

INTEGRATIVE BODY, MIND, & SPIRIT
CONSCIOUSNESS PROFILE INCLUDES:

- I. Eastern & Western Astrological Summary Profile
- II. Astrology, Body Location, & Element Summary
- III. Birth Date & Time Overview & Description
- IV. 2 Astrological Readings & Overviews
- V. 5 Element Overview (Fire, Earth, Metal, Water, & Wood)
- VI. Mayan Galactic Signature – Reading, Oracle, & Introduction
- VII. Mayan Galactic Signature Detailed Description
- VIII. 13 Lunar Calendar Introduction
- IX. Numerology Introduction & Numerology Report
- X. Colored & Detailed Chart & Descriptions of the 7 Major Chakras
- XI. Chart showing Chakra locations & Associated Elements
- XII. Integrated Awareness Body Map of Consciousness
- XIII. Eliciting Emotions Body Chart (Mental Attitudes Stored in the Body)
- XIV. 2 page Meridian & Acupuncture Points Diagram of the Body
- XV. Emotional Reflex Chart – Meridians, Organs, & Emotions
- XVI. 2 different front & back of body diagrams for personal notes
- XVII. Outline for Individual Inventory (Meditation, emotion & trauma release)
- XVIII. Introduction to the Concepts of Ayurveda
- XIX. Ayurveda Questionnaire
- XX. Lifestyle Tips for Ayurveda (Vata, Kapha, Pitta)
- XXI. Myers-Briggs Type Indicator Evaluation (Personality Types, Strengths, & Areas of Development)
- XXII. Learning Style Inventory (How do we most effectively learn)

Spiritual profile of Skyler

Astrological Summary on mySpiritualProfile.com

Skyler is born on **Monday 12 April 1982** in the month of the western zodiac **Aries**. The corresponding element for this Zodiac is **Fire**.



Western Zodiac:
Aries
The Ram



Western Element:
Fire
Desire



Chinese Zodiac:
Dog
The Loyal



Chinese Element:
Metal
Jin



Divine Number:
Seven
The Independent



Yin-Yang:
Yang



Celtic Tree:
Maple Tree
Independence of Mind



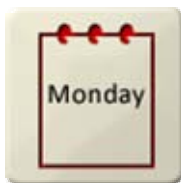
Color:
Silver
The Imaginative



Birthstone:
Diamond
Detoxifier



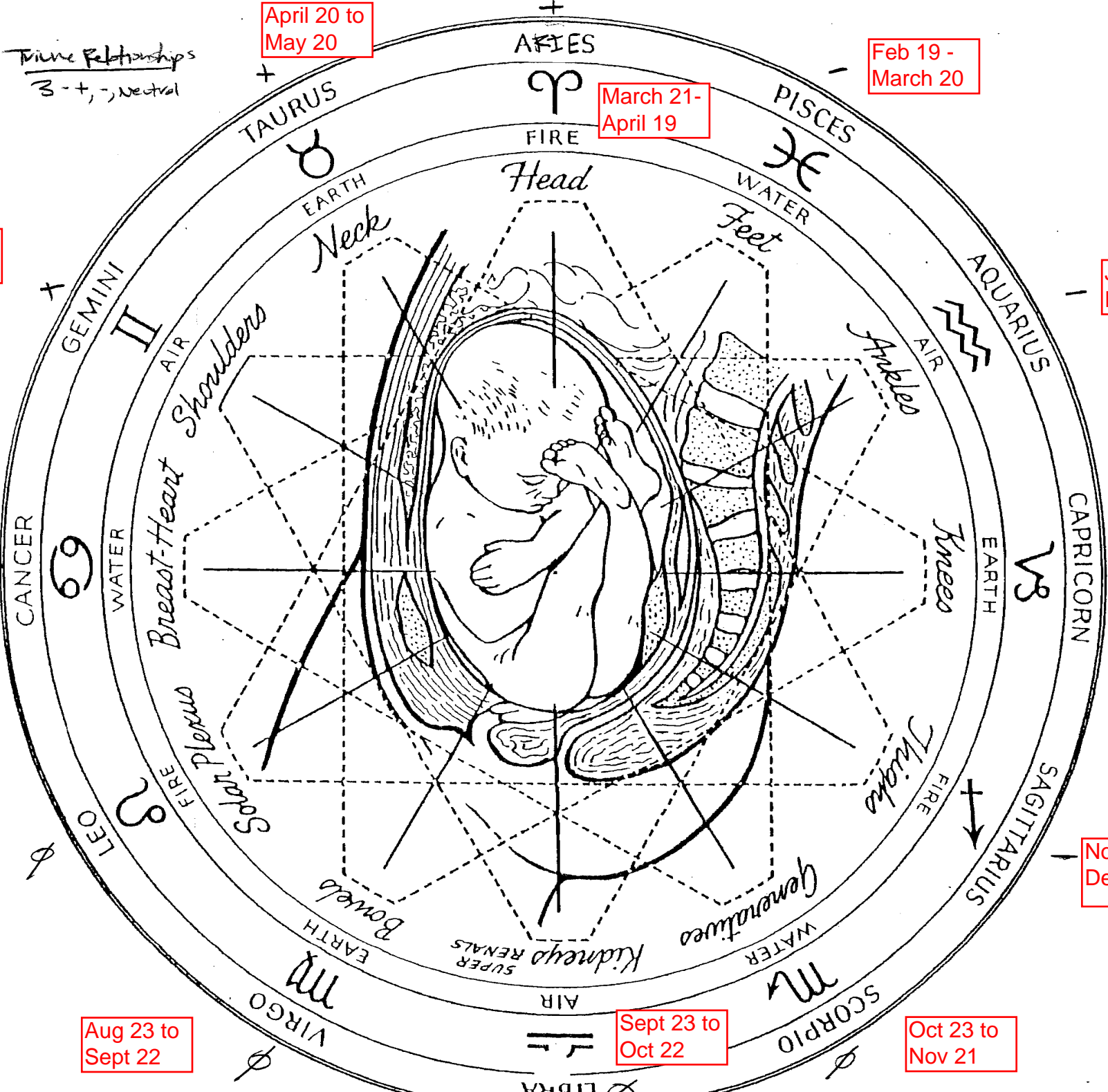
Planet:
Mars
Ardent



Day of Week:
Monday



Season:
Spring



April 20 to May 20

Feb 19 - March 20

March 21- April 19

Jan 20 to Feb 18

Dec 22 - Jan 19

Nov 22 to Dec 21

Oct 23 to Nov 21

Sept 23 to Oct 22

Aug 23 to Sept 22

May 21 to June 20

June 21 to July 22

July 23 to Aug 22

Trine Relationships
3-+, -, Neutral

II

Breast-Heart

Solar Plexus

Bowels

Kidneys RENALS SUPER

Genitatives

Thighs

Knees

Ankle

Feet

Head

Neck

Shoulders

ETHER

ASTROLOGICAL
the whole body,
joints

emotions grief/
return to spirit

COLOR: blue

ART: music

CHAKRA: throat

SEED MANTRA:

HAM

GEMSTONE:

moonstone

PHYSICAL BODY:
throat-ability to swallow
joints -
physical spaces
craniosacral system
ultrasonic core
thyroid gland

ears - sense of hearing

tissue quality -

elongation

voice quality -

open/density vs

flaccidity

sleep

self expression - ability

to express all emotions

meditation, ability to be

still

FOODS blue

AIR

ASTROLOGICAL
Gemini shoulders
Libra kidneys
Aquarius ankles

emotions compassion/
desire

COLOR: green

ART: dance

CHAKRA: heart

SEED MANTRA:

YAM

GEMSTONE: emerald

PHYSICAL BODY:

lungs and chest -
breathing

nervous system - mental

activity, jittery

skin - quality extremes

thymus gland - immune

response

sense of touch

tissue quality -

movement and speed,

nerve reflexes

voice quality -

fast, jumpy, breathy, fast

or scattered

FOODS green

6 feet + above ground;

e.g. fruits, nuts

sour **taste**

FIRE

ASTROLOGICAL
Aries forehead/eyes
Leo solar plexus
Sagittarius thighs,
power muscles

emotions forgiveness,
enthusiasm/
anger, resentment

COLOR: yellow

ART: visual arts

CHAKRA: solar

plexus

SEED MANTRA:

