



Nine Pathways of the Soul Guidebook

Discover the archetypes of
the soul's code and fulfil the
Divine Design of your
lifetime!

Georgette Star MA, D.Min



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Introduction.

Hello Bright Light,

Welcome, and congratulations for making the empowered decision to downloading this EBook and embark upon a journey of exploration.

This resource document is dedicated to the evolution of your Soul in this lifetime and a more complete embodiment of your “Life Purpose.”

The information I’m about to share with you can change the course of a life forever.

I realize this sounds dramatic, but helping others to consciously connect with their “LIFE PURPOSE” has *been life changing* for me and for many others I know, including many of my coaching clients, over the past 20+ years.

In this EBook you will:

- Explore the 9 Pathways of the Soul
 - Discover the 9 Archetypes of "LIFE PURPOSE"
 - Learn how to apply this knowledge through affirmations and guided meditations
- So are you ready to get started?

Wonderful! Let’s begin.

Georgette Star MA, D.Min

“The two most important days of your life are the day you were born and the day you found out why!”

— Mark Twain



Here is how the number for your “Life Purpose” is ascertained:

Calculation Example

March 19, 1958

March is the third month of the year = 3
 $3 + 1 + 9 + 1 + 9 + 5 + 8 = 63$
Now reduce the total:
 $63 = 6 + 3 = 9$

Today’s post is dedicated to an exploration of “PATHWAY 1” and an activation of its specific gifts, powers, and challenges within each person.

According to ancient wisdom, THE 9 PATHWAYS, OR NUMBERS, OF THE SOUL INCLUDE:

1. Leadership
2. Peaceful Partnering
3. Self-Expression
4. Foundation
5. Progress
6. Relationship
7. Meaning
8. Manifestation
9. Contribution



Pathway 1: Overview

I Can. I Will. I Am.

There are 9 fundamental pathways of human-soul development that can be symbolized by the numbers one through nine. Each number represents a universal human archetype and a pathway that includes a vast spectrum of capacities, abilities and skills, and that reveal our Life Purpose.

These “pathways”, or “numbers” – they are used interchangeably, are examples of ancient wisdom, and references to the archetypes can be found in the sciences of Numerology (Reference 1), Sacred Geometry (Reference 2), and Astrology (Reference 3), among other systems of both ancient and contemporary wisdom.

This body of knowledge is the foundation for the SOUL-STREAM: LIFE MAP & MASTERY System that I use in my coaching practice and that we will explore during these next 8 posts. The System assists us to better understand ourselves. It has been handed down to me over several generations, and has been enhanced by me within my practice over several decades.

Each of us was born to function and evolve our innate capacities, abilities and skills within all nine Pathways of the Soul! The greater our mastery of each, the greater our success, fulfillment, and contribution to life will be.

An individual’s “Soul Code” can be described by the numbers that can be distilled from full name at birth and birth date. This would include information regarding Life Purpose, Soul Needs, Conscious Self, Natural Abilities and Lessons.

For the purpose of this EBook I’m going to focus on the Life Purpose Number, which is determined numerically by distilling the birth month, day and year into one digit. This is one of important numbers in each person Soul Code, although we have all nine numbers affecting each of us as well as the unique combinations of numbers in our Soul Code. I’m also going to share a practice to strengthen the attributes of all nine archetypes within you, at the end of each chapter.



Pathway Number “1” Has The Life Purpose Archetype Of: Leadership

In Numerology:

“The number 1 is symbolized by a point of awareness- the Genesis, the first spark of energy emerging from the Original Source. Number 1 is the first energy that has been chosen to seek experience and establish an identity. Number 1 stands alone, and is independent and original, the start of any production.” (Reference 1)

In Sacred Geometry, the number 1 can be symbolized by a sphere, circle, point or straight line:

The Sphere: “The sphere is an ultimate expression of unity, completeness and integrity. There is no point of view given greater or lesser importance, and all points on the surface are equally accessible and regarded by the center from which all originate. Atoms, cells, seeds, planets, and

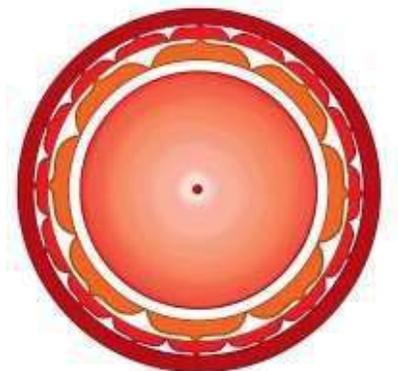
globular star systems all echo the spherical paradigm of total inclusion, acceptance, simultaneous potential and fruition, the macrocosm and microcosm.”

The Circle: The circle is a two-dimensional shadow of the sphere which is regarded throughout cultural history as an icon of the ineffable oneness; the indivisible fulfillment of the Universe. All other symbols and geometries reflect various aspects of the profound and consummate perfection of the sphere/circle. (Reference 2)

Circle As Symbol Of The Self

As I interpret the Circle: The circle also represents the journey from the great Oneness through incarnation to develop a distinct individuated “I AM.”

Centered within the center of the circle of your Self you can experience unlimited potential and infinite possibility. From this field of possibility you will have creative original thoughts and ideas that will find meaning and form in your lives.



PATHWAY 1 MANDALA
CREATED FOR LIFE BLESSING
INSTITUTE, BY REV PAUL SHAFFER



The Line

As I interpret the Line:

During a recent meditation I discovered that “1” is found within your very own body.

It’s your backbone!

The spine and central core channel of our energy body is the Number “1” embodied. It literally gives you the structure that allows you to stand for yourself.

#1 Super Powers

When an individual has developed a balanced and mature Number 1 Archetype, attributes include the following:

- I AM
- I need
- I want
- I will
- I am independent
- I am responsible for my energy and my life
- I take what I need
- I take my place
- I have a choice
- I am in Leadership of my own life...
- I can lead others
- I act from Higher Self
- I am an original creative thinker



- I am free to be unique and different
- I know the Masculine or Yang principle is active in me
- I am willing to take imperfect action
- I make decisions fast
- I move into action
- I am a pioneer
- I love to blaze trails

When an individual has an undeveloped 1st Archetype, attributes often include the following expressions:

- I don't know who I am
- I don't know what I want or need
- I am certain others are better than I am
- I want others to tell me what to do
- I am critical of myself
- I feel insecure and compare myself with others
- I feel unworthy
- I have low self-esteem and no self-confidence
- I look outside myself for guidance and direction and approval
- I can't stand up for myself
- I blame, complain and believe others are responsible for my experiences
- I hold back from expressing my opinions
- I have trouble making decisions
- I am overly self-focused and have difficulty empathizing with others



Number 1: Examples

My Friend Cheryl



This is my friend Cheryl who has the #1 as her Life Purpose Archetype.

When I met Cheryl she was working as a manicurist and the chemicals associated with this profession were making her sick. She went to a sweat lodge ceremony and prayed to the Great Spirit to be given a new vision of a new business and work that were more honoring of herself.

In the Lodge she received clear guidance to “Start a bead store.” The truth is, at the time, Cheryl didn’t even know how to bead!!! However, being a “1” and loving to blaze new trails, Cheryl started her journey to manifest a bead store.

Not only did she manifest “My Tyme Beads,” a successful store that sells fantastic beads, she went on to be an incredible bead artist. Being her own boss suited Cheryl’s need for independence and the innovative way she ran her business, according to a daily practice of spiritual guidance, was a perfect expression of the “1”.

Cheryl remembers feeling the drive to action and leadership early on, she always had a competitive drive to be the first one there, to be the fastest, the most successful but not in a traditional way. She was often picked to be the one to “run” to go do things for her family.

Cheryl was driven to do things differently and to prove the point that it could be done differently, which got her into lots of trouble in school. She had an expansive thought process, always envisioning another way to achieve the same thing. It was difficult to fit into the status quo until she found art and athletics and dance to her own time.

As youth Cheryl had a horse. When I interviewed her for this article she said, “Do you think I was going to ride that horse the traditional way? I wanted to ride bareback STANDING on its back. I fell off multiple times, but was determined to do it differently and I figured it out!”

Cheryl just had to do her own thing in her own way. She battled with her Dad, always challenging him, always having something to say about doing things. She was always clear about what she did and did not like and once she made a decision she would stick to it. She had a creative visionary capacity to make something great out of nothing.



Her parents divorced when she was twelve. Cheryl had to step into leadership as a parent to all her younger siblings, when her Mom was struggling and she was in a position where she often had to tell her mother what to do and her mother listened.

Artemis



An example of a mythical character who represents Number “1” for me is the goddess Artemis/Diana.

Artemis is often referred to as ‘the virgin goddess’. She is virgin in the sense that she is forever whole and complete within herself. Artemis is sovereign in the leadership of her life in the forest that she protects with her bow and arrow. She is a powerful huntress who knows what she needs and wants, and she takes aim and goes for it!

The Diana of Versailles is a slightly over lifesize[1] marble statue of the Greek goddess Artemis (Latin: Diana), with a deer, located in the Musée du Louvre, Paris. It is a Roman copy (1st or 2nd century AD) of a lost Greek bronze original attributed to Leochares, c. 325 BC.

An Activation Practice For “1”

You can activate the gifts and powers of the Number 1 Archetype both at will and when needed!!!

For example, a great time to invoke the Number 1 could be in a situation when you are struggling to know and stay connected with your own truth in the face of strong-willed others. Activating the Number 1 Archetype of Leadership will strengthen your will and Higher Self alignment.

Here is the method for activating Archetype Number 1:

1. Shift into a state of deep inner receptivity and imagine yourself standing in the center of a circle or sphere.
2. Feel the strength of the line of energy moving through your spine as you stand tall and emanate your unique essential self until the sphere is full of your energy.
3. Take a deep and conscious breath into your strength to empower yourself.
4. Tune in to the essence of your “I AM” and all of the gifts and power that the Number 1 represents.
5. Acknowledge your ability to host creative original thoughts and ideas.



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6. Feel your leadership capacity growing even stronger.
7. Tap into the power of your will to translate your ideas into inspired actions.
8. Complete this activation by repeating the words, “I CAN, I WILL, I AM.”



Pathway 2: Peaceful Partnering.

When I Am At Peace, So Are We

This chapter is dedicated to an exploration of “PATHWAY 2” and an activation of its specific gifts, powers, and challenges within each person, within YOU!!

In Numerology, the Number “2” symbolizes all pairs of opposites – the duality in matter (day and night, male and female, black and white, yin and yang). The “2” vibration is the energy of balance, peace and diplomacy. It is the energy that follows the Number “1” (LEADERSHIP), and “2” supports the ideas put forth in Number “1.” The sensitivity of 2 allows one to strengthen and support the manifestation of one’s goals, intentions and bring harmony to life.”



In the **SOUL-STREAM: Life Map and Mastery Pilot Program**, each student contributes a presentation on one of the Numbers in the SOUL-STREAM Mapping System. Number “2” was presented in class by Pamela Wirth. An excerpt from her presentation for Number “2” includes these four concepts:



- Yin Yang
- Water
- Movement
- Heart



Yin-Yang

The classic Yin-Yang implies two perfectly balanced halves of a whole, each holding within itself a part of the other. This is the crucial aspect – it represents the ability to sense the other in myself, to see things from their perspective in addition to my own, to feel what they feel.

Usually, yang is associated with the functional aspect of an object, and has more energetic qualities: moving, ascending, expanding, heat, bright, progressing, etc. Yin, on the other hand, is associated with the physical form of an object and has less energetic qualities: stillness, descending, cold, dark, latent, etc. Rather than seeing things and people as isolated, the world is viewed as a harmonious and holistic entity. (Reference 2)

Water

Water is the ultimate solvent of life. No life on earth can exist without it. It distributes nutrients and carries toxins away. In its fluid state, water always seeks to level and is in motion until it is level with itself. It is constantly in motion within all living bodies, and all over the earth it is constantly in movement by changing its state from liquid, to solid such as ice, to steam. Like water, Number “2” is a conduit, naturally distributing, absorbing or re-directing energy (<https://en.wikipedia.org/wiki/Water>).

This video includes video clips from two years of slow motion ocean with iPhone by Fubiz



Movement



Imagine a beautiful Pas De Deux – two dancers are performing a breathtaking, dynamic, harmonious, intimate dance together. The Number “2” principle is not each dancer and not their sum total – it’s what the two dancers create together, what’s between them, their shared dance. This movement includes the qualities inherent in each dancer

which enable them to create this beauty: listening to the other’s body, tuning in to the music, sensing into the dynamic space between each other, contributing a movement at exactly the right tempo, timing and force.

[This link will bring you to a video](#) by Norman McLaren that portrays the “2” capacity to blend and harmonize in partnership through the beautiful pas-de deux adagio, one of the most exacting and difficult dances of classical ballet. A ballet originally choreographed by the Russian ballet master Asaf Messerer is performed for this film by the internationally known Canadian pair, David and Anna-Marie

Heart

Perhaps one could say that the Heart is the original Number 2 archetype in the physiological realm. There is a simple movement at the core of life, a pulse – expansion-contraction. There is a simple movement at the core of life, a pulse – an expansion and contraction, a primal rhythm, a heartbeat.

