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Preface

If everybody knew their “numbers,” the world would be a better place.

The reason I’m so passionate about numerology is that it truly changed *my* life! After struggling for many years to make sense of myself and my experiences, it was a numerology reading from a stranger that turned my life around. I couldn’t believe that someone I didn’t even know could discern so much about me and the challenges I faced simply by calculating the numbers in my date of birth and birth-certificate name. To say it was a life-changing experience is an understatement. That 40-minute reading taught me more about myself than ten years’ worth of therapy with the best therapist in the world.

Thanks to numerology, for the first time in my life I was able to understand who I was and why I’d struggled with an eating disorder, addiction, and other self-destructive behavior. After years of crippling anxiety and self-doubt, I was finally able to process my thoughts, emotions, and fears, and understand the reasons why my life had unfolded the way it had. From the moment I discovered that my personality traits and life experiences were typical of my numbers, something within me changed. And that acknowledgment alone enabled me to take full responsibility for my life and begin my long and progressive journey toward self-love and understanding—a journey that might not have begun at all if I hadn’t discovered my numbers.

Ever since that day over 20 years ago, I’ve been on a crusade to learn everything I can about numerology so I can fully understand myself and discover my life purpose. I started out by reading every numerology book I could get my hands on. I purchased some from metaphysical bookstores, borrowed others from the library, and ordered still more from overseas. For once in my life, my obsessive nature had come in handy and was working to my advantage.

From 1997 to 1999, I took numerology night classes with New Zealand’s most experienced numerologist, the late Francie Williams, at the North Shore Parapsychology School while working in my corporate sales job during the day. However, despite my ability to provide accurate and inspirational readings for my corporate clients, family, friends, and countless others who crossed my path, I lacked the necessary self-esteem to charge money for my wisdom and time.

At 39 I became a stay-at-home mom with my second child. During this time I took an in-depth Law of Attraction practitioners course that enabled me to recognize the two limiting beliefs that prevented me from charging a fee for my readings and making numerology my career. Those debilitating beliefs were: *I'm not good enough to accept money for my knowledge and time* and *People only want psychic and clairvoyant readings—there isn't a market for numerology*.

Once I changed my outlook and reprogrammed my limiting beliefs, I was able to fully embrace my life purpose as an inspirational teacher (according to my 11/2 Life Path and 11/2 Soul numbers) and take steps toward making numerology my career. Today, I'm living my dream as a full-time numerologist with clients all over the world. I'm honored to say that I am living proof that when you change your thoughts and follow your numerology blueprint, you can make your dreams come true.

Because numerology has had such a positive impact on my life, I'm driven to help others find happiness, too, by helping them recognize the influence of their numbers. As far as I'm concerned, numerology is the fast-track way to self-love and empowerment. It's one of most valuable tools available to help improve your quality of life. I feel very strongly about this because I know from personal experience that *numerology leads to self-understanding, self-understanding leads to self-acceptance, self-acceptance leads to self-love, and self-love leads to empowerment*. When you feel fully empowered and have unconditional love for yourself, you will have a better life . . . because it's universal law!

When you know who you are; why you're here; where you're going; and why you think, feel, and behave the way you do, you're able to stand in your full power, which raises your energy vibration and enables you to improve the circumstances of your life. Did you know that self-love is one of the key ingredients for the successful manifestation of your dreams? And did you know that *lack* of self-love is one of the primary causes of unhappiness and disease? To me, numerology is so much more than simply predicting the future or choosing the ideal partner, wedding date, or name. It's the missing piece of the puzzle that will help you live your best life and reach your full potential.

I can almost guarantee that by the time you finish this book, you'll be well on your way toward unconditional self-love, as well as creating an overall better quality of life. As you read through these pages, you'll realize that you only face the challenges you do because they are your *numerological life lessons*—lessons you've "prechosen" and have the ability to overcome! As you calculate your numbers, you'll uncover your life's blueprint and the predetermined destiny that will help you actualize your dreams. I believe that this newfound insight into your soul's journey will enhance your appreciation for yourself and the life you've chosen to live.

