medicine, Ayurvedic medicine and Homeopathic medicine, for example, have detailed descriptions of constitutions and how they influence our lifestyle, habits, and health.

One common misconception is that the presence of a specific gene necessarily leads to a certain physical outcome. Further, studies

have shown that genes can change within one lifetime. We have to be aware that genes are only one factor, along with the environment and our personal lifestyle, in determining our physical experience.

## Ancestry & Culture

I am Italian, so how much that influences who I think I am is important. When I traveled to Europe, Italy was the first stop on my list. And after discovering how much espresso Italians drink throughout the day, I became an espresso drinker. Growing up I had a friend who was Irish/American—he thought it his duty to drink a lot of beer. It had a huge impact on who he was and what he did in life.

## Life in the Womb

I bring this up as separate point because the first nine months of life in utero have a deep effect, not only on our physical development, but also on our emotional development.

This is one story that my teacher described during our numerology training:

*“Our soul selects the mother, by way of dance and dialogue, to pick up mental and emotional characteristics that are desirable in this lifetime. A miscarriage is usually a bad match between mother and child. At the 102nd day the soul is locked in the fetus and this is stable until the last trimester. While in the womb the mother’s mental and emotional states initiate a subconscious dialogue with the child:*

*At 4 months the child asks the mother, “Am I wanted?” Usually they hear NO, because the mother is continually worrying about the pregnancy, especially if it is a new mother. Baby also asks, “Is*



*it safe for me in the world?” If the mother does not feel safe in the world, then the child is less likely to feel safe entering the world.*

*The subconscious answers to these questions integrate into the cells of the child and affect the child’s ability to feel worthy to be alive. Finally, the auric field of the child (the number 7) arises in the child after 40 days, but it takes three years to fully develop. Thus the mother should stay within nine feet of the child for the first 40 days of life.”* (Consider that the human aura is usually six to ten feet in diameter.)

This relationship between mother and child can be an important part of a chart reading. By investigating what was going on in the mother’s life during the nine months in the womb (her fears, worries and frustrations), it gives us insight into the initial mental and emotional tendencies that frame the worldview.

## **Family**

What types of opportunities did you have in life? What challenges did you have in your family? What were your childhood and adult experiences like, and what were your parents’ belief systems? And so on.

## **Society**

The political structure, economic perspective, and social institutions are part of the societal framework you grew up in and live in; they have a profound effect on how your everyday life was structured.

*Political Structure:* The processes for determining how a group of people should live and the rules and regulations that arise from that process.

*Economic Perspective:* How we define and control the exchange of value in society and the relationships that arise from that exchange.

*Social Institutions:* How we organize ourselves in society and the structures that arise from that organizing. For example, the American school system is a social institution.

## **Cosmology**

Cosmology refers to the understanding of the relationship between earth, man, and heaven. As humans it seems we are in a continual search for the right relationship to heaven, earth and other humans. The idea of heaven initially brings up ideas of religion, but heaven cannot be contained with the context of religion; it is far greater than any man-made concept. Our cosmological view determines where we think our place is in the universe, and what it means to be a finite human within the context of an infinite world.



## **PART 2: PRACTICAL NUMEROLOGY SYSTEM**

# INTRODUCTION

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Each soul starts its earthly journey as a humble seed. In Plato's "Allegory of the Cave," the process of sprouting the seed begins with a turn of the head from the wall inside the cave of false truths. The journey out of the cave requires dedication and passion. Awakening to the truth is a process of transformation and discovery, full of exciting challenges. In many traditions this journey crosses many lifetimes. In each lifetime a new and exciting purpose awaits the awakened soul. The soul chooses the location, time, date, and family of birth to provide specific gifts, assets, challenges, and lessons to aid in its growth and development. Along the way the soul may choose to live in karma (life of challenge & lesson) or to live in dharma (life of purpose, service & fulfillment).

The secret to living in dharma is partly revealed in the numerology of the birthdate. Awareness of the influences of one's birthdate will help unlock the door to understanding the uniqueness of the soul and its journey this time around. The dharma cycle is revealed by the numerological influences of this lifetime. This practical numerological system is a powerful science that will help you unlock your purpose so you can live the best life ever. The more you work with the system taught within these pages, the deeper you will understand yourself and others. The key to learning this system is to have fun, stay light, and laugh a lot.

If you could tell the story about your life, what would that story be? Would it be about failure of success, would it be a life of challenging

lessons or a life lived in purpose? Hidden within each person's birth chart is a story written like a map that reveals how to achieve a life of fulfillment and service to the world.

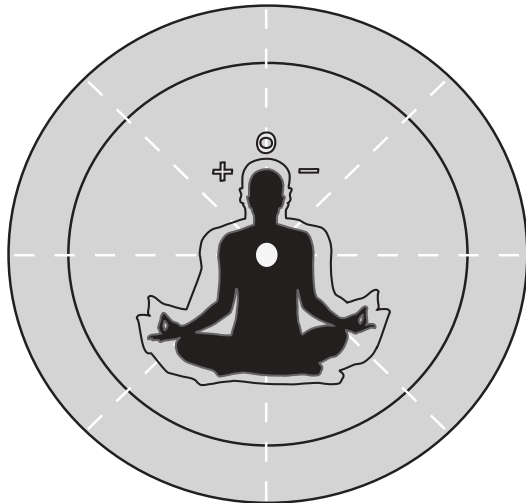
This practical numerology system gives the story a structure that makes it easy to translate and assimilate into life. The content section of this book starts by explaining the 11 energy bodies and their meaning and relationship to numbers. The numerology chart positions are then explained, followed by detailed information about life cycles and the symbolism of numbers. Throughout the book examples are given and questions are asked to stimulate the learning process.

You can find more examples and information online at  
[www.practicalnumerology.com](http://www.practicalnumerology.com).

# ENERGY BODIES

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The 11 energy bodies provide both physical and metaphysical ways to understand the numbers of the practical numerology system. They also help to ground the meaning of the numbers to the physical body and our worldly experiences. By understanding the characteristics of each energy body, you can better understand the meaning and significance of a number. Keep in mind that the numbers and the energy bodies are interchangeable in meaning and metaphor. The energy bodies provide a good starting point for understanding the meaning of the numbers.



# Soul Body

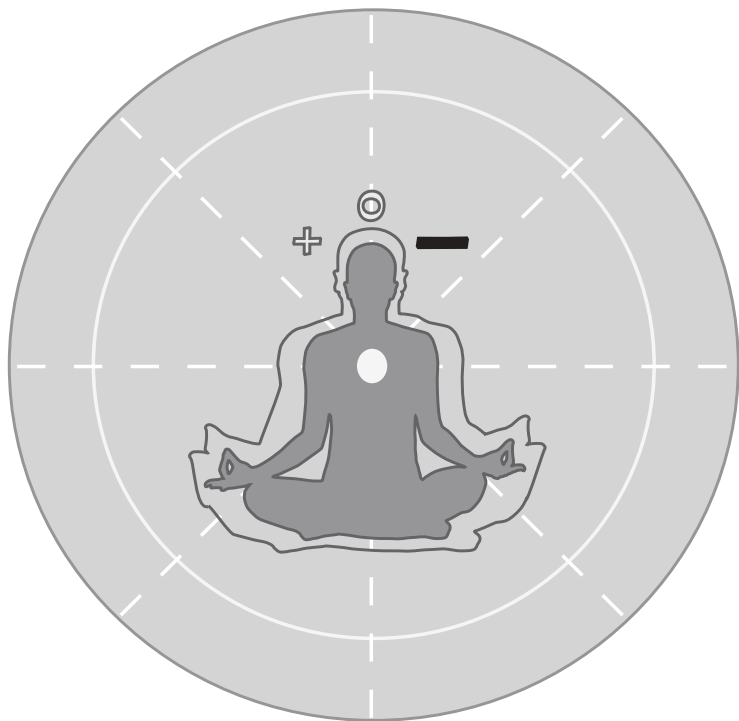
The 1<sup>st</sup> energy body is the SOUL BODY. This is the energy of the soul itself and our sense of self. It is like a seed, waiting to sprout into the world. It holds much creative energy, but must wait for the correct time and place to develop and express itself. It is the space that contains a true sense of self that is waiting to be expressed in the world. Initially the soul body is expressed in the number 1, but over time and with development it can be expressed externally as a 10.





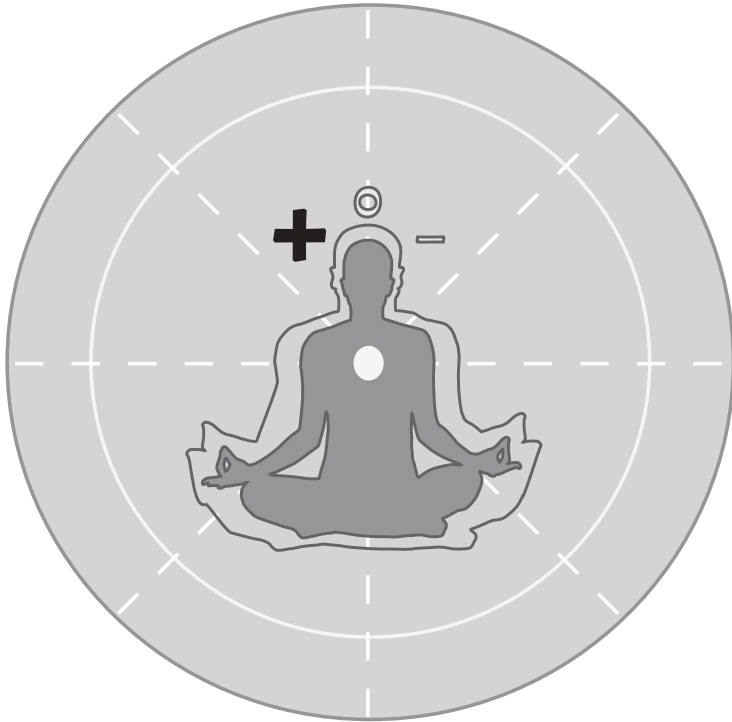
## Negative Mind

The 2<sup>nd</sup> energy body is the NEGATIVE MIND. This is the energy of the mind that can see the opposites in life and the distinction between things. In the early stages of human development we first develop a sense of self, and then we begin to distinguish between the self and other selves. The negative mind helps with this by clearly observing and understanding the opposites in life. This is one of our first tools for critically evaluating the world. The negative mind is expressed in the number 2.



## Positive Mind

The 3<sup>rd</sup> energy body is the POSITIVE MIND. This is the energy of the mind that can see where things are similar and recognizes how something can benefit the soul in positive ways. First the soul discovers a sense of self, the 2<sup>nd</sup> energy bodies reveals the things that are not the soul, and then the 3<sup>rd</sup> energy body postulates how we are connected to the things that are not us and looks for the positive advantages in understanding the relatedness. The positive mind is expressed in the number 3.