Heartbeat, which is a pulse between beat 1 and beat 2 of the Heart, both movement and rhythm, is at the core of our life, in fact it is our life. A coherent heart rate, meaning when the rhythm is smooth and balanced, feels good to us as humans. We experience positive emotions and our body systems function at their best, contributing to an overall sense of wellbeing. These states of coherence are fleeting, they change when new impulses arise and everything changes. But the heart always entrains the other organs and systems back into coherence (See NOTES: Heart: Reference 3).

Thank you Pamela for your contribution to the Number “2” Archetype! Pamela Wirth is a Transformation Life Coach and Maiden Spirit (www.maidenspirit.com) Mentor who lives in Sebastopol, California. She is currently enrolled in the SOUL-STREAM Life Map & Mastery Pilot Program to learn how to provide Soul-Maps consultations for her clients.



#2 Super Powers

When an individual has developed a balanced and mature 2 archetype attributes include the following:

- I value peace and harmony above all
- I am the calm within the center of the storm
- I expand to include the opposites
- I am the perspective of both/and
- I support, yield, contain, embrace, flow
- I hold space and presence
- I am a state of being rather than doing
- I support others, and love to work in the background
- I am the power behind the throne
- I am deeply sensitive and receptive to my feelings and the feelings of others
- I simultaneously set, hold, accept, and honor boundaries
- I am a skillful communicator
- I have the gift of diplomacy and mediation
- I am a calming presence
- I pacify
- I integrate
- I can hold multiple perspectives
- I navigate and coordinate many different, even conflicting, needs into a coherent whole
- I can maintain a state of neutrality within conflict
- My peace is valuable and important for the good of the whole
- When I am at peace so are we



When an individual has an undeveloped 2 Archetype, attributes often include the following expressions:

- I have difficulty flowing with the energy, emotions, thoughts, and opinions of others
- I am afraid of and therefore I avoid conflict
- I believe others will abandon or punish me if I stand up for and express myself
- I will sacrifice my peace for the peace of others; I then feel victimized and resentful
- I can be insensitive to my own feelings and needs
- I am so focused on others that I can't set appropriate boundaries
- I allow others to take advantage of me, then I criticize and blame them
- I often say something without considering consequences
- I do not have great communication skills
- I get overly focused on details and lose the big picture
- I don't make decisions easily
- I am too sensitive and I over react to what others say or do
- I feel chaotic inside and have trouble integrating my thoughts and feelings
- My thoughts and feelings are chaotic, and I am filled with inner conflicts
- My perspective in life is polarized, black or white, either/or
- I have difficulty getting along and working with others, both individuals and teams
- It's hard for me not to be in charge and to support others from behind the scenes



[CLICK TO LEARN MORE ABOUT KWAN YIN!](#)



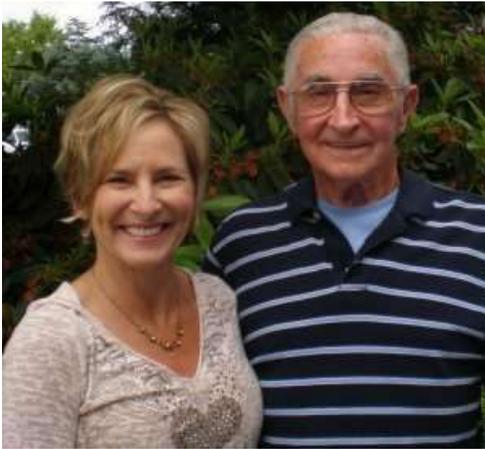
Number “2”: Examples

Kwan Yin

Kwan Yin is considered to be the “Bodhisattva of Great Compassion.” I consider the human capacity to embrace differences within a greater field of compassion to be a fundamental key to peace making and peace keeping!



Tracey and her Dad, Bobby



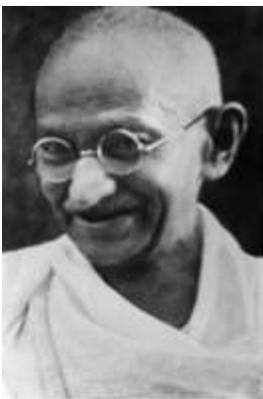
This is my father Bobby, the gentlest, kindest and most peaceful hearted man I know. My father has lived his life devoted to and in service of our family, and continues to do so at the age of 79.

Everyone who meets Bobby loves him instantly and feels that he would do anything for them.....*and he would.* He easily and naturally puts others before himself and will do whatever it takes to keep harmony in a relationship. He is like a chameleon who can blend with any situation at any moment.

My father has worked alongside me and my brother for many years now in a family owned business. He shows up every day eager to support us in any way needed. He is willing to work behind the scenes to keep the mundane daily tasks at hand, offer guidance, even sacrifice his own time and energy to provide us with his ever-present calming energy. He continues to choose service to others over his own retirement. It is what brings his heart the greatest fulfillment. I have been blessed to experience the love and devotion of such a lovely soul. I am proud to call Bobby my dad.

As a student in the SOUL-STREAM Life Map & Mastery Pilot Program, I recently discovered that my father's Life Purpose corresponds to the Number 2! This information confirmed what I have known and experienced my whole life with my dad. He is a peace maker, sensitive, loving and devoted to those he loves.

Peace Maker: Mahatma Gandhi



Mahatma Gandhi

When I think of Peace Maker icons, Mahatma Gandhi comes to mind, as one who stepped out from the behind the scenes and took his stand for peace without fighting with others to win it. His commitment to peace was absolute and the ripple effect of his ability to protest injustice through non-violent methods, a beautiful embodiment of the “2” archetype in us all. Gandhi was the preeminent leader of the Indian independence movement in British-ruled India. Employing nonviolent civil disobedience, Gandhi led India to independence and inspired movements for civil rights and freedom across the world. His vision of an independent India based on religious pluralism, however, was challenged by many.



This is an extreme example of someone expressing attributes of the peace maker archetype and perhaps exhibiting the “peace at any price” tendency of 2 that I do not advocate or recommend. (Reference 4)

“2” Super Power Activation Practice

You can activate the gifts and powers of the Number 2 Archetype both at will and when needed!!!

For example, a great time to invoke the “2” super powers within you could be in a situation in which there is a conflict that you notice you want to avoid. Call upon “2” to activate the capacity and skills needed to address the conflict and navigate it using diplomatic communication and ability to hold all sides of the conflict with equal respect and presence as you negotiate for understanding and peaceful resolution.

Activating the Number 2 Archetype of Peaceful Partnering will strengthen your ability to remain centered in the knowledge that facing conflict directly opens up possibility for you to facilitate and attain a higher degree of peace and harmony.

Here is the method for activating your “2” Super Power:

1. Shift your focus to a state of deep inner receptivity; close your eyes; bring awareness to the rise and fall of your chest as you breath in and out. With each exhale, tune in more consciously to your heart.
2. Imagine yourself standing in the center of the electromagnetic field generated by your physical heart and acknowledge how the rhythmic beating of your heart balances and creates a harmonic stability within all systems of your body, generating a state of coherence, even when you have no conscious awareness of it.
3. Focus on your heart as a personal peacemaker!
4. Tune in to the gentle, behind-the-scenes strength of the harmonizing function, not only in your physiology but within all dimensions of being and in your contribution to others.
5. Call forth the part of you that can work quietly behind the scenes to contribute harmony and peace where ever you go, and especially in all your relationships.
6. Feel your sensitivity to self and others increase, providing the information you need to navigate differences, to be clear about what is yours and what is not.
7. Tap in to your ability to know and hold your own boundaries, as well as to sense and respect those of others within a field of gentle, loving kindness and compassion for all.



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8. Tune into the essence of the Peace Maker and Peace Keeper within you growing stronger.
9. Tune into the essence of Peace, your ability to move and flow like water, and all the gifts and power that the Number 2 represents.
10. Complete this activation by affirming this statement, “WHEN I AM AT PEACE, SO ARE WE.”

2. When I am at peace, so are we.



Pathway 3: Self Expression.

Creative Expression Gives Birth To Joy

This chapter is dedicated to an exploration of “PATHWAY 3” and an activation of its specific gifts, powers and challenges within each person, within YOU!!

The ultimate goal of “PATHWAY 3” is Self Expression and Creativity. As a Life Purpose Archetype, the Number “3” represents the “Artist of Life” who expresses through thought, feelings, words, music, arts or any creative endeavor.

Symbols

The Triangle



The three lines of a triangle represent trinities: a “trinity” is a group of 3 distinct but closely related members. Common examples include triplets (3 siblings born at the same time) within one family; the Christian concept of the union of three divine persons in one God; and the concepts of: past-present-future; birth-life-death; Maiden-Mother-Crone, body-mind-spirit to name a few!

<http://www.thefreedictionary.com/trinity>

I consider the most essential trinity representing the Number 3 to be symbolized by the trinity of Mother and Father giving birth to a Child, the Divine Child!



Winnie The Pooh



The “3” archetype contains the energy and capacities of the Artist of Life who gives birth to many creations and through the thrill of self-expression is filled with the joy of life, like a healthy child.

This creative divine child is fully present and relaxed in the now, is playful, fun loving and finds simple pleasure through creative self-expression in any and all forms.

In my opinion, Winnie the Pooh is a delightful role model for the divine child within us all. Let’s just have fun and eat lots of honey!!!!

[Click here](#) to enjoy watching Pooh in action in this YouTube video: Up, Down, Touch the Ground

| Winnie The Pooh and the Honey Tree.

Music



“Don’t Worry, Be Happy” by Bobby McFerrin

To me, this accapella rendition of “Don’t Worry Be Happy” by Bobby McFerrin is a reminder for us to “Lighten up!!!!,” an important aspect of the “3” super powers.

It certainly made me smile to witness these grown men (including Robin Williams) express their creative silliness together, using humor to bring light into the darkness

and seriousness of real life challenges. [Click here to watch!](#)



#3 Super Powers

When an individual has developed a balanced and mature 3 archetype attributes include the following:

- I am an artist of life engaged in the art of living
- I value creative expression most of all
- I see creative opportunity in every moment
- I follow a spark of inspiration through the creative process: inspiration, gestation, and manifestation
- I take what's within and make it available for others to experience
- I possess the gift of words, speaking and writing
- I am the spirit of joy and delight
- I can bring light into the darkness
- I have a great sense of humor and love to laugh
- I am centered in the moment and capable of spontaneity
- I am deeply emotional and filled with enthusiasm
- I love beauty
- I see beauty everywhere
- I love to play and celebrate
- I am here to uplift and inspire others, adding beauty and feeling to all expressions
- I am optimistic
- People are drawn to my charming magnetic energy
- People are uplifted by my happiness
- I give birth to joy and contribute to the creation of a better world



When an individual has an undeveloped 3 Archetype, attributes often include the following expressions:

- I get depressed when not expressing myself creatively for too long
- I find it difficult to find channels of expression that are right for me
- I tend to shut down my creativity because I doubt that I am worthy
- I think it's wrong or selfish to enjoy the pleasure of creative expression
- I can be moody and hold a grudge
- I tend to repress my emotions
- Within the creative process I can become chaotic, disorganized and untidy
- I get discouraged easily and give up if I don't get the results I want
- I am prone to scattered attention and energy
- I have lots of ideas but not much follow through
- I get trapped in perfectionism and refuse to share my creations
- I'm overly concerned about gaining the praise of others
- I don't allow myself the space to play or create just for the pleasure of it
- I'm either uncommunicative or I talk too much
- I get caught up in fantasies, and I can't actualize my inspirations
- I am sometimes prone to exaggeration
- I worry about what others will think if I show my colorful and flamboyant side I believe I am "too much" so tend to hide
- I allow self-doubt to cause me to procrastinate



Number “3”: Examples

The Trinity of Lindsey, Jason and Vivian Rose (their Divine Child!)



My friend Lindsey’s Life Purpose is “3.”

I met Lindsey approximately 20 years ago when she was 19 and fell in love with her bright spark immediately!!! I had recently started a [MAIDEN SPIRIT](#) program at a local Unity Church when I invited Lindsey to be an assistant facilitator.

I’m so glad she said, “Yes”!!!!

The girls in the Maiden Spirit group just adored Lindsey. She brought in a continuous sparkling

river of feeling, creative energy, inspiration and forms of expression to our meetings, including African dance, a book she created called “Emotions,” and the sharing of an incredible art project about anger that she wrote and published called ‘The Chair’. [To read more click here!](#)

Kathy Anderson interviewed Lindsey for The New NW Drizzle. In her article, “Willing To Change” she reports:

Art was always a part of Lindsey’s childhood. She remembers painting in kindergarten, and the big jar of clear water used to clean out her brush. “There was something magical when I dipped my brush into the jar,” she said. “Watching the water slowly turn to blue, like a room thick with smoke curling and twisting until all the water was the same color. And then, when I cleaned out my brush a second time, the water turned purple. Mesmerized by the color change, Lindsey had no idea this was her first lesson in color theory. For an excellent example of how the artist archetype can evolve through a lifetime, [read the rest of Kathy’s article about Lindsey here.](#)

Lindsey Hammond Charlet is now the vivacious and proud owner of a multi-disciplinary design studio in Portland Oregon called [HUB check it out!](#) She is now the mother of two adorable children and a wonderful example of person exemplifying the Number “3.”





