

***"Direct Your Destiny is an exceptional tool to assist spiritual exploration. Scott and Stephen Petullo have created an outstanding package for personal study that is motivating and uplifting, yet grounded and practical. Don't miss the past life discussion, which includes segments from the amazing story and one of my favorite books by Robert Snow."***

***--Janet Cunningham, Ph.D., President of the International Board of Regression Therapy (IBRT), board-certified specialist in regression therapy, and author of 10 books, including *A Tribe Returned* and *Caution: Soul Mate Ahead!****

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**Myth:** “If you can’t see it, it doesn’t exist, therefore, there’s no need to worry about unseen influences such as lost souls or dark energy.”

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### **What to do if you...**

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**Myth:** We all have unlimited possibilities in life and you can create your reality as you wish.

### **What to do if you...**

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**Myth:** Spiritual teachers are easy to identify by the way they look, act, and talk.

## [What does make a good spiritual teacher? \(links to "Spiritual, Occult & Metaphysical Studies" above\)](#)

**Myth:** Channeled information is always accurate.

**Myth:** Women can't be spiritual or religious leaders.

**Myth:** Older people are more spiritually aware; older = wiser.

**Myth:** Inspirational authors and speakers are always adept at helping people get what they want.

**Myth:** The film "What the Bleep..." proved that physics and mysticism are one in the same.

**Myth:** The best metaphysical books may contain difficult to understand messages.

**Myth:** The best spiritual authors write only uplifting and positive messages and present them with pure compassion.

## [New Age & Metaphysical Myth, Misinformation, Inspiration & Truth – Idealism vs. Realism](#)

### [New Age, Spirituality & Dogma – 10 Myths Revealed](#)

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Free Will, Karma, Fate & Destiny – Self-Mastery Won't Make Your Future Less Fixed

### [Numerology, Astrology & Predestination - You Can Only Manifest That Which Matches Your Karmic Plan](#)

**Myth:** "Past lives can't be proven so there's no benefit from past life regression."

**Myth:** Only gullible people believe in metaphysical philosophies such as reincarnation.

**Myth:** Reincarnation isn't an important part of spirituality.

**Myth:** It's possible to release and avoid your karma.

**Myth:** Since the most popular spiritual authors reject or don't even address topics like fate and karma, the subjects are not that important.

**Myth:** You can "Ascend" or "reach enlightenment" in this life if you consciously choose it.

**Myth:** Because the Universe is changing, we aren't governed by the laws of karma like we used to be.

**Myth:** People have more free will than ever before.

**Myth:** Once you die, all your "sins" are forgiven and you get a "get out of jail free" card; you aren't accountable for your actions in this life.

**Myth:** All the wisest ancient mystics said you can easily create the life of your dreams.

**Myth:** It's possible to consciously create your destiny, to create whatever you want.

**Myth:** Destiny is changed by the way in which you respond to the moment.

**Myth:** Miracles aren't fated and they can happen easily if you ask and believe.

[Free Will, Fate & Destiny – You Have Less Choice Than You Think You do After Incarnating](#)

[Reincarnation & karma – Both Have Existed Since Well Before Earth’s Recorded History](#)

[Reincarnation--Fact or Fantasy?](#)

4 Reasons People Think They Lived Past lives as Famous Historical Figures

[Reincarnation and Past Lives – Everyone Has Been a Bad Person at Some Point](#)

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Past Lives & Reincarnation – What Creates Negative Karma, What Doesn’t, & Why You’re Coming Back

[Fate, Destiny, Karma, Past Lives & Future Lives - Why You Can’t Live Forever](#)

[Karma, Fate, Past Lives & Birthrights – Why You’re Denied The Infinite Possibilities of the Universe](#)

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### **What to do if you...**

...have doubts about a new person in your life

...want to discover hidden personality characteristics that may be hurting your love life