RAM

GEMSTONE: coral

PHYSICAL BODY:

solar plexus

digestive system -

liver, gallbladder,

pancreas

sense of sight

tissue quality -

shaking (also heat)

voice quality -

loud/sharp/clear/staccato

or loud/overbearing

FOODS yellow

2 to 6 feet above ground,

e.g. grains, seeds,

legumes

bitter or burnt **taste**

WATER

ASTROLOGICAL
Cancer breasts
Scorpio pelvis
Pisces feet

emotions letting go/
attachments

COLOR: orange

ART: cooking

CHAKRA: sacral/
sexual

SEED MANTRA:

VAM

GEMSTONE: pearl

PHYSICAL BODY:

generative organs,

bladder, ovaries

menstrual cycle

lymphatic system,

secretionary glands,

sense of taste

tissue quality -

smooth, flowing

voice quality -

rhythmic/ flowing/

smooth

FOODS orange

up to 2 feet above

ground,

e.g., leafy greens,

squash, melons,

salty **taste**

EARTH

ASTROLOGICAL
Taurus neck
Virgo colon
Capricorn knees

emotions courage/
fear

COLOR: deep red

ART: sculpture/ aroma
therapy,

CHAKRA: root

SEED MANTRA:

LAM

GEMSTONE: ruby

PHYSICAL BODY:

bones - structure,

stability

colon - elimination of

solid matter

sense of smell - most

primal sense

tissue quality -

contraction, strength,

muscle tone

voice quality -

slow/steady/ deep

FOODS red

growing underground,

e.g., root vegetables, and
tubers

heavy, dense foods

sweet **taste**

MOON-SUN Archetype

5:08PM - 8:34PM

DARKNESS into LIGHT

This pattern addresses the energies of both the moon and sun. When feelings and energy are at their lowest and life is dark and bleak, our connection to God or universal energy seems far away. We are lacking the brightness of the universal influence. This Moon energy represents the every-day stresses creating a weakness of the central nervous system. The hormonal system may follow. The Sun energy may be a spiritual let-down or a shift toward materialism. Physically, this can lead to heart problems.

The central struggle comes from weakness created by stress. When the stress becomes chronic, many people turn to drugs of some type to cope instead of solving difficult conflicts. Chronic stress leads to depression and suicidal feelings. Who wants to struggle when there is no end in sight? There is an eternal struggle of the cold moon and the hot sun energies.

In the homeopathic remedy Phosphoric Acid we see a happy, social person become emotionally numb and flat because of a terrible grief that was experienced. The person's energy is like the dark side of the moon-cold and bleak. Not recognizing that, he doesn't know how to resolve the issue and move forward. This suffering leads to physical exhaustion. The symptoms look like chronic fatigue syndrome. This has always been known as a great diabetic remedy. As one author said, "the sweetness of life is gone".

Phosphoric Acid represents the draining of the liquids for the body that causes an emotional exhaustion. The liquid loss is crying until there is nothing left and the person has nothing left to give. They feel emotionally dead inside. I have seen several cases where the people were exhausted but didn't know why. We talk for a few minutes about when it started. Invariably it is a



grief situation where they lost a friend or loved on, and had thought they had "gotten over it".

Conventional medicine often gives anti-depressants that must be taken for a lifetime. It never goes to the cause. When you find the cause, the solution is near at hand. We tend to suppress our feelings, which lead to emotional or physical problems.

This pattern can have significance in our relationship with our "significant other". The Moon is the female energy reacting with the Sun or male energy. They are different in their expression and need to be reconciled to achieve joy and an increase in love. In this pattern a person may have neglected or forgotten how to connect to their partner.

Moon-Sun Remedies

HOMEOPATHICS

Aethusa, Amaryllis White, Ammonium Caust, Ammonium Val, Apocynum Can, Artemesia Vulg, Cina, Drimia, Hymenocallis, Phosphoric Acid, Rauwolfia, Viscum Album, Zincum Val

HERBS

Bistort, Kava Kava

ESSENTIAL OILS

Cedarwood, Fennel, Sage, Yarrow

FLOWER ESSENCES

Mustard

NUTRITION

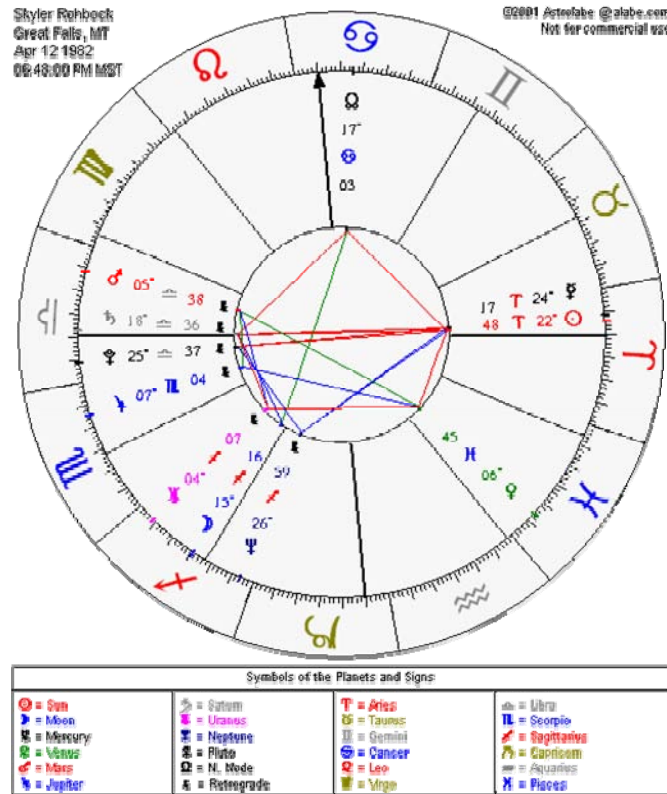
Calcium Hydroxyapatite, Co Q10, Hawthorne, Magnesium, Methionine, Pantothenic Acid, Vitamin C

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Thank You!

To have a record of this mini reading; Please print this page or select 'file' / 'save as' to save it on your hard drive. When saving use (web page, complete) as the file type. If you have any problems or comments about using this feature, contact the Astrolabe [webmaster](#) Ray White.

Here is the Astro Chart you requested:



Hi there, here is the interpretation of the astrological chart that you asked for. Also attached is a .GIF graphic file which depicts your chart wheel. Thank you for visiting the Astrolabe WEB site at <http://alabe.com> This report has been created especially for you. It represents your Unique picture at the time you were born and at the place you were born. If you are unsure of the exact time of day of your birth (or the date or the place), the reading will probably not seem as accurate as it could be in certain places, but other parts will seem to be very appropriate. You will notice at certain places in the reading that contradictory information seems to be given. This is to be expected, because the personality of most people is extremely complex. For example, at times we are quite shy and at other times we are very aggressive, and so forth. You will also notice that, at certain points in the reading, certain patterns may be repeated over and over, especially in a longer more detailed report than this one. This is also to be expected. This simply means that your horoscope has an extremely strong focus on this particular pattern and that you should pay extra close attention to what is said about it. Now, on with your Report!

Name: Skyler Rohbock
April 12 1982
6:48 PM Time Zone is MST
Great Falls, MT

Rising Sign is in 19 Degrees Libra

Very attractive and popular, your charm helps you to get your own way and prevents others from getting angry with you. "Peace and harmony at all costs" is your battle cry. You always try to ameliorate or to cosmetically hide any physical ugliness or any angry feelings between people. Flashy, but not gaudy, you prefer to dress elegantly. You generally have good taste in music, art and literature. Beware of the tendency to compromise yourself in your attempt to be agreeable at all times. A bit of a social butterfly, at times you can be vain and lazy. For the most part, however, you are gracious and affectionate, and your refined and aristocratic demeanor serves as a role model to others.

Sun is in 22 Degrees Aries.

By nature, you are very energetic and high-spirited. You are fiercely independent -- you must be first in everything you do, and you enjoy taking risks. You are the one who will rush in where angels fear to tread. Quite brilliant at initiating new projects, you are terrible at following them through to completion. You are an enthusiastic leader but you tend to be a reluctant follower. Often you are quick to anger, but you usually recover just as fast, regretting later things you said when you were upset. One of your best traits is that you are simple and direct, blunt and honest -- just be careful you do not hurt others' feelings. Your need to be competitive at all costs may provoke resistance from others, but, as long as you maintain your usual Sunny good humor, this should not prove to be a major problem for you.



Personal Astrological Profile

Astrology is not just a subject; it's an activity. Consequently, you don't study it - you do it.