Lindsey's Daughter Vivi Rocks

The Divine Child Archetype!

Maiden Spirit Girls



These lovely girls were participants in Life Blessing Institute's [MAIDEN SPIRIT program](#) for girls. Making the imagination visible is one of the Number "3" super powers.

The paintings you see each of them holding in this picture symbolize each girl's creative expression of her "Soul Code." Sections of these paintings are filled with images they chose to symbolize their Essential Selves (in the center), Life Purpose, Soul Fulfillment, Conscious Self and Greatest Natural Ability, discovered during guided meditations!



Saraswati



Saraswati is the Hindu goddess of knowledge, music, arts, wisdom and learning. She is a part of the trinity of Saraswati, Lakshmi and Parvati. All the three forms help the trinity of Brahma, Vishnu and Shiva to create, maintain and regenerate- recycle the Universe respectively.

Saraswati, sometimes spelled Sarasvati, is a Sanskrit fusion word of Sara which means essence, and Sva which means one self, the fused word meaning “essence of one self”, and Saraswati meaning “one who leads to essence of self-knowledge”

<https://en.wikipedia.org/wiki/Saraswati>

Saraswati is an example of a goddess archetype that represents the energy of the Number 3 through all forms of the arts and creative expression

When in the activity of creative expression we not only give birth to something new as a contribution to life but we become more deeply connected with a vital aspect of our divine essence, Creative Energy itself!

An Activation Practice For Your “3” Superpower

1. Shift your focus to a state of deep inner receptivity; close your eyes; bring awareness to the rise and fall of your chest as you breath in and out. With each exhale, tune in more consciously to the part of you that knows what it feels like to be in a creative flow of self-expression.
2. Imagine yourself standing in the center of a circle sparkling with prismatic rainbow rays of light, sounds and scents that fill your body with delight. Breathe deeply and awaken your capacity to enjoy simply being fully present in this moment.
3. Tune in to the Divine Child within and notice what shifts in your attitude and body when you do.
4. Call forth the wonder of your ability to imagine. Imagine a bright red (organic!) apple twirling in space in front of you. Now add a twirling orange next to the apple, both twirling! Now, let those images dissolve. You can imagine anything! Let the artist in you make your imagination visible by drawing an apple.



5. Feel into your emotions and simply acknowledge whatever you authentically find. It could be contentment, anxiety, happiness, frustration, sadness, bliss... Now try speaking the words out loud. This will give expression to your emotions, and they will begin to move more freely. Example: "I feel content, even though I feel a tinge of anxiety."
6. Tap in to your ability to express your ideas, imagination and emotions through many forms throughout each day.
7. Acknowledge the essence of your ability to perceive beauty and to catalyze joy into the lives of others.
8. Tune in to all the gifts and powers that the Number 3 represents, including your capacity to lighten up and laugh!
9. Complete this activation with this statement, CREATIVE EXPRESSION GIVES BIRTH TO JOY!



Pathway 4: Foundation.

I Am Grounded And Stable. I Build Solid Foundations!

This chapter is dedicated to an exploration of “PATHWAY 4”: FOUNDATION, an activation of the Number “4” Archetype and its specific gifts, powers, challenges and opportunities to evolve within each person, within YOU!!



PATHWAY 4 MANDALA
CREATED FOR LIFE BLESSING
INSTITUTE, BY REV PAUL SHAFFER

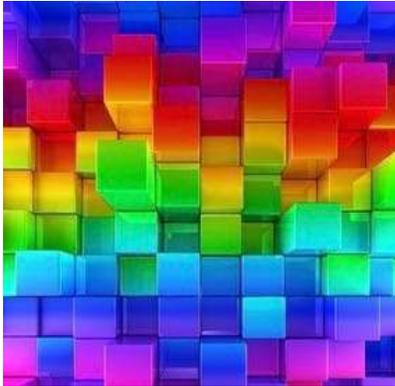
In the study of numbers as Archetypes, the Number “4” symbolizes our capacity to be grounded, to work, to build solid foundations in our lives, and to create and maintain physical, mental, emotional and spiritual stability.

The “4” path of development empowers us to persevere, to give consistent attention and effort all the way through to the completion of a task, to manifest an intention, and to master a skill or a way of being.



Symbols

The Square



The four equal sides of a SQUARE symbolize the Number “4.” The four sides of the square can represent aspects of life that give us a sense of stability. These aspects are some of the things that remain constant and that we can depend on, including: the four seasons (spring, summer, fall, winter), the cardinal directions (east, south, west, north), the four common cycles of human life (birth, child, adult, death), and the four primary elements (earth, air, fire, water). The square is a building block that allows us to create a solid foundation on which to stand.

Roots



When I want to ground myself, I think of my body as a tree. I imagine that I have roots like a tree that penetrate the earth’s surface and extend down to the center of the earth. Sometimes I imagine wrapping my roots around a cluster of amethyst, or quartz, or a pillar of gold deep inside the earth. I then tune into the magnetic pull of gravity pulling me back into the base of my spine, into my legs and feet. I bring all of my attention and energy into my body and into the present moment. For me, roots of trees securely attached in the earth symbolize stability.



Beaver



According to the [Universe of Symbolism](#) , the “Beaver” is a symbol of the spirit of work, that makes constant effort as the architect of our lives, and never gives up!

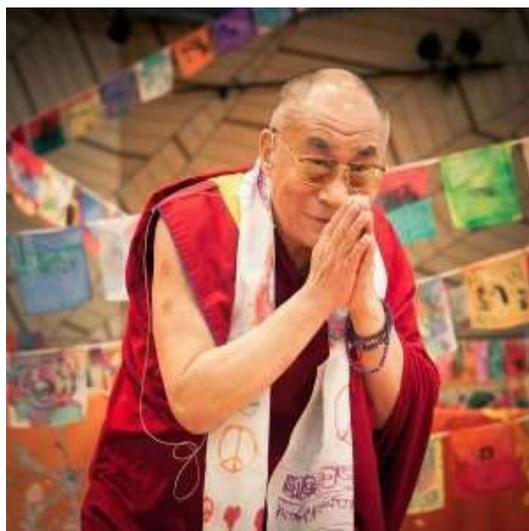
“Beavers” are symbolic of having the foresight and vision to scout locations, make the plans and then carry out the vision and engineering and building of their dam and lodge.

The meaning of “Beaver” is all about becoming a master builder, of being a visionary dream maker, of locating the perfect spot for a home, and then building security and storing abundant resources.

If you are looking to become a master architect of your life, look no further than the ever-industrious spirit animal, the “Beaver.”

Number “4”: Examples

Dali Lama



This beautiful soul, the 14th Dali Lama of Tibet, Tenzin Gyatso, is an example of someone whose very presence on the planet conveys a sense of stability and continuity, especially to the people of his country even while he is living in exile. His immense and steadfast devotion to his embodiment and role as spiritual leader, and his constant spiritual practice are an inspiration to humanity and a demonstration of Number “4” qualities, such as humility, devotion, patience, tenacity and steadfast presence and focus (https://en.wikipedia.org/wiki/Dalai_Lama).



My Friend Ellen



I recently interviewed my friend Ellen. I knew that her Life Purpose Archetype is a “4,” and that she demonstrates so many of the gifts and powers of the BUILDER.

Here is a synopsis of what I learned about how Ellen’s natural attraction to these concepts, as well as her embodiment of Number “4” qualities, have manifested throughout her lifetime.

As a child, all Ellen ever wanted to be was a fortuneteller. For Halloween, she would dress up with costume jewelry that belonged to her mother and grandmother. She would wear a purple skirt, a turban, and she carried a crystal (glass) ball. In seventh grade she did a science project on the study of [phrenology](#), the study of bumps on the head used to diagnose health. She even bought a Styrofoam head to make her own phrenology map. Ellen spent days at the Cleveland Public Library looking through books from the 1800’s on this topic and taking copious notes. In eighth grade she did a science project on native plants, learning to identify, preserve and press them into her own botany/herbal book.

In high school Ellen learned about witchcraft, with a special interest in brews, herbalism and plant medicine. This interest evolved into a Bachelor of Science degree in nutritional research and biochemistry at the University of Michigan.

In college, she also studied practical botany to further her knowledge on plants, and how to grow and care for them.

Ellen’s consistency of interest and her tenacity of focus took her on another detailed research project about the witch trials in Salem.

She spent many days at the University of Michigan’s Law Library, where and she even learned to read Old English so she could do research with primary documents to produce a significant paper on this topic.

Ellen moved to Israel where she learned how to use herbal formulas from a Moroccan Medicine Woman, and the use of poultices, herbs and other modalities from an Egyptian healer. While in Israel, she apprenticed to a Naturopathic doctor for 3 years. In order to participate in this apprenticeship, she had to get up at 4 am & take a two hour bus ride to arrive at his office in Tel Aviv when it opened at 6:30 am! This doctor, in his 80’s at the time, taught Ellen iridology and continued her training in the application of herbs for healing.



Ellen moved back to the United States to attend the National College of Naturopathic Medicine (NCNM) in Oregon. Her program included courses in Acupuncture and Chinese Medicine. She discovered she had a love for and an aptitude in this ancient healing system. She took to it like a duck to water, shifted her focus to Chinese Medicine and has been in practice for the past 29 years!

Although Chinese Medicine became the foundational system and platform for her work as a healer, Ellen also incorporates many other healing systems and modalities that she learned throughout her life: crystals, diet, massage, aromatherapy, tuning forks, color therapy etc. Thus, she uses her own unique methodology in her practice today.

Ellen described to me how she wakes up each morning before seeing her clients, tunes in with her intuition (remember that little fortune teller?), and receives a unique treatment plan for each patient that utilizes a specific combination of the many tools she has in her tool kit.

Ellen discovered a way to create a solid foundation for the expression of her interests and talents and intuition in the service of others to achieve very practical results, the treatment of pain and illness.

Practical application of one's gifts is a high value to the "4."

As an example of her ability to focus and build stabilizing routines into her life, Ellen has been participating in the daily practice of "Qigong," an ancient Chinese health care system that integrates physical postures, breathing techniques, and focused intention. She has awakened every day for the past 3 years to practice "Qigong." Now, that takes some discipline and devotion! To learn more about this ancient practice [click here](#). At the end of our interview, Ellen said, "Although I am very "alternative" in my life and my healing practice, I'm also VERY grounded!" I know this to be true and I love this about her capacity very much. I always feel more grounded after spending time with Ellen.

To learn more about Ellen's Acupuncture Practice, [go here](#)

#4 Super Powers

When an individual has developed a balanced and mature 4 archetype attributes include the following:

- I am grounded, down to earth, and at home in my body
- I am disciplined with what is important to me
- I am consistent and tenacious



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- I am capable
- I have great patience
- I enjoy working!
- I like to contribute in a “down to earth” pragmatic way
- I love to build
- I’m fascinated with systems
- I like to research and work within systems
- I value structure and stability
- I find pleasure in the habits I’ve developed to make life easier and more efficient
- I see the importance of ‘necessary limitation’, to choose a focus and to stay with it even when this means letting go of other options
- I ground the spark of inspiration through step by step actions in the material world
- I am devoted in my relationships
- I provide stability for others, a rock and a shoulder to lean on task, project or to manifest an intention
- I possess the spirit of work and can sustain my effort through completion and manifestation
- I am serious about getting “it” done
- I provide a sense of grounding when the storms of life pass through
- I am very organized or aspire to be
- I LOVE systems and order
- I am interested in and invest energy in my physical health
- I love the feeling of a job well done
- I provide the necessary foundation for every creation
- I don’t mind dealing with mundane aspects of everyday life because



- I know this results in successful
- I am here to help others feel safe
- I am dependable
- I appreciate security and tradition
- I can figure out how things work
- I remain grounded and can think clearly even when things go wrong
- People are comforted by my stabilizing presence
- My grounded being provides a platform for Higher Consciousness

When an individual has an undeveloped Number “4” Archetype, attributes can include the following expressions:

- I am not grounded or aware of my body
- I am easily confused
- I have trouble focusing
- I am undisciplined
- I feel incapable
- I resist or rebel against structure and organization
- I resist work and taking care of the mundane details of life
- I resist routine and perceive it as drudgery and even slavery
- I feel frustrated and critical when others make less effort than I do
- I get trapped in work mode and disconnect from other parts of myself; in the extreme, I am workaholic
- I can be rigid and polarized in my thinking
- I am stuck in routines that are out dated and even destructive
- I can be very serious about life and lose touch with the joy of living and the freedom and spontaneity to try new things



- I can be stubborn and unwilling to see another's point of view or become attached to the way things have been
- I don't like change
- I don't let go of things easily
- I sometimes lack the patience to figure things out
- I think others are lazy when they don't keep up with my ability to focus and accomplish goals
- I can become overly focused and lose touch with balance in my life
- I lose touch with the reasons for creating solid foundations in my life, so I don't have the structure to embark on new adventures
- I have trouble sustaining my effort and give up before reaching my goal