## Neutral Mind

The 4<sup>th</sup> energy body is the NEUTRAL MIND. This is the energy of the mind that goes beyond the negative and positives of life and simply observes life as it is, without judgment. It is also the energy of the meditative mind or the yogic mind. It is the part of our psyche that is skilled at making decisions because it can weigh the good and bad of a situation and then know how best to proceed. The neutral mind is expressed in the number 4.



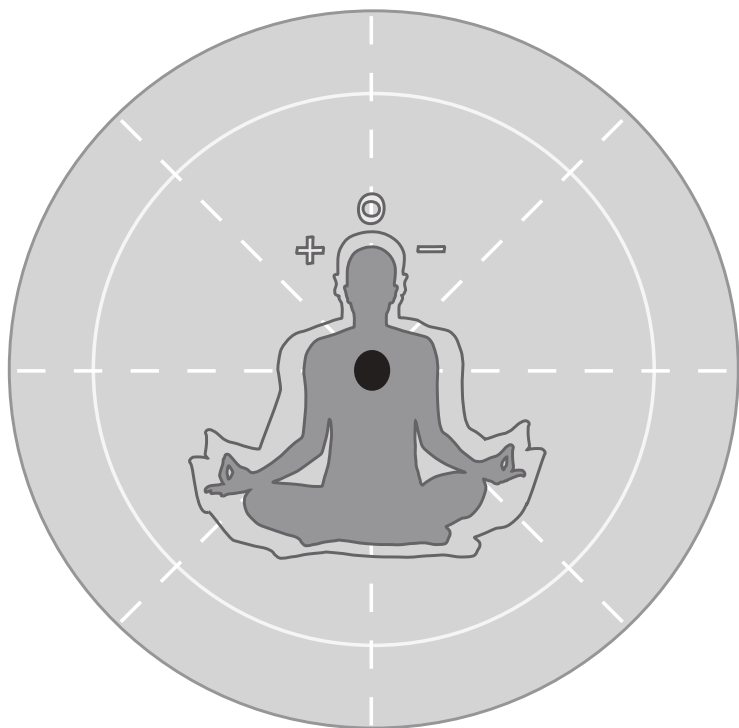
# Physical Body

The 5<sup>th</sup> energy body is the PHYSICAL BODY. This is the energy of the body itself. The physical body helps to stretch the mind and change our position in life. It allows us to experience the physicality of the soul and express our ideas in tangible forms. With this energy body we move out of the mind and fully into the human body as we get ready to transition into more external expressions of the soul. The physical body is expressed in the number 5.



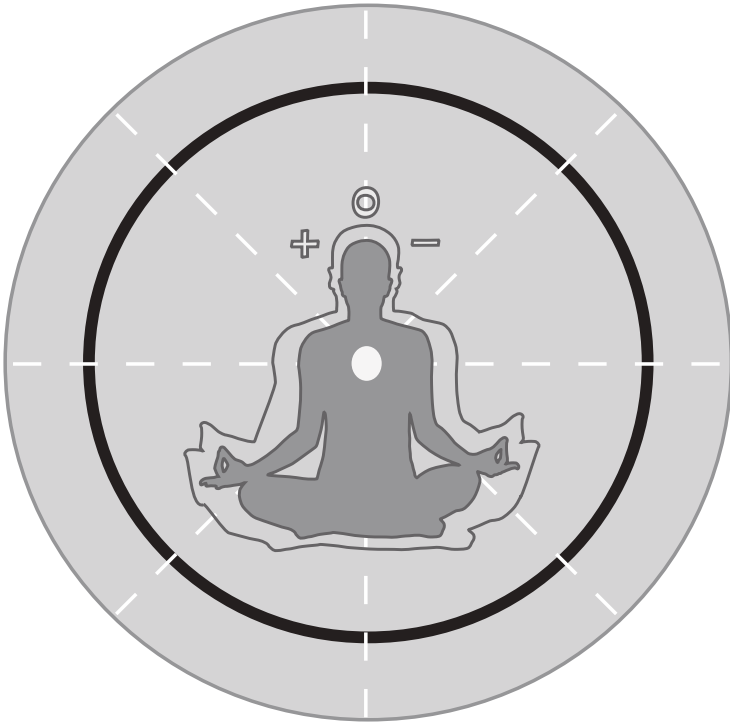
## Heart (Arch Line)

The 6<sup>th</sup> energy body is the HEART (ARCH LINE). This is the energy of the heart, and more specifically the energy of the heart's ability to make commitments in life. A strong heart arch line is correlated to a strong sense of self-worth and ability to know what commitments to make, and which ones not to make. This number also refers to a person of prayer; someone whose actions are perfectly aligned with their heart, allowing their life to be a living prayer. The heart (arch line) is expressed in the number 6.



## Auric Body

The 7<sup>th</sup> energy body is the AURIC BODY. This is the energy of the aura as it expands and contracts from the soul and body. It is also considered the physical expression of the chakra system. In general the auric field radiates out 7 feet from the chakra system. The exact distance or aura expansion, or contraction, is determined by the health of the body and the activity being performed. The aura helps us create boundaries and connect with others. The auric body is expressed in the number 7.



## Pranic Body

The 8<sup>th</sup> energy body is the PRANIC BODY. This is the energy of the field that rests just one to three inches directly around the entire physical body. It is an important defense against illness and is the energy that can be felt initially when you make an energy ball in your hands. There is a lot of energy contained in the pranic body. In Chinese medical theory this energy is called the wei chi and its health is determined by the health of the lungs and immune system. The pranic body is expressed in the number 8.



## Subtle Body

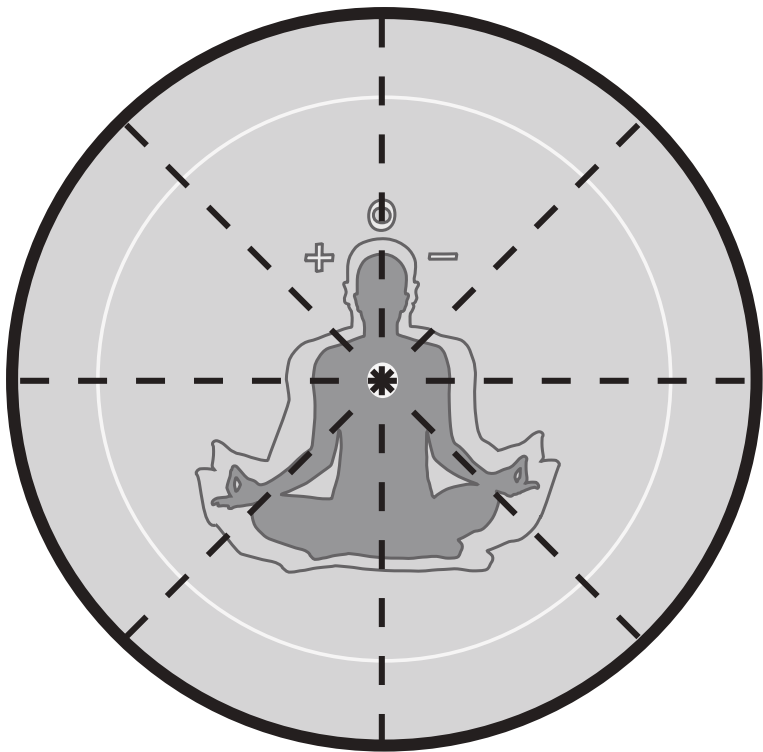
The 9<sup>th</sup> energy Body is the SUBTLE BODY. This is the energy that fills the space between the physical body and the boundaries of the auric body. This energy contains all the information and wisdom we have collected from our ancestors, their experiences and the genes they passed on to the individual. You can also think of this energy metaphorically as the energy of all our past lives. It is called the subtle body because the information it contains allows for a deeper understanding of reality that is usually missed or hidden. The subtle body is expressed in the number 9.





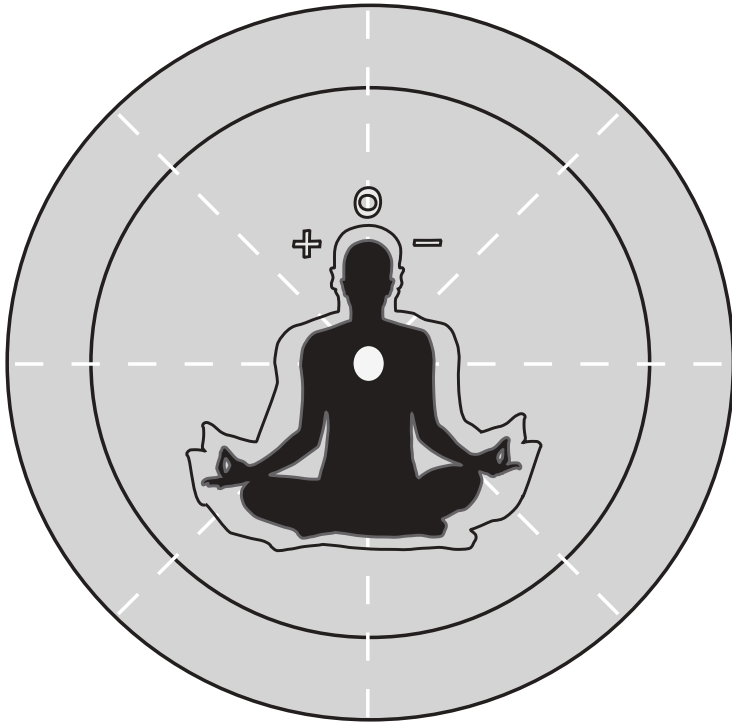
## Radiant Body

The 10<sup>th</sup> energy body is the RADIANT BODY. This is the energy of the soul radiating out into the world. As a seed, the soul body is patiently waiting for the time and place to sprout so it can express itself in the world as the radiant body. This energy creates a presence that is subtly, but undeniably, noticed by everyone. This energy allows your soul to shine. The radiant body is expressed in the number 10.



## Spiritual Body

The 11<sup>th</sup> energy body is SPIRITUAL BODY (all energy bodies expressed as one). This culminating energy arises when all the energy bodies are working in synergy and aligned with the divine. It is the perfect expression of being in the world—living like a god on earth. All energy bodies working together is expressed in the number 11.



