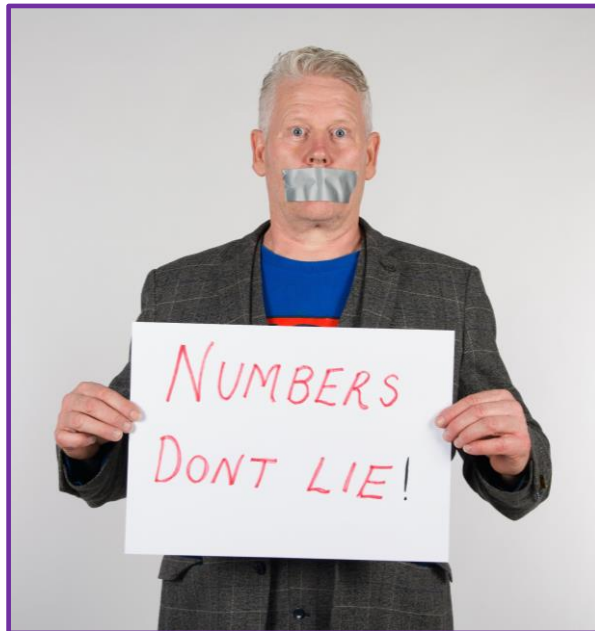


# HEALING PROGRAMME GUIDEBOOK



*Helping Healers & Practitioners to Detect  
Potential Deep-Seated Trauma & Abuse  
Through the Power of Numerology*

Devised by  
**Stephen Kirkbride  
& David Orrey**

## Introduction

### Thank You

I would sincerely like to thank you from the bottom of my heart for your trust in us, with this purchase.

And, thank you for recognising the value this information can add to your profession and more importantly, the well-being of your clients.

This plan is the culmination of thousands of hours of numerology readings combined with specific research into the links between potential trauma and specific numbers, all condensed into an easy to use, step by step format.

I've tried to make it as easy as possible to use so you can quickly work out your client's key numbers, scan the corresponding charts and ascertain if they are in the risk categories, for potential trauma.

And of course, not only can you know a lot about the client before they walk in the door, you can also have a lot of fun with it amongst your family and friends, as the numbers don't lie 😊.

If you get stuck with any aspect of it, please don't hesitate to get in touch with me.

**I wish you the very best success**

*Stephen Kirkbride*

Health & Wellness Mentor, Nutritionist, Healer,  
Psychic Medium and Numerologist.



#### Disclaimer

All the information and recommended action steps provided in this guide are with the sincerest intentions to genuinely help you enhance your professional health/therapy related practice and the well-being of your clients by spotting any potential trauma, tactfully asking your client about it (as necessary) and instigating the appropriate healings as required. Vibrant health/Know Thyself Numerology accepts no liability for the results of any actions you take following the information contained within. We strongly advise that you refer to or consult with appropriate medical professionals prior to recommending or instigating any treatments the client may require.



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## Introduction

To help you get the most out of this pack, I've compiled it into 3 sections;

- i) The basics of numerology
- ii) The key number charts and their corresponding traits
- iii) How to use the **colour coded** charts to spot potential trauma/abuse

### Section 1 ~ The basics of numerology

## What is Numerology?

Numerology is the universal language and science of numbers which is said to have been created by Pythagoras, the Greek mystic and mathematician, more than 2,500 years ago.

It is based on the premise that **you are a timeless soul** who has lived, and will continue to live, many lives for the purpose of evolving your soul. In your quest for self-mastery, you choose a pre-set agenda each time, consisting of the specific lessons you'd like to learn and the destiny you endeavour to fulfil, whilst you're here—**all the details of which are found in your 'numbers'**.

Each character in your date of birth and full name (n.b. each letter in your name converts to a number between 1 – 9 with numerology) represents a vibrational frequency which corresponds to specific traits and abilities (both positive and negative) you possess, that make you who you are.

Some of your numbers have a greater influence than others but you are essentially a blend of all the corresponding vibrations contained in specific character groups plus the individual characters, within your full name and date of birth. There's huge depth to numerology, how deep you wish to go to discover the real you, is entirely in your hands!

To recap.... **you have prechosen your 'numbers'** prior to this incarnation to provide the necessary tools and experiences to assist you in your soul's quest in this lifetime. In other words:

**Your name and date of birth are no accident...you chose them!**

But surely my parents chose my name I hear you ask? They did officially name you, but what really happened is you quietly influenced your parents from the higher vibrational spiritual realm.

So, encoded in your name and date of birth is your soul's blueprint for this lifetime that was set-in motion long before you entered this world. They reveal your deepest motivators, the innate gifts you were born with, the lessons you're meant to learn in this lifetime and much more.



Numerology is the key to helping you decode this powerful information that you have forgotten, it will help you see the bigger picture and discover the real you!

### **Why don't you remember any of this?**

Because you incarnated for the purpose of evolving your soul, you had your memory wiped at birth, this is often referred to as the 'vale of amnesia.' If you carried all your soul's wisdom through each incarnation, you'd already be wise and wouldn't benefit from the lessons and growth your soul is seeking through each human experience.

Planet earth is effectively a school that you have chosen to come to with eagerness and excitement because of the wonderful opportunity it offers you (with its dualistic setting) for evolving your soul through life lessons and experiences.

Unfortunately, because your memory was wiped at birth and nobody really explained this stuff to you, you're likely to be none the wiser, until now!

Fortunately, through Numerology and similar spiritual disciplines you can begin to understand your true character and purpose in this lifetime and the specific lessons you came here to learn 😊.

### **Accompanying videos**

I've taken the liberty of embedding the accompanying videos from the healing pack, so you have the option to refer to me explaining certain aspects, if preferred.

### **Mistakes**

You may notice the odd grammatical mistake in the written traits/characteristics on a few of the graphics. Please excuse this, a lot of the information is channelled through my guides and I just let it flow as it comes through (and don't even notice in that state) but I have kept it in for authenticity, so please go easy on me 😊.

### **Additional videos**

There are also additional videos covering the basics of numerology on the you tube channel, which you can find [here](#).

## **The Energetic Meaning of Each Number**

In a nutshell, there are only 9 numbers to deal with in Numerology, 1, 2, 3, 4, 5, 6, 7, 8 & 9 that's it 😊 you don't need to know any others, not even 0 as it has no effect!

The reason is that every number in existence, no matter how big, reduces down to a number between 1 – 9, I'll show you how this works very shortly.

The only exception to reducing down is occasionally (will point out when), when we have a sequence of the same numbers such as 11, 22, 33 etc. These are referred to as master numbers as they carry additional energy, you'll get the gist as we go through it.



**Reducing down**, simply means adding all the digits in a number together (and if the total is more than 9, then add all the digits of the total together) until you have a single digit between 1 - 9, here are some examples;

the number **31** would reduce to **4** ( $3 + 1 = 4$ ).

the number **248** would reduce to **5** ( $2 + 4 + 8 = 14$ , then  $1 + 4 = 5$ ).

the number **1987** would reduce to **7** ( $1 + 9 + 8 + 7 = 25$ , then  $2 + 5 = 7$ ),

The same applies to letters, in western numerology all 26 letters correspond to a number between 1 – 9 as follows;

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

So, every number and letter correspond to an underlying energetic frequency between 1 – 9 and once you know how to interpret these 9 basic frequencies, you're effectively a mini numerologist 😊!

Here's the general energetic meaning of the numbers 1 – 9;

- 1 ~ Individualistic, Independent**
- 2 ~ Cooperation, Peacemaker**
- 3 ~ Creative, Expressive**
- 4 ~ Worker, Process, Foundations**
- 5 ~ Freedom, Adventure**
- 6 ~ Nurturer, Caretaker**
- 7 ~ Truth-seeker, Contemplative**
- 8 ~ Power, Abundance, Finance**
- 9 ~ Humanitarian, Global Awareness**

I've kept the traits very generic for simplicity, each number has a lot of depth with both positive and negative traits.





## The Numerology 1 – 9 Cycle

Everything in the universe vibrates and moves in cycles. This includes all humans who live in continual 9-year cycles, whether they know it or not.

Page 6 showed you the general meaning of each number, now I want to show you how the numbers 1 – 9 are sequentially connected and reflect a complete journey or a cycle, as follows...

1. **Ignition** ~ the birth of a new journey, full of energy and ambition.
2. **Feeling Life** ~ emotional seesaw (duality), relating to another.
3. **Expressing Life** ~ adds inspiration and expression to create new ideas.
4. **Erecting the Structure** ~ down to earth, bringing ideas into reality.
5. **Exploring the structure** ~ a quest for knowledge, experience and discovery.
6. **Vision of Perfection** ~ seeking fulfilment through harmony and perfection.
7. **Realising Perfection** ~ mystical transformation, seeks to heal life.
8. **Perfection Reworked** ~ the strategist and organiser, rework and rebuild.
9. **Completing the cycle** ~ dispensing the knowledge/wisdom of the journey.

If you know what year you are in, you can use this information to your advantage. E.g. as I launch this pack (2020) I am in a **1 year** (ignition) which is ideal for a new venture/journey etc.