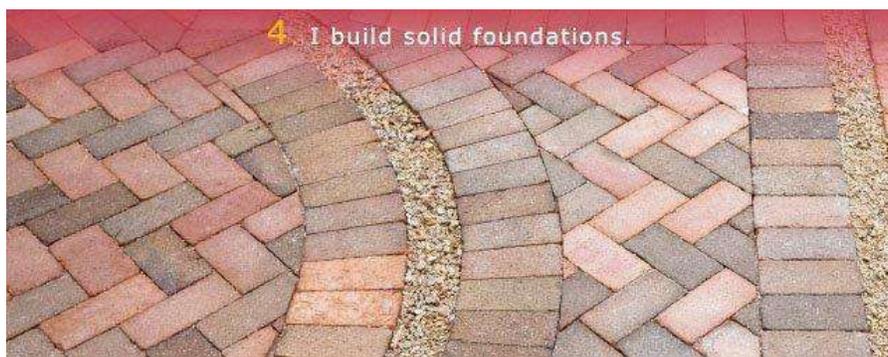
An Activation Practice For Your Number "4" Superpower

- Shift your focus to a state of deep inner receptivity; close your eyes; bring awareness to the rise and fall of your chest as you breath in and out. With each exhale, tune in more consciously to the part of you that knows what it feels like to be grounded and stable in your body, mind, emotions and spiritual connection.
- Take several deep breaths. Imagine that you are a tree. What kind of tree are you? What season are you in? Are you young or mature? How deep are your roots? The depths of your root system will clue you in to the state of your grounding right now.
- Breathe deep and awaken your capacity to enjoy the sensation of your attention into your body, this moment, location on the planet and down into your roots. Imagine your roots spreading out and going even more deeply into the earth as you continue to breathe deeply and bring your focus back to you.
- Your entire system is becoming more coherent and stable with each breath. Feel the nourishment of the earth contributing to your stability and notice how you feel when you become more grounded.
- Now imagine yourself in the sunshine standing barefoot in warm fertile soil. What happens when your bare feet touch the earth?



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- Tune in to the grounded Master BUILDER Archetype within you and notice what shifts in your attitude and body when you do. Notice if your sense of competency and safety increases.
- Invoke all the superpowers of “4” including: the spirit of work; the love of systems, order, discipline, & structure; the ability to go far in your research and interests; your deep devotion in relationships; your ability to focus; and your resolve to never give up.
- Set intentions for every aspect of your life: to value this beautiful “down to earth” and pragmatic part of you; to even more consciously build and maintain systems and routines that support and increase the health of your body, relationships, finances, career, and well-being.
- Acknowledge the essence of your ability to do the work of translating your dreams and heart’s desires into reality on the material plane.
- Tune in to all the gifts and powers that the Number “4” represents, including your capacity to enjoy the peace of stability within life’s sea of constant change.
- Tap in to the power of having a solid and warm sense of safety in your base that makes it even more possible to reach up to the Light of Higher Consciousness. The deeper and more stable your root system, the higher you can ascend into the realms of Spirit in your spiritual practice and your connection with the Divine.
- Complete this activation with this statement: “I AM GROUNDED AND STABLE. I BUILD SOLID FOUNDATIONS!”



Pathway 5: Progress.

I Love To Explore And Change

This chapter is dedicated to an exploration of “PATHWAY 5”: FREEDOM, an activation of the Number “5” Archetype, and its specific gifts, powers, challenges and opportunities to evolve within each person, within YOU!!

In the study of numbers as Archetypes, the Number “5” symbolizes our capacity to be overcome limitations and oppression, to let go of anything that is no longer serving us, to innovate, and to experience freedom in areas where we have been limited. The “5” path of development empowers us to advocate for change, to spread our wings, and to participate in life as a grand adventure!!

Symbols

FIVE-POINTED STAR

The Five Pointed Star, or pentagram, is a symbol of Pathway “5”, and is one of the most potent, powerful, and persistent symbols in human history. This particular symbolism has persisted for centuries, and has greatly influenced theologies of diverse traditions. It has been important to almost every ancient culture, from the Mayans of Latin America, to India, China, Greece and Egypt.



PATHWAY 5 MANDALA
CREATED FOR LIFE BLESSING INSTITUTE,
BY REV PAUL SHAFFER

The earliest pentagrams were rough diagrams found scratched into stone age caves. While they are believed to have some spiritual significance, the meaning of the star-shape to early humans is a mystery. In the civilizations that followed, it held various meanings, usually astronomical and religious. In many of these traditions, it can also symbolize the unity of mankind with the earth or with the realm of the spirit, the human body. To read more ([Click Here.](#))



BUTTERFLY



Throughout time, human cultural myth and lore has described the butterfly as a symbol of transformation and change because of its dramatic process of metamorphosis. From egg, to larvae (caterpillar), to pupa (the chrysalis or cocoon), the beautiful butterfly emerges in her unfurling glory. The butterfly transformation is a symbol of the Number “5” driving motivation to constantly change form, to find new wings, and to fly into new possibilities.

WILD HORSE



constrained.”

According to the [Spirit Animals and Animal Totems web page](#), the horse spirit animal symbolizes personal drive, passion and appetite for freedom. Among all the spirit animals, the horse is the one that shows a strong motivation that carries one through life. The meaning of the horse varies depending on whether this animal spirit guide is represented as wild, tamed, moving freely or

For me, “Wild Horses” are symbolic of the driving force of progress and the desire to move beyond current paradigms and into totally new realms of possibilities.

Number “5”: Examples

GLORIA STEINEM



Feminist icon Gloria Steinem presents presidential nominee Jimmy Carter with a copy of Ms. magazine in 1976. The magazine featured Carter’s mother on the cover. [Gloria-Steinem-Facts](#)



As a young woman I first learned about Gloria Steinem and the Feminist Movement in a Women's Studies course in college. I was so inspired by her leadership and tireless advocacy work for

Gloria Steinem, Editor Of "Ms" Magazine Presents Democratic Presidential Nominee Jimmy Carter A Copy Of The Magazine Which Features His Mother, "Miss Lillian" On The Cover. Carter Visited His Headquarters In Atlanta, August 30, 1976.

(Ap Photo)

American feminist, journalist and social and political activist who became nationally recognized as a leader and spokeswoman for the feminist movement in the late 1960s and early 70s. She was a columnist for New York magazine and a founder of Ms. Magazine. In 1969, she published an article, "After Black Power, Women's Liberation," which brought her to national fame as a [feminist leader](#). Ms. Steinem has received dozens of awards, and just published her memoirs. She remains an active voice for women's rights. On November 22, 2013, Gloria Steinem was awarded the Presidential Medal of Freedom by [President Barack Obama](#)

women's rights, I went on to minor in Women's Studies and dedicate many years of my life to the empowerment of women and girls through founding the Life Blessing Institute youth program, [MAIDEN SPIRIT](#): A Girls Wisdom and Rites-of-Passage organization.

"Gloria Marie Steinem (born March 25, 1934) is an American feminist, journalist and social and political activist who became nationally recognized as a leader and spokeswoman for the feminist movement in the late 1960s and early 70s. She was a columnist for New York magazine and a founder of Ms. Magazine. In 1969, she published an article, "After Black Power, Women's Liberation," which brought her to national fame as a [feminist leader](#). Ms. Steinem has received dozens of awards, and just published her memoirs. She remains an active voice for women's rights. On November 22, 2013, Gloria Steinem was awarded the Presidential Medal of Freedom by [President Barack Obama](#)



Women Who Changed The World

Malala Yousafzai



The youngest Nobel Laureate, 17-year old Nobel Peace Prize Laureate Malala Yousafzai, had already fought for several years for the right of girls to education when she was awarded the [2014 Peace Prize](#)

Literary mastery, pioneering science, life-saving discoveries and actions for peace and human rights – achievements of

women around the world awarded the Nobel Prize. Learn more about the impactful work of these Laureates at [Nobelprize.org](#).

This video is from the [Nobel Prize Facebook Page](#); ‘Women who changed the world’.



Tracey Heartsun



TRACEY ON HER HARLEY: LET'S GET MOVING!!!!

I recently interviewed my friend Tracey Heartsun, whom I affectionately call “Heartsun.” Her Life Purpose Archetype is a “5,” and she demonstrates so many of the gifts and powers of the Change Agent, someone who loves and must have her freedom.

Heartsun is motivated in life by a drive for movement, change, the exploration of new possibilities, adventure and freedom.

Her greatest happiness is when she has the time & freedom to do what she wants & when she wants. She is challenged with an on-going

resistance to anything she feels might curtail her freedom, or that requires a big commitment of time.

Heartsun wants her days to be filled with stimulation, interactions with others, and variety in her routines. She is easily bored and needs to be involved in a diversity of activities each day to feel happy. If Heartsun wakes up feeling “crummy,” she knows the cure is to get out the door and start interacting with life!

Heartsun’s natural drive to overcome limitations in order to experience new freedom finds expression in her constant process of inner transformation. She loves to experience her own growth and evolution as well as to witness the development of others.

Spending time with girlfriends sharing deeply about the liberations experienced on the journey of healing and spiritual awakening is one of her greatest joys.

Many of her Number “5” needs and competencies were expressed during her 25 years of running a Catering business. Heartsun loved the fast pace, the constant movement, different people, and no commitment to any place for more than two minutes. Can you imagine that? She especially loved the freedom that came with owning her own business and working for herself.

Like many people who have “5” as their Life Purpose Archetype, Heartsun is a natural promoter. She said it feels “fun and natural” to promote anything she believes in. In fact, her natural ability to “promote” manifested as a salesperson for many years for a family business.



As a dear friend over several decades, I can honestly say that I have never known anyone as dedicated to a conscious on-going process of self-transformation as Tracey Heartsun. It's her unbridled passion and willingness to consistently move through the fears that often arise in the face of change and take the significant risks that are sometimes required to find new freedom that endears her to me most of all. Our friendship is an adventure!

#5 SUPER POWERS

When an individual has developed a balanced and mature 5 archetype attributes include the following:

- I am ever curious
- I enjoy exploring
- I am willing to go out beyond my comfort zone
- I am excited by something new
- I am always drawn to the leading edge
- I am most aligned when I choose to see every day as an adventure
- I enjoy movement in all dimensions of being
- I like to contribute as a catalyst for change
- I am a Change Agent
- I love to witness others grow and change
- I love to transform systems that have become limitations
- I don't mind stirring up the pot in service of something better
- I am vibrantly alive in my body
- I enjoy experiencing the pleasure of the five senses
- I breathe fresh air into the room because I am open to innovation
- I am the spirit of new possibilities
- I love to travel inside and out
- I love new experiences and want to try everything



- I like to break up routines
- I love the expansive feeling of movement
- I don't mind letting go of people, places and things that are no longer aligned with my highest good
- I value self-development
- I have an adventurous spirit
- I like to go off the beaten path and find new ways to get there
- I like to find new ways to do things
- I am happy in relationships that understand and support my freedom
- My presence is a force of progress for humanity
- People are attracted to my excitement for life
- Anything that I believe in is fun and effortless to promote
- I love the feeling of traveling with the wind in my hair!

When an individual has an undeveloped Number "5" Archetype, attributes can include the following expressions:

- I limit myself, and my freedom, unnecessarily
- I am too afraid to let my wings unfurl and take a chance
- I don't understand how to use freedom and I lose my freedom of choice
- I rebel against self-control
- I can be irresponsible
- I don't allow myself to experience the pleasure that I'm capable of
- I move too quickly and I don't let things take root
- My need for freedom prevents me from making lasting commitments
- I resist anything that I fear my take away freedom
- I don't understand that freedom can increase with acceptance of certain limitations



- I want to stay in the safety of the known
- I run away when I should stay
- I don't understand how to be free and committed at the same time
- I resist making and maintaining habits and routines that would make my life easier
- I resent restriction and responsibility
- I can be self-indulgent in a way that can impact others negatively
- I can be reckless
- I can be rigid in my thinking
- I lack vitality
- I dislike any type of confinement even if it is just a seat belt

An Activation Practice For Your Number “5” Superpower

- Shift your focus to a state of deep inner receptivity; close your eyes; bring awareness to the rise and fall of your chest as you breath in and out. With each exhale, tune in more consciously to the part of you that knows what it feels like to be grounded and stable in your body, mind, emotions and spiritual connection.
- Take several deep breaths. Imagine that you are a horse standing within a comfortable corral placidly enjoying the sensation of the earth beneath your hooves, the scent of wild flowers and fresh herbs and grasses. Notice the colors of your hide and mane and tail... the sensation of the air flowing through your lungs, the sense of strength and power in your limbs.
- Continue breathing in the fresh enlivening air until you notice a new fragrance drifting in and drawing your attention. You know it's time to move on, to discover what's beyond the corral, to find the source of this enticing aroma. So you begin running, picking up speed until you easily jump the fence and run wild and free, just for the pleasure and the adventure of it.
- Breathe deep and awaken your capacity to enjoy the sensation of ability to move outside known structures to experience new possibilities.