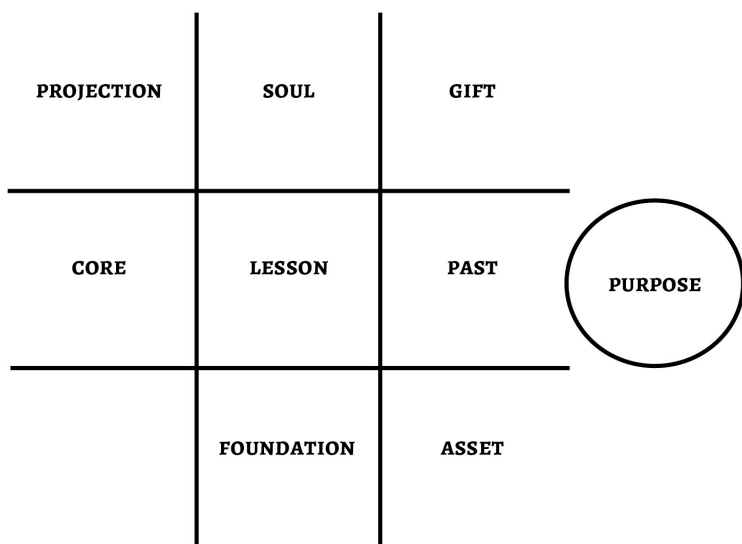
## Energy Body Learning Activities

- Spend 20 minutes meditating on your body's energy bodies. Write down the information you received about each body.
- Spend 20 minutes meditating on the overall image that the energy bodies create. What images or information did you get?
- Make a drawing of the energy bodies and write in some key ideas that help you understand their meaning.



# BIRTHDATE CHART

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As we begin to understand the birthdate numerology chart, do not get discouraged or frustrated by the amount of information presented. The content is organized to help you learn through a repetitive process. You will see the information from multiple perspectives and from general to more specific vantage points. This section provides different ways to look at the chart and slowly introduces you to a deeper meaning of the numbers in relation to their position in the

chart.

One thing to always keep in mind is that the chart position, and the numbers found in the position, should always be considered in relationship to the entire chart. Many systems fail to take this view seriously, sharing your life path number or soul number as independent from the whole. However, this provides a very limited perspective with limited value for self-understanding.

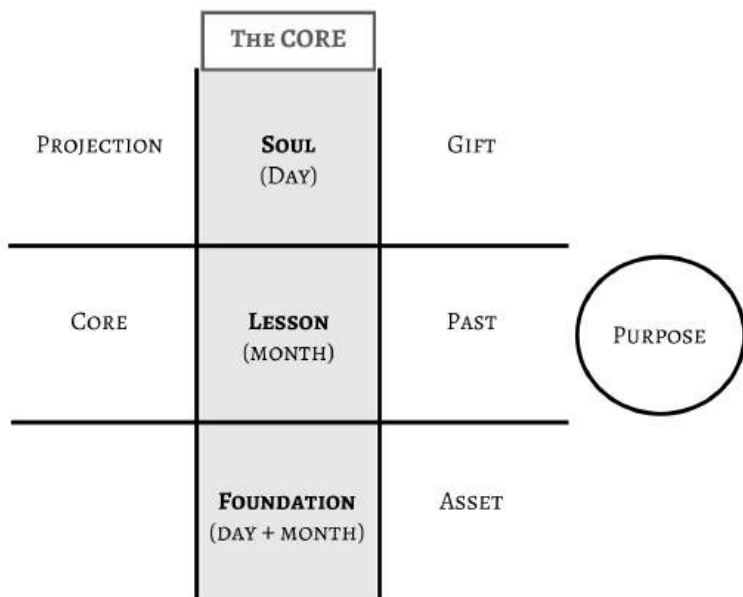
## Key Points About Calculations

When calculating numbers in this system, there are a few rules to follow.

- All numbers are reduced to an 11 or less.
- To reduce numbers simply add the digits together.
- For example:  
 $14 = 1+4 = 5$  (14 = 5 when reduced)  
 $1945 = 1+9+4+5 = 19$  and  $19 = 1+9 = 10$   
(1945 = 10 when reduced)
- 11 is never reduced to a 2. 10 is never reduced to 1. (But keep in mind there is a relationship between the 11 and the 2; and a relationship between the 10 and the 1)

# CENTRAL NUMBER POSITIONS

## Soul, Lesson, & Foundation



The Soul, Lesson, and Foundation numbers influence us throughout our lifetime, especially in our earlier years in life (from ages 0-27). If you were to correlate the birthdate numerology chart to the human body, these numbers would correlate to the central nervous system: brain, skull, spinal cord and spinal column. They are related to the core or our being and influence all our mental and physical actions, for better or worse. We will start by calculating the numbers and placing them in the numerology system chart and then move on to a discussion of their significance.

## Calculating The Central Numbers

When calculating these three numbers it is best to start by making a tic-tac-toe framework like the basic chart on the last page (3 rows of 3). First calculate the **Lesson Position**. This number is equal to your birth month. If you were born in January through November you simply put the corresponding number in the very center box on the tic-tac-toe framework. Notice that people born in December, the 12 month, insert a 3 into the lesson position. Recall all numbers greater than 11 must be reduced and 12 reduces to a 3 ( $1+2=3$ ).

After calculating the number in the Lesson Position, calculate the number in the **Soul Position** using the day of birth. If you were born on days 1-11 then you simply place that number in the soul position. If you were born on a day greater than 11 then you need to reduce the number down to 11 or less. For example, if you were born on the 19<sup>th</sup> then you add  $1+9$  to get a 10 (see reducing the numbers section if you have more questions about this concept). Once you get this number, place it directly above the Lesson Position in the tic-tac-toe framework.

Finally, calculate the number in the **Foundations Position** by adding the soul and lesson numbers. Remember to reduce any number that is greater than 11. Then place this number directly below the lesson number.

## Lesson Number Position

The number in the Lesson Position reveals the subconscious influences in this life—the thoughts or emotions that are happening that we are unaware of. You will feel drawn to the negative characteristics of the number in this position and will learn many lessons through the experiences. Where the Soul Position is about internal struggles, the Lesson Position is more about external struggles and many challenges



will be centered around your relationship to the world outside the self.

As lessons arise in life and we learn to embrace the challenges, we can convert the negatives of the Lesson Position number into positive energy for living our purpose. For example, someone with a 5 in the Lesson Position might be born with a physical deformity or childhood illness. From the perspective of the family or society, this could be seen as a negative experience. However, the experiences they will have can provide them with an amazingly powerful sense of self and a genuinely unique understanding of the world. Imagine if someone with a lifelong disease enters the healing profession. Because of their struggles they will have a sense of compassion that is backed by lived experience. Their perspective of the world and the stories they can share will be highly unique.

When looking at the chart, one of the first things to consider is the Lesson Position to see if the person has embraced and used the lessons to empower their life, or if they are constantly struggling in a lesson. This will provide an important insight into the steps they should take to live their purpose. When someone is struggling with the Lesson Position, it can severely limit their ability to live comfortably with their Soul Position, forming a lock and causing much internal stress and external disharmony. Because the Lesson Position is focused on external harmony, it can provide key insights into what types of struggles the person is dealing with. The birthdate chart can then be used to unlock the blocks and move them away from a life of lesson into a life of living their purpose.

## Foundation Number Position

The number in the Foundation Position is what supports you when you are challenged in life—and it can help to break the locks or barriers that are being experienced in life. However, the Foundation Position can also reinforce the lesson that is being learned and may be a further source of struggle. The best way to understand the Foundation Position is to imagine it as the thing that you stand on in life. When life is chaotic we look to the thing that we are standing on to support us. When life is good, we are not as concerned with or worried about what supports us in life.

For example, we trust our feet to support us with every step we take. As we walk through life we don't usually worry about falling. However, if we are trying to cross a river by walking on a log or jumping from rock to rock, we start to pay more attention to our feet. If we feel nimble and light and confident in our steps, we feel supported and our foundations are strong; we cross the river with ease. However, if we do not feel that our feet support us, or we have lost faith in them as support, they can exaggerate the problem and we feel as if we are even more challenged and unsupported—even to the point of freezing in place. It is important to make sure your foundations are strong, and that you feel confident that you can trust them to support you when things go wrong or life lessons become difficult.

## Soul Number Position

The Soul Position reveals the part of yourself that you are most consciously aware of in this life. It helps to define your sense of self in the world from an early age. The Soul Position also provides insights into what makes you most happy and most miserable in life—as you

will express the best and worst of the number in the soul position. It is also related to your outward physical and psychological presence, and represents a key aspect of your personal soul body (remember soul bodies?). Because you are aware of the influences of the Soul Position in your life, you will have a tendency to struggle internally with the negative aspects of the number.

However, by fully embracing all aspects of the number in the Soul Position you can build a deeper connection to your soul body and your internal sense of self. Finally, the number in the Soul Position is part of the Purpose Path (Core Number working with the Soul Number to reach the Purpose Number), which will be discussed in more detail in a later section.

## **Dynamics Between the Soul, Lesson, & Foundation Positions**

The relationship between the Soul, Lesson, and Foundation Positions provides a key insight into the core internal and external dynamics of the individual, especially during their earlier years (from ages 0-27). As described above, the Soul Position reveals what we are consciously aware of, the Lesson Position reveals our subconscious awareness and the Foundation Position is our support. When we are not in the positive aspect of our soul, then our lessons can become challenging, leading us to look to the foundation for support. If the foundation is strong then the challenges of the lesson can easily be overcome. However, if the foundation is weak, then it can increase the difficulty of the experience, and we may fail to learn the lesson of the experience.

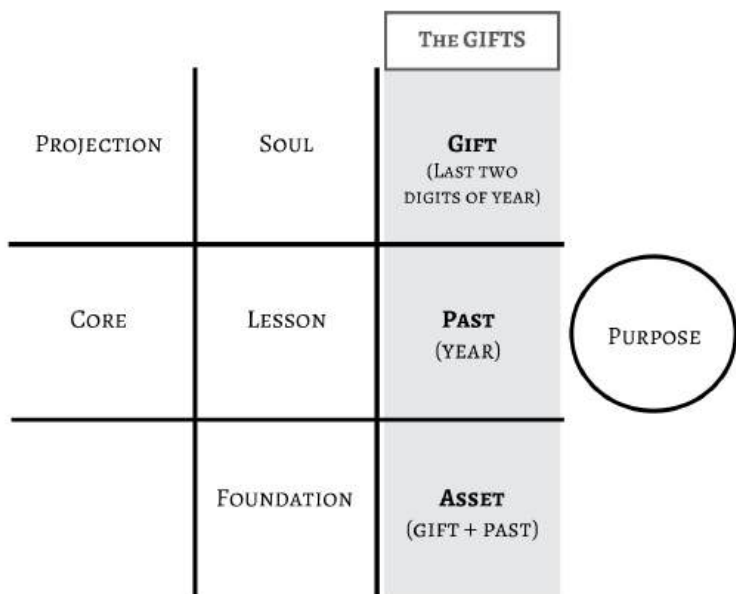
The key to maintaining a strong core is to accept your challenges and learn from them. By understanding the characteristics of the number in the Lesson Position, and continually finding ways to

strengthen the positive aspects of the number in your life, then you can easily convert lessons into positive learning experiences. These experiences become the energy that helps you move along your purpose path. The lessons also help to strengthen your Soul Position and allow you to live more deeply in the truth of your soul.

When life does become challenging, and it will, then look at the negative qualities of the core numbers and see which one the challenge is most closely related to. Then look at the positive characteristics of the core numbers to see which ones can help you move beyond the challenge. Trust the information and act on it.