### How to work out what year of the 9-year cycle you are currently in;

You substitute the current year into your birthdate and reduce to a single figure. I was born on 30<sup>th</sup> December 1964, so I'll use this as an example for the year 2020;

Current year birthday: **30<sup>th</sup> December 2020**

Add together and total: **3+0+1+2+2+0+2+0 = 10**

Reduce total (if above 9): **1 + 0 = 1**

So, I'm in a **1 year** in 2020 (ignition), next year (2021) I'll be in a 2 year and so on.

## Section 2 ~ The key numbers and their corresponding traits

### Life Path Numbers (most influential number)

Your life path number determines your core character traits to suit the path you've chosen to walk in this lifetime. It is the most influential of the core numbers.

Here's a demo of how to work out a life path number;

All you do is add together all the digits in your date of birth and keep adding the digits in the total (i.e. reduce down) until you have a single figure. The only exception to reducing down, is if the total adds up to either 11, 22, 33. Examples;



**E.g.1** The birthdate: **05<sup>th</sup> October 1969:**

Add all the digits...  $0+5+1+0+1+9+6+9 = 31$

Now add  $3+1= 4$

A person born on 5<sup>th</sup> Oct 1969 is a **life path 4**.

Life path 4's can be summarised as **the dedicated workers** of society, if you want to get things done, make sure you have some life path 4's on your side.

**E.g.2** The birthdate: **07<sup>th</sup> October 1992:**

Add all the digits...  $0+7+1+0+1+9+9+2 = 29$

Now add  $2+9= 11$  (not reduced any further as 11 is a master number)

A person born on 7<sup>th</sup> Oct 1992 is a **life path 11**.

Life path 11's can be summarised as **intuitive healers**, they make very good teachers, healers and friends.

**E.g.3** The birthdate: **04<sup>th</sup> September 2018:**

Add all the digits...  $0+4+0+9+2+0+1+8 = 24$

Now add  $2+4= 6$ )

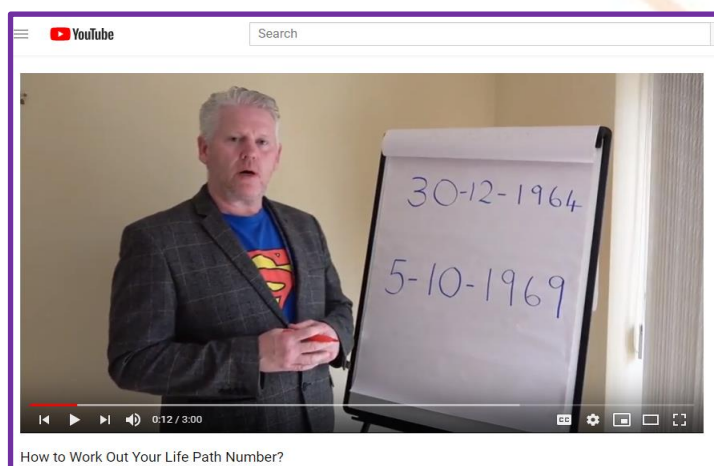
A person born on 4<sup>th</sup> Sep 2018 is a **life path 6**.

Life path 6's can be summarised as **nurturing caregivers**, they make very good parents, teachers, carers/nurses.

**Now, work out your life path;**

Your date of birth:  $\boxed{D} + \boxed{D} + \boxed{M} + \boxed{M} + \boxed{Y} + \boxed{Y} + \boxed{Y} + \boxed{Y} = \boxed{T} \boxed{T}$

Reducing the total:  $\boxed{T} + \boxed{T} = \boxed{L}$  life path.



**Walk through?**

If you'd like me to walk you through it step by step, click on the video image.





## The 12 Life Path Number Charts (chart set 1 of 3)

Here are the key traits of all 12 life paths and the key healer notes for each one.

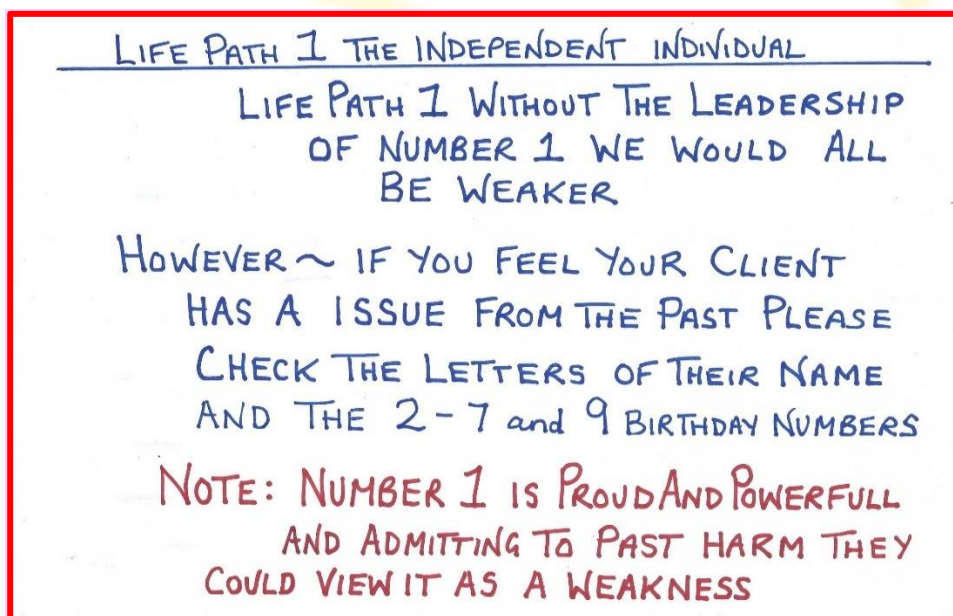
The **healer key notes**, and any **RED** writing denote the vulnerable areas to look out for. I'll walk you through how to use it to spot the vulnerability for potential abuse, when we get to section 3.

**Accompanying video 2** – on this video I'll walk you through each life path [here](#)

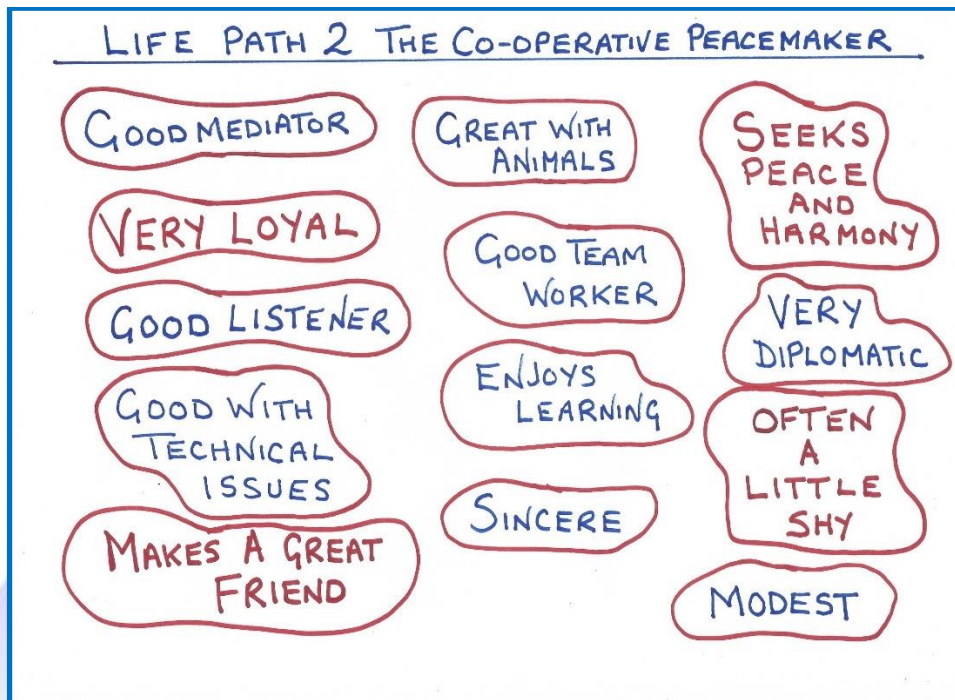
**Life path 1 ~ The Independent Individual**, here's a snapshot of their general traits:



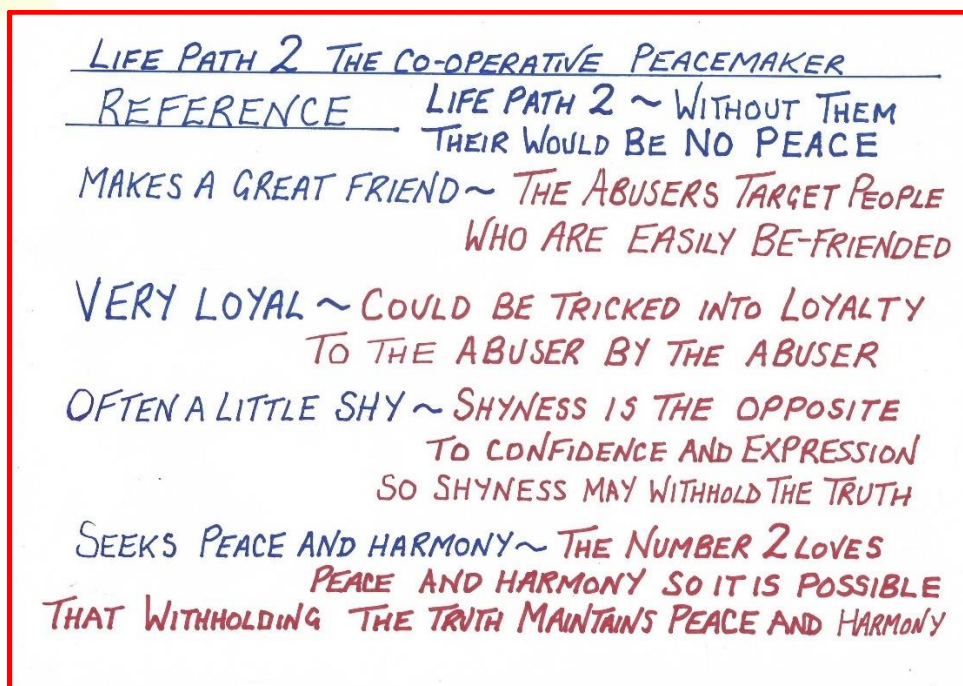
**Life path 1 ~ Healer Key Notes** (n.b. **RED** note below);



