

MESSAGES — IN THE — NUMBERS

The Universe is Talking to You!

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MESSAGES IN THE NUMBERS

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DEDICATION

This book is dedicated to those people who see 11.11 on their alarm clock or mobile phone and wonder could this be trying to tell me something?

And to those who have pondered a problem and then wondered is there anyone out there who cares? A big YES to both questions.

This book is for you.

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THE UNIVERSE IS TALKING TO YOU

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THE UNIVERSE IS *a powerful, intelligent and creative field. Much of what goes on within it may appear random to us, from the perspective of our relatively small, human lives. It is so incredibly vast that it's hard to imagine that we are an important part of it. Yet, within its intelligence lie creative solutions for any difficulty you could possibly encounter.*

Included in that intelligence, is a benevolent streak of compassion. The Universe is not, contrary to the beliefs of some, entertained by your struggles in life, chuckling away with perverse humour at your misfortunes. The Universe is rather more like the greatest cheerleader ever, urging you on to the right path, encouraging you to make the most fearless and loving choices, guiding you towards your ultimate destiny, which is to live all of your being, that being far greater than one would typically imagine.

In short, the Universe wants to help you! If that means it's necessary to give you signs through the clock on your mobile phone, computer or alarm, or through the number plate on the car in front of you, then so be it. There are messages in the numbers. Those are the messages that the Universe wants to get through to you – to help you grow and live a happier, more connected and fulfilling life. Are you ready to hear them? It's easy! Let this user-friendly guidebook help you interpret the messages in the numbers and start reading the signs that are meant for you.

Although I was raised in a Catholic household with Christian traditions such as going to church and praying to God, Jesus and Mother Mary, that household was very open-minded, unusually so perhaps, about other religions and spiritual practices. I was extremely lucky and grateful to have been raised in such a relatively free and tolerant family. Supported by that childhood openness, I have since explored and embraced the heart of a variety of religious and spiritual practices and consider myself to belong to neither one in particular, and yet somehow to all of them. I suppose because underneath all genuine religious tradition and spiritual discipline, there feels to me to be a similar vein – which is to connect with the Divine.

There is a reason that I mention religion first up, in a book that is not actually religious at all. Numbers are a universal, and by that I mean neutral, language. That is part of their power and accuracy. They can cut through overly complex interpretations and fearful belief systems, delivering clear, simple messages. However, our various religious and cultural tendencies can impose filters of beliefs or associations upon them without us being aware of it at first. That isn't bad. We are entitled to choose what we want to believe in. It's part of our free will and our spiritual development to take responsibility for our beliefs as we grow, choosing what to release and what to adopt, according to the truths of our hearts. The only difficulty is, if we choose beliefs that are based in fear, making some things bad and other things good, we can unintentionally block the messages of assistance and kindness that life wants to bring to us, in order to assist us on the path.

If we view life with suspicion and fear, we can end up turning our back on opportunities that may have seemed to be challenging and yet held within them the seeds of our future liberation. So in working with this book, it's good to know right from the beginning, that you might feel challenged to let go of some of your fear about life, and your need to control things, and instead be asked to open up and begin to relate to the messages in the numbers from a place of trust, believing that the Universe genuinely loves you and wants to help you live your life in the best way for you.

Even though living our life in the 'best way' will often mean very different things for different people, there is one aspect of it that we all have in common. That is, when we live in that way, the 'best way' for us, it is a win-win situation. The greater scheme of life benefits when we are true to ourselves because we are trusting in the grander divine design. We weren't made to be something or someone else. We were made to be ourselves, to discover the divinity or the brilliance or the love, within.

No matter what your religious or spiritual background, or even lack thereof, if you can come from a more trusting place, and be prepared to let go of your fears, one at a time, you'll receive much clearer and stronger messages in the numbers. The numbers are here to help you heal and to learn to trust and feel safe and guided in life. There's nothing to fear in them at all.

It can take a while to really learn and trust in this. Some numbers, depending on your particular religious or cultural background might instinctively and powerfully be viewed with fear or suspicion, even without you realising it at first. The number pattern 666 comes to mind in Western, particularly Christian, culture, and in Eastern culture the number 4 is sometimes viewed as being 'unlucky'.