Astrology is an activity based on the principle of Unus Mundus - the Universe as Unity. Everything - from atom to galaxy - is rooted in the same universal and all-pervasive reality. And this reality reveals itself in the purposeful, ordered and meaningful processes of nature, as well as in the deepest recesses of the human mind and spirit. 'As above - so below'. Anything happening in one part of the system gets mirrored in a self-similar way everywhere else.

Quantum Physics tells us that the very act of observing something changes it. And the Butterfly Effect of Chaos Theory shows how even the tiniest flap of a wing can eventually produce a hurricane. Upon examining my own life, I can see how the slightest shifts of direction have led me down some very divergent paths and presented me with infinitely strange and beautiful experiences. But the most satisfying and successful of these experiences have come when I was going with the flow of time and determinism.

The Universe, being the accommodating creature that she is, will provide confirmation of almost any paradigm we adopt. Mental events (perception) and acts of free will carry with them pure information which is transmitted instantly throughout the material world. To this extent, we live in an observer-created reality. Something out there (the Great Organizing Dynamic, as some have called it) responds to what we believe about ourselves and our world. From this standpoint, you are a channel, a vehicle, an agency, an instrument, a representative. And your birth chart may best be described as an output program - an indication of what should be flowing into manifestation through you. Although I might speak of 'my' horoscope, in a very practical sense, it does not belong to me - rather I belong to it. As do all the other entities, animate and inanimate, that came into being at about the same time and place. Cosmic Powers, if indeed there are such things, appear to use me and what I have to offer, and not the other way 'round.

You will not get the best out of your birth chart unless you become a go-between worthy of relaying the best. Concentrate first on construction and creativity, and use astrology to define the possibilities as you go along. In the fractal logic of astrology, each planet, sign and house is a self-similar unity complete with its own rewards. For example, you may have transiting Jupiter conjunct your natal Sun. The usual interpretation of this aspect is one of increased vitality, luck and optimism. In reality however this may or may not happen, because the promise of a Jupiter-Sun contact cannot happen without the proper conditions first being in place. And only you can put them there. By adopting an out-going attitude, by exploring new dimensions, by playing with ideas rather than holding rigidly to one static model, you put yourself into the Jupiter mode. By opening up to the Universe in this way, you actually invite luck into your life, and create a positive feedback loop of openness and optimism, which attracts more of the same.

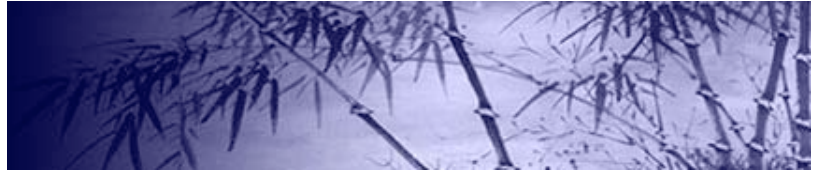
By way of confirmation, the information this report is based on is as follows:

Skyler

April 12 1982 18:48 PM

**Great Falls, Montana
- 7 GMT**

111° 22' W 47° 29' N



Earth

Keys To Understanding Earth:

- wants to be involved and needed
- likes to be in charge but not in the limelight
- agreeable and accommodating: wants to be all things to all people
- seeks harmony and togetherness
- insists upon loyalty, security, and predictability

Typical Problems:

- worry, obsession, and self-doubt
- meddling and overprotective
- overextended and inert
- lethargy, unruly appetites, water retention, muscle tenderness
- unrealistic expectations and disappointment

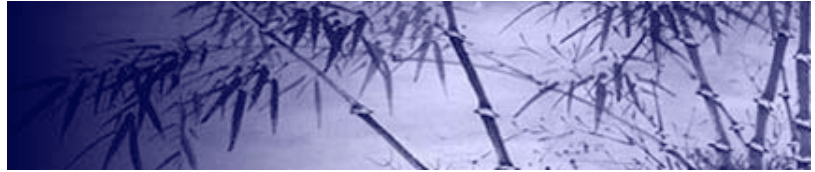
A Friendly Reminder:

The power of Earth comes from the capacity to link, nurture, and sustain. Earth types need to balance their devotion to relationship with solitude and self-expression, developing self-reliance as well as building community.

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The Five Element Personality Questionnaire is extracted and used with permission from "Between Heaven and Earth", written by Harriet Beinfield & Efram Korngold.

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Water

Keys To Understanding Water:

- articulate, clever, and introspective
- self-contained and self-sufficient
- penetrating, critical, and scrutinizing
- seeks knowledge and understanding
- likes to remain hidden, enigmatic, and anonymous

Typical Problems:

- emotionally inaccessible and undemonstrative
- isolation and loneliness
- tactless, unforgiving, and suspicious
- hardening of the arteries, deterioration of teeth and gums
- backache, chilliness, loss of libido

A Friendly Reminder:

The power of Water comes from the capacity to conceive, concentrate, and conserve. Water types need to offset their toughness, bluntness, and detachment with tenderness, sensitivity, and openness, risking softness and contact, exposure and attachment.

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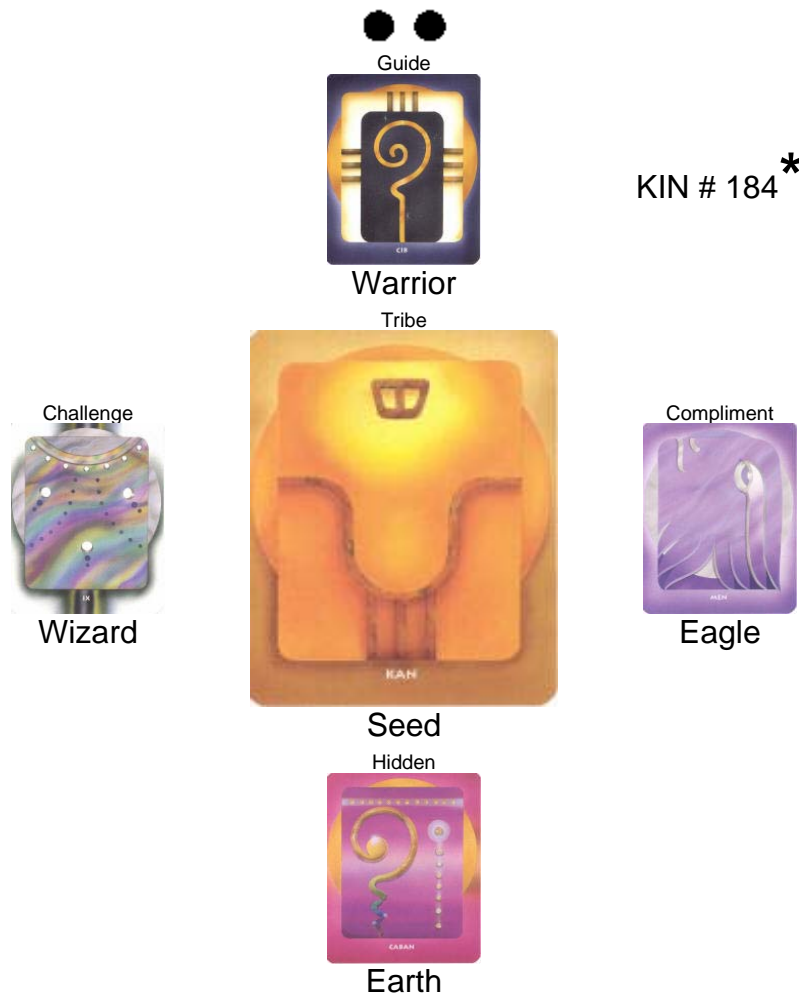
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Skyler's Oracle

(Apr 12, 1982)

Yellow Lunar Seed



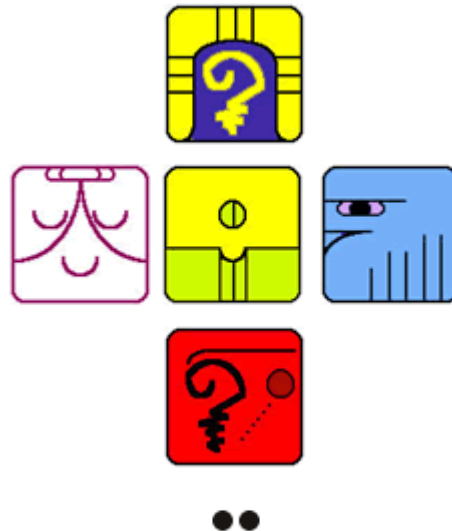
**I polarize in order to target,
Stabilizing awareness.
I seal the input of flowering
With the lunar tone of challenge.
I am guided by the power of intelligence.
I am a galactic activation portal...enter me.**

* **Galactic Activation Portal Day** These are special *inter-dimensional* days and anyone born on such a day is likely to play an important part in Universalising some form of teaching, art form or music i.e. the Beatles were all born on GAP days and so was Mozart.

