

Energy: The energy of Governing SoleNumber 2 is respect and belonging, which as you feel you belong changes to awareness and humility

Internal journey: Respecting and loving yourself

External journey: Managing your desire to belong so that you can share awareness and perception

Life's journey:

- Respect and love yourself
- Keep your sense of self
- Share awareness and perception
- Awaken to your gifts

Words: respecting and loving self, awareness, sharing

Affirming belief: I am important and significant

Limiting belief: I believe that I don't matter and I am unworthy

Light characteristics:

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|------------------------------|-------------------------------|
| • Self love | • Reliable |
| • Important and significant | • Strong sense of self |
| • Easily connect with others | • Humble |
| • Respect self and others | • Share awareness |
| • Give and receive love | • Bring in new understandings |



Dark characteristics:

- Unhappy and gloomy
- Negative feelings
- Lose self in relationships
- Feel unimportant
- Don't share spiritual understandings
- Feel unworthy

Action:

- Respect and love self
- Create meaningful relationships
- Keep sense of self
- Embrace spiritual depth
- Share with humility
- Awaken to gift of new understandings

Colour: Pink – represents all forms of love as well as connection to earth energy; facilitates compassion and tolerance

Gemstone: Rose quartz – stimulates unconditional love; heals emotional wounds

Essential oil: Juniper berry – enhances self love; helps with positive interactions with others

Animal: Ox/buffalo – they are powerful, protective, determined and resolute; value commitment and have an air of nobility