I confess it took me some time, with my Christian upbringing and childhood association of the number pattern 666 with Satan, to stop viewing the number 6 as a vibration that had negative connotations. That persisted for a time, even when my own belief system had grown so that I no longer saw the devil as an external entity, but rather as a way to describe the tendency towards evil, to move against life and love, that lay within every one of us and had to be brought to conscious awareness so that we could choose to live from our hearts as much as we possibly could.

If that could take some time and effort on my part to release, even with me being aware of the process and having moved beyond my old belief systems of fear of the devil which were part of my childhood religious conditioning, then imagine how stubborn such a fear could be in someone who wasn't aware that there was any other way to think about such numbers! Well, I wanted to make an offering that could free people from fear and open them up to the love in the numbers, if only because I have found it so very helpful in my own life, and believe many others will too.

Fear and negative associations can be very persistent though, even if we are trying to consciously work beyond them, to move into a more loving, peaceful and trusting way of being in the world. To this day, I still see spiritual teachings from some very well known teachers that suggest that the presence of a number 6 indicates excessive materialism. To me, that sort of teaching is still tainted by a fear of the material world, as though it were a distraction to the spiritual path rather than a means through which the spiritual path can be attained. You'll see in the chapter on the number 6 that my understanding of the number 6 energy and the material world that it does relate to (amongst other things, like love and feminine energy and abundance levels that are not only physical, but also emotional) is not fear-based or judgmental at all. Perhaps, like me, you will go from being fearful or uncertain of the 6 energy and instead learn to really love it and feel happy and excited when 6 energy comes to you through messages in the numbers.

That journey from fear to happiness begins as we become aware that our cultural or religious conditioning is just programming of belief systems based on a mass consensus, rather than some higher truth. Sadly, mass opinion is typically based on a lowest common denominator of fear rather than an empowered expression of free intelligence. It takes people who are willing to release fear and receive more of what the Universe is offering us, which is great abundance in all its forms, to rock the status quo and bring through ideas that are far more helpful and conducive to living a good, full and happy life. Working with messages in the numbers is about taking that journey – daring to believe in a different sort of life to what you may have been taught when you were little. So, that life is hard and must always be a struggle is only one belief. Sure, there are going to be moments like that in our lives, but there are entire other ways to live, that involve trust and surrender and that actually get us to where we would like to be with so much more ease and grace. The messages in the numbers are about that other way of life. They help us learn how to live that way and to enjoy the journey of life more, allowing us to feel more supported and guided. I am sure you will agree with me that there are definitely times in life when some genuine, helpful guidance wouldn't go astray!

I don't personally believe that there are lucky or unlucky numbers. Except that I understand if you won the lottery with certain numbers, you might disagree with me! Fair enough. Essentially though, number vibrations are neutral. We might have a reaction towards them, but that is our own 'stuff' coming up. We might have positive associations from past experiences or social conditioning, as well as negative ones. Learning to accept

a neutral message and release our fear, and turning that message into something helpful and constructive is one fun way to begin to heal our relationship to the Universe. We can move from an anxious and fearful relationship, into something more playful and trusting.

I think you'll find out for yourself, just as I did, that working with numbers is a type of play. Once you get into this way of thinking, you'll find yourself smiling and laughing a lot as the Universe talks with you day in, day out, guiding you, encouraging you, letting you know how to proceed—all through the many encounters that we have with numbers on a daily basis. It helps to bring the Divine to life, and to our lives, in a very real, palpable way. It's like a running Universal commentary on how our life is unfolding, on what is happening and on the particular energies that are with us, helping us. That in itself can be so healing.

This is what *Messages in the Numbers* is all about. The Universe wants to help you. It wants you to understand that it is alive, and it knows you, and loves you. It wants to assist you to become all that you can be, to lead a fulfilling life and grow spiritually. Every living being benefits when you do this. It isn't about being selfish. If you have cultural or family conditioning, perhaps particularly in Eastern or some European cultures, that says putting yourself first is wrong then you might struggle with this idea. In that case, the messages that come with the 1 vibration might challenge you for a little while, and that's fine—it's just part of your own journey this lifetime. Equally you might find the messages of that vibration finally giving you permission to honour yourself as an individual to be most liberating and welcome. Even though we will have our 'off days' from time to time, through the messages in the numbers we can become bright, happy human beings that feel loved and connected to life—just what our planet needs! Learning to receive the messages in the numbers helps us to feel loved and supported by life, naturally, genuinely, and more often.