Yellow Southern Castle of Giving – Court of intelligence, power of ascending

Yellow Root Race - The ripeners. Key note: flowering

Yellow Lunar Seed



Tone 2: Lunar - Relationships & Polarity

Yellow Seed is your Conscious Self - who you are and who you are becoming.

Yellow Seed is the ordered pattern of growth. You and your life are the fertile soil, and the mystery blooms within you through the power of your intention or seed thoughts. Just as a seed contains the hologram of its completion, the process of manifestation follows a natural order. In this gestation process, your intention is quickened by Spirit. The charged seed, your true desire or vision, becomes the focus for germination.

What can you open that will support receptivity and assist the germination of your seed intentions? Envision the seed receiving the invitation to grow in the openness of your world. Viscerally feel the possibility of your heart's dream emerging. Your true desires and dreams contain an innate intelligence that can break through even the rigidity of fixed expectations. Planting a new seed, even in the hard soil of old belief systems, can bring unexpected magic and growth.

Be willing to break open the constraining shells of past patterns, the shackles of belief structures. Call forth your creative involvement with life. This involvement frees and awakens the powerful energy of the life force, shifting your perceptions and experience, catalyzing the manifestation of your dreams. Participate spontaneously in your growth, unrestricted by the illusion of old structures that once provided safety. Move forward into the light of new possibilities.

Skyler's Galactic Signature

Each of us can contribute to the expansion of humanity in a unique & remarkable way. Embody your galactic signature and reveal the mythological archetype you already are! Get to know your archetypal self with patience, grace and power. Your color is your source of power, tone is your function or creative contribution, and your tribe is your powerful archetypal essence.

"We are the one's we have been waiting for" - Hopi saying

April 12, 1982

Yellow Lunar Seed



Color is your source of power	Tone is your function or creative contribution	Tribe is your powerful archetypal essence
<p>Yellow/South Help with the follow through, completion and balance, expand, and enhance. honesty is their greatest asset. Growth, expansion, influence, power, fearlessness, beauty, enlightenment</p>	<p>Lunar Stabilize Polarize Challenge Knows the delicate balance in the world, wholeness and separation, action & consequence, are decomplicators.</p>	<p>Seed Target, Awareness, Flowering Netowrker and connector. Sows seeds of new ideas, an inspiration to others. Helps shed ideas about the past.</p>

[so, what's this mythos all about?](#)

[decode another signature](#)

I am in favor of a standardized calendar for the whole world, just as I am in favor of a universal coinage for all countries, and a supplementary artificial language (like Esperanto, for example) for all peoples ... I am always ready to endorse any honest movement which will help unify the peoples of the world."
- Mahatma Gandhi, Journal of Calendar Reform, 1931

Did You Know...

... In one year the moon circles the earth 13 times in one year?
 ... In the current global standard calendar, a month doesn't correspond to one natural cycle?

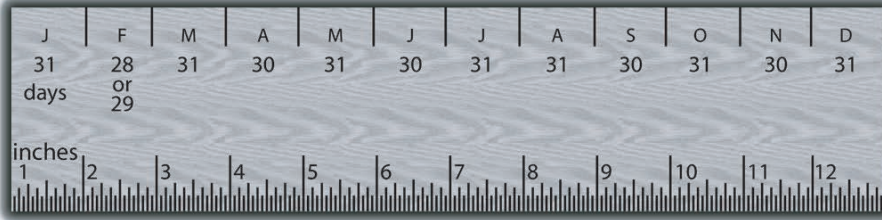
... The word "calendar" comes from the Roman word, "Calends", which was the name of the account book, the book recording monthly debts and bills to be paid?

... Time isn't money?

... September means seven, but is the ninth month?
 ... March is named for Mars, the Roman God of War?
 ... July and August are named for Julius and Augustus Caesar?

By blindly accepting this irrational disorder of names, do we not predispose ourselves to accept irrational disorder in commonplace things around us, and even within the fabric of our society, seeking but a superficial treatment of symptoms while ignoring the roots?

Current Twelve Month Calendar. Months have unequal units of measure.



If today is Monday, June 1st, what day of the week will July 1st be?
 August 1st? November 1st?

If you were to build a house, wouldn't you use a ruler of equal measure?

The current twelve month calendar is made of months of unequal measure: 31 days, 28 or 29 days, 31 days, 30 days, 31 days, 30 days, 31 days, 31 days, 30 days and 31 days.

If you have a crooked standard of measure, and follow it because your parents were also following it, isn't it still crooked? Time is the atmosphere of the mind, a mentally perceived phenomenon. So, if you have a crooked or inaccurate measure of time, you will create a crooked mind. Change the calendar. Change the time. Change your mind.

This is not the first time people have used a 13 Moon calendar. The druids kept a "tree" calendar, a count of 13 moons of 28 days each, plus one day. They were not the only ones to keep such a calendar, the Incans, ancient Egyptians, Mayans, and the Polynesians all kept a 13 moon/28 day count. The Lakota Indians kept a 13 moon/28 day count based on the keya, or turtle, since the turtle has 13 scales on its back. Modern science has discovered that even dolphins keep time with 13 sets of 28 grooves along their teeth!

Could it be we have lost touch with our roots, and by doing so lost touch with each other? Without a single unifying point there could be no way to bring together the people of distinct cultures and beliefs in peace. With this goal, the New Time Peace Movement was born.

13 Moon/28-day Calendar. Equal Standard of Measure.

- 28 days** Moon One. July 26 to August 22
- 28 days** Moon Two. August 23 to September 19
- 28 days** Moon Three. September 20 to October 17
- 28 days** Moon Four. October 18 to November 14
- 28 days** Moon Five. November 15 to December 12
- 28 days** Moon Six. December 13 to January 9
- 28 days** Moon Seven. January 10 to February 6
- 28 days** Moon Eight. February 7 to March 6
- 28 days** Moon Nine. March 7 to April 3
- 28 days** Moon Ten. April 4 to May 1
- 28 days** Moon Eleven. May 2 to May 29
- 28 days** Moon Twelve. May 30 to June 26
- 28 days** Moon Thirteen. June 27 to July 24

1	1	2	3	4	5	6	7
2	8	9	10	11	12	13	14
3	15	16	17	18	19	20	21
4	22	23	24	25	26	27	28

Each Moon has four seven-day weeks.

+ July 25. Day Out of Time.
 No day of the week or moon.
 13 moons x 4 weeks = 52 weeks
 13 moons x 28 days = 364
 + 1 Day Out of Time = 365 days

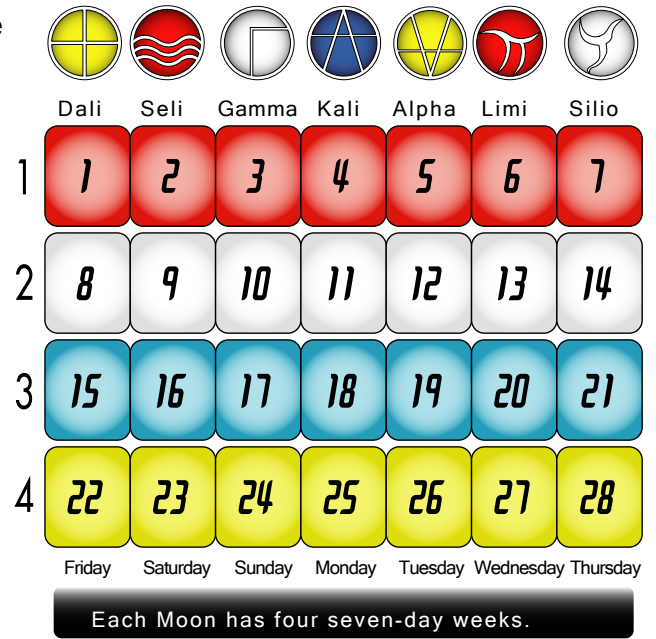
Welcome to the Thirteen Moon Calendar

The Thirteen Moon/28 day calendar is a perpetual, harmonic calendar. It is called a Moon Calendar because it is based on the female 28-day menstruation cycle, which is also the average lunar cycle. The measure of the moon from new moon to new moon is called the synodic cycle and is 29.5 days in length. However, the sidereal lunar cycle which measures the moon from where it reappears in the same place in the sky is only 27.1 days in length. So 28 days is the average lunar cycle.