Life path 2 ~ **The Cooperative Peacemaker**, here's a snapshot of their general traits:



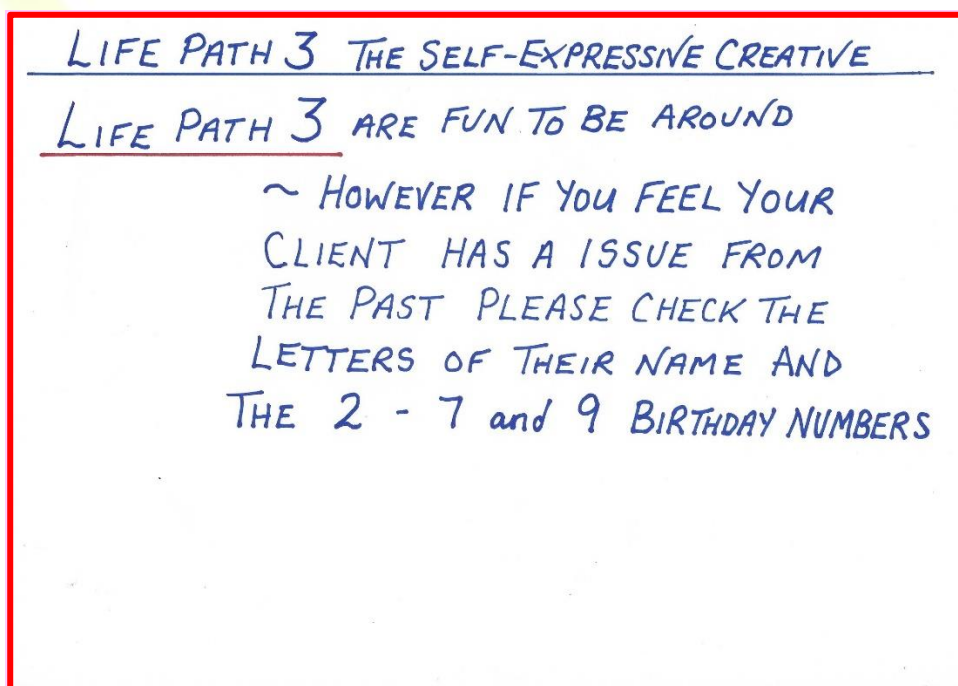
Life path 2 ~ **Healer Key Notes;**



Life path 3 ~ The Self Expressive Creative, here's a snapshot of their general traits:

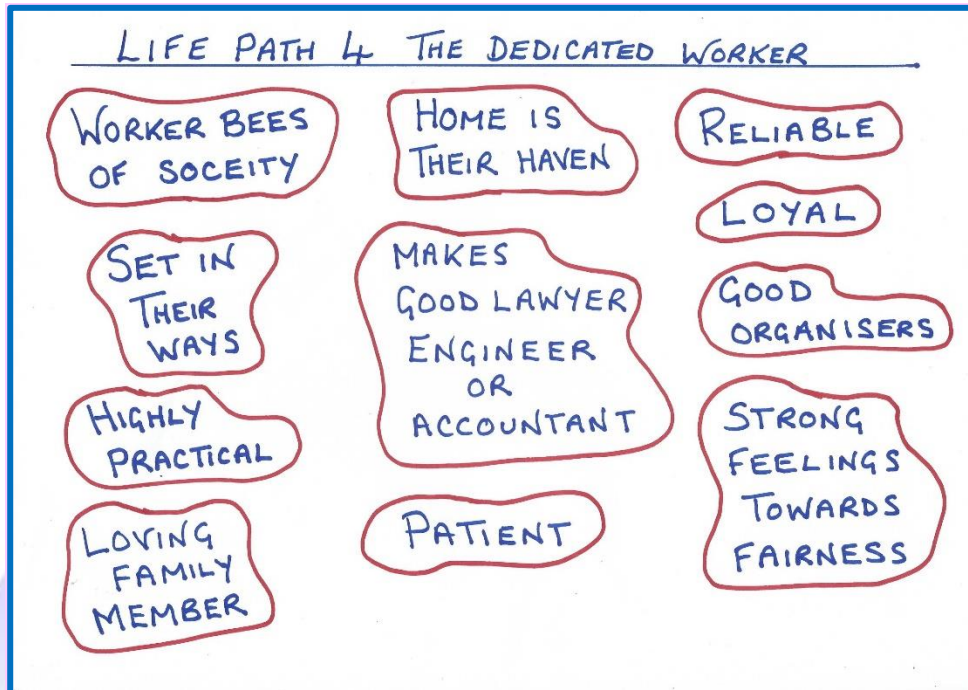


Life path 3 ~ Healer Key Notes;

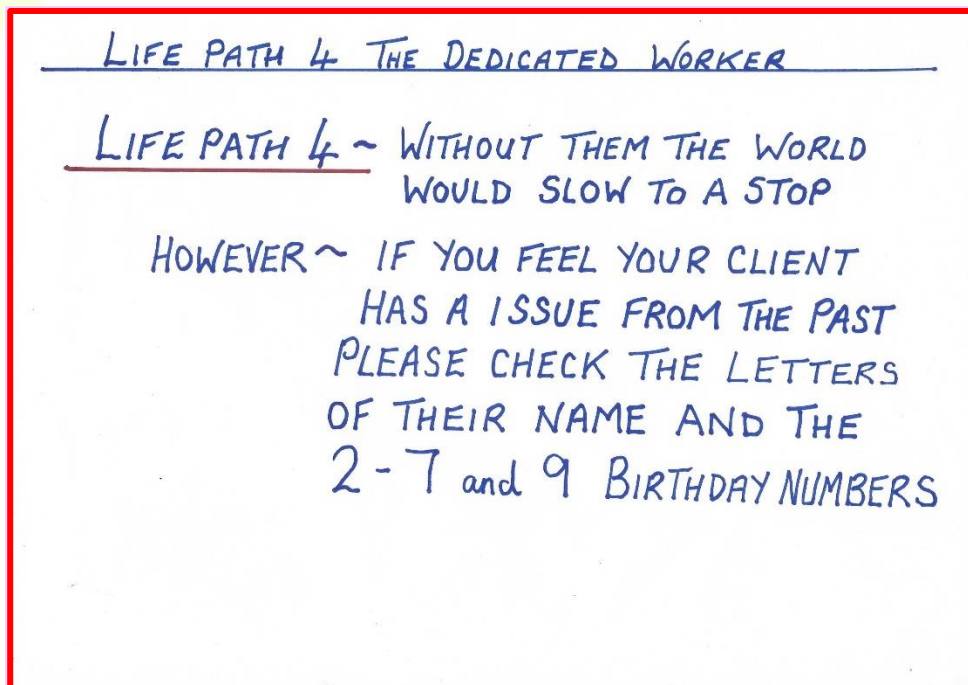




Life path 4 ~ The Dedicated Worker, here's a snapshot of their general traits:



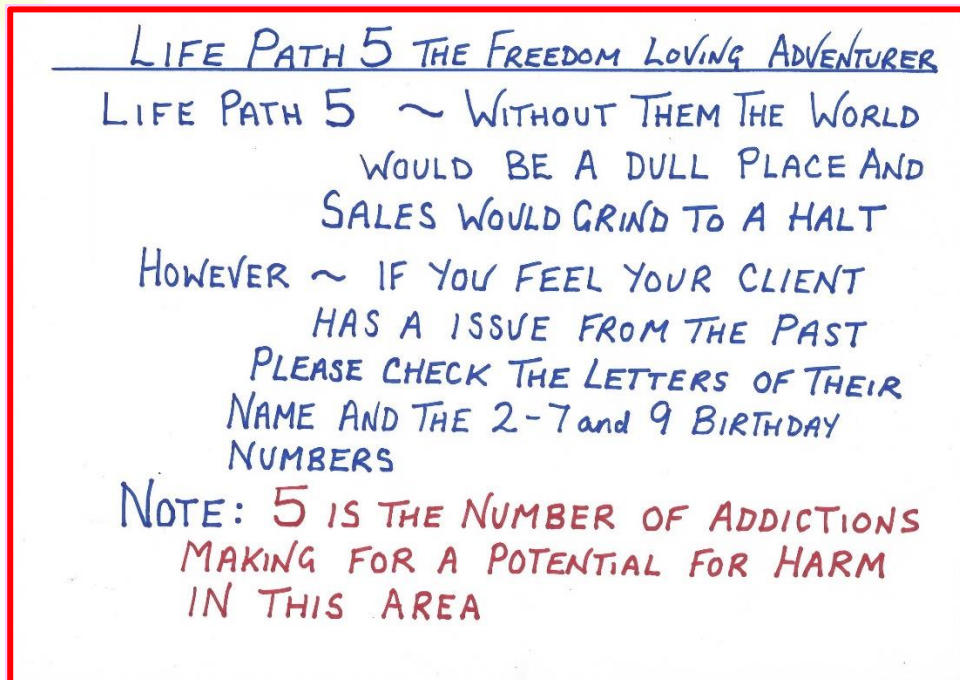
Life path 4 ~ Healer Key Notes;