My experience is that the Universe has a powerful and benevolent nature, and that when we ask for help, it is freely and abundantly given. Usually instantly, though it might take us a while to realise we are being given an answer to our prayer or question of course, and that's OK. Numbers are a way that the Divine helps us with clear guidance. Simply by 'tuning in' to the frequency of a number, we can receive a kind of energetic alignment, like a mini energy-balance or a jolt of spiritual vitamins to help bring us back to our centre again.

Whether the Divine for you is a God in the sky or a Goddess in the Earth, or a higher intelligence in your own mind or heart, or angels or the Divine Mother or a vast Universal mind, or even if you aren't really sure about the Divine at all, it doesn't matter. You don't have to be 'really into spirituality' to read this book and play with its material. Anyone can benefit from *Messages in the Numbers*, which is essentially about helpful communication to support you on your life journey. Even if you aren't sure that you believe in a higher being, you can still receive the messages in the numbers—think of it as luck, if you prefer, or as being tuned into the natural flow of energy and life, as serendipity, 'signs' and synchronicity. No matter what your particular spiritual philosophy, or lack thereof, the material in this book is written to help you on your path, equally, for one thing that all human beings on a

path in life have in common is a heart. The numbers serve love—the language of the heart.

If you do have a strong spiritual belief system, that's fine too. Believing in a higher being—in whatever form sits with your personal beliefs—communicating with you in a loving, reassuring and often funny way, can bring great inner peace and a feeling of real and palpable closeness to the Divine that can be very startling at times and deeply fulfilling too. When so many humans are struggling to deal with change, the pace of which only seems to be accelerating on this planet, or dealing with financial challenges that breed anxiety, being able to connect with numbers in a loving way can be enough to release the stress, relax, and trust, so that solutions become more readily accessible.

If you had a wise, powerful and extremely helpful friend who wanted to assist you in your life, you would more than likely make time to listen to them as you would surely trust that it would benefit you greatly. *Messages in the Numbers* offers ways to tune in and listen to the greatest friend you have already—the Divine.

So don't dismiss the number patterns or repeating numbers that you see on your mobile phone, your alarm clock, your computer screen, or on the number plates of the cars as you drive by. Modern technology comes with gifts and challenges. Staying balanced and grounded in the world can be a challenge with constant mental stimulation and distraction available. A great gift of modern technology, however, is that the language of numbers as sacred communication becomes more accessible to us, more obvious to us because we have so many more chances to see them. Who would have thought your mobile phone could bring you closer to God?

This book can be used intuitively, just by reading the particular chapter of a number that you feel drawn to, perhaps because you keep seeing it everywhere, or because you just feel you want to read it, without knowing exactly why. That is fine. That is your intuition speaking. Just go with it.

The healing suggestions that are included at the end of each chapter are to help you easily and effectively tap into the healing power or energy of the number vibration, so that you can receive the guidance not only on a mental level, but actually allow it to help your body to heal at a deeper level too. If you have ever been stressed out and stepped into nature and felt your body and mind begin to relax, then you've already had an experience of a healing at an energetic level. It can be very effective and helpful. It might seem really strange to do those little healing processes—you might wonder if they are doing anything at all, especially if you tend to be a more intellectual rather than intuitive personality. If you feel that way, it's completely normal and understandable. The healing processes have been designed to work beneath the conscious mind, encouraging the healing wisdom of each number to enter into your subconscious mind, and into the cells of your body. If you have ever tried to do something consciously and with a clear intention, only to end up doing something else—perhaps the exact opposite, such as starting a new diet by eating a cheesecake!—then you will have had first-hand experience of the power of the subconscious mind. It is useful to work with the conscious mind too,

of course, with explanations and stories, to help us change the way we consciously relate to life for the better. Working with the subconscious mind through the healing processes allows the wisdom and healing of the numbers to anchor within you, supporting the changes in your conscious mind, and allowing you to not have to fight so much to bring about a happier way of being. It can just happen more easily and naturally. That being said, if the healing process feels right for you, do it, but if you don't feel like it at a given time, that's fine too. Trust yourself.

HOW DO I KNOW IF I AM SEEING NUMBERS AS A SIGN, OR JUST SEEING NUMBERS?

In my view, there is no difference. If you are consciously recognising a number or number pattern rather than blandly ignoring it or hardly registering it, it's a message for you. It doesn't matter if you see it once or several times in one day, whether you dream about it, or end up doodling the number on a notepad in the midst of a telephone conversation with someone.