# GIFT NUMBER POSITIONS

## Gift, Past, & Asset



The Gift Numbers are the numbers on the right side of the chart and they provide insight into aspects of the self that can assist us as we face challenges and live our Purpose Path. One thing to keep in mind is that if we are not utilizing our gifts in life then we are not accessing our full capacity. When life gets challenging it is important to look to our gifts as ways to deal with the struggles. They can provide unique and creative ways to move beyond a life of lesson and into a life of purpose and service. The Gift Number is the gift we are consciously aware of, the Past Number is a gift that rests in our subconscious, and the Asset Number is an extra gift that we can utilize.

## Calculating The Gift Number Positions

The first number to calculate is the number in the **Gift Position**. This number is equal to the last two digits of the birth year. To calculate the number for the Gift Position, add the last two digits of the birth year together and place that number just to the right of the Soul Position. For example, if you were born in 1975 then the Gift Position number would be  $7 + 5 = 12$ . The 12 is greater than 11 so you reduce by adding  $1 + 2 = 3$ . The Gift Position Number would be 3 for someone born in 1975.

The second number to calculate is the number in the **Past Position**. We can calculate this number by adding all the numbers of the birth year together. For example, if you were born in 1982 then you add:  $1 + 9 + 8 + 2 = 20 = 2$ . After calculating this number, place it directly to the right of the Lesson Number, below the gift position.

The final number on the Gift side is the number in the **Asset Position**. We can calculate this number by adding the Gift Position and the Past Position together. Once you have calculated that number place it directly below the Past Position.

## Gift Number

The Number in the Gift Position is the gift in life that you possess consciously—it is not a hidden talent. This gift helps you meet the challenges of life and can be enhanced by spiritual discipline and a deeper understanding of the self. Utilizing the gift helps you to access the divine inside yourself. One thing to keep in mind, if you have a difficult time accepting gifts from people, then you may be failing to use your natural gifts in life. When life becomes challenging the number in the Gift Position can be a great asset for helping to remove the blocks, so make sure you are utilizing its qualities in your life.

## **Past Number**

The number in the Past Position is the gift in this life that you possess subconsciously. You gain access to the gift through past experience, ancestry, or mastery of the number in a past life. As we mature and embrace spirituality on a deeper level, this number becomes more and more accessible and we can utilize it to support our Purpose Path and overcome life barriers.

## **Asset Number**

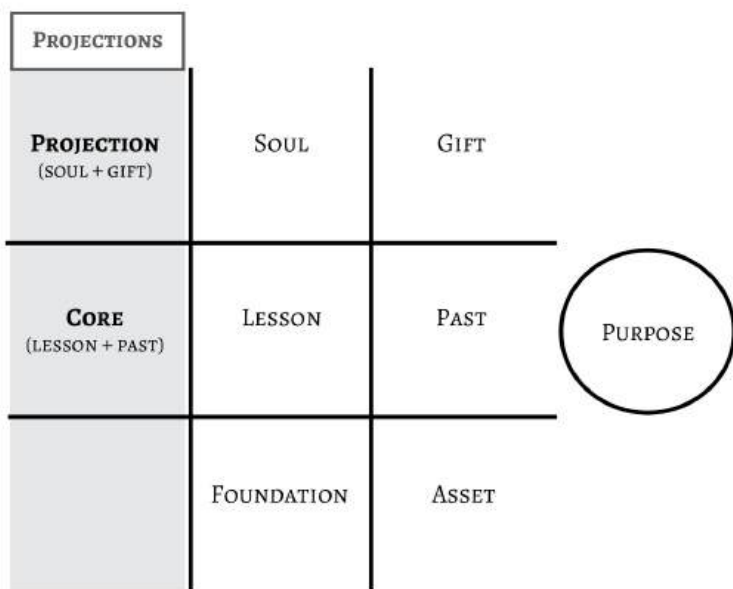
The number in the Asset Position is an additional gift that can help you unlock your life when you feel stuck. As we combine the Gift Position and Past Position and utilize them together in our life, the Asset Number becomes an even greater gift that can help us move on our Purpose Path. Interestingly, the Asset Number and Past Number provide a clue to the cumulating effect that your ancestral experience and genes (some might say past lives) have on your life. For example, someone with a 10 in the Past Position and a 10 in the Asset Position has the cumulative effect of being a leader of leaders (you will learn later that the 10 is the number of a leader). This means that they have, in the past, developed this gift and now have access to utilize it in this lifetime.





# PROJECTION NUMBER POSITIONS

## Projection & Core



How we present ourselves to others and the world in general can have a huge impact on how we discover and live our Purpose Path. Initially we live in our projection (how others see us), even if we are not aware of what we are projecting. Our life purpose is revealed as we mature and gain experience through life lessons. Sometimes our purpose is hidden in the deeper aspect of the self or masked by our worldviews. It might take several years before we become consciously aware of our purpose and only through the eyes and thoughts of others can we understand how our projection influences our experience. The key thing to keep in mind is that as we transition

from Projection Number into Core Number, we finally can gain access to our Purpose Path.

## Calculating the Projection & Core Number Positions

Before you can calculate the Projection and Core Numbers you need to calculate two other numbers on the gift side of the tic-tac-toe chart. This was discussed in the previous pages.

To calculate the number in the **Projection Position**, add the number in the Soul Position to the Gift Number (the top number on the gift side). Place this new number directly to the left of the Soul Position.

To calculate the number in the **Core Position**, add the number in the Lesson Position to the number directly to the right of Asset Position. Place this number directly to the left of the Lesson Position.

## Projection Number

When we first encounter others, or new environments, we leave an impression. Initially this impression is strongly related to the number in the Projection Position, and is in the conscious realm of other people's experience. In our younger years we are rarely aware of how others see us and what we are projecting into the world. Still, our projection has a strong influence on how people will interact with us and how our relationships with others will be determined.

For example, someone with an 8 (the general or boss) in the Projection Position will be seen as someone that can take charge and get things done. They will naturally get put in positions of management because they appear to have the power to command others. Interestingly, this person may not recognize the qualities of the 8 in themselves, even though others see it in them. They might not even really possess the qualities of the 8, but others will expect

those qualities from them and will interact with them as if they have those qualities. Because of this, the Project Number presents a weaker sense of the self to the world. And as we mature we slowly embody the qualities of the Core Number and project a deeper sense of self into the world.

## **Core Number**

The number in the Core Position reveals the core of our projection and what others really get from us when we interact with them and build a relationship. It is hidden in the subconscious realm of experience. For most of our early years (ages 0-27) this number is masked. As we get more comfortable with our self and our purpose in the world, the Core Position becomes relevant. The sooner we start to embrace and understand the characteristics of the Core Number as the foundation of our Projection Number, the sooner we can begin to move on our Purpose Path.

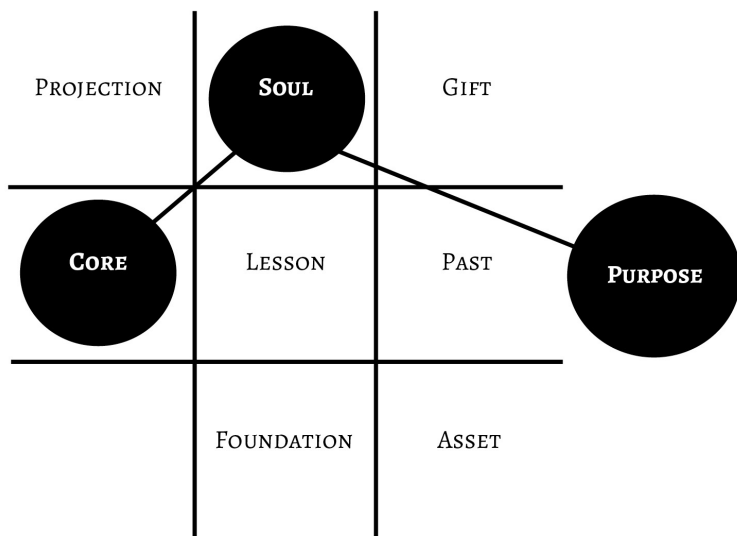
## **Understanding the Dynamics of the Projection & Core Positions**

If you fail to utilize your Purpose Number then you are a projection without a base. What you are projecting has no substance behind it. For example if you have a 3 in the Projection Position, people will see you as a happy-go-lucky, flirt-with-life type of person. They may think that you rarely take life seriously, and thus they fail to take you seriously. But let us say you have a 5, the teacher by example and the number of the physical body, in the Core Position. The 5 in the Core Position provides substance for the 3 that is projected, resulting in a teaching that is jovial and lighthearted. As a complimentary pair the

Core Position provides the Projection Position with substance and deeper meaning so that what people think we are is more consistent with whom we truly are.

# PURPOSE PATH

## Core, Soul, & Purpose



As we discussed in the worldview section, purpose can be thought of as the correct alignment of our passion, knowledge and skill to serve the world and make it a better place. To discover one's purpose, and to live it, leads to a life of service and fulfillment. As we mature through life and play out the different aspects of our soul, our Purpose Path—the path that leads to living a life of fulfillment—is revealed.

In this system of birthdate numerology, the Purpose Path (we could also call this the Destiny or Fulfillment Path) consists of three numbers: the Core Position, the Soul Position, and the Purpose Position. The characteristics of the Core Position work with the qualities of the Soul Position to form the Purpose Position. The combination of all three provides insights into what type of life will

offer fulfillment. Keep in mind that the Purpose Position is only one part of living in one's purpose—the Core and Soul Positions play an equally important role for understanding the life path that reveals our service to the world.

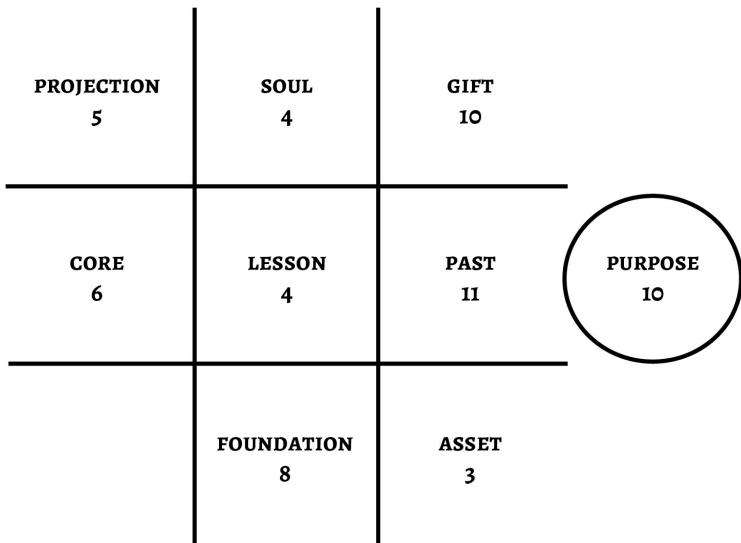
## Calculating the Number in the Purpose Position

There are two ways to calculate the number in the Purpose Position—a good way to check your numbers is to perform both calculations. The first way to calculate it is to add all the numbers of the birthdate together; month + day + year.