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- Your entire system is becoming more energized and vital with each breath and you become one with the movement. Notice how you feel when you are moving freely.
- Tune in to the free flowing Change Agent Archetype within you and notice what shifts in your attitude and body when you do. Notice if your sense of adventurousness increases.
- Invoke all the superpowers of Number “5,” especially: the spirit of freedom; the love of movement, pleasure, adventure and innovation, your ability to catalyze change.
- Acknowledge the essence of your capacity to let go of anything that no longer serves your highest good, to take risks and try new things, to experiment and explore.
- Tune in to all the gifts and powers that the Number “5” represents, including your capacity to enjoy the pleasure of the moment without needing to know the future.
- Tap in to the energizing power of the Freedom Lover within you.
- Complete this activation with this statement: “I LOVE TO EXPLORE AND CHANGE.”



Pathway 6: Relationships.

*Life is all about love. I care for myself
and others.*

This chapter is dedicated to an exploration of “PATHWAY 6”: RELATIONSHIPS, an activation of the Number “6” Archetype and its specific gifts, powers, challenges and opportunities to evolve within each person, within YOU!!

In the study of numbers as Archetypes, the Number “6” symbolizes our capacity to experience love and intimacy in our relationships with self, others, the Earth and the Divine. The Number “6” path of development empowers us to stay connected with our love and compassion, to develop the courage and capacity to live from an open heart, to nurture our connections responsibly, and to be of service in our communities.

Symbols

The Six Pointed Star

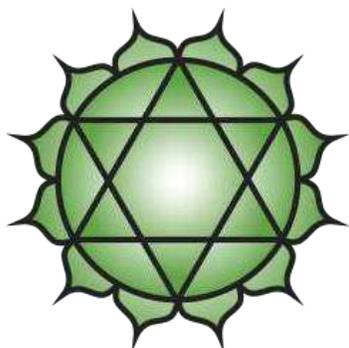


SIX-POINTED STAR

The Six Pointed Star, a symbol of Number “6,” is called a hexagram.

Many cultures and religions throughout time have used the six-pointed star in their symbolism. One example is the generally recognized symbol of Judaism and Jewish identity, the STAR OF DAVID. Another example from the Hindu tradition is the symbol for the heart chakra. To read more go [HERE](#).





HEART CHAKRA

in the chest. The thymus is an element of the immune system as well as part of the endocrine system.

Key issues involving Anahata involve complex emotions, compassion, tenderness, unconditional love, equilibrium, rejection

and well-being. Physically, Anahata governs circulation. Emotionally it governs unconditional love for the self and others, mentally it governs passion and spiritually it governs devotion.

The “heart shape” (♥) is an ideograph used to express the idea of the “heart” in its metaphorical or symbolic sense as the center of emotion, including affection and love, especially (but not exclusively) romantic love. To learn about the history of this heart symbol, [click here](#).

“LOVE” by John Lennon

I remember listening to the song “Love” by John Lennon (originally released in 1970 on the John Lennon/Plastic Ono Band album) as a young teen and feeling into to the essence of romantic love long before I experienced it. I remember thinking about and imagining how stunningly beautiful this kind of love must be. I wanted to experience this special kind of love and intimacy so much that I “waited” to begin to become sexually active until I knew without a doubt that I was “in love.”



Heart Chakra

Anahata or heart chakra is the fourth primary chakra, according to Hindu Yogic, Shakta and Buddhist Tantric traditions. In Sanskrit, anahata means “unhurt, unstruck, and unbeaten.” Anahata Nad refers to the Vedic concept of unstruck sound (the sound of the celestial realm). Anahata is associated with balance, calmness and serenity.

The [Heart Chakra or Anahata](#) is related to the thymus, located in the chest. The thymus is an element of the immune system as well as part of the endocrine system.



I fell in love with the minister's son and experienced what felt like a fairy tale love affair that included marriage at age 18, the birth of my son soon after, and some time 'living off the grid' on 80 acres of land in Oregon. My vision was for our love to be adventurous, creative, fun and free like John and Yoko's. This [YouTube video](#) has some precious film clips of John and Yoko living love together.

Number "6": Examples



APHRODITE

[Aphrodite is a goddess of love.](#) In my mind the beautiful, healing, erotic, life affirming energy of this goddess is so desirable, sensual and pure that just to be in her presence will inspire even the most seriously closed heart to burst open and rejoice in the sweetness and beauty of feeling LOVE.

My Friend Pamela

My dear friend Pamela has the Life Purpose Archetype represented by the Number "6." She demonstrates many of the gifts and capacities of someone whose life is dedicated to the expression of love, intimacy in relationships and being of service.

As a girl and a young adult, Pamela was motivated by a strong sense of desire to care for those close to her as well as for other people, and also for animals. She had a great passion for horses and spent time endlessly taking care of them, grooming, washing and cleaning their stalls. Being with and caring for horses filled her heart with a deeply fulfilling a sense of joy and so much LOVE! She couldn't get enough of it!



During her mid twenties Pamela woke up to a conscious sense of purpose through a spiritual awakening. She came to understand her mission on earth was to share love with people, but not in a personal way. Even though the personal dimension of sharing love was also very important to Pamela, she realized that her mission was to share the essence of LOVE itself with others.



For many years her sense of purpose came alive as a teacher and facilitator of Ecstatic and Trance Dance. She enjoyed nurturing and educating others about dance at the community level. Pamela provided the structure and protection for groups of dancers, and like a mother bear, she protected the space so people could participate in this spiritual practice of dance and have amazing experiences without disruptions.

As Pamela tuned into Divine Love through her spiritual practices of singing, praying and dancing with the Goddess, a heart's desire and calling to embody this Divine Feminine energy by becoming a mother awoke in her very powerfully!

Pamela felt like she woke up to another level of her Life Purpose, like she had fully arrived, when she gave birth to her daughter, Leilani. Now she felt truly useful and like she was finally doing what she was supposed to do!

Teaching and caring for her community was fulfilling, but birthing and caring for a baby was the ultimate, ultimate, peak experience for Pamela during which heaven and earth came together as one in her experience.

As Leilani grew, Pamela's desire to be with and care for her daughter and other girls in her community increased. This calling to contribute came from her connection with the Divine Feminine and her understanding of sacred sexuality as a sacred part of creation.



Pamela With Her Daughter Leilani, And Friend Carly, Work On An Art Project During A Maiden Spirit Meeting

Her desire to support her daughter and other girls on the verge of a new way of being as they experienced puberty took the form of training to become a **MAIDEN SPIRIT** Mentor. It was important to Pamela's sense of Life Purpose to bring sacredness into girls' lives and bodies so they can respect and love and cherish themselves. She spent many years facilitating Maiden Spirit circles for her community.

Pamela's home is essential as her foundation. She needs a home base and to have a loving family to care for to be grounded and balanced. She spends a lot of time with family and taking care of her home as a crucial part of her life.

Pamela has come to realize that taking care of herself is a responsibility as important as the care of others and animals around her. She does this by connecting with loved ones and with healers,



by moving her body in dance and by being kind to her body. She is sensitive to whatever she feels she needs most in the moment and then she makes this a practice.

Being around people who don't care for themselves is difficult and painful for Pamela. Witnessing the suffering in people and animals and feeling helpless is very hard for her.

Through her connection with Divine Love she finds so much help and unending amounts of love, and she is able to meet the suffering of others in a way that feels right.

Pamela wants her days to be filled with love and service to a greater purpose, to be able to uplift humanity and bring more love and care into the world!

Pamela's daughter Leilani is one of my goddaughters of the heart. When I visit Pamela's home I always feel completely enveloped in a field of grace, true love, safety, appreciation and respect. She takes good care of me! It sure is great having a friend whose Life Purpose is a Number "6"!



*LEILANI AND HER HORSE: LIKE MOTHER,
LIKE DAUGHTER....BOTH LOVE
HORSES!*

“6” SUPER POWERS

When an individual has developed a balanced and mature 6 archetype attributes include the following:

- I am attuned to the highest vibration of unconditional love
- I am happiest when relating with others
- I enjoy spending time with family and friends
- I am responsible
- People know they can count on me to follow through
- I am dependable and trustworthy
- I am responsible to take good care of myself in order to care for others to my full capacity
- I prioritize self care
- I experience joy and pleasure in taking care of others



- I am very nurturing
- I like to cultivate a comfortable nurturing home environment
- I want to be sure that everyone has what they need to be nourished and comfortable
- I value providing for material needs to be met
- I am drawn to situations where it is possible to experience closeness and intimacy with others
- I am naturally empathetic
- I am romantic
- I enjoy experiencing and expressing every form of loving
- I value and respect the efforts of others to tend to their families and communities
- I like to contribute as compassionate advocate for the field of our interconnectivity
- I especially care for children, elders and animals
- I am responsible
- I adapt to the constantly changing feelings and needs of others
- I have the higher goal of family or group unity in mind
- I always root for the underdog
- I know what is a relatively 'right' choice to make and am deeply offended when I see or experience injustice
- I am deeply disturbed when I see suffering in others
- I know that, even if I cannot physically help, that I can be a space of love and light in the world where I am
- I can keep hope alive through practicing compassion and loving presence
- I am a natural teacher
- I am capable of providing everything that one would for a child, at a more transpersonal level for my community
- When others are in my presence they feel safe and important



- I see the beauty and the best in others and love this so much that it brings these qualities out in them
- The beauty and grace of my energy and movement through life are harmonizing presences in my Life Purpose
- I can be idealistic in a way that is fresh and pure
- My compassionate presence and true concern for the well-being and comfort of others makes me an excellent healer

When an individual has an undeveloped Number “6” Archetype, attributes can include the following expressions:

- I give too much and then feel angry and resentful
- I blame the people I over-give to when they don't like the outcome
- I love others but have a hard time including myself in the scope of my loving
- I struggle accepting and loving myself unconditionally
- I dislike or hate myself
- I resist responsibility in relationship with myself and with others
- I resist giving long-term commitment, fearing that I will become trapped
- I don't always follow through with what I promise others
- I'm overly responsible and take on the responsibility of others
- Caring for others feels like a burden
- My associations with marriage, home and family are not pleasant so I avoid engaging
- I can open my heart to animals but not people
- I want to love others freely and to live with my heart open but instead my heart feels shut down and defended
- I have a sense of distorted idealism and expect others to live up to my ideals
- I am critical and judgmental of myself and of others
- It's difficult for me to have empathy or see things from another person's perspective



- I can be controlling
- I have difficulty making the constant adjustments required to stay in harmony with family members
- I can hold a grudge
- I find forgiveness a concept that I understand with my head but not my heart
- I can be overly self-focused and disassociated with the impact of my energy and behavior in the lives of others, especially the ones I am closest to
- I can be cold hearted and not care when others are hurting
- I may do the right and caring thing, but inside I'm critical of the situation
- I believe that I am superior to others
- I believe that I am less than others

An Activation Practice For Your Number “6” Superpower

- Shift your focus to a state of deep inner receptivity; close your eyes; bring awareness to the rise and fall of your chest as you breath in and out. With each exhale, tune in more consciously to the part of you that knows what it feels like to be grounded and stable in your body, mind, emotions and spiritual connection.
- Take several deep breaths and as you do, imagine yourself floating in a warm tropical saltwater pool. The water is so buoyant that you can effortlessly float on your back. Your arms are open wide and with each breath you relax even more fully into the sensation of being held and very gently rocked on the water.
- Above you the sun is shining and the sunlight penetrates your body with a gentle warmth... it becomes easier to breath more deeply as tense muscles unwind. Your chest is relaxing... all the small muscles between your ribs are softening with each breath.
- You are becoming aware of not only the sensations on your body but also the energy of your heart chakra, your energetic and emotional heart center.
- Imagine your heart as a rose.



- What color is your heart rose? What stage of opening is your rose in? Is it a bud? Is it just beginning to swell and open, is it in half bloom, is it in full bloom? Just notice what is true. The degree that your heart is open is just perfect for this time, place and in relationship to circumstances in your life. Practice unconditional love and compassion for your own heart.
- Continue breathing the fresh relaxing air and sensing the warmth of the water and the sun on your skin. Invite the spiritual light from above to pour directly into the rose in your heart. Open your heart to receive this light and love from the Divine.
- Allow the energy of unconditional loving kindness and compassion to pour into and through your heart. This luminous love light is streaming into every molecule of your body and every dimension of your being.
- Continue bathing in the love light and let your heart receive whatever it needs right now for balance and rejuvenation for as long as you like.
- Your entire system is becoming more energized and vital with each breath as you become more consciously related to the Source of LOVE. Notice how you feel when your heart is in the receiving mode and when the energy of your love is circulating freely.
- Tune in to the Cosmic Care Provider Archetype within you and notice what shifts in your attitude and body when you do.
- Invoke all the superpowers of Number “6” including: the ability to move freely through the relational field in life, to deeply love and care, to honor this responsibility, and to feel the joy and fulfillment of being of service.
- Take a few final deep breaths floating in this pool of heart light. Know that soon you will complete this meditation and your heart will shine like the sun into the world of all those you care for as you go about your day or evening. Complete this activation with this statement: “LIFE IS ALL ABOUT LOVE. I CARE FOR MYSELF AND OTHERS.”



Pathways 7: Meaning.