Life path 5 ~ The Freedom-Loving Adventurer, here's a snapshot of their general traits:



Life path 5 ~ Healer Key Notes (n.b. **RED** note below);

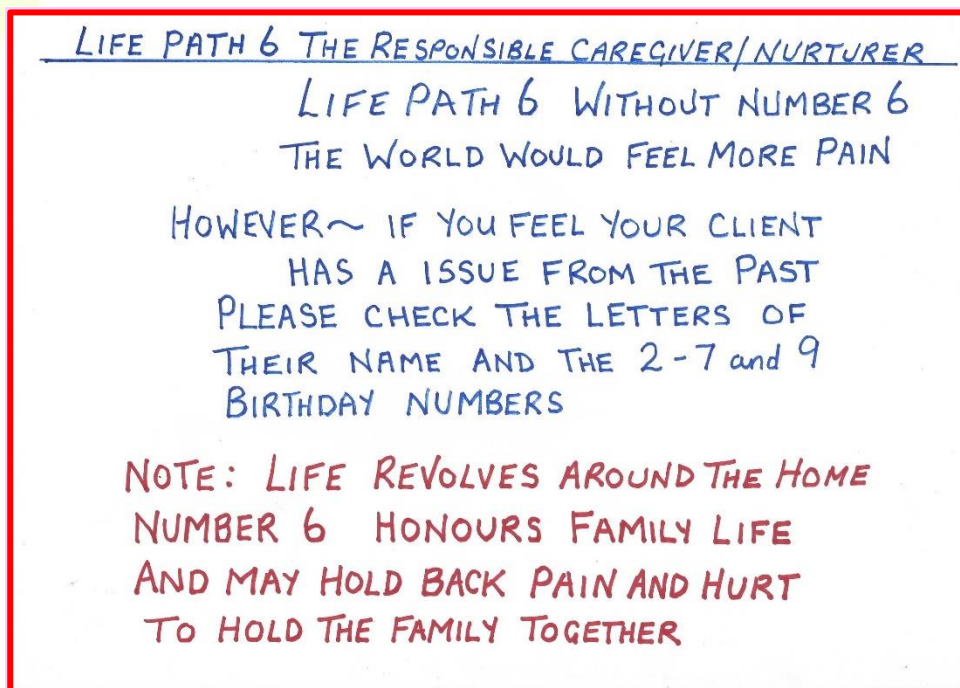




Life path 6 ~ The Responsible Caregiver/Nurturer, here's a snapshot of their general traits:



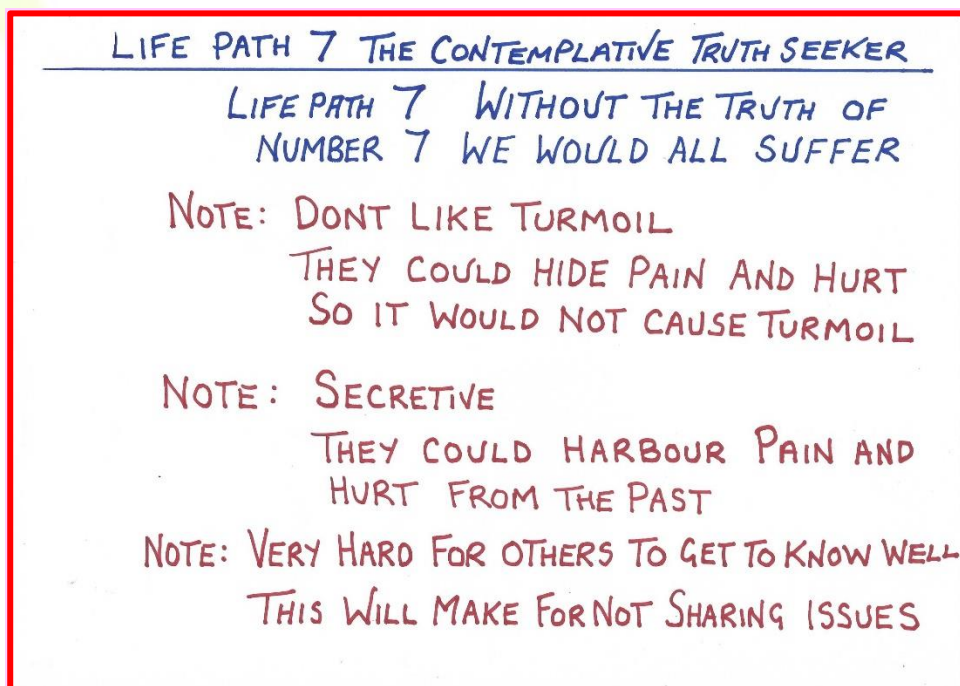
Life path 6 ~ Healer Key Notes (n.b. **RED** note below);



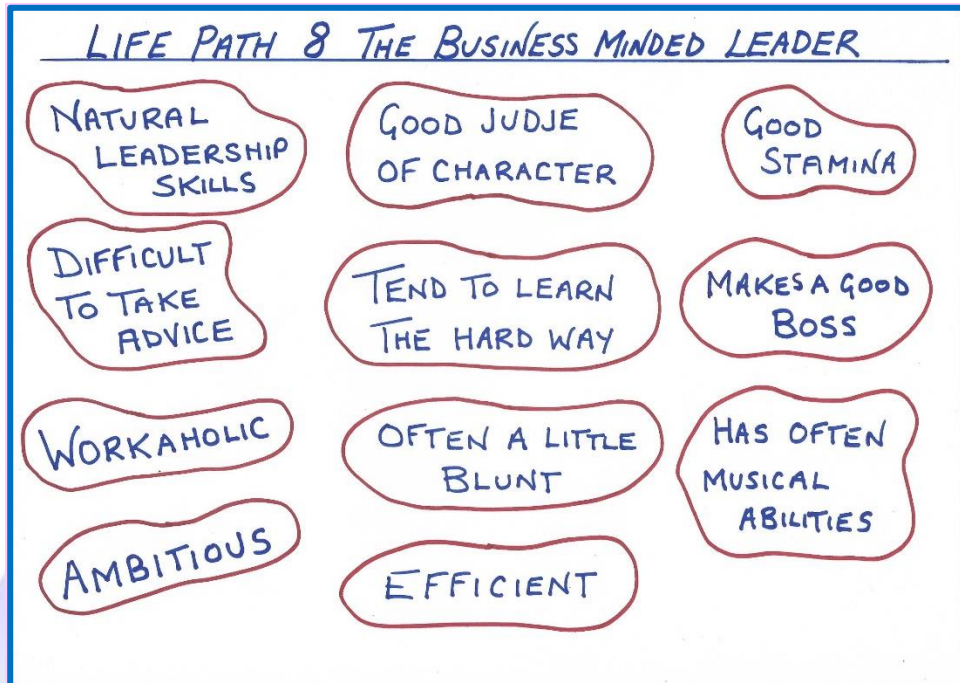
Life path 7 ~ **The Contemplative Truth Seeker**, here's a snapshot of their general traits:



Life path 7 ~ **Healer Key Notes**;



Life path 8 ~ The Business Minded Leader, here's a snapshot of their general traits:



Life path 8 ~ Healer Key Notes;

LIFE PATH 8 THE BUSINESS MINDED LEADER  
LIFE PATH 8 WITHOUT NUMBER 8 THE WHEELS OF FINANCE WOULD NOT BE CARED FOR  
~ HOWEVER IF YOU FEEL YOUR CLIENT HAS A ISSUE FROM THE PAST PLEASE CHECK THE LETTERS OF THEIR NAME AND THE 2 - 7 and 9 BIRTHDAY NUMBERS