In actuality the moon goes around the Earth thirteen times a year. This means that the 13 Moon calendar is a genuine solar-lunar calendar which measures the Earth's orbit around the sun by the lunar average of 28 days. Thirteen perfect months of 28 days = 52 perfect weeks of 7 days = 364 days. The 365th day is called the Day Out of Time because it is no day of the week or month at all. This day which falls on the Gregorian correlate date of July 25 is a day for forgiveness and for the artistic celebration of life and freedom.

The synchronization, or new year's date of the 13 Moon calendar is July 26. This corresponds to the rising of the great star Sirius. This makes the 13 Moon Calendar a tool for harmonizing ourselves with the galaxy.

One of the great advantages of the 13 Moon Calendar is that day/date calculations are amazingly simple. The first day of every Moon is always a 13 Moon Dali. The last day of every Moon is always a 13 Moon Silio. The Gregorian calendar makes day/date calculations very difficult because the months are of unequal measure so the days and dates of the week vary from month to month and year to year. The Gregorian correlate dates are found at the bottom of each 13 Moon date. Find your birthday, every year it will always be on the same day of the same 13 Moon week.

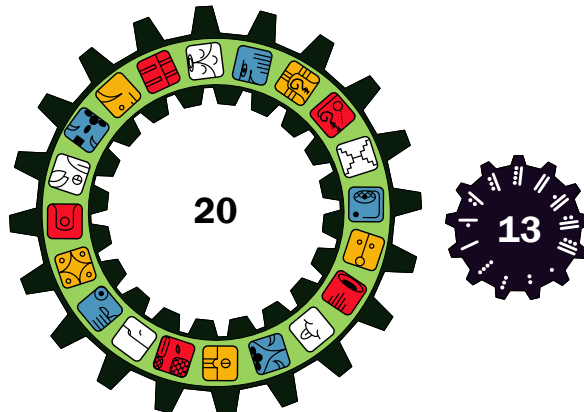


Time is a frequency - the frequency of synchronicity.

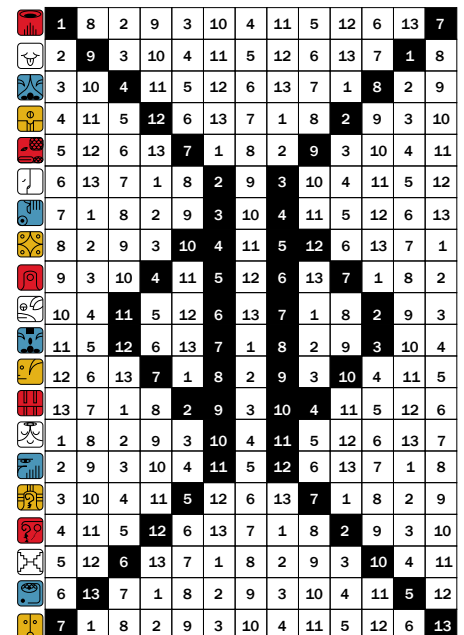
The 13 Moon calendar is truly unique because it is synchronized with the **Harmonic Module**, the universal 13:20 timing frequency. Originally used by the Maya, the most sophisticated timekeepers ever known, the Harmonic Module consists of **20 icons or solar seals** and **thirteen galactic tones, 1-13**. The resulting 260 permutations combined with the perfect harmony of the 13 Moon calendar give each day a unique quality. The two cycles - 13 Moons/28 days and the 260-day Harmonic Module perfectly mesh every 52 years! Each year your birthday moves up one tone and ahead five icons. In the center of the Harmonic Module is a black pattern of 52 "galactic activation portals." See if you can find the sequence of 13 sets of four, counting from the four corners inward. Notice that the numbers of each set of four equals 28. 13 sets x 28 = 364, the number of days in the 13 Moon calendar!

In the 13 Moon calendar the obscurely named Gregorian months are replaced by names which correspond to a fourth-dimensional cosmology of time. Each moon also has a totem animal. The traditional names of the days of the week are replaced by galactic names which describe seven primary plasmas - electronically charged particles which activate our magnetic field. The plasmas and their symbolic seals appear above the days of the week; Gregorian weekdays are below.

By using this calendar you are truly changing your frequency. You are also participating in the Campaign for the New Time! Only by changing our calendar will we have a New Time - a time of real harmony and peace on Earth, where time is no longer money but Time is Art!



20 Seals x 13 Tones = 260 Combinations



Harmonic Module. 260 days.

Numerology is

the science, philosophy, vibration, study and psychology of numbers. Cultures of all kinds of studied the power of numbers since the beginning of time. Numerology can help you to understand more about your life. It can help you to understand your past, therefore helping you make wise choices in the present and for your future.

If you think about it, numbers and math are the first human language. They are the Universal Language. Numbers are an earthly science, that can one day turn, any given theory into what we consider a concrete fact. In the viewpoint of mathematician and physicist, Sir Isaac Newton, math is "perfect order." Greek philosopher Pythagoras (approximately c580-500BC) believed that numbers are "the essence of all life." Psychologists Carl Jung and Sigmund Frued both believed in the study of numerology, as a means of studying human nature and personalities associated with the vibrations of numbers. While both men had different interests within the psychology scope, they both understood the importance of personality traits through numbers.

The scope of psychological characteristic study in numerology is contained between the numbers 1-9. (Although, the value zero (0) also has added value into the equation, as well.) Numbers fall into a sequence, just as life is a sequence of cycles. In numerology, you will also find what is known as Master Numbs, the main ones depicted within this site are 11 and 22. However, serious numerologists study the nature of 33, 44 and so on. Yet, all numbers single or double digit still fall within the 1-9 sequence.

Right Brain – Negative (–) Current – Left Side of body – Intuitive – Abstract – Irrational – Feminine – Yin – Dark – Contractive								Neutral Current Meditative – Awakened Observational Mind	Left brain – Positive (+) Current – Right Side of Body – Logical– Linear – Rational – Masculine – Yang – Light – Expansive							
Music Type & Tone	Incense Activation	Sensory Association	Color	Statement of Affirmation	Identity & Function	*Response ...	Negative (–) Archtype	Energy Center Chakra	Positive (+) Archtype	*Identity based on ...	Age of Resonance	Endocrine	Element	Location	Reflexology Location	Body System & Level of Consciousness
Chanting B	White Sandalwood, Sage, & Lotus	Bliss	Purple	I Know ...	Universal Awareness, Self-Knowledge, & Understanding	Sacred Response Free from all limitations Pure Bliss. Pure Intelligence . Pure Being.	The Egoist	Sahasrara – Pure Being 	The Guru	Source of All GOD The Tao Atman	42-49	Pineal	Thought	Crown of Head	Top of Big Toe Top of Fingers	Nervous System I AM Christ–Love–GOD Consciousness
Classical A	Lavender, Jasmine, & Mint	Intuition	Indego	I See ...	Self-Reflection, Intuition, & Imagination	Visionary Response Universal "me" replaces the isolated ego Miracles	The Intellectual	Ajna – Miracles 	The Wise Person	Enlightenment	35-42	Pituitary	Light	Center of Brow	Center of Big Toe Top of Little Finger	Glandular System Alpha & Omega Eternal Now Consciousness
Opera G	Frankincense, Lemongrass, & Geranium	Hearing	Light Blue	I Speak ...	Communication & Creative Self-Expression	Creative Response Free from old patterns Flow of Inspiration	The Silent Child	Vishuddha – Creator 	The Communicator	Co-Creation with God	35-42	Thyroid	Sound (Ether)	Throat	Base of Big Toe Base of Fingers	Respiratory System Prana Consciousness
Choral F	Winter Pine, Aloes Wood, Rose, & Jasmine	Touch	Green	I Love ...	Love, Relationships, Compassion, & Self-Acceptance	Intuitive Response Inner peace & calm Synchronicity & Awakening	The Actor	Anahata – Redeemer 	The Lover	The Knower Within	28-35	Thymus	Air	Heart Area	Center Base of foot Center of Palm	Fluid System (Blood, & Lymph) Chi, Karma, & Genetic Consciousness
Marches E	Cinnamon, Clove, & Patchouli	Vision	Yellow	I Can ...	Vitality, Energy, Confidence, Spontaneity, & Self-Esteem	Restful Awareness Response Step away from outside forces Prayer & Meditation	The Servant	Manipura – Peace 	The Warrior	Silent Witness	14-21	Pancreas	Fire	Solar Plexus	Center of Arch Base of Palm	Muscular System Mental & Logical Consciousness
Latin Dance D	Gardenia, Ylang-Ylang, Lemon, Orange, & Bergamont	Taste	Orange	I Feel ...	Healthy Sexuality Pleasure, Flow, Change, Joy, & Emotions	Reactive Response Defend the ego Economic, Political, & Religious Competition	The Martyr	Svadhishthana – Almighty 	Emperor Empress	The Ego & Personality	7-14	Reproductive	Water	Low Back Hips	Base of Arch Pulse of Wrist	Fascial System Emotional & Abstract Consciousness
Drumming C	Red Cedar & Lotus	Smell	Red	I Have ...	Prosperity, Trust, Security, Survival, & Grounding	Fight or Flight Response Primitive energy to protect Supernatural energy, response, or ability to save a life	The Victim	Muladhara – Protector 	The Mother	The Physical Body & Physical Environment	Conception to 7	Perineum	Earth	Base of Spine	Base of Heel Base of Wrist	Skeletal System Unconscious

