

Everything you need to know about numerology & how it can change your life for the better

Does your 'Life Path number' match your personality and life goals? Of course it does...



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If you're anything like me and you believe in the power of positive energy, secretly enjoy reading your horoscope and, just like Elle Woods in *Legally Blonde*, deem it perfectly acceptable to present yourself as a "Gemini vegetarian" - then it's about time you discovered numerology.

Even if you're a sceptic, numerology is bound to blow your mind. There's no mumbo jumbo about the positioning of the stars affecting your fate - as a matter of fact, according to

numerology, fate doesn't even exist. According to numerology, there's meaning behind every incident and significant date in your life...

Curious? Us too. We've reached out to the UK's best-known numerologist, [Jane Alton](#), to ask all about numerology and how it can change our lives for the better. She's also explained how to work out your own 'Life Path number' and what it says about your personality - and it's eerily accurate.

Question: What is numerology?

Ultimately, numerology helps us explore what we're here to achieve, in this lifetime. The theory is that we are all born into a unique set of circumstances that are tailor-made, allowing us to learn what we need to learn to complete the unique piece of the puzzle that is our life.

In numerology, there is no such thing as coincidence - there is a reason for every person being in our world and a reason for every incident and significant date. Numerology can be a wonderful opportunity to stand back and look at our life in a completely new way and understand what is really going on.

We all carry 'stuff' around with us and numerology can be a great way to open up that rucksack and take a look at what is inside. Viewing things in a different way can allow us to see that what we considered to be holding us back before is instead a great treasure...

Question: How can numerology make our lives better?

Knowing what you are here to do, understanding why certain people are in your world and the impact of significant dates can save a lot of time, energy and heartache.

Everything evolves in cycles and comes down to vibrations, this can be illustrated with the 'Life Maps'* and 'Relationship Charts' analysed during a consultation. Numerology can provide great clarity and vision, helping you to make more informed decisions with regard to the best way forward for you.

*Your 'Life Map' is like a detailed weather forecast for your life, illustrating every year from zero to 99. Your 'Relationship Chart' illustrates the connections you share with the significant people in your world and the impact of significant dates.

Question: What is a 'Life Path Number' & how do you calculate it?

Your 'Life Path Number' represents your mission in this lifetime - it speaks of things to be done, achieved and created. This is calculated from the sum total of your date of birth.

For example, the digits of your day of birth are added to your month of birth and together they represent your 'First Goal' (i.e. 1st February: $1+2 = 3$, or for multiple digits like the 14th of October: $14+10= 24$, then $2+4= 6$).

Similarly, your year of birth added together represents 'Inner Work' to be done (i.e. 1962 = $1+9+6+2 = 18$).

Finally, 'First Goal' + 'Inner Work', calculates your 'Life Path Number' (i.e. $3 + 18 = 21$, then $2+1= 3$).

Question: What does each 'Life Path Number' means?

NUMBER 1) Independent, self-achiever, pioneer – You may work best if you have your own business, as you like to do everything in your own unique way. You are a natural leader.

NUMBER 2) Diplomat, facilitator, co-ordinator – You may prefer to work behind the scenes supporting others. You may be focussed on working in subtle ways, to get every detail right. Very aware of polarities, you may respond with emotion and want to act as peacemaker. However, if not at peace within, you may feel in the middle of a conflict zone.

NUMBER 3) Creative, communicator, turning raw feelings into great ideas – You need to be where there is laughter and joy, bouncing back and have fun no matter what. You may have a tendency to scatter energy as you are totally up for distraction.

NUMBER 4) Systematic, orderly, grounded – You like to focus on what is viable and practical, making ideas real. You can be very creative when there is structure, so you may love music, as well as building.

NUMBER 5) A great explorer, you need freedom, adventure and to feel you are living life to the full - You use your five senses to find their truth and to live their truth. You can be restless and there is the potential of addiction. It may help to stay focused on a very positive goal.

NUMBER 6) You seek fulfilment through harmony and perfection - You can be very idealistic and may be focused on making your home beautiful and harmonious. You may take your responsibilities very seriously and there is a danger of running on empty if you don't allow yourself to see the beauty without the perfection.

NUMBER 7) You may need space and time on your own to know yourself at the deepest level and to remain true to yourself at the deepest level - You may be quite oblivious to what anyone else may think, but have great integrity and depth. You have the potential to make the spiritual real, as a healer or an inventor.

NUMBER 8) The manager, efficient, organised - You make things happen and can always be on the go. With 'no time for sentiment' you can be very direct in your communications. You may want to knock down and change everything, when young you can be like a bull in a china shop. You potentially learn that you can change patterns that will otherwise go on forever, without harming anyone.

NUMBER 9) Ultimately a great humanitarian - Initially, you may be a perfectionist who knows everything and won't be told. You have to learn to be humble, to let go and trust with love, as ultimately 9s are here in service and can be wonderful teachers, revisiting and learning from all that has gone before.

If you would like more information on numerology, you can download a free Numerology Guide from [Jane Alton's website](#). Or check her blog 'Every Day in Terms of Numerology', which is updated daily with Jane's interpretation of the energies generated by the day's date.