I withdraw from outer focus to discover all that is within.

This article is dedicated to an exploration of “PATHWAY 7”: MEANING, an activation of the Number “7” Archetype and its specific gifts, powers, challenges and opportunities to evolve within each person, within YOU!!

In the study of numbers as Archetypes, the Number “7” symbolizes our capacity to experience life as a journey of seeking knowledge and meaning by going deep within ourselves in order to explore the world around us. In the accepted scientific process of exploring reality, the focus is usually external, and we often discover that some answers we seek cannot be readily found with external observation alone. Thus one can seek the mystical path of spiritual awakening with an inward focus for answers to both individual and universal cosmic meaning.



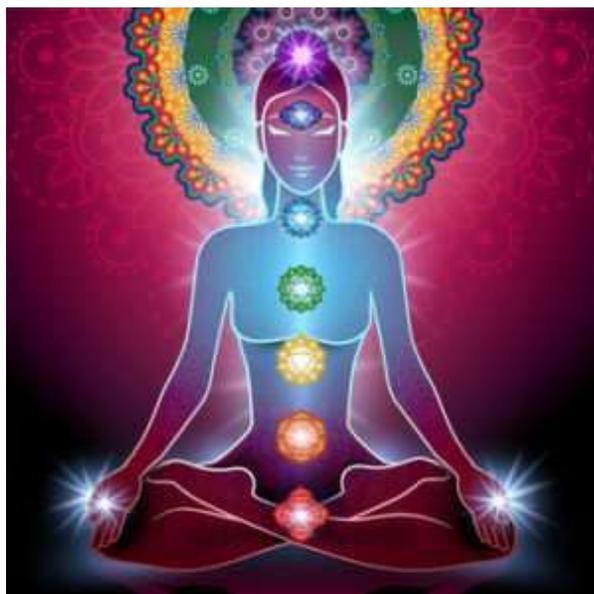
PATHWAY 7 MANDALA
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SEVEN-POINTED STAR

The Seven Pointed Star is a symbol of Number “7” and is called a heptagon. To explore the geometry of the heptagon [Click Here](#)



Seven Chakras



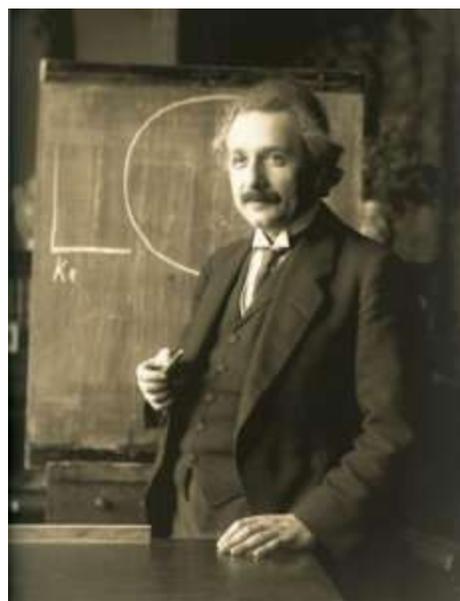
<http://www.chopra.com/ccl/what-is-a-chakra>

The Sanskrit word Chakra literally translates to wheel or disk. In yoga, meditation, and Ayurveda, chakra refers to wheels of energy in specific locations throughout the body. There are seven main chakras, which align the spine, starting from the base of the spine through to the crown of the head. To visualize a chakra in the body, imagine a swirling wheel of energy where matter and consciousness meet. This invisible energy, called Prana, is vital life force, which keeps us vibrant, healthy and alive. – Learn more at:

<http://www.chopra.com/ccl/what-is-a-chakra#sthash.GCWmOOLB.dpuf>

Albert Einstein

The Quintessential Scientist Mystic



Albert Einstein was a German-born physicist who lived and worked in the US until his death in 1955. He developed the general theory of relativity, won the Nobel Prize for Physics, and whose world-changing and controversial scientific theories continue to be studied and debated today. He is considered the most influential physicist of the 20th century.

(<http://www.biography.com/people/albert-einstein-9285408#synopsis>).

There is an equally intriguing side to Einstein that is as obscure and controversial as his persona as a “Scientist,” and that has inspired some to consider him a “Mystic”: “Einstein was perhaps the first scientist to

completely dovetail a sense of mysticism with his appreciation of science. His was a world where the imagination knows no boundaries, where ANYTHING is possible, where we are all equally capable of reaching spiritual as well as material comfort. He explained this by saying that the whole



universe is underpinned by an Infinite Intelligence that lies behind, beneath and within all matter.” This concept has been called by some who study the mystical aspects of his work, the Divine Design.

(<https://naturalwealthjournal.com/tag/albert-einstein-and-mysticism/>)

For a collection of quotes by Einstein on god, religion, mysticism, and spirituality, see:

<http://www.spaceandmotion.com/Theology-Albert-Einstein.htm>

Number “7”: Example

My Friend Brian



Hale BOPP Comet

(<http://images.fineartamerica.com/images-medium-large-5/comet-hale-bopp-over-sedona-laurie-larson.jpg>)

My friend Brian has the Life Purpose Archetype represented by the number “7.” He demonstrates many of the gifts and capacities of someone whose life has been dedicated to the expression of scientist-mystic.

Since the age of 10, Brian remembers thinking that he would like to be a scientist when he grew up. He thought he might like to become a marine biologist or an archeologist and read many archeology books, intrigued by empires and ruins, especially of the Mayans, Inca and Aztec. He even created a replica of one of the main temples in Mexico, Chichen Itza, as a class project.

As a Boy Scout, he was inspired by his scout leader, a wild life biologist he met while working on his wildlife merit badge. Brian set up his “wild life study area” at a nearby pond where people fished for Bluegills

In high school, he took classes in science and mathematics. By the age of 16 he was clear that he wanted to study physics because of how it could inform one about the machinery of existence and one’s own existence to some extent. He also became interested in science fiction during this time.

At 17, Brian took a physics class during which he attempted to perform an unusual experiment, to test whether or not it would be possible for life to exist on Jupiter. Brian grew bacteria that didn’t require oxygen and put it in test tubes filled with gasses similar to the gasses on Jupiter. The outcome of this experiment was that the microbes were indeed able to live in this type of atmosphere.



Brian won a scholarship from an organization called EarthWatch to study and count horseshoe crabs and other sea creatures in Cape Cod the summer after high school graduation a great first step for a budding young scientist.

In college, Brian studied physics, and ultimately was awarded a PhD in physics and electrical engineering. Brian's consistency of focus and ability to go deep along a line of inquiry demonstrates one of the important qualities of the Scientist-Mystic, of a Number "7"!

Brian has experienced many synchronistic moments throughout his life when hints of the mystical dimensions of life have been revealed to him. One that stands out was the day that he submitted his doctoral dissertation. Driving home at 4 am, he saw an incredible blazing COMET shooting through the heavens. Later he learned that this comet had been named Hale BOPP. Bopp was one of the nickname his high school friends called him.

Here are some essential capacities that Brian considers fundamental to the scientist and mystic:

- Be observant
- Ask questions
- Listen to what your colleagues & others have discovered
- Don't be afraid to go outside of the known, this is where all true discoveries happen!
- Remain humble in the face of the great mysteries of life



“7” SUPER POWERS

When an individual has developed a balanced and mature “7,” archetype attributes include the following:

- I am observant
- I am attuned to the highest vibration of withdrawal from outer focus to discover all that is within
- I prefer deep conversation over superficial talk
- I enjoy spending time alone
- I need time alone to receive my wisdom downloads, inspired ideas, insights, inventions!
- I am a student of life
- I prioritize spiritual development
- I find peace in solitude
- I am always on a quest for meaning
- I am willing to do my inner work
- I need rest
- I love to have quiet time for rejuvenation
- I have a healthy skepticism
- People are attracted to my deep thoughts and inner wisdom
- I am very intuitive
- It feels natural to evaluate and analyze most things
- I have a sense of connection with the unseen
- I can be science-and-technology oriented
- I like to apply spiritual laws to material affairs
- Having faith comes easily for me
- I’m interested in spiritual development
- I have access to the Divine



When an individual has an undeveloped Number “7” Archetype, attributes can include the following expressions:

- I can be aloof when related to others
- I don't trust people
- I don't trust myself
- I don't trust the Divine
- Sometimes there is so much going on in my head that I have difficulty being present for others
- I love deep conversation but can become over analytical
- Sometimes I withdraw from others, including “Spirit”
- I can be reserved and hard to get to know
- I can be cynical and overly skeptical
- I am out of touch with humanity
- I use sarcasm to keep from connecting deeply with others
- Even though I know it would help me I will avoid looking within
- When in a negative space I lack faith
- When feeling disconnected from self I focus on surface answers
- When around others I feel socially awkward
- I am overly serious
- I am unwilling and/or unable to share ideas and compromise
- I have a lingering depression
- I feel stagnant
- I can easily become argumentative
- I am a perfectionist
- I expect others to be perfect according to my standards



An Activation Practice For Your Number “7” Superpower

The Cave Of Knowing

- Shift your focus to a state of deep inner receptivity; close your eyes; bring awareness to the rise and fall of your chest as you breath in and out. With each exhale, tune in more consciously to the part of you that knows how to ground and stabilize in your body, mind, emotions and spiritual connection.
- Take several deep breaths as you imagine yourself walking into a quiet forest. With each step your thoughts are becoming fewer and far between. It is very quiet and peaceful in the forest, there is no wind, only the soft chirping of birds can be heard. In a little while you discover the opening of a cave and you enter.
- Inside the cave you find a lovely bed of soft woven grasses just waiting for you. You lie down and appreciate this dark, comfortable, cozy, silent space and find yourself relaxing more completely than ever before, closing your eyes and entering into a state of deep meditation.
- In this quiet inner and outer place, you experience a growing sense of inner spaciousness and for some time you simply breathe and become one with the emptiness and fullness of inner space. There is nothing to do and nowhere to go. As you listen to silence, your whole being is refreshed.
- After some time, you remember an important question about your life that you’ve been on a search to answer. You offer this question into the dark silent spaciousness.
- **What is your question?**
- In this magical cave of inner knowing, you begin to receive impressions about this question and the answer becomes vividly clear to you.
- What impressions are you receiving?
- You may continue to ask questions and allow your inner guidance to project the answers onto the walls of the cave until you feel complete for now, knowing that you can return to this cave of inner knowing any time you choose.
- Tune in to the Scientist and Mystic Archetype within you and notice what shifts in your attitude and body when you do.



9 PATHWAYS OF THE SOUL GUIDEBOOK

- Invoke all the superpowers of “7” including: the ability to pull away from the outer world and turn within, to deeply connect with your inner wisdom and intuition, to honor your need for quiet time alone and to feel the power of being on a quest for knowledge and spiritual connection.
- Take a few final deep breaths relaxing in the Cave of Knowing. Soon you will complete this meditation and go about your day or evening rejuvenated with activated intuition and access to your inner vision and knowing.
- Complete this activation with this statement: “I WITHDRAW FROM OUTER FOCUS TO DISCOVER ALL THAT IS WITHIN.”



Pathways 8: Manifestation.

*The world receives my gifts and
reflects them back.*



PATHWAY 8 MANDALA
CREATED FOR LIFE BLESSING
INSTITUTE, BY REV PAUL SHAFFER

This chapter is dedicated to an exploration of “PATHWAY 8”: MANIFESTATION, an activation of the Number “8” Archetype and its specific gifts, powers, challenges and opportunities to evolve within each person, within YOU!!

In the study of numbers as Archetypes, the Number “8” symbolizes our capacity to manifest needs and desires, hopes and dreams from thought to reality and from heaven to earth! On this pathway of development, we discover our power to bring our gifts into the marketplace of life and engage with the world, including the exchange of energy with others through the medium of money and other assets.

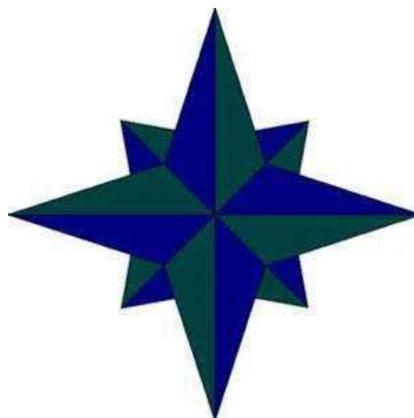
Symbols

Octagram: The Eight-Pointed Star

(Ref1)

The Octagram, or Eight Pointed Star, is a symbol of Number “8.” It has a variety of different meanings based on the interpretation of the culture or spiritual system that is using the symbol. From the Judeo-Christian perspective, the eight- pointed star represents new beginnings.

The Octagram also represents duality. Each point of the square represents the four cardinal directions and the four elements: air, water, earth and fire. When this symbol is viewed as 2 overlapping squares, (Ref 1), the top square of the Octagram represents the positive aspects of the elements, and the bottom square represents the negative.



The Greek philosopher Pythagoras believed the Octagon was the Embracer of Harmonies and linked it to safety, steadfastness and everything that was balanced in the universe. To explore the geometry of the Octagon [CLICK HERE](#).