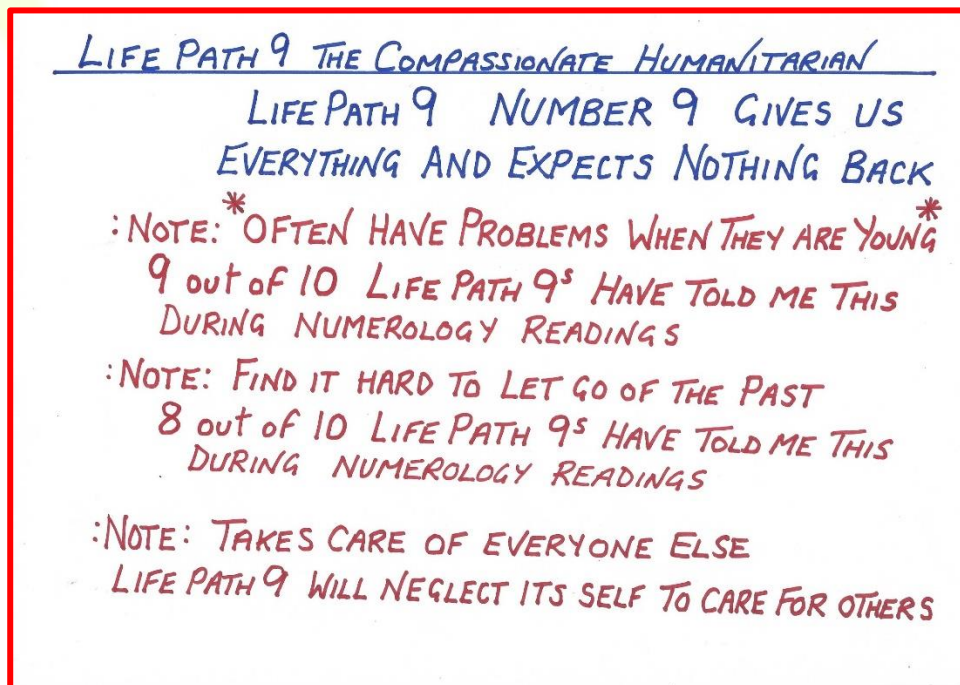




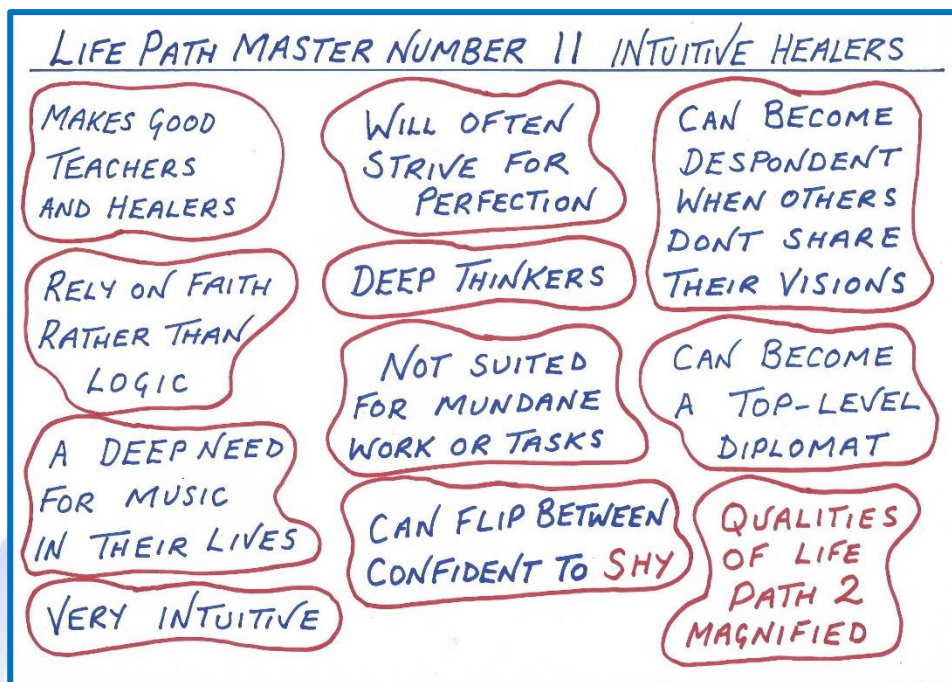
Life path 9 ~ **The Compassionate Humanitarian**, here's a snapshot of their general traits:



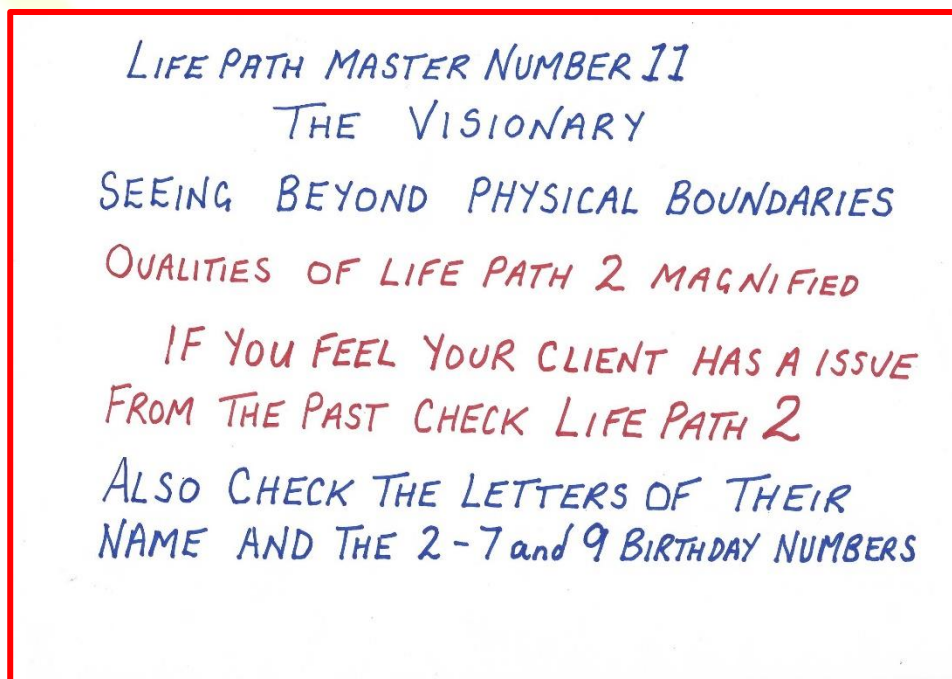
Life path 9 ~ **Healer Key Notes;**



Life path 11 (Master Number: an enhanced life path 2) ~ The Intuitive Healer, here's a snapshot of their general traits:

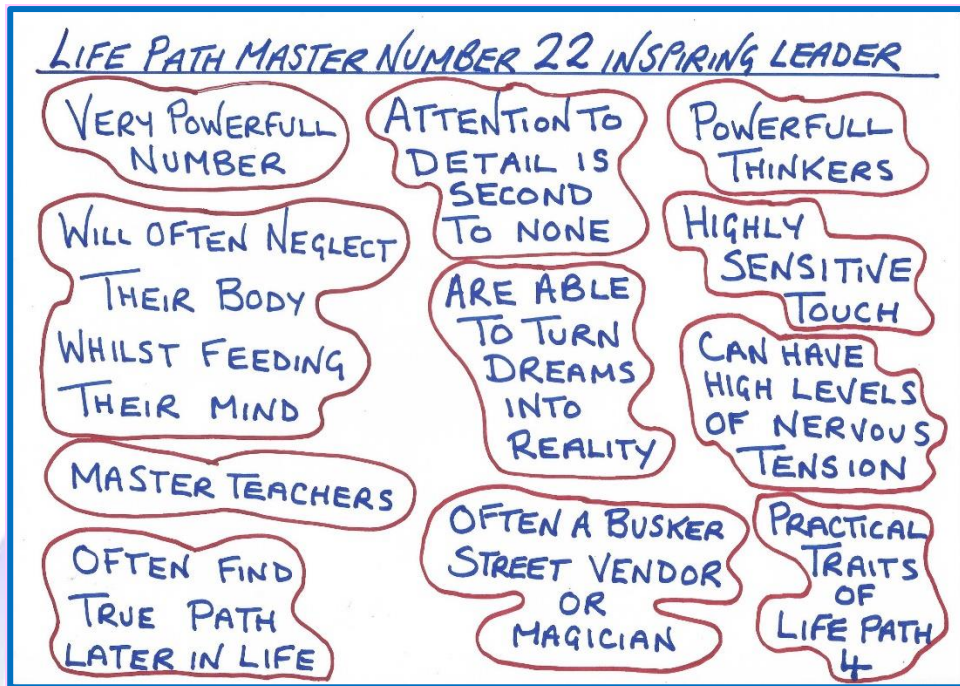


Life path 11 ~ Healer Key Notes (n.b. **RED** note below);





Life path 22 (Master Number: an enhanced life path 4) ~ The Inspiring Leader, here's a snapshot of their general traits:



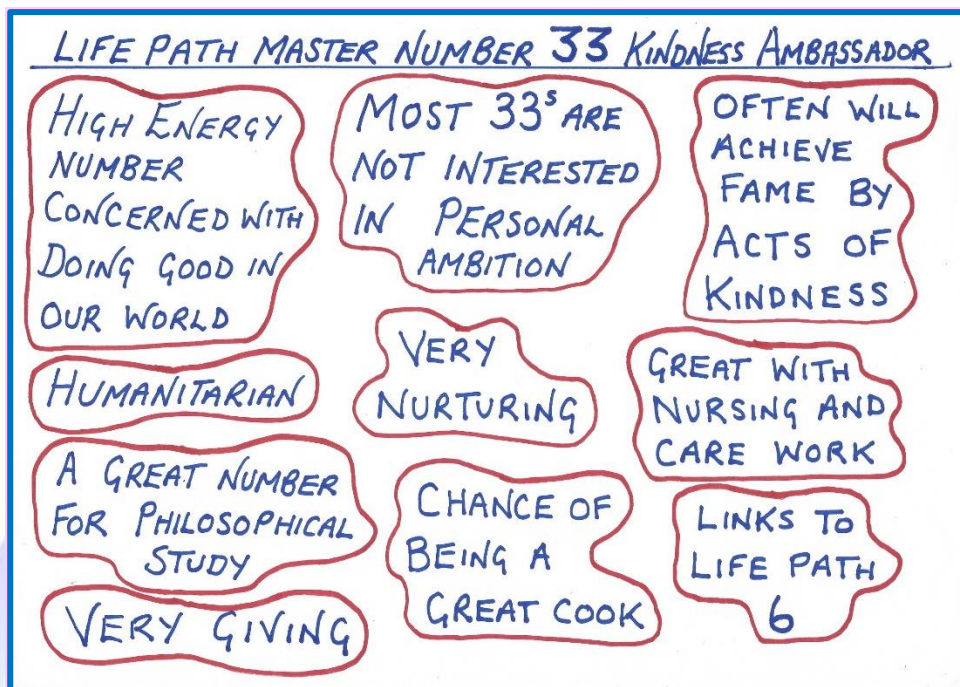
Life path 22 ~ Healer Key Notes;

LIFE PATH MASTER NUMBER 22  
BUILDING OUR DREAMS

HOWEVER ~ IF YOU FEEL YOUR CLIENT HAS A ISSUE FROM THE PAST PLEASE CHECK THE LETTERS OF THEIR NAME AND THE 2-7 and 9 BIRTHDAY NUMBERS



Life path 33 (Master Number: an enhanced life path 6) ~ The Kindness Ambassador, here's a snapshot of their general traits:



Life path 33 ~ Healer Key Notes;

LIFE PATH MASTER NUMBER 33  
SPREADING YOUR LOVE AND LIGHT  
AND SHARING YOUR KNOWLEDGE

HOWEVER ~ IF YOU FEEL YOUR CLIENT  
HAS A ISSUE FROM THE PAST PLEASE  
CHECK THE LETTERS OF THEIR NAME  
AND THE 2-7 and 9 BIRTHDAY NUMBERS



## The 9 Birthday Number Charts (chart set 2 of 3)

The birthday number is a person's second most influential number in their numerology chart. It reflects natural personality traits both positive (greater) and what could be perceived as negative (lesser).

A person's birthday number It is simply the day of the month they were born, reduced to a single figure between 1 and 9. Examples:

- i) If you were born on **5<sup>th</sup>** of the month it would be a **5** birthday
- ii) If you were born on **16<sup>th</sup>** of the month it would be a **7** ( $1 + 6$ ) birthday
- iii) If you were born on **28<sup>th</sup>** of the month it would be a **1** ( $2 + 8 = 10$ , then  $1 + 0 = 1$ ) birthday

**Accompanying video 3** – on this video I'll walk you through each birthday number [here](#)

**Birthday Number 1** (all those born on **1<sup>st</sup>**, **10<sup>th</sup>**, **19<sup>th</sup>** or **28<sup>th</sup>** of the month) general traits:

<u>BIRTHDAY NUMBER 1</u>	
<u>ELEMENT~FIRE BORN</u>	
<u>PLANET~SUN 1<sup>ST</sup> 10<sup>TH</sup></u>	
<u>1 MALE ~ SEES ALL 19<sup>TH</sup> 28<sup>TH</sup></u>	
<u>THE LESSER YOU</u>	<u>THE GREATER YOU</u>
STUBBORN	LEADERSHIP
SELFISH	COURAGE
DEPRESSED	PRIDE
UNFEELING	CREATIVE
DEMANDING	ORGANISED
EGOTISTICAL	DETERMINED
FEARFUL	INVENTIVE
VENGEFUL	POSITIVE





**Birthday Number 2** (all those born on 2<sup>nd</sup>, 11<sup>th</sup>, 20<sup>th</sup> or 29<sup>th</sup> of the month) general traits:

<u>BIRTHDAY NUMBER 2</u>	
<u>ELEMENT~WATER BORN 2ND</u>	
<u>PLANET~THE MOON 11th 20th</u>	
<u>2-FEMALE-RECEPTIVE 29th</u>	
<u>THE LESSER YOU</u>	<u>THE GREATER YOU</u>
SHY	INTUITIVE
AWKWARD	PATIENT
SECRETIVE	PEACEFULL
INDECISIVE	RELIABLE
INSINCERE	CONSIDERATE
CRUEL	CO-OPERATIVE
SNEAKY	DIPLOMATIC
HIGHLY-SENSITIVE	TOLERANT
NO SELF CONTROL	NEAT

**Birthday Number 3** (all those born on 3<sup>rd</sup>, 12<sup>th</sup>, 21<sup>st</sup> or 30<sup>th</sup>) general traits:

<u>BIRTHDAY NUMBER 3</u>	
<u>ELEMENT~FIRE BORN 3rd</u>	
<u>PLANET~JUPITER 12th 21st</u>	
<u>3-MALE ACTIVE 30th</u>	
<u>THE LESSER YOU</u>	<u>THE GREATER YOU</u>
SCATTERED	FRIENDLY
FICKLE	PASSIONATE
DOMINEERING	SOCIABLE
PROMISCUOUS	CREATIVE
WORRYING	VERSATILE
WHINING	EXPRESSIVE
OVER-EXAGGERATING	ROMANTIC
VAIN	TALENTED



**Birthday Number 4** (all those born on 4<sup>th</sup>, 13<sup>th</sup>, 22<sup>nd</sup> or 31<sup>st</sup>) general traits:

<u>BIRTHDAY NUMBER 4</u>	
<u>ELEMENT ~ AIR BORN 4<sup>th</sup></u>	
<u>PLANET ~ URANUS 13<sup>th</sup> 22<sup>nd</sup></u>	
<u>4 - FEMALE ~ PLANNING 31<sup>st</sup></u>	
<u>THE LESSER YOU</u>	<u>THE GREATER YOU</u>
STUBBORN	ORGANISED
SELF-HURTING	RELIABLE
CONTROLLING	HARD-WORKING
JEALOUS	LOYAL
INSENSITIVE	HONEST
MOODY	DETERMINED
ARGUMENTATIVE	DISCIPLINED
LAZY	STEADFAST

**Birthday Number 5** (all those born on 5<sup>th</sup>, 14<sup>th</sup> or 23<sup>rd</sup>) general traits:

<u>BIRTHDAY NUMBER 5</u>	
<u>ELEMENT ~ AIR BORN 5<sup>th</sup></u>	
<u>PLANET ~ MERCURY 14<sup>th</sup></u>	
<u>5 - MALE ~ THRUSTING 23<sup>rd</sup></u>	
<u>THE LESSER YOU</u>	<u>THE GREATER YOU</u>
CRITICAL	EXCITING
OVER-INDULGENCE	HUMOROUS
SELF-INDULGENCE	FLAMBOYANT
UNRELIABLE	ADVENTUROUS
WASTEFUL	INTELLIGENT
MOODY	DRAMATIC
IRRESPONSIBLE	FREE-THINKING
JEALOUS	ADAPTABLE





**Birthday Number 6** (all those born on 6<sup>th</sup>, 15<sup>th</sup> or 24<sup>th</sup>) general traits:

<u>BIRTHDAY NUMBER 6</u>	
<u>ELEMENT~EARTH BORN</u>	
<u>PLANET~VENUS 6<sup>TH</sup></u>	
<u>6~FEMALE~CREATION 15<sup>TH</sup> 24<sup>TH</sup></u>	
<u>THE LESSER YOU</u>	<u>THE GREATER YOU</u>
CYNICAL	PEACEMAKER
JEALOUS	SPIRITUAL
MEDDLING	MAGNETIC
NAGGING	HOME-LOVING
STIFLING	SYMPATHETIC
UNBALANCED	COUNCILLER
WORRYING	UNSELFISH
SELFISH	CARER

**Birthday Number 7** (all those born on 7<sup>th</sup>, 16<sup>th</sup> or 25<sup>th</sup>) general traits:

<u>BIRTHDAY NUMBER 7</u>	
<u>ELEMENT~WATER BORN</u>	
<u>PLANET~NEPTUNE 7<sup>TH</sup> 16<sup>TH</sup></u>	
<u>7~MALE~GAURDING 25<sup>TH</sup></u>	
<u>THE LESSER YOU</u>	<u>THE GREATER YOU</u>
SECRETIVE	SPIRITUAL
LONELY	MYSTICAL
SHY	HEALER
FEARFUL	PSYCHIC
STAND-OFFISH	TRUSTING
DEVIIOUS	INTUITIVE
SLOW-MOVING	ARTISTIC
SELF-CRITICAL	SYMPATHETIC



**Birthday Number 8** (all those born on 8<sup>th</sup>, 17<sup>th</sup> or 26<sup>th</sup>) general traits:

<u>BIRTHDAY NUMBER 8</u>	
<u>ELEMENT~EARTH BORN</u>	
<u>PLANET~NEPTUNE 8<sup>TH</sup></u>	
<u>8~FEMALE~EQUALITY 26<sup>TH</sup> 17<sup>TH</sup></u>	
<u>THE LESSER YOU</u>	<u>THE GREATER YOU</u>
BULLY	FAME
ANGER ISSUES	HELPFUL
GREEDY	LEADERSHIP
DICTATOR	CHARITABLE
SCHEMING	POWER
OPPRESSIVE	SUCCESSFUL
POWER HUNGRY	ORGANISED
MONEY ISSUES	HUMANITARIAN

**Birthday Number 9** (all those born on 9<sup>th</sup>, 18<sup>th</sup> or 27<sup>th</sup>) general traits:

<u>BIRTHDAY NUMBER 9</u>	
<u>ELEMENT~FIRE BORN</u>	
<u>PLANET~MARS 9<sup>TH</sup> 18<sup>TH</sup></u>	
<u>9~MALE~KNOWLEDGE 27<sup>TH</sup></u>	
<u>THE LESSER YOU</u>	<u>THE GREATER YOU</u>
APATHY	LOVING
SELFISH	INTELLIGENT
NARROW-MINDED	INSPIRATIONAL
IMPULSIVE	PASSIONATE
EMOTIONAL	PSYCHIC
SELF-PITY	PHILOSOPHICAL
SHY	CREATIVE
PASSIVE	SPIRITUAL
BITTER	HUMANITARIAN



## The 26 Alphabet Charts (chart set 3 of 3)

All 26 letters of the alphabet have a set of general traits, you'll recognise quite a few from the letters in your own name but not necessarily all of them as you have free will and you will change over time as you learn (usually the hard way 😊) and experience life.