What distinguishes it as a sign is that you feel something; a nudge, an inner knowing, even just a questioning about whether or not it could be a sign. That's enough. You don't need trumpets blaring and the hand of heaven to reach down and graffiti "11.11" on the road with a big cosmic spray can before you, or set the sky alight with 11 shooting stars whilst 11 angels blast 11 horns through the ethers! Though if something along those lines happens, then, ah, yes, that would be a message too.

HOW DO I KNOW THAT I AM SEEING GENUINE GUIDANCE AND NOT A 'FLUKE' OR JUST WHAT I WANT TO SEE?

Good question! If the above paragraph isn't enough of an answer for you, then I will add this information for your benefit.

Genuine guidance repeats itself over time and it does it when we are not expecting it. Staring at your phone and waiting for 444 to appear is not the same as switching it on and seeing it, or randomly checking for a message and seeing that it is 4.44pm when you do so... Do you sense the difference? One is sought, one is given. Guidance is given. So, ask for guidance and then let go. Don't try to hold on to it when it is given – there is so much forthcoming on a daily basis as we open up to it.

That can be easier said than done, but in time and with trust, we come to learn that messages come to us without any effort on our part. Once we have asked, we have to surrender and be open to receive it randomly, and when it does come through that way, it is easier to 'believe' because we weren't trying to make it happen. I have lost count of the number of times I have – without conscious thought – just leaned over and checked the time on my phone for 'some reason that I don't know,' only to find a clear number message there for me. Frequently 444 or 11.44, but it could be anything really. I am always grateful. I have a little smile or a quiet thank you and I go about my day.

Another way that I get messages in numbers is in paid parking tickets – the ones you purchase at a machine and display on the front dashboard of the car. I often get number patterns that are a mixture of the current date, the amount paid and the time of expiry – something that is completely 'random' and based on the amount of change I have in my wallet at the time. There will often be a consistent pattern in one day with several different tickets. I believe this happens more often for me, than perhaps others (at first) because I am so open to it. Even I have my moments where I think, "Wow, I can't believe that!" but of course I do really believe in it – enough to write a book about it to help others find assistance too. Like any form of loving guidance, the more we open to messages in the numbers, the more the Universe realises, "Hey, this is the way to get through to her!" and on those messages flow in greater quantity. It is never too much though. If you become frightened by how real the Divine becomes to you, it will pull back a little. It loves you and wants you to know how connected you are to all of life. It doesn't want to freak you out!

So in short, you'll know it's guidance because it will be consistent and unexpected. It will make you laugh, cry, or gasp and wonder how that can be. You'll start to notice it more and more as you open to it, get in the 'zone' and realise that the Universe does actually know you and want to talk to you, and help you in your life.

As for flukes, or accidents, I don't believe in them. You can, of course, but for me, there are too many coincidences that end up being evidence of a greater hand at work – even if it is only years later that we see the evidence of the plan unfolding. So I have given up any belief in randomness as being anything more than the great divine plan unfolding – it's just that we may not quite see the bigger picture at the time and mistake it for an accident, a fluke or an expression of chaos.

And as for whether you want to see it or not? Sometimes we get guidance that we want to hear, and other times we don't want to hear a particular message, maybe because it asks us to grow and we aren't sure that we are ready for that. It has been my experience, just as an aside, that even when we aren't sure that we are ready for something, when the messages and nudges come for us to do so, we are more ready than we might easily acknowledge. The numbers are wise in that way. They bring us what we need, even if we aren't convinced of the guidance at first.

Either way, whether easily accepted or not, we know when it's guidance; deep in our

hearts, we just know. We need to learn to trust ourselves on that. It takes some time, but we can learn how to do so. Working and playing with numbers will help us do this.

A NOTE – THE TAROT

I will refer to the Tarot (pronounced *tarrow*) in this book at times to help pass on the wisdom of the numbers. The reason that I do this is that the Tarot is a non-religious, self-help system that is based on playing cards, which in turn, are based on numbers. Tarot dates back at least to the 15th century, and spiritual seekers have been using it to find guidance ever since. Tarot might be perceived by some as an entertaining or scary tool for fortunetelling, but the deeper use of the Tarot serves to help us understand ourselves and the life path before us through the use of numbers and images, empowering us to make intelligent and loving choices so we can grow, successfully fulfilling our life purpose, instead of living a fearful, controlled existence in defence against life.