A “Manifestation” Song



Listening to the song, “Money Is Coming To Me” by Karen Drucker can be a playful way to gain access to a sense of prosperity consciousness. [Enjoy!](#)

Number “8”: Examples

Goddess Lakshmi



The Hindu goddess of wealth, [Lakshmi](#), represents eight aspects of wealth: victory, patience, health, knowledge, nourishment, prosperity, mobility and monetary wealth. With one hand she reaches up to the heavens to access spiritual wealth and with another she reaches down towards the earth and offers a never -ending stream of golden coins, symbolizing prosperity consciousness manifesting on earth as it is in heaven.





Me and My Mom, Shirley

I asked Shirley how she experienced having an Archetype “8” Life Purpose and this is the first thing she had to say: “I decided very young that I was never going to be broke!” Even though her life was not always easy, Shirley was able to manifest what she needed, including whatever it took to provide her with enough money to meet these needs, and even to generously share with others! This was easy

for her only when she was clear about what it was that she wanted to manifest! She possessed a fierce determination to improve herself in every way, every day, and she was always willing and able to give it her “all.” (The photo above was taken of Shirley just six weeks before she made her “leap into the Light.”)

Shirley began her work career as a telephone operator at age 15 (she told them she was 18). She went on to become the mother of four children and to work as a Physical Therapist and Property Manager. She worked in the “marketplace of the world” well into her seventies, contributing to the care of others and to keeping that money flowing in!

Shirley understood the immense power of being able to translate needs and desires into reality through the exchange of money and influence. She respected the value of money as a means of independence, life creation and contribution to the lives of others.

Contribution to others was Shirley’s highest value and she wanted to always have the means to do so. She loved to give money and other things to the people she loved, including cars, two of which were given to me during my youth. She kept stashes of money everywhere, in coat pockets, her filing cabinet and even in a little purse tucked in her bra at all times.

Shirley lived the spirit of generosity and confidently expected life to provide for her if she put in her share of effort. She paid for some of the tuition for my Doctorate of Ministry degree. If it wasn’t for this financial gift, I wouldn’t have enjoyed this wonderful educational opportunity.

She embodied the power to manifest as an expectation that she would be in charge of taking care of herself to the very end of her life, even when that meant that others were helping her to do so.

At the late age of 87 she was still manifesting her life daily, attracting and organizing an on-going stream of care providers, a wonderful chiropractor that she visited often, physical and other types of therapists who came to her room for treatments, and much more. Her calendar was always filled!



Shirley was determined to constantly improve her relationships, and she wrote letters to Holy Spirit often. And she was engaged with improving her health and organizing her health care, and even paying her bills right up to the very last day of her life.

During the last five “golden years” of her life, as a true Elder, Shirley’s focus shifted from physical contribution to the lives of others to spiritual contribution. Over time and much spiritual practice, she manifested a relationship with the Divine that she had dreamed about and longed for in her earlier years.

She shared the beauty of her spiritual wisdom with all who were open to it. As she matured into an instrument for the Divine to shine through, the most powerful manifestations of her lifetime came through her prayers for others.

I observed that the MAGIC of Shirley’s GIFT for manifestation originated from and was motivated by love for self and others. In fact, many people in her life called her “Mother Love”!

Although she is gone from this world, she continues to manifest in me as a comforting warm light in my heart.

“8” SUPER POWERS

When an individual has developed a balanced and mature Number “8,” archetype attributes include the following:

- I have a strong drive for mastery that shows up in many areas of my life
- I am motivated to actualize my ideas and aspirations from a deep place inside
- I am at my best when doing something that will lead to an impact in the world
- I’d rather get up and start creating and manifesting my day than lazing around doing nothing
- I enjoy relaxing through creative projects most of all
- I understand the value of money and desire to master how to make, spend, save and invest it
- I love to give money to others
- I need to be empowered and in charge of my life
- When centered in the deepest truth of who I am, I access prosperity consciousness and can give from the over flow



9 PATHWAYS OF THE SOUL GUIDEBOOK

- I understand success and prosperity can be experienced in all dimensions of human experience
- I can manifest an abundance of time, harmonious relationships, and opportunities to serve and to empower others
- I am powerful in the world in a way that is just right for me
- I understand the right use of power
- I prioritize the development of my ability to consciously create
- I experience a sense of joyful alignment when birthing dreams into reality, no matter how large or small
- I am on a quest to harmonize my spiritual and physical world, as above so below
- I am willing to make great effort to be successful
- I need to be successful in a way that also contributes to the well-being of others
- I love to make things happen
- I also love to magnetize people, opportunity and resources to me
- I am more than enough
- I have more than enough
- I am valuable, what I have to contribute is valuable
- I believe the Universe is abundant and that I exist in a field of infinite possibilities
- People are attracted to my power and ability to get things done
- I like to apply spiritual laws to material affairs
- I am a soul in the marketplace of life



When an individual has an undeveloped Number “8” Archetype, attributes can include the following expressions:

- I can sometimes enter into a state of scarcity consciousness where everything is difficult and manifesting what I need seems impossible
- I can be overly driven to create or make things happen
- I can become out of balance with my need to work towards my goals as well as my need for relationships and rest
- I sometimes push myself beyond my physical limits, which can lead to accidents or health troubles
- I don't understand, or have patience with, people who dream but don't do anything about it
- I have lots and lots of great ideas but I don't know how to bring them through to reality
- I have a hard time accepting the need for sustained focus of desire and effort when bringing a dream to reality
- I avoid doing the work required to manifest
- I don't believe I have the ability to manifest
- I enjoy being in control and at times can misuse my position of power to get what I want at the expense of others (consciously or unconsciously)
- I don't see the value in learning to make, spend, save and invest my money
- I can go too far in contributing to others and foster co-dependency
- I give money away to prove to myself that I am valuable
- I feel unworthy and believe I am not enough
- I'm good at getting things done but often fail to check in with my Higher Self to make sure the items on my 'to do' list are motivated from a true sense of living in alignment with my Life Purpose



An Activation Practice For Your Number “8” Superpower

- Shift your focus to a state of deep inner receptivity; close your eyes; bring awareness to the rise and fall of your chest as you breath in and out. With each exhale, tune in more consciously to the part of you that knows how to ground and stabilize in your body, mind, emotions and spiritual connection.
- Take several deep breaths as you imagine yourself walking through a bright golden meadow surrounded by fertile green rolling hills. With each step, each rejuvenating breath you realize this meadow is a magical field of infinite possibility... Breathe the expansiveness and abundance of the universe and fill your lungs and heart with great JOY!
- You are now approaching the entrance to the enchanting “Marketplace of Manifestation.” With each step your thoughts are becoming fewer and farther apart. It is quiet and peaceful in this meadow.
- As you wander through the field of possibility, a desire drops into your awareness. There is something you want to experience, express, create or contribute. What is it??? Take a moment now to become more aware of something, or experience, that you desire to manifest. Let the heart’s desire form in your mind and feel the need that motivates it and the emotion that energizes it. Now let the energy of your desire form into a ‘dream seed’.
- In a little while you arrive at the entrance to the Marketplace of Manifestation....
- Stop here and really take in the sounds and sights of a magical outdoor market where everything that one could ever want or need is available. There is much purposeful activity going on, people exchanging wares and services, exchanging money and sharing their creative gifts, each person bringing a unique contribution to the market.
- Now, tune in to the “Manifestor Archetype” within you and notice what shifts in your attitude and body when you do.
- In the center of the Market is a lush magical garden filled with the most unique plants and flowers of all descriptions. This is your “Garden of Dreams.” It is here that you can plant your dream seed and fill your being with the sure certainty that what you want is possible. Plant your seed now and water it well!



- After some time in the garden tending to your seed, ask the Wise One within you what next actions steps to take to empower your dream seed to sprout and grow into a lived reality. What is the first next step? What is the second? Is there a third?
- Invoke all the Superpowers of Number “8” including your ability to birth your hearts desires into reality, to be powerful in your life, to have more than enough to contribute to others, to walk with confidence in the marketplace of life in an abundant state of mind.
- Take a few final deep breaths relaxing in your Dream Garden within the Marketplace of Manifestation. Soon you will complete this meditation and go about your day or evening energized and sparkling with activated power and prosperity consciousness.
- Complete this activation with this statement: “THE WORLD RECEIVES MY GIFTS AND REFLECTS THEM BACK.”



Pathway 9: Contribution.

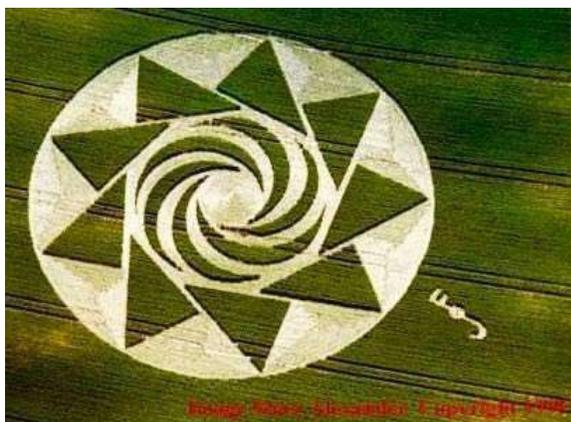
In the spirit of Oneness, I give freely and love unconditionally.

This chapter is dedicated to an exploration of “PATHWAY 9”: CONTRIBUTION, an activation of the Number “9” Archetype and its specific gifts, powers, challenges and opportunities to evolve within each person, within YOU!!

In the study of numbers as Archetypes, the Number “9” symbolizes our capacity to experience conscious interconnectivity with all creation. It is the last of the “9 Pathways of the Soul” and therefore represents contribution.

As a human expression, Archetype “9” can be described as the “Humanitarian Healer,” motivated by the unity principle to contribute to the greater good of others and all of life from a state of selfless service. The greatest capacity of the “9” is the capacity to love unconditionally and to hold the agony and the ecstasy of the whole world within a heart filled with compassion, and to forgive!

Number “9”: Symbols



The Nine Pointed Star

The Number 9 can be symbolized by a 9-pointed star. In geometry, the nine-pointed star is sometimes called a nonagram.

We are all familiar with the #9: “A stitch in time saves nine,” and “cats have nine lives.” Interestingly, as the highest single-digit number, “9” symbolizes completeness in many religions,

and it reveals a mirror symmetry among numbers: if any number is multiplied by nine the resulting digits always add to nine: $2 \times 9 = 18$; $3 \times 9 = 27$, $4 \times 9 = 36$ and so on. The Hebrews

referred to nine as the symbol of immutable Truth. The Ennead, or nine pointed star, is an ancient and sacred symbol. It comprises three trinities. The Egyptian, Celtic, Greek and Christian myths all have an ennead of nine gods and goddesses, representing the entire archetypal range of principles (<http://www.greatdreams.com/nine/nine.htm>).



In the Baha'i Faith, the belief is that the 9 major religions of the world, represented by the symbol of the nine pointed star, are part of God's continuing revelation of His Will for Humankind, and each person has a right and an obligation to pursue truth independently, free of coercion. Thus, religious freedom is essential for the progress of Humanity

(<http://www.the-symbols.net/guide/ninestar/>).

THE CADUCEUS: Symbol of Modern Medicine



The word caduceus can be traced back to the early Greeks, and perhaps even several centuries BC.

It has a variety of historical uses and meanings over the centuries. Its association with medicine is sometimes traced to Roman mythology, which describes the god Mercury seeing two serpents entwined in mortal combat. Separating them with his wand, Mercury brought about peace between the snakes, and as a result the caduceus came to be seen as a sign of restoration and peace. More recently, the caduceus is widely recognized as a symbol of medicine and health care practitioners, particularly in North America, where it is associated with healing, medicine, fertility and potency

(<http://www.newworldencyclopedia.org/entry/Caduceus>)



Number “9”: Examples

Kwan Yin



The goddess “Kwan Yin,” spelled “Guanyin” in East Asian, is a spiritual figure of mercy, and a bodhisattva associated with compassion as venerated by Mahayana Buddhists. The name Guanyin is short for Guanshiyin, which means, “Perceiving the Sounds (or Cries) of the World”. She is known in English as the Mercy Goddess or Goddess of Compassion and Mercy. For me, Kwan Yin represents the humanitarian capacity to be conscious of the suffering of others and desire to contribute healing energy through thought, prayer or action.

http://www.nationsonline.org/oneworld/Chinese_Customs/Guan_Yin.htm

Oprah



Oprah’s heart is as big as the world! And, she emanates the essence of the “Humanitarian Healer” through her many mediums of creative expression, including her philanthropic efforts over the years. She is on a mission to bring public awareness to individuals, communities and world situations in need of healing and we love her for it!

In 2004, Winfrey became the first black person to rank among the 50 most generous Americans and she remained among the top 50 until 2010. By 2012 she had given away about \$400 million to educational causes. As of 2012, Winfrey had also given over 400 scholarships to

Morehouse College in Atlanta, Georgia. Winfrey was the recipient of the first Bob Hope Humanitarian Award at 2002 Emmy Awards for services to television and film. To celebrate two decades on national TV, and to thank her employees for their hard work, Winfrey took her staff and their families (1065 people in total) on vacation to Hawaii in the summer of 2006.