Here's a recap of the underlying number (1 – 9) of each letter in the alphabet:

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

Encoded in your name is a blend of all the corresponding general traits from each letter.

**Accompanying videos 4 & 5** – on these 2 videos, I'll walk you through each letter and its corresponding traits. For letters A - M [here](#) and for letters N – Z [here](#)

Here's what each letter represents (note the **red** ones):

**MALE A SENSITIVE** ①

- CALM
- BALANCED
- HIDES ITS POWER
- CAN BE A LEADER
- STRONG MIND
- POWERFUL TEAMWORKER
- BECOMES CONFIDENT IN TIME
- CAN BE A LITTLE QUIET
- GOOD WITH DETAILS
- LIKES ADVENTURE
- GOOD WITH NUMBERS

**FEMALE B RECEPTIVE** ②

- SENSITIVE
- TEAMWORKER
- VERY CARING
- SUBMISSIVE
- VERY THOROUGH
- PASSIVE
- LOVES ANIMALS
- DWELLS ON PAST EVENTS
- NEEDS AFFECTION
- CAN BE SHY
- SOMETIMES SECRETIVE
- WONDERFUL FRIENDS

**MALE C ACTIVE** ③

- GOOD TALKER
- PEOPLE MAGNET
- ARTISTIC
- GOOD IDEAS
- LOVES MUSIC
- LIKES DANCING
- CAN SCATTER ENERGY
- EASILY BORED
- SOMETIMES SENSITIVE
- SOCIABLE
- LOVES PARTYS

**FEMALE D PLANNING** ④

- VERY ORGANISED
- HARDWORKER
- NON-EMOTIONAL
- GOOD WITH TIME-KEEPING
- GOOD WITH INSTRUCTIONS
- HAMPERED BY NON-COMMITAL
- INDEPENDENT
- GROWS UP QUICKLY
- NOT EASILY BORED
- WORK WELL WITH H





MALE E THRUSTING (5)

- LOVES FREEDOM
- NEEDS A PARTNER
- NEEDS CHANGE
- ADAPTABLE
- VERSATILE
- NEEDS UNDERSTANDING
- LOVES PARTYS
- LIKES TO TALK
- MOODY
- SENSUAL
- SEXUAL
- MAYBE ADDICTIONS

FEMALE F NURTURE (6)

- GIVES AFFECTION EASILY
- SENSITIVE
- RECEPTIVE
- VERY CARING
- VERY LOVING
- TAKES ON HEAVY BURDENS
- OFTEN HAS A STRONG SIXTH SENSE
- WONDERFUL IN A TEAM
- GOOD AT CARING AND NURSING
- CAN BE HURT BY E

MALE G GAURDING (7)

- SECRETIVE
- LIKES PERFECTION
- OFTEN LONELY
- LOVES READING
- GOOD AT WORKING ALONE
- GOOD WILLPOWER
- GOOD WITH SOCIAL MEDIA
- GOOD AT TECHNICAL WORK
- MISUNDERSTOOD
- VERY FEW FRIENDS
- COULD BE FRIENDS WITH I

FEMALE H EQUALITY (8)

- AFFECTED BY CHANGE
- CAN BE A LEADER
- GOOD TIME-KEEPER
- STRONG MIND
- OFTEN LIKES MATERIAL VALUES
- OFTEN EARNS WELL
- GOOD IN A TEAM
- FAST PACED
- NOT EASILY HURT

MALE I I-AM (9)

- VERY LOVING
- HIGH ENERGY
- MAKES SACRIFICES
- SENSITIVE
- ARTISTIC
- CREATIVE
- VERY TRUSTWORTHY
- GOOD WORKING ALONE
- SYMPATHETIC
- WORKS WELL WITH C AND F
- GOOD WITH CRAFTS

MALE J JUSTICE (10)

- STRONG MIND
- GOOD WITH IDEAS
- CAN BE A SLOW STARTER
- MAKES FRIENDS WITH G
- WITTY
- CAN BE GOOD FUN
- GOOD WITH INNOVATION
- CAN CALM E DOWN
- SHAKY CONFIDENCE AT TIMES
- HONEST
- HAS FLASHES OF INSIGHTS

MALE FEMALE K SPIRITUAL (11/2)

- INSPIRER
- VERY CREATIVE
- HAS HIDDEN CHARISMA
- GOOD WITH FINE DETAILS
- VERY OPEN TO SPIRIT
- FEELS PAIN OF OTHERS
- HIGHLY INTUITIVE
- CAN INSPIRE OTHERS
- NATURAL HEALER
- LOVES HARMONY
- CAN BECOME NON-JUDGEMENTAL

MALE L SELF EXPRESSION (12-3)

- SOCIALABLE
- GREAT AT NETWORKING
- GOOD WITH JUDGEMENT
- SOMETIMES SENSITIVE
- GOOD WITH IDEAS
- DEVOTED
- STRONG DESIRES
- CAN HELP C
- CARES DEEPLY
- ORGANISED
- MUSICAL
- MUST LOOK AFTER FINANCES





FEMALE M MECHANICAL 13/4

- ORGANISED
- HARDWORKER
- GOOD DISCIPLINE
- VERY THOROUGH
- HARD TO GET TO KNOW
- GOOD WITH MUNDANE TASKS
- GOOD FOR SELF EMPLOYMENT
- LIKES TO GET DIRTY
- CAN FIX NEARLY EVERYTHING
- SOMETIMES LIMITED VIEWPOINT

MALE N IMPULSIVE 14/5

- RESTLESS
- GOOD NETWORKER
- GOOD WITH SOCIAL MEDIA
- GOOD WITH NUMBERS
- ADAPTABLE
- SENSUAL
- HUMAN ANTENNA PICKS UP EVERYTHING
- GOOD AS A REP
- GREAT AT HARNESSING OTHER PEOPLES ENERGY
- LUCKY WITH SPECULATION

FEMALE O MYSTERY 15/6

- SECRETIVE
- GIVES BEYOND MEASURE
- HIDES STRONG EMOTIONS
- RESPONSIBLE
- ADVENTUROUS
- DETECTIVE ABILITIES
- GOOD WRITING TYPING SKILLS
- GOOD REPORTERS
- SEEKS THE TRUTH
- HIDES PAST HURTS

MALE P HOLDS BACK 16/7

- WORKS WELL ALONE
- SECRETIVE
- OFTEN LONELY
- PHILOSOPHERS
- SPIRITUAL
- IS VERY GOOD AT WORKING BEHIND PROJECTS
- FEELS DEEPLY
- GOOD WITH ANIMALS
- COULD BECOME A HEALER
- CAN BE CALMING TO E
- GOOD FOR WORK WITH G

FEMALE Q SOLVER OF 17/8

- VERY POWERFUL
- CAN ACHIEVE WEALTH
- ECCENTRIC
- GOOD DIRECTORS
- UNUSUAL
- GOOD IN CHARGE
- GREAT PROBLEM SOLVERS
- VIVID IMAGINATION
- SOCIABLE
- STANDS TALL

MALE R KNOWLEDGE 18/9

- VERY TOLERANT
- SIGNIFICANT POWER POTENTIAL
- CAN BE VERY EMOTIONAL
- GOOD IN A TEAM
- CAN BE INSPIRATIONAL
- HOLDS BACK DESIRES
- VERY GOOD TEACHERS
- DEEP THINKER
- CAN BE TAKEN ADVANTAGE OF
- OFTEN BURDENED BY EMOTION

MALE S SENSUAL 19/1

- GOOD LISTENER
- CREATIVE
- CLEAR THINKER
- GOOD WORKING ALONE
- AMBITIOUS
- INDEPENDANT
- VERY SENSUAL
- OFTEN HIGH S\_\_ DRIVE
- GOOD FRIENDS WITH E
- CHARMING
- DONT WORRY WHAT OTHERS THINK