*For detailed descriptions, see [How to Know God](#) by Deepak Chopra. Other information from Sraddha Yoga, LLC, Chakrathery, [Eastern Body, Western Mind](#) by Anodea Judith, Integrated Awareness, & Other Sources

Eliciting Emotions Body Chart

(mental attitudes stored in the body)

Feminine Energy on left side

Receptivity, Taking In

Closed, Invalidation

Masculine Energy on right side

Giving Out, Letting Go

Need to Listen, Feeling Unheard
 Fear, Confusion, Never Good Enough
 Indecision, Blame, Guilt
 Repressed Anger, Bitterness
 Fear, Burdened, Overloaded
 Helpless, Anger
 Fear of Life, Can't Cope
 Fear, Bitterness, Condemn
 Remorse, Guilt, Sad
 Rage, Anger, Helpless,

Worry, Failure
 Resistance, Stored Pain
 Disappointed, Blame Others
 Victim, Poor me
 Fear of Relationships
 Insecure, Unsafe, Lonely
 Stuck in Pain
 Abused, Guilt, Self Hate
 Sexual Rejection, Powerless
 Insecure, Anger
 Holding On, Self-Blame
 Sitting on Old Pain, Helpless
 Unsafe, Can't Survive, Terror of
 Extinction, unloved, Rejection,
 The Void, Separation from God,
 Annihilation, Despair, Non-
 Existence, Fear of Going Forward,
 Pride, Ego, Stubbornness, Not
 Good Enough, Undeserving,
 Ungrounded

Never Good Enough, Hurt
 Afraid to See
 Need to See Beyond the Lesson
 Invisible, Need Recognition
 Can't Take it, Close Minded, shut off
 Stubborn, Inflexible
 Can't Speak Up for Myself
 Need to be Perfect
 Fear of Death, Loneliness
 Dishonored, Poor Me, Alone, Sad
 for self/others, Self-Pity,
 Deep grief, Heartache
 Fear of Losing Self in Commitment
 Fear, Hate, Self Doubt, Lack of
 Trust, Unfaithful, Bad, Judge
 Self and Others, Guilty,
 Condemned, Punish Self/
 Others, Reject Self/Others
Childhood Issues - Arms

Anger, Rage, Frustrated, Bored,
 Lack of Creativity, Inflexible
 Afraid to move forward
HANDS: Holding On, Can't Cope
Thumb: Worry
1st: Fear, Pride
2nd: Sexuality, Anger
3rd: Grief, Unions
4th: Family Relationships
Adult Issues - Legs - thighs
 Can't Bend
 Angry, Stubborn, Better/Less Than
 Vulnerable, Weak, Scared, Terrified
 Insecure, Fear of the Future
 Shut Down Sexually
 Fear of Minor Details of the Future

Numb Face: Stuffed Feelings
Itching: Remorse,
 Want to Get Out/Away
Bad Breath: Festering
 Anger/Revenge
Body Odor: Fear of Others,
 Self-Hate
Cramps: Fear, Tension
Nausea: Fear, Rejection
Pain: Guilt, Seeking Punishment
Tics/Twitches: Fear (being watched)
Varicose Veins: Feeling Overworked,
 Overburdened, Discouraged

EYE CONDITIONS:
Burning: Fear
Stinging: Terror
Dry: Resentment
Gritty: Anger
Heavy: Sadness

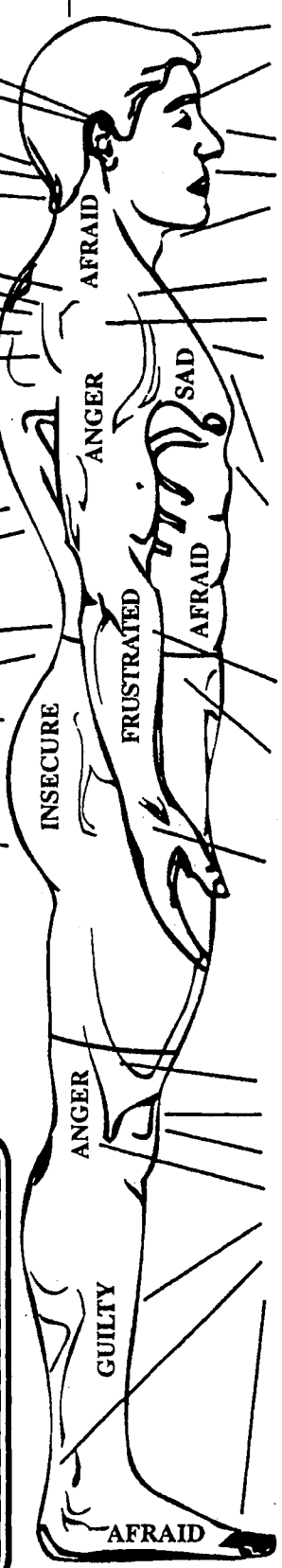
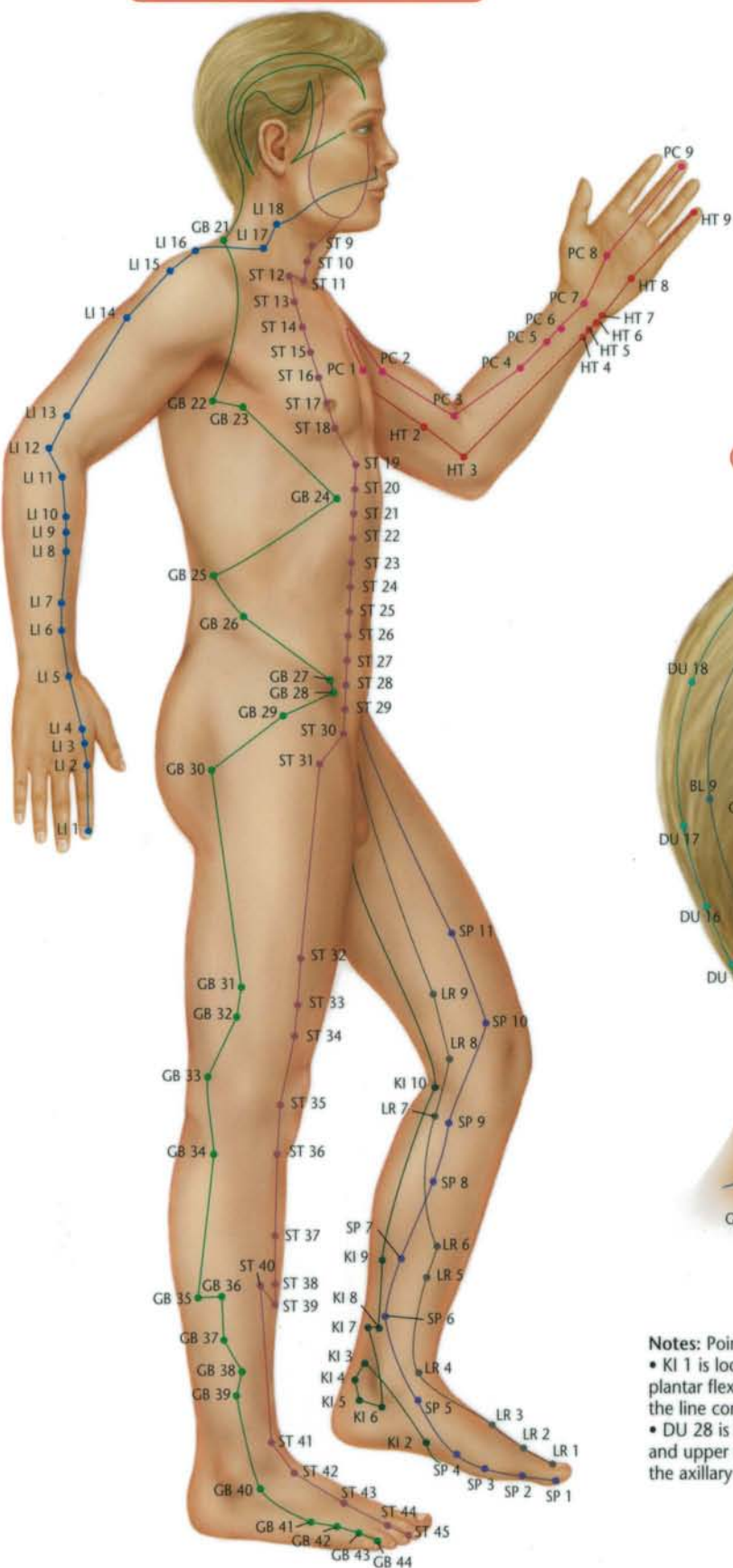
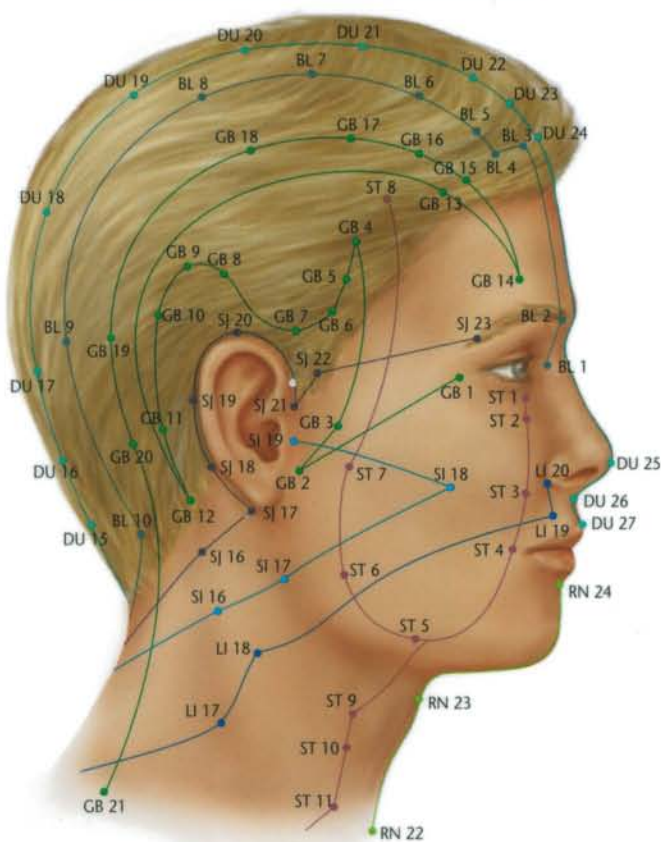


