

## WHAT ARE SOLENUMBERS

SoleNumbers answer the question 'What am I doing here?' They are your guide to your inward purpose, and your outward purpose.

SoleNumbers help you understand that there are two purposes for your life.

Firstly, an inward purpose, an inward journey for your soul that relates to your own, unique and personal life experience.

Secondly, an outward purpose, an understanding of 'what I am meant to be doing with my life' and what the impact of that will be on others with whom you connect consciously and energetically.

## SOLENUMBERS ANALYSIS

Your SoleNumbers analysis is enlightening and comprehensive and includes the following:

Governing SoleNumber – one of the primary SoleNumbers

You have one overall Governing SoleNumber, which is all about your soul's intention for your life experience. It is about you living a fulfilled life from a place of expanded energy and growing with ease.

Fundamental you group of SoleNumbers

The fundamental you group of SoleNumbers includes your Awareness SoleNumber which is your conscious awareness of who you are; your Lesson SoleNumber, which is the growth in your life; your Foundation SoleNumber, which is your support and something that you can rely on.

Celebrated you group of SoleNumbers

The celebrated you group of SoleNumbers includes your Projection SoleNumber, which is how others see you; your Core SoleNumber, which is the inner you; your Purpose SoleNumber – another of the primary SoleNumbers – which is what you are here to 'do' and is a guide to your life's purpose.

Talented you group of SoleNumbers

The talented you group of SoleNumbers includes your Gift SoleNumber, which is a familiar gift; your Past SoleNumber, which is a gift from a past life; your Asset SoleNumber, which is a hidden gift in your life.

And finally your Next Best Step SoleNumber – another of the primary SoleNumbers – which is the most active number in your life for the current year and of course provides your next best step ☺

## GOVERNING SOLENUMBER CALCULATION

You have one overall Governing SoleNumber, which is all about your soul's intention for your life experience; your inner growth. It is about you living a fulfilled life from a place of expanded energy and growing with ease.

Work out your governing number by adding your birthdate together.

Day of birth + month of birth + year of birth.

Example:

D.O.B September 17, 1945

09.17.1945

0+9+1+7+1+9+4+5

36

3+6

9

Your DOB: \_\_\_\_\_

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## GOVERNING SOLENUMBER 1:

Your governing SoleNumber is all about your soul's intention for your life experience; your inner growth. It is about you living a fulfilled life from a place of expanded energy, and growing with ease.

Number 1 is a dynamic number, the energy of which changes as you grow. The energy of the number 1 is independence and growth, which as you grow changes to leadership and confidence. The internal journey is the courage to be yourself, guiding you to the courage to be great. The external journey is balancing independence and loneliness, allowing you to step into the courage to lead.

Your journey:

- Courageously being yourself and courageously being a great leader
- Balancing independence and loneliness
- Choosing to be 100% committed

The light and the dark of your governing number 1:

Affirming belief: I am bright and aware

Limiting belief: I believe the world is a dangerous place and I am afraid

SoleNumber 1: What to do to live a fulfilled life from a place of expanded energy

- Balance independence and loneliness; find ways to be in healthy collaborations, on positive teams
- Get involved in things that you can be 100% committed to and you will find your way to safe relationships
- Share your light. You have an independent and confident nature that is calming and reassuring
- Focus on personal growth, individual development, keep growing and learning
- Lead by example. Lead by the way you live your life
- Grow from independence to greatness
- Embrace the courage to lead, others will follow naturally
- See the world from another's perspective, walk in their shoes

Energy tools: colour – red, gemstone – tigers eye, essential oil – cedarwood, animal – peacock

Trigram: fire

## GOVERNING SOLENUMBER 2:

Your governing SoleNumber is all about your soul's intention for your life experience; your inner growth. It is about you living a fulfilled life from a place of expanded energy, and growing with ease.

Number 2 is a dynamic number, the energy of which changes as you grow. The energy of the number 2 is respect and belonging which, as you feel you belong, changes to awareness and humility. The internal journey is respecting and loving yourself; to understand the importance of your earth journey. The external journey is managing your desire to belong so that you can share spiritual awareness with humility.