FEMALE T SUBMISSIVE 20/2

- LIKES TEAMWORK
- CAN BE VERY EMOTIONAL
- VERY PATIENT
- HIDES PAST TRAUMA
- LIFE LONG FRIEND
- CAN BE SELF-CRITICAL
- SEEKS ENLIGHTENMENT
- WILL SACRIFICE THINGS FOR OTHERS
- NEEDS A SPECIAL PARTNER
- OFTEN GOOD WITH TECHNICAL ISSUES
- PROTECTED BY D AND H





### MALE U SPIRIT TALKER

21/3

- WORDSMITH VERY GOOD WITH WORDS
- STRONG GUT FEELINGS
- FEELS PAIN OF OTHERS
- RESPONDS WELL TO OTHERS
- CAN SCATTER ENERGY
- SENSITIVE
- WORKS WELL C AND F
- CAN BE VERY HOT OR ICE COLD
- MUSICAL
- MAY LEAN TOWARD OPPOSITE SEX

### FEMALE V DREAM BUILDER 22/4

- VERY PRACTICAL
- VERY INTUITIVE
- GOOD WITH DEALS
- SOMETIMES STUBBORN
- LOYAL
- CONFIDENT
- NEEDS A HOME WHICH IS SOLID
- CAN BE A DULL WORKAHOLIC
- DOES WELL MANAGING OTHERS
- NUMBER 3 or C or L BENEFIT FROM V IN BUSINESS
- VERY BALANCED

### MALE W THE HELPER

23/5

- GOOD TALKER
- GOOD AT SELLING
- A LITTLE RESTLESS
- WILL TAKE ON CHALLENGES
- HAS GOOD IDEAS
- WORK VERY WELL WITH SOCIAL MEDIA
- GOOD WITH SECURITY
- TEAMWORKER
- CHOOSES UNUSUAL HOLIDAYS
- NON-EGOTISICAL

### FEMALE X VULNERABLE

24/6

- TAKES ON OTHER PEOPLES PROBLEMS
- SACRIFICES OWN HEALTH FOR OTHERS
- LOTS OF UPHEAVALS
- VERY RESPONSIBLE
- EMOTIONAL
- KINDNESS TO ALL
- NON-JUDGEMENTAL
- RESPECTING
- WARM PERSONALITY
- MAKES GOOD COUNSELLERS

### MALE Y CODE BREAKER

25/7

- RESERVED
- WORKS BEST ALONE
- SECRETIVE
- STRONG MIND
- FEELS DEEPLY
- VERY STRONG PSYCHIC POWER
- INSIGHTS INTO HIGHER REALMS
- SENSUAL
- STEADY HANDS
- MYSTICAL
- MUST LEARN TO TRUST THE POWER OF Y

### FEMALE Z FORWARDS

26/8

- GOOD WILL POWER
- DYNAMIC
- CAN BECOME A LEADER
- KEEPS EMOTIONS IN CHECK
- CONFIDENT
- QUICK THINKER
- GOOD IN DEBATES
- SHOULD SPEND SOME CHILL-OUT TIME WITH C AND L
- NEEDS GOOD REST
- HONEST



## Section 3 ~ How To Use The Colour Coded Charts to Spot 'Potential' Trauma/Abuse

### How To Use The Pack

From the 12 life path charts, 9 birthday number charts and the 26 alphabet charts, it's the areas highlighted in **red** that you need to pay particular attention to. The **red** notes and charts represent the vulnerability to be abused/taken advantage of.

#### 5 Step Process

##### Step 1 ~ Obtain Client Details

Ask the client for their full name and date of birth, if you can get these prior to the appointment even better as you can do a numerology assessment prior to them arriving. Most people should be ok with this as they generally understand there is an assessment process prior to any treatment or healing.

##### Step 2 ~ Establish Their Life Path Number (chart set 1)

Work out your client's life path from their date of birth and refer to the corresponding life path chart. This will give you an immediate overview of their general traits giving you a good understanding of the type of person you are dealing with.

Does the chart have a predominantly **RED** number (**2, 7 or 9**) or the odd **RED** note? If it does, pay attention, this signifies a **potential problem**.

##### Step 3 ~ Establish Their Birthday Number (chart set 2)

From the day of the month they were born, look at the appropriate birthday number chart. This will give you a good insight into their personality.

Once again, does the chart have a predominantly **RED** number (**2, 7 or 9**) or the odd **RED** note? If it does, pay attention, this signifies a **potential problem**.

##### Step 4 ~ Count the **RED** Letters in Their Name (chart set 3)

Now go through their full current name and look at all the corresponding letters, a glance at the letter traits will give you a further insight into the person.

Count how many of the **7 RED** letters (**B, I, O, R, S, T or X**) are in their full name?

**IMPORTANT NOTE:** *Having the same letter more than once intensifies the energy, however, we are only looking to count how many of the above 7 letters they have.*

Did you get more than **3 or more RED** letters? If you did, pay attention, this signifies a **potential problem** (the more qualifying letters, the higher the potential).



## Step 5 ~ Client Assessment Criteria

If your client has either...

- i) a **2, 7** or **9** life path.
- ii) a **2, 7** or **9** birthday number.
- iii) **3** or **more** of the following letters **B, I, O, R, S, T, X** in their full name
- iv) Or they have a key **red** note in their life path (life paths 1, 5, 6 & 11 only) and you feel (using your intuition) there may be an underlying issue.

...they **qualify** as a 'potential' abuse victim

**And if they qualify, you need to directly and diplomatically ask 'THE QUESTION' to find out if there an underlying problem that needs healing.**

*Key notes:*

*i. Of the 4 qualifying criteria, i) and ii) are the strongest qualifying indicators, following by iii) and finally iv) which is more about an awareness and using your intuition about whether there could be an underlying problem.*

*ii. If your client qualifies in category i) and/or ii) you should **always** ask 'the question'.*

*iii. If your client only qualifies on either iii) or iv) and nothing else, this is low risk but could be an indicator, so again use your intuition on whether to ask 'the question' about underlying problems.*

*iv. If your client qualifies in more than one of the above 4 criteria, the potential of being an abuse victim, increases as shown in the risk levels below.*

### **Qualifying potential risk levels**

Anyone who qualifies in **3** of the criteria ~ **Higher Risk** of potential trauma/abuse.

Anyone who qualifies in **2** of the criteria ~ **Medium Risk** of potential trauma/abuse.

Anyone who qualifies in **1** of the criteria ~ **Lower Risk** of potential trauma/abuse.

Hopefully, there isn't any underlying abuse/trauma to uncover with any qualifying clients. If there is, hopefully you can draw it out with some delicate questioning, so the appropriate healing process can be instigated as required.



## Case Studies

Accompanying video 6 you can see the video case study [here](#)

### Case study 1 (as shown in video case study)

**Sarah Fox**  
**6<sup>th</sup> March 1971**

**9 life Path** ( $0+6+0+3+1+9+7+1 = 27$  then  $2+7 = 9$ )  
**6 Birthday Number** (born on 6<sup>th</sup>)  
**4 qualifying letters** (S, R, O, X)

Category ~ **Medium Risk** (2 qualifiers) definitely ask 'the question'

### Case study 2

**Stephen William Kirkbride**  
**30<sup>th</sup> December 1964**

**8 life Path** ( $3+0+1+2+1+9+6+4 = 26$  then  $2+6 = 8$ )  
**3 Birthday Number** ( $3+0 = 3$ )  
**4 qualifying letters** (S, T, I, R)

Category ~ **Low Risk** (1 qualifier), **your call?**

As you can see there are no problems with my life path or birthday numbers, but I do qualify on the letters with 4. Low potential risk but still qualifies and worth asking 'the question' if you feel I may have an underlying issue.

### Case study 3

**Louis Richard Christianson**  
**9<sup>th</sup> December 1995**

**9 life Path** ( $0+9+1+2+1+9+9+5 = 36$  then  $3+6 = 9$ )  
**9 Birthday Number** (born on 9<sup>th</sup>)  
**5 qualifying letters** (O, I, S, R, T)

Category ~ **High Risk** (3 qualifiers) definitely ask 'the question'

This is based on a real-life case (name changed but still qualifies on multiple letters). The person had major childhood problems, including multiple suicide attempts.





## Case study 4

**Caroline Louise Flack**  
**09<sup>th</sup> November 1979**

**1 life Path** ( $9+1+1+1+9+7+9=37$  then  $3+7=10$  then  $1+0=1$ )

**9 Birthday Number** (born on 9<sup>th</sup>)

**4 qualifying letters (R, O, I, S)**

Category ~ **Medium Risk (2 qualifiers)** definitely ask 'the question'

## Final Words

### Can I recommend that...

- i) You print off this guidebook, so you have quick access to all the charts.
- ii) Practise doing some readings on your family and friends do become familiar with working out life paths and birthdays numbers.

As you become more familiar with the general traits of the life paths and birthday numbers, you'll know what type of person you are going to be dealing with, before they walk in the door.

You'll understand who they are (personality wise), why they act the way they do and be able to adapt your communication accordingly, which is a nice skill to have 😊.

### Finally

I wish you every success with using this pack and sincerely hope it has the desired effect of helping those clients who really need it and equally, adds lots of value to you and your practise.

If you get stuck or have a burning question, please don't hesitate to get in touch with me.

**Love & blessings**

*Stephen*