FIGURE 3: Lateral View of Meridians



- Lung Meridian (LU) – 11 points
- Large Intestine Meridian (LI) – 20 points
- Stomach Meridian (ST) – 45 points
- Spleen Meridian (SP) – 21 points
- Heart Meridian (HT) – 9 points
- Small Intestine Meridian (SI) – 19 points
- Bladder Meridian (BL) – 67 points
- Kidney Meridian (KI) – 27 points
- Pericardium Meridian (PC) – 9 points
- Sanjiao (Triple Energizer) Meridian (SJ) – 23 points
- Gallbladder Meridian (GB) – 44 points
- Liver Meridian (LR) – 14 points
- Du Meridian (Governor Vessel) (DU) – 28 points
- Ren Meridian (Conception Vessel) (RN) – 24 points

FIGURE 4: Meridians of the Head (Lateral View)



Notes: Points KI 1, DU 28, and HT 1 cannot be seen in this figure

- KI 1 is located on the sole of the foot at the depression that appears during plantar flexion (at the junction of the anterior third and posterior two-thirds of the line connecting the base of the second and third toes and the heel)
- DU 28 is located under the upper lip, at the junction of the labial frenulum and upper gum
- HT 1 is located at the apex of the axillary fossa, just medial to the axillary artery



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Emotional Reflex Chart

Organ/Meridian

Primary Emotions

Secondary Emotions

Negative Emotions

Positive Emotions

Stomach

Over-sensitivity

Self-aggrandizement,
Fixated, Egoistic, Quit
Anxious, Disgust,
Inhibited

1. Loathing
2. Self-obsessed
3. Dejection
4. Tense
5. Restrained

6. Disappointment
7. Greed
8. Criticism
9. Doubt
10. Bitterness

1. Compatibility
2. Empathy
3. Harmony
4. Reliable
5. Contentment

6. Sincerity
7. Accepting
8. Enthusiastic
9. Faithfulness
10. Expectancy

Pancreas/Spleen

Low Self-esteem

Vicarious living,
Over-concerned
Hopelessness, Lack of
Control, Troubled,
Misgivings

1. Self-delusion
2. Over-anxious
3. Desperation
4. Suspicion
5. Distress

6. Surrender
7. Submissive
8. Deserted
9. Unloved
10. Destructive

1. Consideration
2. Confidence
3. Faith in Future
4. Assurance
5. Dedicated

6. Gracious
7. Steadfast
8. Fulfillment
9. Elation
10. Bliss

Large Intestines

Coerced, Forced,
Feeling Control

Weeping, Obsessively
Neat, Temperamental

1. Mourning
2. Fastidious
3. On Edge
4. Obstinate
5. Judgmental

6. Compulsive
7. Indecisive
8. Selfish
9. Dominating
10. Unmerciful

1. Refinement
2. Creative
3. Imaginative
4. Affection
5. Faithful

6. Serenity
7. Compassion
8. Inspired
9. Peace
10. Joy

Lungs

Grief

Dejected, Pining,
Foggy Thinking,
Torment, Sadness

1. Melancholy
2. Self-pity
3. Perplexed
4. Heartache
5. False Pride

6. Haughty
7. Depressed
8. Scorn/Disdain
9. Intolerance
10. Regret

1. Cheerful
2. Humility
3. Modesty
4. Openness
5. Tolerance

6. Optimistic
7. Unselfish
8. Meek
9. Accessible
10. Patient

Bladder

"Can't", Frozen
Will, Power

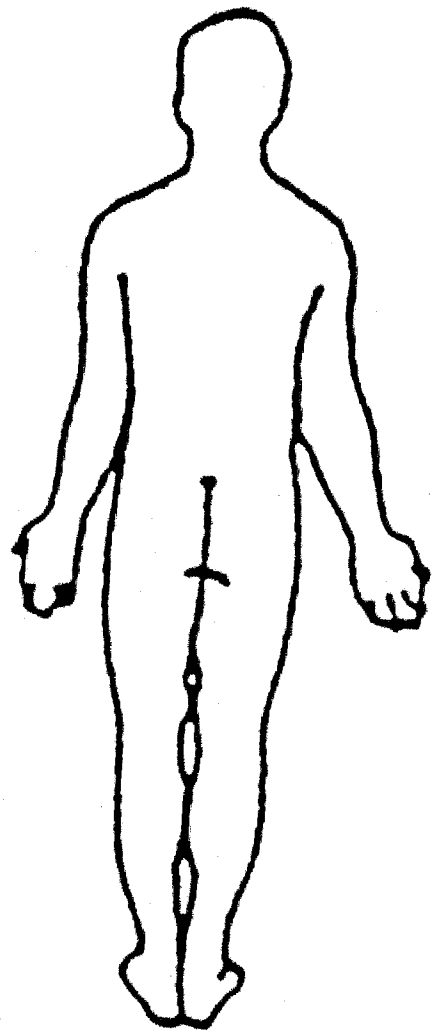
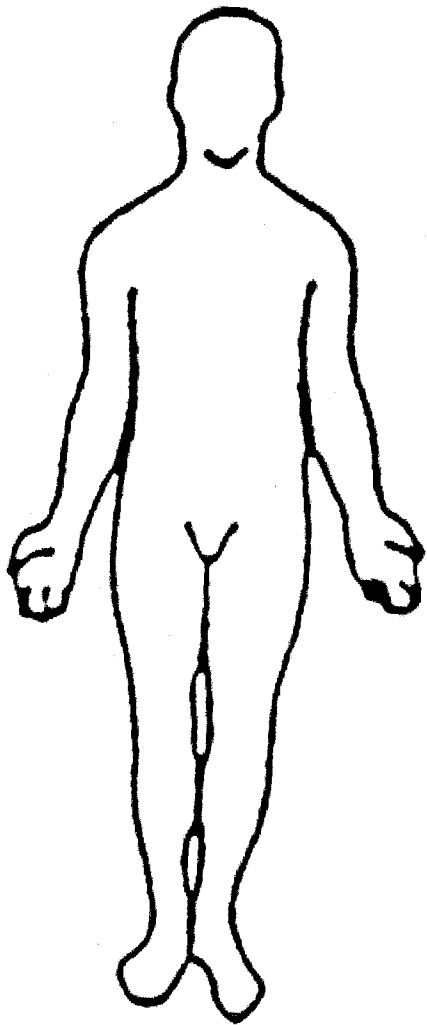
Offended, Shy,
Incompetent, Vague,
Blasé Attitude