Your journey:

- Respecting and loving yourself. You are important and significant
- Keeping your sense of self in your meaningful relationships
- Sharing spiritual awareness with humility. Awakening to your gift of bringing in new understandings

The light and the dark of your governing number 2:

Affirming belief: I am important and significant

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

SoleNumber 2: What to do to live a fulfilled life from a place of expanded energy

- Respect and love yourself. You are important and significant
- Create meaningful relationships with those who respect you
- Give and receive love easily and keep your sense of self
- Embrace your spiritual depth
- Share divine inspiration with humility
- Awaken to your gift of bringing in new understandings

Energy tools: colour – pink, gemstone – rose quartz, essential oil – juniper berry, animal – ox

Trigram: earth

### GOVERNING SOLENUMBER 3:

Your governing SoleNumber is all about your soul's intention for your life experience; your inner growth. It is about you living a fulfilled life from a place of expanded energy, and growing with ease.

The energy of the number 3 is fun and possibilities. The internal journey is knowing your fullness and the external journey is looking on the bright side, staying positive

Your journey:

- Knowing and embracing your fullness
- Being positive and fun in a full and profound way
- Sharing your optimistic ideas and imagination

The light and the dark of your governing number 3:

Affirming belief: I am fun and full

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

SoleNumber 3: What to do to live a fulfilled life from a place of expanded energy

- Embrace your fullness, your ideas, your optimism and playfulness
- Smile often, bring fun and laughter to all situations
- Look on the bright side and be positive in a full and profound way
- Share your ideas and imagination
- Get back to the feeling of childlike wonder at the world
- Contribute to a team, know you are loved by others
- Don't over commit
- Focus on clear, honest, direct communication

Energy tools: colour – white, gemstone – natural quartz, essential oil – peppermint, animal – dolphin

Trigram: lake

#### GOVERNING SOLENUMBER 4:

Your governing SoleNumber is all about your soul's intention for your life experience; your inner growth. It is about you living a fulfilled life from a place of expanded energy, and growing with ease.

The energy of the number 4 is connecting and service. The internal journey is healthy connections with others. The external journey is being of service in an authentic, humble way.

Your journey:

- Choosing healthy connections with others
- Be in service to society in an authentic, humble way
- Inspire others by who you are and the life you lead

The light and the dark of your governing number 4:

Affirming belief: I am powerful and free

Limiting belief: I believe the world is a dangerous place and I am unsafe

SoleNumber 4: What to do to live a fulfilled life from a place of expanded energy

- Inspire others by who you are and the life you lead
- Make a plan and make things happen. Organize your life and de-clutter
- Find ways to have fun and relax; make yourself a priority
- Focus on ways to be of service
- Be flexible and more tolerant

Energy tools: colour – green, gemstone – jade, essential oil – lavender, animal – dragon

Trigram: thunder

## GOVERNING SOLENUMBER 5:

Your governing SoleNumber is all about your soul's intention for your life experience; your inner growth. It is about you living a fulfilled life from a place of expanded energy, and growing with ease.

The energy of the number 5 is heaven and earth. The internal journey is bringing heaven to earth. The external journey is giving and receiving support on life's journey

Your journey:

- Bring heaven to earth. Understand both the spiritual realm and the physical world
- Give and receive support in life
- Be an example to others through your connection to spirit and your ability to live a fulfilled physical life

The light and the dark of the number 5:

Affirming belief: I am supported and expanding

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

SoleNumber 5: What to do to live a fulfilled life from a place of expanded energy

- Get physically active
- Get spiritually connected
- Be an example to others through your connection to spirit and your ability to live a fulfilled physical life
- Give and receive support in life
- Provide guidance
- Balance physical and spiritual needs, there is no need to accept suffering in life
- Be who you are, don't be changeable, do not allow yourself to feel rejected

Energy tools: colour – silver/grey, gemstone – smoky quartz, essential oil – myrrh, animal – horse

Trigram: heaven

## GOVERNING SOLENUMBER 6:

Your governing SoleNumber is all about your soul's intention for your life experience; your inner growth. It is about you living a fulfilled life from a place of expanded energy, and growing with ease.

The energy of the number 6 is purpose and meaning. The internal journey is finding meaning in life. The external journey is living a life guided by prayer.