For example, someone born on April 22, 1973 would have the number 10 in the Purpose Position.

- Birth Month (April) = 4
- Birth Day = 22 = 4 (2+2 = 4)
- Birth Year = 1973 = 2 (1+9+7+3 = 20 = 2)
- Adding all the numbers together: 4+2+2+1+9+7+3 = 28; 2+8 = 10
- Adding the reduced numbers of the month, day, and year = 4+4+2 = 10

You can check this by plotting the numbers on the tic-tac-toe chart (see chart on next page) and adding the number in the Core Position with the number in the Soul Position. If we do the calculation for the April 22, 1973 birthdate, the 6 is in the Core Position and the 4 is in the Soul Position. Adding the Core Position with the Soul Position you get 6+4 = 10. Both methods revealed a 10 for the Purpose Position, so our calculations are correct.



## Purpose Number

The Purpose Position provides insight into the direction of our soul’s purpose in this lifetime and what we need our life to embody to feel fulfilled. Simply put, our purpose in life is to experience our excellence and go home. If all our numbers are working in harmony then we will experience our excellence and become a shining light in the world.

Mastery of the number in the Purpose Position allows the divine to radiate through us and we become a vessel for greatness. As we move away from a life of lesson, and learn the lessons that we have been challenged with, it becomes easier to master the characteristics of the number in the Purpose Position. As we learn to live our purpose more deeply, over time we can rise above the limitations of

our birth numbers and live a life of complete service and fulfillment.

## Understanding the Dynamics of the Purpose Path

After calculating the number in the Purpose Position we are ready to take a deeper look at the concept of Purpose Path. As we mature and begin to express the number in the Core Position, our Projection Position becomes more grounded and substantive—our relationship with others has more weight because what others see in us has purpose behind it. We can then utilize our Core Position to help direct the Soul Position towards our Purpose Position; this is the Purpose Path.

As the three numbers begin to work together, our understanding of our self deepens and we become clearer on what fulfills us in life. For example, someone with a 3 in the Core Position, 4 in the Soul Position, and 7 in the Purpose Position has a 3-4-7 Purpose Path. The 3 in this combination says that they are a lighthearted, go-with-the-flow person that brings a positive perspective to life. The 4 has the qualities of non-judgmental observation, meditation, and structure. And the 7 has the ability to share information through the voice and is able to fill the room with their presence (aura).

We call this combination (3-4-7) the divine channel. The happy-go-lucky, meditative state can easily receive information and then share it with others. For example, this is a great number combination for someone that is a speaker or musician. When they are in front of an audience they have the ability to make things up on the spot, but with the skill and quality as if they have been rehearsing or practicing what they share for years. As we review our charts and discover our Purpose Path combinations we can begin to tell stories about how to fulfill our purpose and serve the world.



# SAMPLE CHART

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For someone born on January 9, 1975 the chart would look like the following:

- Lesson number is 1 (month)
- Soul number is 9 (day)
- Foundation number is 10 (soul + lesson;  $1+9 = 10$ )
- Gift number is 3 (last two digits of the year;  $75 = 7+5 = 12$ ;  $1+2 = 3$ )
- Past number is 4 (the birth year;  $1975 = 1+9+7+5 = 22$ ;  $2+2 = 4$ )
- Asset number is 7 (gift + past;  $3+4 = 7$ )
- Projection number is 3 (gift + soul;  $3+9 = 12$ ;  $1+2 = 3$ )
- Core number is 5 (past + lesson;  $4+1 = 5$ )
- Purpose number is 5 (day + month + year;  $9+1+1+9+7+5 = 32$ ;  $3+2 = 5$ )

<b>PROJECTION</b> 3	<b>SOUL</b> 9	<b>GIFT</b> 3
<b>CORE</b> 5	<b>LESSON</b> 1	<b>PAST</b> 4
	<b>FOUNDATION</b> 10	<b>ASSET</b> 7

**PURPOSE**  
5



## THE NUMBERS

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Numbers are symbols with metaphorical meanings; they are both quantitative and qualitative in their nature. As we saw earlier in the Energy Bodies section, there are many ways to view the meaning of numbers. Along with the energy bodies, we can look at the structures they make, the historical significance they have, the shape they are drawn in and so much more. Although the information below provides some more detailed information about numbers, it is also a good practice to discover what each number means to you. The deeper our relationship develops with numbers, the more meaning and value they can have in our life.

In this section we describe the numbers in more detail, providing a short synopsis of the number, the positive and negative sides of the number, and a summary of the key characteristics of the number when it is found in a specific chart position.

# 1 (Soul Body)

One of the key things the number 1 needs to learn is how to use the heart before the head—and how to act from humility and with creativity. Because of its close connection to the soul, this is considered the number of the holy and wise person. The number 1 tends to be independent and mentally rigid. The 1 has a deep concern with the health of the spine and head—and may be overly protective of those body parts. There is a strong desire to examine and understand the self (recall the number 1 relates to the soul and the seed of character). The 1 can be a great leader (like the 10), but sometimes they feel small because they lack access to the infinite—they have to learn how to make their soul (1) radiate into the world as a 10.

## Positives

- Strong desire to “know thyself”
- Balanced head and heart (water and fire, heaven and earthly will)
- Own best friend, independent, humble
- Creative, focused, takes initiative
- Smiling is a sign of heart mastery

## Negatives

- Headstrong, stubborn, and ruled by the head
- Ego, no humility or self-understanding
- Confused without sense of self-identity
- Overly intellectual and outwardly focused
- Sympathetic instead of compassionate

Denies true feelings and difficulty with self-love  
Feels disconnected and isolated  
Lives in a state of “small me” thinking

## Summary of Chart Position Significance

**Overall Key Question:** Am I compassionate? Am I creative? Do I smile often? Do I act from my head and heart? Can I be independent, but not alone? Is my soul radiating into the world?

**Lesson Position:** Are you consistent? Do you understand who you are and why you are on earth? Do you listen to your heart?

**Soul Position:** The individual needs to have a balanced head and heart, and understand that logic will lead to a dead end, like a snake biting its own tail. They are a master of self-love and independence.

**Gift Positions:** The individual is super-creative and moves from the heart. They have balance between the intellect and emotions.

**Purpose Position:** The individual is a master of the self and very independent. They express themselves as highly creative. Their soul radiates into the world. They have a perfectly balanced mind and heart.

## 2 (Negative Mind)

One of the key things the number 2 needs to learn is how to direct their longing to belong and the urge to merge in healthy ways so they can be obedient to their internal and external teachers, while maintaining a strong sense of self. The number 2 is like a charged particle always looking for its opposite (like a negative ion constantly sending out feelers for the positive ion to join with). Even though they initially see the negative side of things, they also tend to be the best lovers and students—desiring to find their complement and the thing that completes them. The most important thing the number 2 can do is to develop a positive sense of self. When they merge with something outside the self they should do not completely lose who they are, and they should not get caught up in the trap of always focusing on the negative in life.

### Positives

- Senses danger of decisions and in situations
- Obeys inner teacher and connects to spiritual teachers
- Connection to infinity (like an 11, but not as obvious)
- Happiness in partnership with other
- Sees polarities of life
- Two's company, three's a crowd
- Good decision-making
- Strong navel or second chakra
- Gives from the heart, but does not give their heart away

## Negatives

Overly focused on the negatives in life  
Relates only to infinite and not to others  
Blind to risks (fools rush in)  
Nobody until somebody loves you (loss of self in relationship)  
Fears abandonment and rejection  
Driven by urge to merge  
Love-a-holic  
Empathetic to a fault  
Overly attached  
Always scanning and questioning

## Summary of Chart Position Significance

**Overall Key Question:** Can I merge with lovers and teachers without losing my sense of self? Can I see all the dangers and negatives in any situation? Do I understand my connection to the infinite?

**Lesson Position:** Does the negative mind bring harmony or disharmony into my world? Do I rush into situations without assessing the dangers and challenges? Do I easily lose my sense of self?

**Soul Position:** The individual must become a master of making decisions even while seeing the negative and dangers. They need to become their own best lover and teacher. The individual must maintain a strong core and sense of self.

**Gift Position:** The individual easily connects with others. They can provide good advice about relationships. They clearly see risk, danger, and negativity in life.

**Purpose Position:** The individual is a perfect student and lover; their relationships are important and meaningful. They are deeply connected to the infinite and divine inside the self.





# 3 (Positive Mind)

One of the key things the number 3 needs to learn is how to balance the devil and the divine, while staying positive to create equality and justice in the world. This is the number of the magician, a jovial entertainer, or if the cause is right, a martyr. Overall the 3 is very positive in nature and loves to flirt with life. It is also the number of the team player and budding socialites. 3 can be playful, or social, to a fault because they have a strong desire to be liked by everyone. One moment they are mediating a heated argument and in another they are playing a prank on their best friend.

## Positives

- Makes the best out of every situation
- Service oriented
- Sees potential and possibility
- Concerned with equality and fairness
- Mischievous and humorous
- Social, creative, expressive, intuitive
- Earth mother (turtles), supportive team player
- Good meditator
- Three's company, but two is too few

## Negatives

- Pulled down by negativity
- Unfocused, depressive, insecure
- Feels unsupported and worries a lot
- Gets caught in a triangle of conflicts

People pleaser to a fault

## Summary of Chart Position Significance

**Overall Key Question:** Can I see the positive in life? Can I open to the flow of infinite possibilities? Can I enjoy life completely?

**Lesson Position:** Can I stay positive in all external interactions and activities? Who is on my team? Do I say “no” often enough, or am I continually trying to please others? Does my core and spine have integrity or am I just going where the wind blows me?

**Soul Position:** The individual is always positive and sees the good in them selves and in others. They are always playful and are great team-builders. This individual must learn to see their own negative side or shadow side and then make peace with that part of the self.

**Gift Position:** The individual is positive and cheerful. Their uplifting attitude is an inspiration to others—they are always smiling. They see all possibilities, but focus on bringing the correct ones into reality.

**Purpose Position:** The individual must see and create equality in all situations; everyone is on their team. Their positive presence brings laughter to all situations. They flow through life with ease.

# 4 (The Neutral Mind)

One of the key things the number 4 needs to learn is how to be in a constant meditative state while living a life of service with compassion and integrity. This is the number of the counselor, and advice giver, who provides unbiased and balanced information to help with decision-making. The 4 can easily see the positives and negatives in a situation and can organize life within neat boxes. However, they have a tendency to get caught in the boxes they create and may become judgmental of the self or others. They must learn to just see and observe without focusing on the negative or positive; completely neutral and detached.