1. Insulted
2. Timid
3. Careless
4. Vacillating
5. Mediocrity

6. Fearful
7. Terror
8. Restlessness
9. Frustration
10. Powerlessness

1. Adequacy
2. Inner Directed
3. Tranquility
4. Quietness
5. Calm

6. Composure
7. Perfection
8. Desire
9. Courage
10. Accurate



Outline for Individual Inventory to be done whenever an issue/energy/emotion that is unresolved arises with any person, place, or thing.

Step 1		Step 2	Step 3	Step 4
Identify the Issue	Mark with an X	Acknowledge it is yours	Align your will to the will of a higher power, God/Universe, etc	Give God/Universe/Higher Power permission to heal you.
Fear				
Anger				
Resentment				
False Pride				
Gluttony				
Jealousy				
Envy				
Lust				
Guilt				
Shame				
Laziness				
Dishonesty				
False Identity				
Self-Centered				

If there are any issues that you are embarrassed about, tell someone out loud about it. Do not allow your ego to hid behind silence, logic, darkness, or fear. Allow/Invite the issue to come to light to begin the process of healing.

	(2) VATA	(1) PITTA	(3) KAPHA
Function:	Controls <u>Movement</u>	Controls <u>Metabolism</u>	Controls <u>Structure</u>
Key Word:	Changeable	Intense	Relaxed
Governs:	Colon	Intestines, Stomach	Chest
Dominant senses:	<u>Sound, Touch</u>	<u>Sight</u>	Taste, Smell
Properties:	Cold, Dry, Light, Rough	Hot, Light, Sharp, Moist	Cold, Heavy, Wet, Sticky
Composed of:	Air (& Space)	Fire (& Water)	Water (& Earth)
Aggravated by (Avoid):	Wind <u>Caffeine</u> Traveling Irregular Routine Irregular meals Cold, dry weather Excessive mental work	Heat Alcohol Smoking <u>Pressure</u> <u>Stress</u> Excessive spicy or <u>salty</u> foods <u>Excessive activity</u>	Cold Damp <u>Oversleeping</u> <u>Overeating</u> <u>Heavy foods</u> Too little variety in life
Diet: To Keep in Balance Flavor:	Tastes: <u>Sweet</u> <u>Sour</u> <u>Salty</u> Warm foods	Tastes: <u>Sweet</u> <u>Astringent</u> <u>Bitter</u> Cool foods (not cold)	Tastes: <u>Bitter</u> <u>Pungent</u> <u>Astringent</u> Warm, light foods
Digestion Tends to Be:	Variable, delicate	Strong, intense	Slow, heavy
Recommended Exercise for Balance:	Activities: Low-impact: <u>Yoga</u> <u>Walking</u> <u>Dancing</u>	Activities: Competitive or team sports: Baseball Tennis Or Cooling Sports: <u>Swimming</u>	Activities: Stimulating, regular exercise: <u>Body building</u> <u>Running</u>
Season:	November-February (Cold & Dry)	July-October (Hot)	March-June (Cold & Wet)
Primary Color to Balance:	<u>Yellow</u>	<u>Blue</u>	<u>Red</u>
When in Balance You Are:	<u>Enthusiastic</u> <u>Alert</u> <u>Flexible</u> <u>Creative</u> <u>Talkative</u> <u>Responsive</u>	<u>Loving</u> <u>Content</u> <u>Intelligent</u> <u>Articulate</u> <u>Courageous</u>	<u>Affectionate</u> <u>Steady</u> <u>Methodical</u> <u>High stamina</u> <u>Resistant to illnesses</u>
When Out of Balance You Are:	Restless Fatigued <u>Constipated</u> <u>Anxious</u> Underweight	<u>Perfectionist</u> <u>Frustrated</u> <u>Angry</u> <u>Impatient</u> <u>Irritable</u> Prematurely gray or have early hair loss	Dull Prone to oily skin <u>Prone to allergies</u> <u>Possessive</u> <u>Oversleeping</u> <u>Overweight</u>

Factors that Affect Perfect Health

Doshas

Each dosha has a predominate quality; **Vata** is **dryness**, **Pitta** is **heat** and **Kapha** is **heaviness**. Therefore, whenever there is **excessive dryness** in the body we can say **Vata is high** (or aggravated). This **dryness** could manifest externally as **dry hair**, **dry skin** or **dry eyes**. It could also show up internally as **constipation**. When **Pitta** is high (or aggravated) then it could manifest as **fever**, **inflammation**, **skin rash** and **hot temper**. When **Kapha** is aggravated there could be **laziness**, **obesity**, **cellulite**, **edema** or **excess mucous**, as in congestion.

To effectively use Ayurveda in ones life, one should understand that the qualities that make up Vata, Pitta, and Kapha exist all around us. They are in the foods we eat, the lifestyle we live, and the weather we are exposed to and to ones emotional climate as well. All these factors affect the balance of Vata, Pitta and Kapha.

Each quality is increased by like qualities and decreased by dislike qualities. This is a fundamental principle of Ayurveda, **like increases like**. For example if one is exposed to dry wind or eat foods that are dry, cold or raw they are going to increase the Vata dosha in their body. If on the other hand they eat spicy, oily food or run at noon on a hot summer day they will be increasing the Pitta dosha. If one sleeps excessively, does not exercise, eats candy, cookie, chocolate they will increase Kapha in their body.

Understand that each dosha - Vata, Pitta and Kapha - all have good, positive traits when they are in a balanced healthy state and that each dosha has less desirable traits when they are imbalanced (either too high or low). One dosha is not better than another. Each dosha has its role to play in supporting life; in fact everyone needs all three doshas to live.

LIFESTYLE TIPS FOR KAPHA



KAPHA DOSHA

Atmosphere	Awaken the mind and senses to break up stagnation and inactivity. Break attachments and habits, giving up unnecessary possessions and indulgences.
Weather/temperature	A dry and warm environment is best; avoid dampness and cold. Exposure to dry heat, sun, fire, and warm breezes is recommended.
Seasons	Kapha seasons are late winter and spring, so take particular care to follow a kapha-balancing diet and routine during these times.
Colors	Warm, dry, and stimulating colors such as red, orange, and yellow benefit kapha. Avoid white and cooling colors.
Hobbies	It is good for kaphas to engage in physical work and effort, as well as camping and taking long hikes. Gardening, singing, travel, charity work, devotion, and cooking for others are all beneficial.
Sleep	An austere sleeping environment, such as camping or sleeping on the floor, is good for kaphas. Avoid sleeping for long periods and during the day.
Routine	Too much routine is not advisable for kaphas. Stay up late, take a trip, or take on a new project in order to break the routine every once in a while.
Work environment	Kaphas excel at bringing things into form and creating institutions or establishments. Due to their strong interpersonal skills, kaphas make good managers, parents, providers, singers, real estate agents, and bankers. Discipline, some physical exertion, and mental stimulation are recommended.
Relationships	Primary relationships should be encouraging, stimulating, and supportive. Kaphas can be overly sentimental and possessive and therefore thrive in relationships that encourage loving space and compassionate support.
Exercise	Stimulating aerobic exercise in the wind and sun is recommended, as long as the individual is adequately strong and healthy. Hot and invigorating yoga and heavy physical activity, such as gardening or construction, can be beneficial. Exercise should raise a strong sweat and leave one feeling tired, but not exhausted.
Hydrotherapy	Strong sweating therapies that use dry heat, such as saunas, are recommended.