I recommend you read this book cover to cover to obtain a complete understanding of numerology so you can fully benefit from its wisdom:

— As you read through the descriptions of the 7 Core Numbers in **Part I**, you will not only uncover your destiny, life purpose, strengths, weaknesses, and life lessons, you'll discover the astrological equivalent for each of your numbers, along with suitable career choices and your most compatible numbers.

— And the fun doesn't stop there! In **Part II**, "Forecasting and Timing," you'll learn how to calculate your various life cycles so you can determine what lies ahead. By knowing what's around the corner, you can prepare yourself for potential challenges and take advantage of the opportunities coming your way.

— By the time you reach **Part III**, "Other Numbers in Your Life," you'll be astounded by the numbers all around you and the influence they have on many areas of your life. I bet you didn't think that recurring numbers, your house number, street name, or even the name of your business could have an effect on the circumstances of your life! Well, they *do*, and this section will explain how. This is one of my favorite areas of the book because the "Manifestation With Numbers" segment teaches you how you can use your numbers to your advantage, to manifest your dreams. And not only that, this section will teach you everything you need to know about changing and choosing a name. Whether it's selecting a baby, business, or pet name or determining whether to adopt a different name after marriage or divorce, this section will show you how to make the best decisions for *you*.

By the time you finish this book, you will see that your numerological life purpose isn't something you *do* or something you *achieve*—rather, it is something you *become*. I wrote this book to show you that fulfilling your life purpose is surrendering to the inherent energy that already resides within you and enables you to become your true authentic self. When you fully align with the numerological essence of all you are, you will reach your full potential and experience inner peace.

Your life purpose has nothing to do with how much money you have, what you do for a living, your physical appearance, or what you have or haven't accomplished. This book will show you that you're exactly as you are meant to be and are already on the right path! So grab a calculator and a pen, and plenty of scrap paper to calculate your numbers . . . and prepare to uncover your destiny and the blueprint of your life. Once you've witnessed your potential, your life will never be the same, because it's onward and upward from here.

From the bottom of my heart, I thank you for reading *The Numerology Guidebook*. I hope you enjoy reading it as much as I enjoyed writing it for you. And most of all, I hope that numerology will improve your life as much as it has improved mine.

Love and blessings,
Michelle

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Introduction

What Is Numerology?

Numerology is the ancient science of numbers, with each number contributing a unique vibration to the story of your life. One of the benefits of numerology is that it can uncover your destiny and life purpose and the life lessons you'll face along the way, which is valuable information if you want to make the most of your journey. Even though this is one of the most accurate and powerful self-help tools available today, it originally dates back thousands of years to the ancient civilizations of Atlantis, Babylon, China, Egypt, India and Greece.

These days, *Western* (aka modern) numerology is the most popular system used around the world. It is said to have been created by Pythagoras, the Greek mystic and mathematician, more than 2,500 years ago; however, some believe the Western system wasn't actually developed until after his death. Even though Pythagoras is considered the father of modern numerology, the *Chaldean* system of numerology (developed by the Chaldeans of ancient Babylon) dates back even further. Besides Western and Chaldean - Kabbalah, Chinese, and Tamil/Indian are other numerology systems currently being used around the world today. Numerology is based on the premise that we are timeless souls who have lived, and will continue to live, many lives for the purpose of wisdom and growth. We numerologists believe that every one of us, in our quest for self-mastery, has a preset agenda consisting of the specific lessons we'd like to learn and the destiny we endeavor to fulfill while we're here—the details of which are found in our numbers. We have prechosen our numbers prior to this incarnation to provide the necessary tools and experiences to assist us in our quest.

The Western numerology system used in this book will help you uncover the prechosen blueprint of your life using the numbers corresponding to your date of birth, birth-certificate name, and the name you currently use today. As you read through these pages, you'll discover that your life's mission is written in your numbers. The beauty of numerology is that it focuses on two main areas: *personality profiling* and *forecasting*. So not only will you determine your personality strengths and weaknesses, life lessons, destiny, and purpose, but you'll also uncover your

future potential, the environment around you, and the direction in which your life is leading you.