## Positives

- Mental mastery, good listener, good organizer, and logical
- Master of the yogic mind—non-judgmental and observant
- Sees the whole picture
- Non-reactive, detached, neutral
- True compassion
- Perceptive and acts quickly on decisions
- Master of proper vision and seeing the big picture

## Negatives

- Overly rational, wavering mind, reactive, stuck in mental excuses
- Can't see the whole picture, stuck in pros and cons
- Takes sides in disputes
- Indecisive, organized to a fault, can't think outside the box

Overly critical and skeptical  
Judgmental of self and others

## Summary of Chart Position Significance

**Overall Key Question:** Am I non-judgmental towards others and myself? Do I balance my thinking process with intuitive observation? Are my decisions made from internal wisdom?

**Lesson Position:** Do I come from a place of neutrality and non-judgmental observation? Am I a good listener? Am I opinionated and out of balance?

**Soul Position:** This person is a master of the mind—seeing all sides of the issue, positive and negative without any judgment. The individual listens and trusts the inner voice and make decisions with ease. They must learn to keep the mind open and rethink their thoughts. They are structured, but flexible.

**Gift Position:** The individual is neutral, humble and focused on service. They maintain a balance between their internal thoughts and external thoughts about others. They provide excellent and non-judgmental advice.

**Purpose Position:** This person lives a life of service. They are mentally balanced and committed to daily meditation.

# 5 (Physical Body)

The key thing the 5 needs to learn is how to balance the physical and spiritual worlds and the mind and the body. 5 is the number of the teacher by example; someone that lives their teaching as an example for others. They tend to make good salespersons, politicians, and performers; they are naturally a star that loves the stage. The physical body is very important to them and they engage in physical activity daily. The 5 is also very consistent, yet flexible. Sometimes they can be found spinning their wheels in the wrong gear, or running out of energy completely. In general they are seen as half-person and half-divine and they consistently work hard to maintain that image.

## Positives

Strong body, disciplined, physically active

Natural teacher

Ability to sacrifice

Natural salesman and networker

“The Star”—has energy to spare!

Flexible, goes with the flow, balanced

Always reassessing priorities

## Negatives

Couch potato, loves to eat (especially sweets)

Chooses comfort over sacrifice

Can't set priorities, compulsive, co-dependent, addictive

Unbalanced, inflexible, narcissistic, over-indulgent, intolerable

## Summary of Chart Position Significance

**Overall Key Question:** Will I balance physical and spiritual strength for the good of everyone and everything? How will I bring the heavens to earth?

**Lesson Position:** Am I a master of my body and the physical world—or does life beat me down and make me a couch potato? Am I disciplined and focused in all areas of my life? Am I focused on the physical to a fault or not focused on it at all? Have I embraced my physical challenges in life?

**Soul Position:** They learn to take the time and dedication to discover that the balance of internal thoughts and emotions requires consistent self-control. They are a star that shines wherever they go, but they need to use their stardom without burning out and for the benefit everyone. They are a master of the body, but may think their body flawed.

**Gift Positions:** The individual has the ability to teach, be self-disciplined and be capable of self-sacrifice. They manage their energy well and relate to others with ease.

**Purpose Position:** The individual must become a teacher by example; a personification of what they teach. They have the ability to share life experiences and connect with others by meeting them where they are at, physically, mentally, and emotionally.

## 6 (Heart Arch Line)

The key thing for the number 6 to learn is how to be a person of prayer that is open-hearted, lives with a strong sense of justice, and creates safe and sacred space for others. It is the number of the priest/nun and shaman. Where the number 4 holds a meditative state, the 6 is in a constant state of prayer, allowing their heart to radiate what they desire to manifest in the world. Because the 6 is closely connected to the heart, this is the number of the healer in general and specifically the healer from the heart. They have strong ties to home and family. They may discover challenges in the area of self-worth and tend to be a homebody. But if they remember to dance through life and get a healthy dose of nature, their loving presence will open any heart.

### Positives

- Mastery of the word, keeps commitments
- Flexible number, but not world traveler; likes to be at home
- Meditative life in action, lives their prayer
- The power of mother's prayer; Homemaker
- Sacred person who can create sacred space with their presence
- Eager to learn new things
- Their presence blesses others and heals others, natural protectors
- Natural meditators, with blessed protection
- Love for family
- Strong self-esteem, confidence and self-worth
- Feels protected in life
- Doesn't usually complete school



## Negatives

Talks without thinking, lacks integrity, over-commits  
Lacks self-confidence, self-worth, and self-esteem  
Doesn't feel at home anywhere—dislikes traveling  
Prone to illness

## Summary of Chart Position Significance

**Overall Key Question:** Will I constantly speak the truth of my heart and keep my commitments? Can I manifest what I want by praying my goals into existence with integrity?

**Lesson Position:** Am I consistent and following through; meeting my commitments? Is my heart continually open, allowing my good intentions to turn out as desired? Have I taken the time to heal myself first? Is my home a safe and sacred place?

**Soul Position:** The individual must maintain a strong sense of self and stay centered. They have a tendency to be self-deceptive, and must always trust their heart and keep it open. They are a natural healer.

**Gift Position:** The individual is a person of focused and powerful prayers, and luck is on their side. They are consistent in their thoughts and actions.

**Purpose Position:** This individual must embody a person of constant prayer, meditation, and concentration; very centered in the heart. They must learn to create their own reality that is healing to the world.

# 7 (Aura)

The key thing the number 7 must learn is how to be a platform of elevation and security for the self and for others. The individual is merciful, with a strong sense of self-identity and self-love. They are the inner warrior, constantly searching out their demons and cleaning their closets. As they discover inner truths they gladly use their voice to share what they have learned. They are good at establishing boundaries and walk with a sense of nobility. When things get challenging in life they may retreat and become a hermit, even when in the presence of others. They may fear action and become nervous if they do not have a sense of knowing; and they need time to dissect concepts and ideas before they feel comfortable with them. As long as they maintain a strong presence, take time alone when needed, and keep their closets clean, 7's will find joy in sharing their inner voice with the world through singing, writing, or speaking.

## Positives

Divine shield, strong sense of self, inner warrior

Master of boundaries

Can be alone without feeling lonely, finds strength when alone

Can handle any situation, says the right thing at the right time

Model of grace and nobility

Can clean their closets, sincere at inner analysis

Inspiring and uplifting to others (cosmic forklift)

Outer reflection of their nervous system

Relates to fifth chakra: came here to be heard, voice of healing

Can go inside the self and discover truths to share with others

## Negatives

Easily swayed by surroundings  
Doesn't deal well with inner issues, constant worry  
Uses negative language against self and others  
Afraid to be alone, fear of dark as a child  
Hermit, avoids intimacy, impatient, controlling, dissociative  
Lacks boundaries, daydreamer, unconnected  
Present without presence  
Others believe them, but they don't believe themselves  
Judgmental of self and others because they see the disorder  
Cannot act without knowing—runs mind in mental circles  
Nervous, jumpy, compulsive

## Summary of Chart Position Significance

**Overall Key Question:** Can I be uplifting and provide a safe, nurturing space for others and myself? Can I accept a universal love without boundaries, and still feel safe?

**Lesson Position:** Do I manage my aura and presence with ease and confidence? Am I grounded in a strong sense of self, or do my surroundings and the people I interact with determine who I am? Am I expressing my voice daily through singing, writing, and speaking?

**Soul Position:** The individual is internally uplifting, but they tend to have a weak sense of self. They are grounded with a strong sense of boundaries, but they look for things outside the self to provide a sense of self. They easily share their voice with the world.

**Gift Positions:** The individual is always uplifting themselves and others. They are a master of presence and they bring life to every interaction.

**Purpose Position:** The individual must learn to uplift all of humanity including the self. They have a strong presence and desire to be who they really are. They are a master of expressing the self through their voice, and they have much to share.



## 8 (Pranic Body)

The key thing the number 8 needs to learn is how to live fearlessly as a supercharged human being. They are the natural warrior and general, with exceptional healing abilities (because of their strong prana or wei qi). They make great bosses and can catalyze action in any situation. They are decision-makers and doers. They have a tendency to indulge in sources of energy outside the self (food, drugs, and fast cars, for example) and their fiery nature tends to be quick to anger. They are an asset to any adventure, but can also be your worst enemy. As long as they develop and control their breath, they can be masters of money and power and use their abilities in many philanthropic endeavors.

### Positives

Natural healer, natural warrior, fearless competitor  
Controls all three minds (master of the executive mind)  
Linked to infinite  
Fiery personality, likes power, delegator, directive  
Master of money, good entrepreneur  
Master of the breath  
“The Great Accelerator”—makes things happen  
“Supercharged Human Being”—has energy to spare  
May not sleep much  
True decision maker, the doer, the boss, and the general  
Totally in charge of life  
Sees consequences of action before action  
Big-hearted, philanthropic

## Negatives

- Tries to get energy from gross forms (food, stimulants, drugs and adrenaline boosting activities in general)
- Neglects the breath
- Bossy, self-critical and critical of others
- Demanding, poor decision-maker
- Too much fire: argumentative, bad temper
- Ignorant of consequences
- Stingy with money or spendthrift
- Healer who cannot heal self
- Lacks energy, continually self-defeating
- May not sleep much or sleeps too much

## Summary of Chart Position Significance

**Overall Key Question:** Am I fearless and supercharged? Do I take charge and get things done in a way that benefits everyone?

**Lesson Position:** Do I see and take the steps to get from A to B—am I a long-range planner? Do I access all my energy and use it in the right way at the right time? Do my emotions get the best of me? Am I over-demanding on others and myself?

**Soul Position:** The individual is fearless, but they need to consider how their actions affect others. They must not ignore the shadow side of the self. They naturally have an abundance of energy and can make things happen in life. They may feel abandoned when they don't have people to boss or manage—like a general without an army.

**Gift Position:** The individual is a fearless planner, decision-maker

and can carry through on their plans. They can generate energy and resources at will.

**Purpose Position:** The individual lives a life of compassion—they use their energy and power to make the lives of others better. They are connected to the energy of infinity and are completely in charge of life.





# 9 (Subtle Body)

The key thing the number 9 must learn is how to engage the mystery of life and master the subtleties of life. They must maintain a calm and intuitive presence to allow the unknown to be known at any time. They have a fearless understanding of death and they ride the waves of life, regardless of how big or small the wave. On the challenging side, they have a tendency to hold on to the past, are naïve, and have a shallow bookish knowledge of many things. If they can learn to master one thing in life (it takes 10,000 times or hours to master something), they can master all things. They will be great recorders of information, and their access to unlimited knowledge allows them to make great advisors, especially to people in charge. This highly intuitive sage can also bring new knowledge and ideas into the world—especially when helping with humanitarian pursuits.

