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ESSENCE ILLUMINATION

NUMEROLOGY, PATTERNS, and BALANCE

By Lisa Solterbeck, LCSW, CHt

When it comes to personal growth and balance, it's important to recognize and explore the subtle signs that come your way. Omens, messages, and relationships are all ways for us to learn, but many of us don't listen to the lessons that are presented. The basic patterns of your life, as well as the challenges you face, are here to shepherd you to a greater perspective of infinite possibilities and to assist you in creating flow through your own dynamic balance.

The well-known psychiatrist and theorist, Carl Jung, proposed a phenomenon called synchronicity. He believed in a hidden connectedness between the human mind and the outside world, that two or more events that happen at the same time are likely linked in some way. Jung's perspective on synchronicity can be found in common sayings like "everything happens for a reason" or "nothing happens by chance."

Taking so-called coincidences and linking them to patterns can be a fascinating and productive way to explore the web of our lives. In the metaphysical world, astrology, numerology, dream work and tarot, can be used to direct our reality toward something that is life giving and love building. Ultimately, each of these tools focus on the unseen and make interpretations from patterns that present themselves.

Numerology is one of many gifts that crossed my path as I was exploring my spiritual understanding of life. Just as Jung found great fascination in synchronicity, I discovered an interesting link between numerology, life changes, and coincidences. I have found numerology to be quite helpful in pinpointing consistent patterns in my life, as it is a useful instrument for identifying one's strengths and weaknesses. For example, right now I'm 44 years old, which means that I'm moving toward stability and strength in the internal world as well as the external world. It's an exciting time in my life, because I've been able to learn from my errors and struggles, now I'm integrating them to make a stable foundation for my future. If you even think about $4+4=8$, I'm



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ready to be whole in a very balanced way. I want to make sure that I have a foundation that can support my future potentials.

In fact, I have been able to use it in my practice not only as a tool to see where people are blocked, but to identify why they are facing certain challenges.

By exploring your numerology, you can discover different areas of your life that need more attention than others. There is a saying that has helped me along the way: "Do what you **can't** do and *trust* what you **can** do." If you are strong in one area, have faith that you have what is needed and move forward to the areas that have been neglected.

I have broken down the mystical relationship between numbers and life events into a simple format for you to explore and begin to interpret patterns in your life. Using the chart below, I will show you how to find your individual numbers and the areas of your life that are strong, as well as the areas you may want to invest more energy.

1	2	3	4	5	6	7	8	9
A	B	C	D	E	F	G	H	I
J	K	L	M	N	O	P	Q	R
S	T	U	V	W	X	Y	Z	

In the chart above, each letter is assigned a numerical value (A, J and S are assigned the value 1... B, K and T are 2, etc.).

First, write your entire given name at birth. Next, using the chart, write your name with its corresponding numbers. For example, my maiden name is Lisa Ann Schmidt:

LISA ANN SCHMIDT

3911 155 1384942



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When you have finished writing, count how many you have of each number. With my name, the number 1 appears four times, the number 2 appears one time, and so on. I recommend creating a blank nine-square grid, like this:

1 ☞	2 ☞	3 ☞
4 ☞	5 ☞	6 ☞
7 ☞	8 ☞	9 ☞

Now, put the count of each number in the matching box. The grid on the left is my example. The one below it is blank for you to fill in with your own numbers.

1 ☞ 4	2 ☞ 1	3 ☞ 2
4 ☞ 2	5 ☞ 2	6 ☞ 0
7 ☞ 0	8 ☞ 1	9 ☞ 2

1 ☞	2 ☞	3 ☞
4 ☞	5 ☞	6 ☞
7 ☞	8 ☞	9 ☞

You can see that the number 1 has the most occurrences in my name, while both 6 and 7 are lacking, and the rest are fairly even. This means that my greatest strength lies in the energy of 1 (new beginnings), and my biggest challenges are in 6 and 7. My personal work and purpose, will be to master balance (6) and higher wisdom (7). Do you see why the stage that I'm currently at (44) is so important? It will help me manage all these new experiences that I'm bringing into my life and a balanced and wise way.



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Here's a quick overview of the meanings of each number:

1. New beginnings
2. Decision to be made
3. Energy follows intention
4. Stable foundation
5. Let go, explore
6. Balance
7. Higher wisdom
8. You reap what you sow
9. Completion

I also think that name changes can potentially have an effect on our numbers and therefore, our energy. When I got married in my twenties and changed my last name, I became Lisa Ann Solterbeck. Below are my numbers based on my current name:

LISA ANN SOLTERBECK

3911 155 1632592532

My new number grid looks like this:

1 ✎ 4	2 ✎ 3	3 ✎ 3
4 ✎ 0	5 ✎ 4	6 ✎ 1
7 ✎ 0	8 ✎ 0	9 ✎ 2

As you can see, numbers 1, 7 and 9 remained the same. However, there were shifts in other areas. Numbers 2, 3 and 5 increased in their count, while 4 and 8 decreased. Similar changes in my own strengths and weaknesses seemed to follow. So as the life changes happened in my life, my path has also changed. You can see that through the



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changes in life, your coordinates might adjust. It's important to always reassess as major life occurrences happen.

Here is a blank grid that you can use to write your married or changed name (if applicable):

1 ✎	2 ✎	3 ✎
4 ✎	5 ✎	6 ✎
7 ✎	8 ✎	9 ✎

Your numbers will show you, in a unique way, what you already know: that you have some areas of strength as well as areas of challenge. Keep this in mind as you go forward. We all have our own individual map that we have been given, as well as the day-to-day challenges that come as we try to navigate life and create balance. Attempting to sort it all out isn't easy. Just take it one step at a time, and, of course, listen and pay attention.

If you would like more information on numerology, check out *The Instant Numerologist: Book of Interpretation* by Norman Shine and Felix Lyle.

I also recommend the following resources:

www.numerology.com

Numerology by Ravindra Kumar

Numerology: The Power in Numbers by Ruth Draver

The Complete Book of Numerology: Discovering Your Inner Self by David Phillips