Now before we get started, there are a couple of things I'd like to point out to make your learning experience easier. By taking the following into consideration, you will find it much easier to process the information in the book:

– **In numerology, a number has the same meaning wherever it appears.** So regardless of which system you use, once you understand the meaning of each number and what each chart position represents, it becomes a matter of mix and match.

– **The accuracy of a reading relies upon your ability to “blend” the numbers.** A numerology chart (profile of numbers) must be read in its entirety to get an accurate overall picture. This is where common sense and logic are just as important as intuition and insight.

– **Every number has positives and negatives.** So there's no such thing as a “good” or “bad” number, let alone the “perfect number” that guarantees a challenge-free life.

– **Every number has life lessons and challenges** to overcome so you can reach your full potential. Since you incarnated to learn and grow from your life experiences here on Earth, regardless of how *spiritual, well behaved, healthy, intelligent, or positive* you are, there will always be lessons to learn. Your attitude is the key to determining how challenging your lessons may be and how long your difficulties will last. The sooner you face your challenges head-on with courage, determination, optimism, and grace, the sooner you'll improve your quality of life.

– **For greater insight into a number, read every description for that number.** For example, if you're a 7 Life Path Number, read every 7 description such as those of the 7 Destiny Number, 7 Soul Number, 7 Karmic Lesson Number, 7 Pinnacle Number, and so on. Even though the *chart position* is different, the meaning is the same, because *a number has the same meaning wherever it appears.*

To some extent, every description of that number will apply to you as well. You'll also gain additional information about that number that may not appear in your description

— **Numbers, stars, and archetypes are complementary.** Certain astrology signs and archetypes have personality traits that are similar to the numbers. If you have the personality traits of a number, but that number doesn't appear in your chart, you may have its astrological or archetypal equivalent. For example, the monk archetype has similar personality traits to number 7, and the astrology sign Gemini has similar traits to number 5. (For further information about archetypes, I strongly recommend Caroline Myss's book *Archetypes: Who Are You?* For more information about astrology, check out *Linda Goodman's Sun Signs*.)

— **Along with all forms of divination, numerology is only a guide.** It cannot predict everything, and it cannot be 100 percent correct. So use your common sense, and take it all with a grain of salt.

— **Conflicting theories among numerologists can be confusing** for numerology students. When one numerologist says one thing and another says the opposite, it's hard to know which theory is "right." However, neither is right or wrong, just different. Each numerologist is simply teaching his or her own interpretation and preferred method of calculation. For example, some people prefer to make a chocolate cake with butter, and others prefer oil. In this book, I've tried my best to cover the various interpretations, systems, and calculation methods available so you can decide for yourself which ones work for you—because at the end of the day, it comes down to personal preference.

While we're on the subject, let me quickly address a couple of conflicting theories, as well as some other frequently asked questions, to clear up any confusion. . . .

Which numerology system is best—Western or Chaldean?

I adore both, but one is not better or more accurate than the other—they're just two completely different systems. There are many major differences between the two; however, the main points of difference are that Chaldean is an older system based on a different letters-and-numbers chart where the numbers range from 1 to 8. Because the Chaldeans considered 9 a holy number, it isn't included in their letters-and-numbers chart. In Chaldean numerology, the numerical value of each letter is based upon its sound frequency and vibrational pattern whereas the value of each letter in the Western letters-and-numbers chart is based upon its position in the alphabet. In Western numerology the numbers in the letters-and-numbers chart range from 1 to 9.

Another point of difference is that the letter *Y* is always considered a vowel in Chaldean numerology, but it can either be a consonant or a vowel in Western. Chaldean also places a greater significance on the name currently used today if it differs from the original birth-certificate name due to marriage, adoption, or other means, whereas Western often focuses predominantly on the original birth-certificate name.