Now if you don't feel comfortable with the Tarot, that is perfectly OK. You may choose to read about the number messages or images that I describe from the Tarot (usually a paragraph only in each chapter), or just skip over that paragraph altogether. Whatever you choose is just fine.

Please do know however that the Tarot is not evil and you are not being asked to believe in anything just by reading about it. The images and meanings in the Tarot help give a visual symbol of the energy of a number, which as I mentioned in the introduction earlier on, is actually neutral. My intention to include this information is two-fold – I absolutely love the Tarot and so I wanted to share it and it is also how I began learning about numbers and their messages.

A NOTE – LIFE PATH NUMBERS

Your Life Path number is a number that is based on the digits in your birth date. It is a number that is especially about your gifts and lessons this lifetime. When you work out your life path number, which I will show you how to do in a moment (it's easy!), you can then read the chapter for that number and this will help you receive some extra guidance on your life path. It doesn't mean other numbers won't relate to you, of course. I believe that we have all the energies of the Universe within us and all the numbers are relevant to us at particular times in our lives. Your life path number is more like a special course of study that you are supposed to be taking this lifetime, a set of particular qualities that

you naturally have and are here to develop and utilise to live your most fulfilling life. In reading the chapter that relates to your life path number, you can receive a particular message in the numbers for you – a theme or point of focus to help you grow into your whole and most amazing self this lifetime.

You can work out your life path number by adding up all the numbers of your birthday as though it was a sum. For example, my birth date is 15 July 1974. So the sum is: $1 + 5 + 7 + 1 + 9 + 7 + 4 = 34$. Then you add those two numbers until you get a single digit: $3 + 4 = 7$, so 7 is my life path number.

When I receive number messages that contain 3 and 4 in combination and especially a 7, I know that there is special guidance there for me about my life purpose and path, as well as the other messages associated with those numbers.

So, if you don't already know it, you can work out your own life path number by adding up the individual digits of your birth date as I did in the example above. Keep adding the end numbers as though they were a simple sum until you get to a single digit – that number is your life path number. There is one exception here – if at any point in the summing of your digits, you end up with a repeating number such as 11, 22 or 33 and so on, then don't keep adding those any further (11 stays as 11, it does not become 2, for example). These are known as 'master numbers' and they are not reduced to a single digit. Just read the section that relates to 11, 22 and 33, or 44 and so on, in this book and that will be your guidance for your life path.

A NOTE – SACRED GEOMETRY MANDALAS

In this book, at the end of each chapter, there is a sacred geometry image; a mandala that holds the frequency of the number we explore in the chapter.

Sacred geometry is the study of the energetic form beneath all of creation – the invisible, mathematical blueprint upon which nature manifests herself. The patterns repeated in so many natural forms from seashells, to entire galaxies, to human DNA and flight formations of birds, the artistry of a snowflake and the elements of the periodic table, all have an underlying template. The same geometric patterns reveal themselves as the basic patterning underneath all of life. This is why they are known as sacred; they are the foundation of life itself.

The term sacred geometry, for the purposes of this book, refers to the shapes and proportions created by the numbers when translated from a concept into a visual representation. This visual representation then symbolises far broader concepts – an example being the energy of the number 4 being 'encoded' in the shape of a square with four points.

Each geometric shape holds certain qualities; to continue the example of the number 4 and the square, the qualities ascribed can include stability, foundation and

a representation of an integration of heaven and earth creating wholeness (as some spiritual traditions hold that a human being has four bodies – physical, emotional, mental and spiritual, each one represented as a point of the square, in perfect balance and equilibrium with each other). These qualities are the basis for the messages in the numbers that are expanded upon and expressed in each chapter.

When these sacred geometry shapes, and their associated proportions, are repeated, patterns are generated, which can then become a mandala. Mandalas are visual designs and symbols that have been used in various spiritual traditions, including Buddhism and Hinduism, as well as in the Jungian psychological approach, as ways to focus attention, enter into sacred space, open up altered states of awareness and promote a sense of wellbeing, wholeness and healing.

A mandala is a powerful symbolic tool, representing the nature of the universe, of balance, of wholeness, and also in this book, of the energies or ‘qualities’ of the numbers. Mandalas represent completion and yet also, paradoxically, of continuation, of a repeating cycle.