## Positives

Tuned into what is really happening

Deep understanding of life, sees into the soul of things

Disciplined, focused and consistent—finishes what they start

Ability to let go completely and move on

Mantra: “I know the unknown is known to me”

Knows the mind of God

Attitude of gratitude and grace

Highly intuitive (a triple 3)—the conscious channel

This energy field carries the soul after death

Great depth of perception, doesn't miss a thing

Feminine projection

Highly intelligent  
Old master with qualities of consistency and constancy  
Fearless understanding of death, often works with the dying  
Rides the waves of life

## Negatives

Innocently naïve, gullible, inconsistent, unfocused  
Undisciplined, lives in a fog, lacks understanding of life  
Ungrateful, complaining, confused, fails to complete things  
Difficulty letting go  
Wanderer, bookish knowledge  
Jack-of-all-trades, but master of none

## Summary of Chart Position Significance

**Overall Key Question:** Will I allow myself to be subtle and calm?  
What is the real purpose of my life?

**Lesson Position:** Do I see the deeper realities of life? Can I communicate my understanding in an easy and effective manner? Am I working to master one thing in life? Am I willing to let go of things gracefully, including all I know? Do I finish what I start?

**Soul Position:** The individual must learn to see the deeper realities of life and gracefully present their knowledge. They must also master one thing—doing it every day until they can see the subtleties of what they are mastering. They may be continually misunderstood when communicating knowledge to others. The individual must not be so hard on the self and they must see what others see in them.

**Gift Position:** The individual easily and quickly picks up on the

subtlety of any situation—he or she is a master. They can speak to anyone at any level. The individual learns things very quickly and can access information at will.

**Purpose Position:** The individual must be very masterful and calm in whatever they do—they shine light on the subtleties of life that most people miss. They see the big picture and the minute details, communicating knowledge with ease and elegance.



# 10 (Radiant Energy Body)

The key thing the number 10 needs to learn is how to embrace the ability to shift between being all things and nothing—100 percent in or 100 percent out. This is the number of royalty, courage, and the leader by example. Their soul radiates into the world. The 10 is the number of the king, queen and the warrior saint (think Joan of Arc). Growing their hair long and wearing white allows them to have a regal and charismatic presence. Good is never enough for the 10; they desire great. When challenged in life, they may avoid leadership roles, find difficulty in initiating things, and be the best at being the worst while throwing a temper tantrum. If they build the courage to be their own leader and allow their soul to radiate from its core, they will have the ability lead others to victory in any situation.

## Positives

- Soul radiates—magnified **1** expanding into the world
- Old royalty, royal courage
- Knows the right way to do things
- Highly creative and natural leader
- Naturally charismatic
- Fearless in taking a stand—forefront of battle
- Sovereignty, soldier saint
- Good initiator
- Inner qualities of steel (strength) and diamonds (clarity)
- Martial arts abilities
- The best at everything (good isn't good enough)
- Like to stand out and be admired

All or nothing personality (100 percent in or 100 percent out)  
They don't compete they win  
Leave hair uncut and wear white to energize and radiate

## Negatives

Full of fear, avoids leadership, bully, procrastinator  
If they can't be the best they will be the worst (temper tantrum)  
Perfectionist—never feels good enough  
Energy fluctuates sporadically—unaware of their power  
Makes false starts  
Always comparing

## Summary of Chart Position Significance

**Overall Key Question:** Will I allow myself to be a creative, courageous and radiant leader by example? Can I be my best 100% of the time?

**Lesson Position:** In this situation should I be 100 percent in or 100 percent out? Could I do better or am I being an underachiever in life? Do others expect more from me than I want to be—am I shying away from being the leader? Am I being my best in all situations?

**Soul Position:** This individual must avoid the attitude of “I can't do it.” They may have low self-esteem and desire to be part of the status quo, instead of leading others. The individual should strive to be their best in every situation and live with a deep inner strength and clarity.

**Gift Position:** This individual will be radiant and royal in

everything they do—they give 100 percent. They are the center of their universe, the king of their castle.

**Purpose Position:** This individual must manifest royal courage and seek to benefit everyone that trusts them as the leader. They will always do their best in life and achieve greatness.





# 11 (Spiritual Body; All Bodies as One)

The key thing the number 11 must learn is how to live as a divine and perfect being, with a direct channel to the heavens, and firmly connected to the earth and earthly experience. They have the unique ability to access all energy bodies and can bring to life divine visions that reveal truth for everyone. This is the number of the spiritual master and guru, with a fixed purpose of total surrender to the will of the universe. When challenged they tend to be disgruntled with their place on earth, their physical limitations, may be ungrounded and flighty, and desperately in search of a soul mate to complete them. If they can realize that their divine connection can allow them to have complete mastery of the physical world, they can be an inspiration and bringer of truth and light for the world.

## Positives

- Commands abundance in all forms
- Number of the guru, divine teacher
- All bodies connected—link to divine
- Spiritual master that returned to master the earthly realm
- Divine poets, bringers of truth and light
- Lives at one with the will of God/Universe/Spirit
- Example of total surrender
- Divinely inspired and inspiring
- Feel the divine when in their presence
- Purpose is fixed
- Divine visionary (What an 11 dreams an 8 will build)

## Negatives

Can forget the infinite  
Can be in divine conflict—at war with God  
Must discover how money and other forms of power work  
Angry that they have to do this again  
Disgruntled with physical limitations and their body  
Ungrounded, lost in daydreams, fanatic

## Summary of Chart Position Significance

**Overall Key Question:** Will I allow myself to know the divine and be connected to all things? Do I allow the infinite to flow through me?

**Lesson Position:** Do I realize that I have mastery of the spiritual and physical planes? Do I see the perfection of the physical, even though I feel that everything is imperfect? Do I continually remember my connection to the divine?

**Soul Position:** This individual must realize that heavenly will is the master of life and that they must continually surrender. The individual must find the spiritual in all aspects of life and embrace the physical. The individual must accept that they are completely human and spirit at the same time—they are only one thing.

**Gift Position:** This individual is a master of the energy bodies and can express their qualities as needed. They are a person of right action, right place, and right time. The individual is a continual reminder of divine connection and lives completely in the moment.

**Purpose Position:** This individual must become a constant

reminder of the divine—they can expand others to infinity. People should always walk away feeling elevated and conscious when in the presence of this individual, as if they have touched a piece of heaven.

## Activities to Enhance Learning

- Spend 20 minutes meditating on each number and what each number means to you. Write down the information you receive.
- Make a symbolic drawing or a picture for each number and write in some key ideas that help you understand their meaning.
- Review the information for your favorite number or numbers. These are the numbers that you really want to embody in your life even if you do not find it in your birth chart. Ask yourself, “what does the meaning of these numbers tell me about my life?” (Remember, if your favorite number is greater than 11, don’t forget to reduce the number).

## SPECIAL NUMBERS

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Some numbers are considered special numbers and offer a richer and deeper meaning. For example, 13/4, 14/5, 17/8, 16/7, 22/11 are all special numbers. For the purposes of this book the only special number that we will discuss briefly is the number 0. This number will show up on the gift side for individuals born in 1900 and 2000. This number is the number of a clean karma and a clean slate. With the 0, you are offered an opportunity to clear all your lessons and can access that part of life that is free from the burdens of karma. It is also the number of no-one-thing, allowing the individual to access the zero point of life that has unlimited energy and unlimited potential. How they choose to access that place of nothingness and what they do with the potential that exists in that space is up to them.

For more information on special numbers visit  
[www.practicalnumerology.com](http://www.practicalnumerology.com).

# IMPORTANT!

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Before you continue, there are questions that you should take some time to honestly answer. Don't miss this opportunity to empower yourself and understand yourself on a deeper level. The more authentic the answer, the easier it will be to understand how to remove blocks to achieving your purpose and life of fulfillment.

- What do you see limiting or blocking your life when you were younger, right now, or in the future?
- What is something you have always wanted to accomplish in your lifetime (your goals and dreams), but have not found the right time or place to accomplish?
- What have you always imagined your ideal life to look and feel like?
- What has been a defining feature of your successful and unsuccessful relationships in life (romantic, friendships, family and so on)?
- What were some of the most painful experiences of your childhood or early life that continue to impact your life?
- Do you consider yourself more intellectual, intuitive, or emotional?
- What makes you happy, sad, fearful, worried, or angry?
- If you could do or be anything in the world right now, what would you do or be?





# YEARLY & MASTER CYCLES

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## Yearly Cycles

The Yearly Cycle relates to the overall numerological influence surrounding a particular year. Each year has a specific number associated with it for each person, starting from the year they were born. The qualities of the Year Number will constantly arise in our experiences during that a year to help us understand the qualities of that number from different aspects of our life. For example, a 10 Year is a year for starting new things, and we will have the opportunity to experience the urge to start new things. We might be challenged to be selective about what we start or we may learn how to start something by giving 100 percent. In a 5 Year, the year of the physical body, we can have the desire to get physically active or we may experience physical trauma.

## Calculating the Current Year Number

To calculate the current Year Number of a particular birthdate, add the current year to the birth month and birthday.

For example, if the year is 2012 and the person was born on April 9, 1975, then you add  $2012+4+9$  to get the Year Number.

- $2012+4+9 = 2+0+1+ 2+4+9 = 18 = 1+8 = 9$
- Year Number = Current Year + Day + Month

This person is currently in a 9 Year, a year for letting go of the past. In 2013 the person will be in a 10 Year and in 2014 they will be an 11 Year.

For this example here is a list of the years and corresponding Year Numbers:

<b>2012 : 9</b>	2015 : 3	2018 : 6	<b>2021 : 9</b>
2013 : 10	2016 : 4	2019 : 7	
2014 : 11	2017 : 5	2020 : 8	

As you can see in the example, once the year number hits 11, the next Year Number continues on as a 3 (keep in mind that we don't use numbers higher than an 11). *The Numbers 1 and 2 are not used for the Year Numbers; instead 10 and 11 are used.* You will also notice that in 2012 the cycle started over again in 2021 with the 9. The year cycle repeats every 10 years.

## YEAR NUMBER CHART

<b>YEAR NUMBER</b>	<b>YEAR NUMBER MEANING</b>
<b>10</b>	NEW BEGINNINGS. START NEW THINGS. LET YOUR BEST SHINE.
<b>11</b>	CONNECT. TIME TO CONNECT WITH OTHERS OR WITH GOD/ SPIRIT/UNIVERSE. TAKE AN INTERNAL OR EXTERNAL SPIRITUAL JOURNEY.
<b>3</b>	GO WITH THE FLOW. LET LIFE HAPPEN AS PLANS MAY CON- STANTLY CHANGE. STAY POSITIVE. OVER-COMMITMENT LEADS TO STRESS.
<b>4</b>	MAKE A PLAN. TIME TO PLAN YOUR GARDEN AND ORGANIZE YOUR LIFE. MEDITATE, BUT DON'T TAKE TOO MUCH ACTION.
<b>5</b>	GET INSIDE YOUR BODY. PUT YOUR PLANS INTO ACTION. STAY FLEXIBLE AND MOVE OFTEN.
<b>6</b>	FOCUS ON THE HEART AND HOME. TAKE TIME TO PRAY AND HEAL.
<b>7</b>	SHARE YOUR VOICE. CLEAN YOUR CLOSETS AND ESTABLISH BOUNDARIES. SPEAK, WRITE, OR SING YOUR TRUTH TO THE WORLD.
<b>8</b>	ENERGY AND POWER. GROW ROOTS AND FOUNDATIONS. BE DECISIVE AND GET THINGS DONE.
<b>9</b>	COMPLETION AND LETTING GO. FINISH WHAT YOU HAVE STARTED, OR LET IT GO. TIME OF SELF-MASTERY.

