

Energy: The energy of Governing SoleNumber 5 is heaven and earth

Internal journey: Bringing heaven to earth

External journey: Giving and receiving support on life's journey

Life's journey:

- Bring heaven to earth
- Give and receive support
- Live a fulfilled physical life
- Be an example to others with your spiritual connection

Words: spiritual, physical, giving support, receiving support

Affirming belief: I am supported and expanding

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

Light characteristics:

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| <ul style="list-style-type: none"> • Able to straddle both spiritual and physical worlds • Great perspective • Understand importance of giving support • Understand importance of receiving support | <ul style="list-style-type: none"> • Understand you are more than your physical body • Physically active • Spiritually connected • Have physical and spiritual strength • An example to others |
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Dark characteristics:

- Disbelieving
- Changeable, take on persona
- Not able to balance physical and spiritual needs
- Tendency to self pity, feeling that no one cares
- Unbalanced perspective
- Accepting suffering in life

Action:

- Get physically active
- Get spiritually connected
- Be an example to others
- Give and receive support
- Provide guidance
- Balance physical and spiritual needs

Colour: Silver/grey – represents stillness, warmth and safety; helps you feel dependable and wise

Gemstone: Smoky quartz – assists with spiritual connection; encourages calmness and helps with understanding inspiration

Essential oil: Myrrh –Promotes inner peace and tranquility; promotes access to inner wisdom

Animal: Horse – they place a high priority on personal freedom; loyal once trust is earned; natural leaders; evoke confidence in others; love to wander and explore with no agenda