When we look at the sacred geometry mandalas in this book, we are taking in all that they contain – and that is an energy of life, of creativity, of raw power and of the entire universe! As extraordinary as it seems to the left-brain, perhaps, which governs our more logical and intellectual mind, the right-brain, which is capable of abstract thought and intuitive synthesis, can draw in the visual medicine of these mandalas, the energy, wisdom and power that is encoded within them, and through that process, receive healing.

If you are uncertain if that is possible, just think of what happens when you gaze at a sunset, how it can affect you beyond logic. This might be all the more noticeable if you tend towards a developed right-brain (with an appreciation for and capacity to moved by music, art, emotion, feeling, dreams, intuition and the like). When we gaze at these mandalas, we are gazing at nature too – just stripped back to her bare bones, which are beautiful in their own way.

If you are not particularly right-brained, being more of a left-brain intellectual type, working with these images will still benefit you. You may not feel the subtle effect as consciously as a right-brain type who is energetically sensitive, but the healing power works on you just the same. We are all made up of the same ‘stuff’ or substance, coming from the same raw materials of creation, no matter whether we tend towards artistry or logic or are blessed with a healthy integration of both.

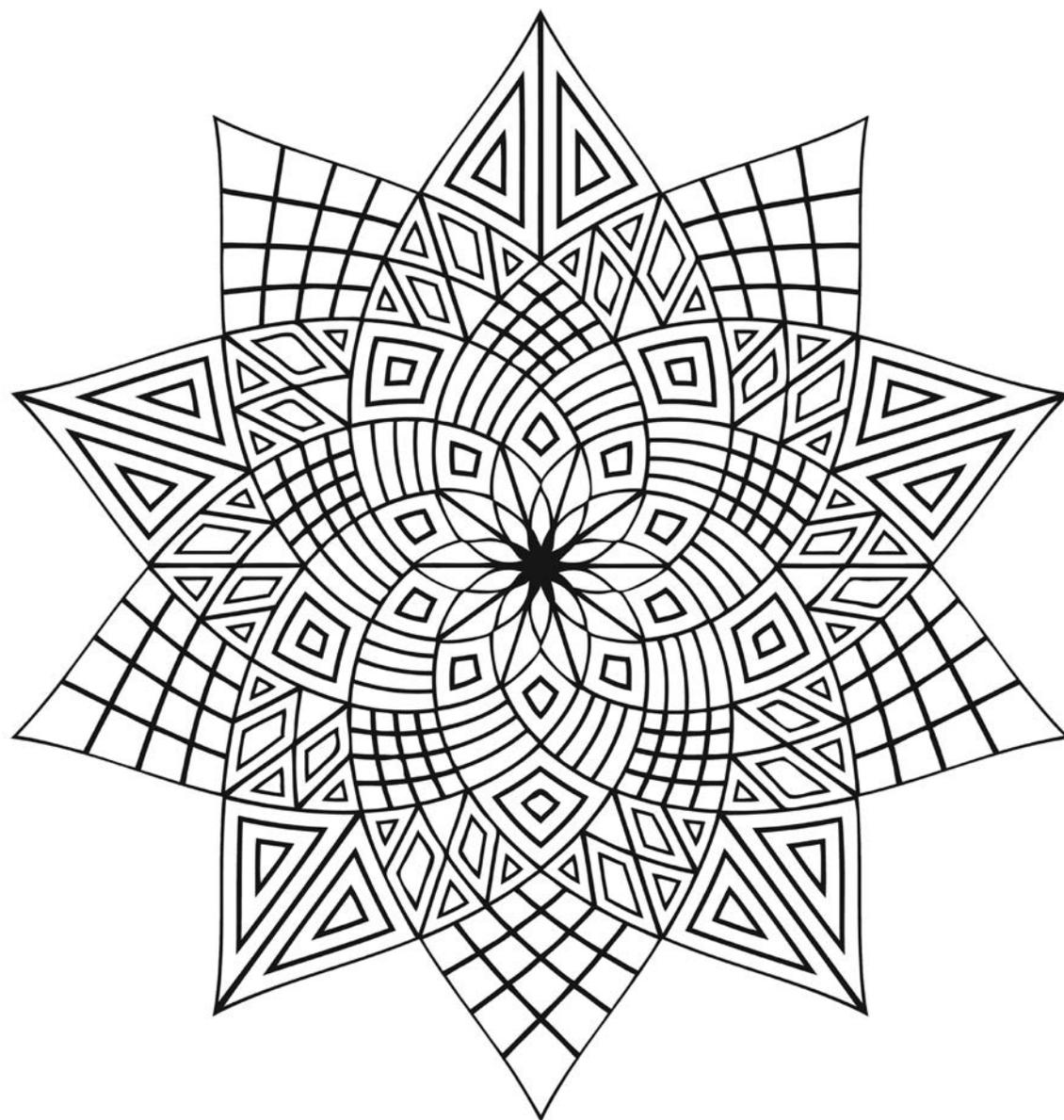
Sacred geometry may *seem* to affect us differently – perhaps being an emotional, feeling experience for a right-brain type and an interesting but more detached viewing experience for a left-brain type, but fundamentally, it will heal us at a deeper level in the same way because at that deeper level, beyond our particular ways of responding to life, we are all an expression of life force and sacred geometry gives us access to more of that life force.