## Month & Day Cycles

In this practical numerology system there is a number for each year, each month, and even each day. This makes it a really unique tool for planning a good month for a vacation or to make a big change in your life. You can even use the information to pick the best days of the year to schedule specific events or activities such as weddings or launching a new business. This information is covered online at [www.practicalnumerology.com](http://www.practicalnumerology.com).

## Master Cycles

Initiating from the year of birth, the Master Cycles continually influence us throughout our lifetime. The qualities of a particular Master Cycle are influential for the entire year in which it occurs and shines light on a core question of life that is explored physically, mentally, emotionally, and spiritually. Keep in mind that Year Numbers and Master Cycles can both be at work within a given year adding to the types of experiences that will arise.

During the Consciousness Cycle (every 7 years) the question of “who am I” rests heavy on the mind. During the Woman Cycle (every 9 years) the key idea is, “Who am I as a woman in the world?” (sorry guys, women only). During the Applied Intelligence cycle (every 11 years) the question is, “How do I apply myself in the world to accomplish my goals?” And finally, during the Life Cycle (every 18 years), relationships, especially our relationships to energy (physical and metaphysical) are re-evaluated.

## MASTER CYCLE CHART

CYCLE TYPE	AGES OF CYCLE INFLUENCE								
<b>CONSCIOUSNESS</b> (EVERY 7 YEARS)	7	14	21	28	35	42	49	56	64
<b>WOMEN</b> (EVERY 9 YEARS)	9	18	27	36	45	54	63	72	81
<b>APPLIED</b> (EVERY 11 YEARS)	11	22	33	44	55	66	77	88	99
<b>LIFE CYCLE</b> (EVERY 18 YEARS)	18	36	54	72	90	108			

### Consciousness Cycle (7 Year cycle)

**Key Ideas:** Awareness of who you are — sense of self, priorities, how you understand the world, strength of navel (Second and Third Chakra), connection to your soul.

**Key Questions:** “Who am I, what are my values, what is important to me, can I stand the definition of who I am?”

### Woman Cycle (9 Year cycle)

**Key Ideas:** Re-definition of self as a woman in the world — focus of defining the divine feminine. Prayer and love.

**Key Question:** “Who am I as a woman, how do I express the divine feminine in my life?”

## Applied Intelligence Cycle (11 Year cycle)

**Key Ideas:** Shift in applying our sense of self in the world — change in strategy for fulfilling our purpose in life. Career shift.

**Key Questions:** “How do I accomplish my purpose in life, what do I want to do with my life?”

## Life Cycle (18 Year cycle)

**Key Ideas:** Change in energy and relationships — how we apply our energy, the level and quality of energy, and how we organize relationships. This can lead to major lifestyle change and restructuring how best to move smoothly through life.

**Key Questions:** “Which relationships are important to my life in its current context, where is my energy focused, what is the level and quality of energy in my life?”



## PART 3: SUMMARY



# CHART POSITIONS SUMMARY

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## Lesson (Month of Birth)

- Subconscious influences in this life
- Lesson is concerned with external struggles in this life
- The Lesson and Soul can form a lock and cause stress
- Represents focal point of external harmony or disharmony

## Foundation (Soul + Lesson)

- Supports you when you get challenged in life, helps break the locks of the Lesson
- This is the number that you stand on; it is your foundation in life
- We usually don't think about our foundations in life until life becomes challenging
- Keeping your foundation strong is good preventative medicine

## Soul (Day of Birth)

- Conscious awareness in this life
- Gives insight into what makes you most happy and most miserable
- The number you spend most of your life exploring.
- Relates to your physical and psychological self

- Soul is also concerned with what you will struggle with internally in this life
- Soul is part of the path that helps fulfill your purpose
- Represents the link to your soul and focus of internal harmony

## **Projection (Gift + Soul)**

- How the world sees you—impression you leave with others
- You may not recognize the projection, but others see it
- It helps to define how people will initially relate to you

## **Core (Past + Lesson)**

- What is as the core of your projection—what you really get
- If you do not use the core then you are a projection without a base
- Project the core to align who you are with what you project

## **Gift (Last Two Numbers of Birth Year)**

- Conscious awareness of gift
- Using your gifts helps you meet the challenges of life
- Spiritual discipline helps you access the gifts
- Using your gifts allows you direct connection to the divine
- Assists you in living your purpose

## Past (All the Numbers of the Birth Year)

- Subconscious awareness of past mastery
- The positive of this number is expressed as you move on your spiritual path
- This number represents something you have mastered in a past life

## Assets (Gift + Past)

- Sum of all gifts
- Additional gift to help you unlock your life when you feel stuck

## Purpose (Month + Day + Year of Birth)

- Soul's service to the world
- Our purpose in life is to experience who we truly are
- If we truly become ourselves we can become a shining light in the world
- This is the direction of soul's service to humanity
- What you need to do in this lifetime to feel fulfilled
- Mastery of this number allows the divine to radiate through you



# CALCULATIONS SUMMARY

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## General Notes

- Reduce everything to single digits except for 10 and 11
- If you have more than one number, add the numbers together  
(23 = 2+3 = 5)

## Chart Positions

- Lesson Number = Month of birth
- Foundation Number = Soul + Lesson
- Soul Number = Day of birth
- Gift Number = Add last two digits of birth year
- Past Number = Add all digits of birth year
- Asset Number = Gift + Past
- Projection Number = Gift + Soul
- Core Number = Past + Lesson
- Purpose Number = day of birth + month of birth + year of birth
- Year Number = Current year + day of birth + month of birth
- For Master Cycles see the chart in the Cycles section

## Lesson Position (Birth Month) Summary

The birth month has a strong influence on the challenges we will face in life and the types of lessons we will learn. It is the number that is fully explored from a karmic/lesson perspective so we can better understand the challenges/negative qualities of the number. It determines some of our core lessons that will help us mature, converting the challenges into positive power for understanding ourselves and living in our purpose. For example, recall the story I told in the context section about my relationship to the number 1 in the Lesson Position on my birth chart, and how turning the challenges of the 1 (the stubborn loner) into positive lessons helps me along my Purpose Path.

On the following page there is a list of key questions and fears that someone born in a particular month will struggle with through most of their developmental years. As they mature and grow into their purpose they will be able to answer the questions confidently and will have a comfortable relationship with their core fear.

**Note:** When I read a child's birth chart I make sure to inform the parents on how to empower the child to answer their lesson question and alleviate their child's lesson fear. For example, a child born in March needs to constantly be encouraged to participate in family and group activities. They really want to be part of the team, "to fit in." They especially enjoy service activities where their participation on the team increases justice in the world. The moment they are not invited to engage and connect with others they will feel like no one likes them or they are not appreciated. Parents that understand this will help their March child develop along their Purpose Path with ease and grace.

## LESSON POSTION CHART

MONTH	LESSON NUMBER	KEY QUESTION	MAIN FEAR
JANUARY	1	WHO AM I?	DESERVING TO EXIST
FEBRUARY	2	WILL SOMEONE LOVE ME?	ABANDONMENT
MARCH	3	DO PEOPLE LIKE ME?	NOT FITTING IN
APRIL	4	DOES ANY ONE KNOW ME?	UNCONDITIONAL LOVE
MAY	5	CAN I BE A STAR IN THIS BODY?	LACK OF ENERGY
JUNE	6	IS MY LIFE SACRED AND SAFE; WHERE IS HOME?	BEING WORTHY
JULY	7	DO I HAVE A VOICE AND WILL OTHERS LISTEN?	CONTROL AND MANIPULATION
AUGUST	8	AM I POWERFUL; WHERE IS MY SOURCE OF POWER?	ABUSE OF POWER
SEPTEMBER	9	CAN I MASTER ONE THING?	NOT KNOWING THINGS
OCTOBER	10	AM I COURAGEOUS; CAN I GIVE 100%?	SELF EXPRESSION
NOVEMBER	11	CAN I CONNECT WITH THE DIVINE?	ABANDONMENT BY GOD
DECEMBER	3 (12 = 1+ 2 = 3)	DO PEOPLE LIKE ME?	NOT FITTING IN

# A QUICK GUIDE ON ANALYZING THE BIRTH CHART

- Remember that this is a tool for self-understanding. Stay non-judgmental and simply present the information.
- Look at the Year Number and Master Cycle's to see what is currently influencing their life.
- Look at the Soul/Lesson/Foundation numbers first. People flip between their Karma (Lessons) and their Dharma (Purpose) several times in life. As they move into their Purpose Path of service, their Lessons are resolved and there is more focus on purpose, fulfillment, and destiny.
- The Lesson gives a clue to the deepest physical/mental/emotional/spiritual issues. These numbers are working at the core level of the individual.
- You can imagine the Soul Number as the head, the Lesson Number as the solar plexus, and the Foundation Number as the feet. This might help with interpreting the information in these positions.
- Make the assumption that the individual is stuck in Lesson and then look at the numbers to see where they can find support in life.
- The support is found in the Foundation Number. Investigate the Foundation Number and Lesson Number Positions. You may find that they activate the Foundation Number when trying to get out of the Lesson, but they may get stuck flip-flopping between the two, especially if the Foundation is weak.
- Look at the Soul Number (what makes them most happy and most frustrated). Ask yourself what are the positive aspects of



the Soul Number that can help unlock the Lessons.

- Take a look at the Core, Lesson, and Foundation Positions. See if there are any potential locks in the combination of all the numbers interacting. This triangulation provides insight into how the Lesson can lock up the Core Number and prevent the activation of the Soul towards the Purpose.
- Take a look at the Projection Number. Use your intuition to see how they projecting who they are out to the world.
- Now tell a story of what the individual might expect and experience while progressing from the Lesson and Foundation Positions to activate the Core Number.
- Look at the missing numbers (numbers not in the chart) to see if any might be beneficial. A missing number may need to be activated to help with a lesson.
- Take a look at the Gift side of the chart and see what they can use to help break any locks. Are they using their gifts?
- Pay close attention to any repeating patterns or multiple numbers. Look at the geometry of the chart and other possible flows that may give you clues about the person.
- Finally, look at the Purpose Path (Core to Soul to Purpose). Tell a story about what this means in relation to the entire chart.
- Remember that you are here to serve and uplift. Remind the individual to take the information with a grain of salt and see how it feels to them.



## FINAL NOTE

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Visit [www.practicalnumerology.com](http://www.practicalnumerology.com). The website has full chart reading examples, secret tips for reading charts, more ways to understand how the numbers relate and a ton more information to help you learn how to master this unique and practical numerology system.