Even though the definitions of the numbers themselves are the same for both systems, the chart positions in a numerology profile have different titles and meanings. For example, the total of the birth date is called the *Life Path Number* in Western but is called the *Destiny Number* in Chaldean, and each has a different meaning. I suggest you explore both systems (along with the many variations therein) to determine which is the most suitable for you.

Is it necessary to know the time and place of birth to calculate a numerology chart?

No, this is only a requirement for astrology. In numerology, all you need is the date of birth; the full, original birth-certificate name; and the first and last name you currently go by today. It's essential that this information be 100 percent correct; otherwise the entire reading will be wrong. Therefore, it is wise to double-check the spelling on your birth certificate before calculating your numbers. It also pays to confirm the details of others before taking the time to calculate their numbers. Guesswork doesn't cut it in the world of numerology.

Should the birth-certificate name or current name be used to calculate a chart?

Both must be used to uncover a complete and accurate story of one's life; however, Western numerology places a greater emphasis on the original birth-certificate name, because it reveals the prechosen destiny that cannot be replaced by a new name. Most Chaldean numerologists believe the name currently used today (if it differs from the original birth-certificate name) carries the strongest vibration of all. No wonder people get confused! Either way, we'll be covering both names in this book.

Does a 3" × 3" grid, as seen in some numerology books, have to be used to calculate a numerology chart?

The square grid is called the *Pythagorean Birth Chart Grid* or the *Lo Shu Square*, and even though it's incredibly insightful, it isn't necessary that you use one in order to give a thorough and accurate reading. Whether you choose to use the grid or not comes down to personal preference.

If my numbers are incompatible with my partner's, will the relationship fail?

Not necessarily, so try not to get caught up in a "numbers compatibility" thing. There are so many components to take into consideration that it's impossible for any relationship to tick all the boxes. Other things to consider are:

- The "complete" numerology chart must be taken into consideration rather than just one or two numbers. For example – if the Life Path Numbers are considered incompatible, other numbers in the chart might be – or one person's Life Path Number may be compatible with the other person's Destiny Number.
- The two individuals' astrology profiles – where a couple's numbers may be considered incompatible, their astrology profiles may be.

- Soul contracts (that is, prechosen agreements, made between souls prior to incarnation, to share specific life experiences together for the purpose of soul growth)
- The fact that opposites often attract when partners have specific lessons to learn from each other or need to adopt opposing personality traits

I have clients with so-called incompatible numbers who've been happily married for years. Besides, numerologists have conflicting opinions about compatible numbers anyway. This is why I use the phrase *are said to be most compatible with* when providing the so-called most compatible numbers.

Can numerology predict winning lottery numbers and a person's day of passing?

No, but it would be handy if it could! However, nothing can predict either of those things.

Is there such a thing as a lucky number?

No. It's your power of belief that makes a number—or anything else, for that matter—lucky. Since *what you believe to be will be*, if you believe a number is lucky or unlucky, then it *will be*.

Upon entering my birth date and name, I was urged by a numerology website to purchase one of their numerology reports, stating there was a “life-changing event” on the horizon. Is this for real or a scam?

Sadly, it's a scam. Please use your common sense when visiting these types of websites and walk away from anything that uses scare tactics, glitz and glamour, or a promise of fortune and fame to create a sale. Be mindful of fake testimonials, and research the website thoroughly to see if it has a good reputation before you spend your money. Otherwise, only deal with a reputable numerologist for authentic advice. Your local metaphysical store should be able to point you in the right direction. Failing that, most numerology authors (myself included) provide e-mail reports and Skype or telephone readings to people anywhere in the world. If you wish to receive

an authentic numerology service from me, please come directly to my website: Any other website that advertises my image and name is a fake.

When it comes to numerology, I suggest that you explore every option and evaluate your findings through personal experience before deciding which system and methods you prefer. By testing the calculations out on yourself, you can determine which theories suit you best.

Now, with the housekeeping out the way, let's get to the good stuff and start working out your numbers.

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