Right-brain dominant individuals and left-brain dominant individuals are actually perceiving the very same reality – even though sometimes it may seem as though they are ‘worlds apart’ due to the difference in how they experience life and express themselves.

I am not a mathematician, and certainly – despite my law degree which required a hefty amount of left-brain intellectual development – I am naturally more at home in the right-brain territory of non-rational, intuitive worlds. Yet I chose each mandala for the relevant chapter in this book. I did so based on which mandalas felt like they held the energy of each particular number. I just looked at the work of the artist, felt which image resonated with me as holding the number in question, and then chose that one. The selection process took mere seconds to complete. When the artist, who obviously is rather more mathematically-inclined, expressed his pleasure and agreement at my choices, and even explained the rather complicated reasoning behind my intuitive choice of the image for the chapter on zero, I realised that yes, we are all perceiving the one reality, just via rather different methods.

So in working with these images, as superficial as the practice of gazing at them may seem, we are actually tapping into the raw power of life itself. Whether you are a right- or left-brain sort of person, you’d probably agree, this is a rather efficient way to experience healing. If you are very left-brain oriented and you aren’t sure about the concept of healing at all, but perhaps are just curious to learn more about the numbers, my suggestion for you is to treat the healing processes at the end of each chapter as an experiment. Perhaps try them even if you are uncertain about their value. See what happens. Treat it as a way to further your education on the numbers in a different way.

I included this brief discussion on the right- and left-brain qualities as I have the sense that readers of this book will not all be right-brain dominant, as can be the case with much of the material in the ‘new age’ writing field, but may actually be more left-brain oriented, or even more likely, be blessed with qualities of right- and left-brain orientation that have been well integrated.



CHAPTER ONE

1

THE MEANING OF 1 is new energy. It is the first in a sequence of numbers and indicates that something is starting now or is just about to begin. It is a hopeful number because of that – it holds the energy of new life and freshness, and clean slates. When a 1 arises, there is always a message that we can start afresh at any time we choose and there is no better time than now! If you struggle with feeling guilty or ashamed of the past, or if you are critical of yourself for not having done something, the 1 is an opportunity to let the past be the past, to put it behind you now and to move on with a different attitude and renewed determination. Give yourself a break and choose not to shame or judge yourself or another anymore. Let it go and gain all that energy back into the present moment instead, so it can fuel the new start upon you. This is a new chapter, a new day, says the 1, and it's time to put your energy into what is beginning, not what is ending. Be present, look ahead with vision or inspiration, leave the past in the past, and you'll move towards your goals most rapidly.

When a 1 pops up, it is a sign that it's time to take action, to get things moving through your physical world activities. It's not about thinking and planning and assessing, it is about doing. It is not a number that sits around and twiddles its thumbs, so to speak. If you are contemplating taking action, then this is a confirmation to do it. If you are thinking of applying for a new job, or enrolling in new training for a different career, or accepting an offer that is different to what you have known in the past, then the 1 is encouraging of all of that. If you are thinking of going to social gatherings that you wouldn't normally go to, and introducing yourself to people, even if that feels a bit challenging for you (and it is, for most people) then go ahead and do it.

At the same time, it's good to know that the 1 also indicates that you might feel a need to go it alone for a while, and that you'll have some time focused perhaps more on yourself than others, and if you feel that in your heart, that's just fine. Accept the guidance. It doesn't mean you always be alone or any such thing! It just means you need