In 2013, Winfrey donated \$12 million to the Smithsonian’s National Museum of African American History and Culture. President Barack Obama awarded her the Presidential Medal of Freedom later that same year.

To read about Oprah’s Angel Network, a charity that supported projects and provided grants to nonprofit organizations around the world, her work in the wake of Hurricane Katrina, the Oprah Leadership Academy for Girls in South Africa, and her life journey [CLICK HERE](#).



Case Study For #9

Georgette Star MA, D.Min



My parents were healers and mystics.

My dad was a visionary Doctor of Chiropractic back in the day when Chiropractors were often considered “quacks.” His holistic ideas about how to create and maintain health were far beyond his time and continue to be, even today! My mom worked by his side as a Chiropractic Assistant and then after additional training, as a Physical Therapist until she began her work in hospitals.

There was so much more happening between my parents and their patients than the physical modalities they employed to help people heal. I witnessed and felt it all for all of my formative years. From age 12-18, I “worked” as a receptionist in the office in the downstairs flat of the converted Victorian. Our family lived upstairs.

My parents were both spiritually inclined. They participated as members of the Rosicrucian’s Order, a community of mystics who study and practice the metaphysical laws governing the universe. <https://www.rosicrucian.org>

My Mom had a special interest in a metaphysical “Soul Mapping” system based on numbers as archetypes which she later taught to me. This body of knowledge later became the foundation for all expressions of my work over the years. To learn more about this part of my story, [Click HERE](#).

As a little girl, I remember being extremely aware of and affected by the emotions of others. I experienced any kind of criticism like a physical blow to my entire being. This caused me to want to stay quiet and hidden at times.

I was way too emotionally sensitive to watch scary movies and especially war movies where people were being hurt or killed. This sensitivity to the suffering of others often compelled me to separate from my family, who were all enjoying a movie together in the living room, and go to the back of the house where I couldn’t see or hear the traumatic events portrayed. During such times I felt isolated and torn between my desire to be with my family and the pain of watching people causing others harm, even if it was “only a movie”.



As I child I loved to play “Doctor, Nurse or Teacher” and to organize “Girls Clubs” with my girlfriends in which I would be the “president.” I also LOVED to express myself through singing, writing, drawing, painting and rearranging my bedroom every few months...

One of my treasured possessions was a large collection of keys, discarded by my parents or found at thrift stores. I delighted in the feeling of having keys to open any door for myself or for others.

Throughout childhood, I was passionate about rooting for the underdog in TV shows, movies, books and in my life! I went out of my way to be nice to all the kids at school that others were ostracizing.

Sometimes my expression of compassion and care for others became a real problem. An example is with those boys I was kind to who would develop major crushes on me, mostly because I gave them respectful, caring attention and they were so lonely.



Although I didn't realize it at the time, my entire childhood was steeped in the energy of my parent's humanitarian compassion and care of others. I replicated this energy that was so genuine to my spirit by contributing to others in my own small ways throughout my youth.

During some of my adolescent summers I worked as a “Candy Stripper” at a convalescent home where I would spend time with the elderly.

As a young adult, it seemed only natural that I would be drawn to the Healing Arts. I studied every new workshop or training program that attracted my interest in hands-on-healing or spiritual and psychological development.

After completing a Bachelor of Arts in Psychology and a minor in Women's Studies, I started my private practice and business. My first offerings included “Hands-on-Healing” bodywork sessions, “Life Coaching” and my first “Women's Wisdom Group Coaching Program.”

The most joyful and fulfilling experience in life for me has always been sharing that transformative moment when someone gains a new freedom, makes a liberating life change, experiences an expanded sense of wellbeing.





After more than ten years of facilitating the “Women’s Wisdom Group Coaching” program in Portland, Oregon, the participants who were also mothers, started asking me to create something like it for their young daughters. This was the inspiration for me to return to school for my Masters degree that gave birth to the [MAIDEN SPIRIT PROGRAM](#) curriculum and my work empowering women and girls over the past two decades.

The MAIDEN SPIRIT Program teaches girls to look within for soul guidance, empowers them to be conscious creators and leaders in their own lives, and encourages them to experience conscious and celebrated rites-of-passage into womanhood.

Little did I know when I started MAIDEN SPIRIT that many years later I would have a granddaughter and the opportunity to share MAIDEN SPIRIT with her!!!

I became my beautiful granddaughter, Azure’s, MAIDEN SPIRIT mentor for one wonderful year.

One thing led to the next. MAIDEN SPIRIT families had sons and the need for a similar program focused for boys emerged. The [PEACE- WARRIORS PROGRAM](#) was born to meet that need.





Another step on my path of growth and evolution was participation in a Doctor of Ministry program. My doctoral project became the foundation for the MAIDEN SPIRIT and PEACE WARRIOR MENTOR CERTIFICATION TRAININGS and the foundation of the LIFE BLESSING INSTITUTE LLC.

At this time in my life, and evolution of my Life Purpose as a Number “9”, after more than 25 years of practice based on the body of

knowledge that I learned from my Mom and the compassion and ethics I learned from both my parents, my Contribution focus now includes the “SOUL STREAM LIFE MAP & MASTERY” Training Programs.

It is fulfilling to my sense of “Life Purpose” to empower others to discover their “Soul Codes”, the deepest truth about who they are, why they came to earth and what they are here to learn, as well as to train and certify Holistic Healers, Coaches and Consultants and anyone else interested to use the “SOUL-STREAM LIFE MAP System” in the communities they serve.

It fills me with JOY to now be passing on the healing wisdom and tools that have helped me to help thousands of clients and students in my Coaching Private Practice over the years.

And, I have no doubt that I will continue to find ways to express my desire to contribute to the wellbeing of the world until my very last breath for the absolute JOY of it!!!!



#9 SUPER POWERS

When an individual has developed a balanced and mature Number “9”, archetype attributes include the following:

- I find fulfillment in completing things
- I love to celebrate everything, especially completions.
- I accept that death is not separate from life and that it is just as important to acknowledge loss as it to celebrate the endings that come with accomplishments
- I have a strong and consistent drive to contribute to the wellbeing of others
- I adore and celebrate the beauty of the human spirit
- I am deeply motivated to contribute to the creation of a better world however I can
Contributing to LIFE makes my life worth living
- I am often moved to assist or support the “underdog” and seek to level the playing field
- I am often called to transformative justice work
- I am at my best when giving my best to all beings: people, animals and plants, the environment...
- I’m especially touched by the vulnerability and needs of youth, the elderly, and animals
- I understand the power of truth and reconciliation processes for restoring harmony in relationships
- I know how to forgive, even when it seems irrational to do so
- I can forgive unconditionally which allows me to continue to live with an open heart
- I have the capacity to give and forgive unconditionally
- I LOVE to give presents
- I give more than I receive
- I embody the spirit of generosity and prosperity consciousness of the heart
- I have more than enough love and resources to share with others because I give from an overflow of an inner source
- It’s not important to me if I get anything back for my contribution to others directly



- I trust that what goes around comes around
- I respect and honor the vast spectrum of human emotions including the more uncomfortable emotions such as fear, anger, or grief, in others and myself
- I adore all expressions of human creativity in all disciplines, in all art forms, including the Healing Arts
- I adore all expressions of awareness of shared humanity and any effort by any individual or group that recognizes the truth of our interconnectivity
- I know that when I contribute to one person, the blessing of this healing interaction ripples out through the field of our interconnectivity to into the fabric of the whole
- I have great tolerance and celebrate diversity
- I have the capacity for deep emotional presence and awareness and can easily empathize with others in a way that is healing
- I teach through example by radiating my energies to others
- I trust in the universal law of reciprocity and that all my needs will be met as I continue to give selflessly from a state of unconditional love

When an individual has an undeveloped Number “9” Archetype, attributes can include the following expressions:

- In the intensity of my desire to contribute to others, I can lose awareness of “self”, leading to depletion and burn out, poor health, or relationship troubles
- I have more compassion and love for others than I do for myself
- I over-empathize with others and traumatic world events in a way that pulls me out of my own center and ability to contribute, leading to feelings of fear and hopelessness
- If I go way too far from self-awareness and care, I can become a MARTYR, exhausting myself, resentful about my giving and even blaming others for my condition when I’m “giving so much”
- I can be a doormat or co-dependent in my desire to contribute to the wellbeing of others
- I have a hard time completing things
- I don’t like endings. I hold on to people, places, and things



- I avoid feeling the depth of my grief when experiencing loss
- I feel disconnected to a sense of “Purpose” when I only focus on myself
- I don’t want to know about the suffering of others and shut myself down to awareness of tragic or troubling global situations and issues
- I can be intolerant of those who are intolerant
- I care more about others than I care about myself
- I am highly emotional and sometimes struggle with mood swings
- I don’t trust humanity and wish I could separate myself from the whole

An Activation Practice For Your Number “9” Superpower

- Shift your focus to a state of deep inner receptivity; close your eyes; bring awareness to the rise and fall of your chest as you breathe in and out. With each exhale, tune in more consciously to the part of you that knows how to ground and stabilize in your body, mind, emotions and spiritual connection.
- Take several deep and conscious breaths as you imagine yourself walking on a path through a glorious field of interconnectivity near the base of a majestic snow capped mountain that soars up into a blue, blue sky.
- With each step, each rejuvenating breath, you move through this magical field and find yourself irresistibly drawn towards a “Healing Fountain” fed by pure mountain spring water at the base of the mountain.
- Continue to breathe deeply and increase your openness to receive a healing as you fill your lungs and heart with the soothing, yet energizing beauty of the field of interconnectivity and the mountain as you approach the “Healing Fountain.”
- When you arrive at the fountain, take note of the details of the fountain... what does your “Healing Fountain” look like? How do the healing waters flow? How does the healing waters sound as they cascade and flow? How does it feel to be so near to a potent source of healing energy?
- Take a moment to really take in the sights and sounds of this sacred site as you stand near and bask in the presence of the Fountain of Healing.



9 PATHWAYS OF THE SOUL GUIDEBOOK

- Now, in your mind, formulate a request for healing. What part of you, your life, the lives of specific others, or crisis situations in the world right now, do you most deeply desire a healing?
- Let yourself tune in to the emotion underneath your request... sadness, anger, fear, hopelessness, hope, joy, faith... or whatever is truly present and bring all of these emotions and your desire for healing into your heart awareness.
- Tune in to the “Healer Archetype” within you and notice what shifts in your attitude and body when you do. When you are ready, invoke all the Superpowers of Number “9,” including your ability to be a conduit of healing.
- Silently ask for a healing from the Healer within through the magical waters of the “Healing Fountain.”
- Reach your hands into the healing waters as your entire body, mind, heart and soul are cleansed, renewed. That which is out of balance is being restored in the transformative energies of the living healing waters pouring into your hands and through every fiber of your being.
- Take a few final deep breaths soaking immense feelings of unconditional love and compassion from the healer in you. Know the healing has now begun and that your request has been heard. Know that as you open to receive healing for yourself or send healing energy to others that you also contribute this energy to the greater good of all beings through the field of our interconnectivity.
- Soon you will complete this guided journey and go about your day or evening energized and sparkling with activated healing power and ability to contribute to the wellbeing of self and others.
- Complete this activation with this statement: “IN THE SPIRIT OF ONENESS, I CONTRIBUTE FREELY AND UNCONDITIONALLY.”



About the Author

Georgette Star MA, D.Min

Georgette Star is Founder of the “LIFE BLESSING INSTITUTE,” a learning community dedicated to empower women, men and youth on the “Path of Awakening” to create fulfilling purpose- driven lives and contribute to the creation of a better world through the actualization of their unique “Soul-Code.”

As a “SOUL STREAM Life Coach and Trainer” Georgette guides her clients and students to discover the “Soul Code” that can be found in their “Soul Maps.” The “Soul Map” is an important tool of the “SOUL STREAM Life Map System.” Refined and passed on for many generations, this System illuminates an individual’s birth template and has roots in “ancient sciences” including Numerology. Georgette learned this System from her own beautiful mother, and is a third generation practitioner of this methodology.

A “Soul Map” provides guidance to reveal answers to deep questions such as: Who am I? Why am I here? And, What am I to do? It illuminates Life Purpose, Soul Needs, Natural Abilities and Karmic Learning Pathways.

With “map in hand”, Georgette supports her clients and students to make and maintain SOUL CONNECTION, transform karma into free energy, develop new capacities, and live in a flow of joyful aliveness.

Over the past 18 years, LBI has offered a variety of educational programs for both youth and adults. Program examples include the youth empowerment programs: [MAIDEN SPIRIT](#), [PEACE- WARRIORS](#) and [BEAUTIFUL YOU](#): From Girl to Woman and the on-line Summits, “Radiant Moms’ & Girls’ Revolution”, “Every Woman’s Mystical Treasure Chest,” and “COACHING MASTERY MAGIC World Summit.” Georgette’s current passion is to teach the “SOUL STREAM: Life Map and Mastery System” to Holistic Healers, Coaches, and Consultants.



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Contact georgette@lifeblessing.com to receive a
Complimentary Mini Reading with one of our
coaches

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