Your journey:

- Heart centered person of prayer and meditation going deeper to find the meaning of life
- With your open heart, nurturing yourself and others
- Live as an example of a sacred and protected life; a beautiful life that is filled with meaning

The light and the dark of your governing number 6:

Affirming belief: I am confident and deep

Limiting belief: I believe I am not accepted for who I am and I am judged

SoleNumber 6: What to do to live a fulfilled life from a place of expanded energy

- Share your quest for meaning in life
- Live a beautiful life, filled with meaning
- Stay heart centred and compassionate, nurture yourself and others
- Be a confident person of prayer and meditation
- Create rituals for prayer and meditation
- Make home a refuge, create a sacred space
- Focus on creating healthy boundaries
- Focus on a goal and flowing downstream

Energy tools: colour – black, gemstone – onyx, essential oil – rosemary, animal – penguin

Trigram: water



## GOVERNING SOLENUMBER 7:

Your governing SoleNumber is all about your soul's intention for your life experience; your inner growth. It is about you living a fulfilled life from a place of expanded energy, and growing with ease.

The energy of the number 7 is faith and trust. The internal journey is spiritual development. The external journey is trust in god and the world.

Your journey:

- Spiritually growing and exploring and sharing your voice
- Pushing the boundaries of beliefs
- Finding your way to a place of positive loving interaction with spirit, away from fear based teachings that trigger your lack of trust in god, life and the world

The light and the dark of your governing number 7:

Affirming belief: I am strong, steady and wise

Limiting belief: I believe they are out to get me and I am betrayed

SoleNumber 7: What to do to live a fulfilled life from a place of expanded energy

- Take time alone for spiritual connection
- Use your voice to share your spiritual exploring – speak, sing, write for others
- Stay away from negative, fear based teachings, only take on beliefs that are right for you
- Focus on spiritual connection; faith and trusting
- Be peaceful and constant, wise and understanding
- Trust in god and in the world
- Be strong and steady, stable and nourishing
- Push boundaries of beliefs

Energy tools: colour – blue, gemstone – lapis lazuli, essential oil – ylang ylang, animal – dog

Trigram: mountain

## GOVERNING SOLENUMBER 8:

Your governing SoleNumber is all about your soul's intention for your life experience; your inner growth. It is about you living a fulfilled life from a place of expanded energy, and growing with ease.

The energy of the number 8 is power and vision. The internal journey is embracing your power and the external journey is using your power, vision and energy to make the lives of others better.

Your journey:

- Embracing your inner power; you have strong personal energy, 'own' it
- Mastering your own energy, using your power, vision and energy to make the lives of others better
- Living fearlessly – always moving, growing, creating change

The light and the dark of your governing number 8:

Affirming belief: I am curious and connected

Limiting belief: I believe they are out to get me and I am exploited

SoleNumber 8: What to do to live a fulfilled life from a place of expanded energy

- Embrace your personal power. Do things that let you feel the power within you
- Take the time to think things through and then be decisive
- Provide vision to get things going, make things happen
- As a compassionate and benevolent commander, generously share joy, love, money
- Use your power, vision and energy to make the lives of others better
- Live fearlessly – always moving, growing, creating change

Energy tools: colour – purple, gemstone – amethyst, essential oil – orange, animal – hawk

Trigram: wind

## GOVERNING SOLENUMBER 9:

Your governing SoleNumber is all about your soul's intention for your life experience; your inner growth. It is about you living a fulfilled life from a place of expanded energy, and growing with ease.

The energy of the number 9 is mastery and guidance. The internal journey is accepting inner certainty and the external journey is giving guidance, not direction and letting go of the outcome.

Your journey:

- Guiding, not directing, letting go of the outcome
- Living with inner certainty, calm and ease
- Understanding the subtleties of life, those things that most others miss

The light and the dark of your governing number 9:

Affirming belief: I am happy and whole

Limiting belief: I believe I am not accepted for what I do and I am criticized

SoleNumber 9: How to live a fulfilled life from a place of expanded energy

- Embrace inner certainty, you are happy and whole, live with calm and ease
- Guiding not directing, letting go of the outcome
- Understand and accept life's subtleties and contrast, light and dark, yin and yang
- Be a trusted advisor who brings balance into life
- If it doesn't serve you, let it go, you are complete
- Use love as a motivation, not fear
- Let others make their own mistakes and be who they are
- See yourself as a support, not as being trampled on
- Stop looking for wrongs and slights

Energy tools: colour – yellow, gemstone – citrine, essential oil – patchouli, animal – lion

Yin/yang or tai chi