**Myth:** “The only way to determine hidden personality blocks is through extensive therapy.”

[Love Compatibility--Important Areas of Concern](#) Graphology Resource Key

[Subconscious Fears and Defense Mechanisms--Dealing With Conscious and Unconscious](#)

[Apprehension](#) Graphology Resource Key

### [Perfect Penmanship and Your Lover](#)

Handwriting Analysis: Some Elaboration is Healthy & Perfect Penmanship Isn't

### **What to do if you...**

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...are not meeting anyone worthwhile for dating

### [Lost Love](#)

**Myth:** You need to find your soul mate to have a happy love life.

**Myth:** Finding your twin soul or other half will complete you.

**Myth:** Fate, destiny, and predestination aren't the same thing.

**Myth:** Love spells can help attract an ideal mate.

[Love Life, Fate & Destiny - a Lot in Life is Measurable Through Astrology, Numerology & Graphology](#)

[Free Will, Manifestation & Creation - How Karma, Fate and Predestination May Block Your Efforts](#)

[Redefining How You Perceive New Love Interests](#)

Marriage, Divorce & Soul Mates – Expectation of a Lifetime Partner is Rooted in Fear

[Soul Mates, Twin Flames & Your Love Life – Why You Can't Always Get What You Want](#)

[Love, Relationships, Marriage & Romance – Everyone Has Many Soul Mates & All Bonds Have Time Limits](#)

## [Monogamy, Marriage, Fate, Karma & Soul Mates – Love is Forever, But Most Relationships Aren't](#)

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## [Sex, Marriage, and Compatibility – Soul Mate Connections Are Not What You Think](#)

### [When Will I Marry?](#)

Numerology & Astrology - Predicting When You'll Have Good Love

## [Numerology, Astrology & Graphology – Tools to Cultivate Understanding and Love in Relationships](#)

### **What to do if you...**

...are unhappily involved, partnered, or married

**Myth:** Men need women in marriage in order to grow spiritually or vice versa.

**Myth:** There is one, ideal romantic partner for each person, also known as the "other half", twin soul, soul mate, or "The One."

**Myth:** Sex before marriage is a sin.

**Myth:** Divorce is a sin.

**Myth:** Getting married and having children is the right thing to do.

## [Love & Relationships—Three Signs it's Over & How Unconditional Love Contrasts With Modern Marriage](#)

### [Love and Marriage – Why Fate and Karma Make it or Break it](#)

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## [Love Life Affirmations to Assist With Being Unhappily Single or Suffering in a Marriage](#)



## [Karma, Fate, Destiny, Spirituality & Relationships - Stay Married or Divorce?](#)

## [Marriage, Adultery & Soul Mates—It's Natural to be Attracted to Someone Other Than Your Spouse](#)

## [Love Relationships & Karma - The Good, Fair, and Impossible](#)

### [Cheating Lover's Handwriting](#)

True Personality is Revealed Through Handwriting Analysis

## [Compatibility, Love & Subconscious Mind - What a Handwriting Analyst Can Tell You About Your Lover](#)

### [Radical Honesty in Relationships](#)

Long-term, Strict Monogamy is Unnatural For Some & How Responsible Non-monogamy Can Save a Relationship

## [Gay Marriage – Karma, Past Lives, Spirituality, Numerology, and Astrology](#)

### **What to do if you...**

...are angry with someone because they hurt you  
...can't or won't forgive someone

**Myth:** "Some people just don't deserve to be forgiven."

### [Forgive and Release While You Sleep](#) Mini Meditation Audio

### **What to do if you...**

...never had the opportunity or courage to express your true feelings to someone

### [Express Unspoken Words](#) Mini Meditation Audio

### **What to do if you...**

...would like to understand how someone feels or how they perceive you

[Gain Awareness About a Potential or Existing Partnership or Gain Awareness About Another](#) Mini Meditation Audio

## [Chapter 6 Upgrading Your Passion](#)

### **What to do if you...**

...feel like your s.e.x. life has seen better days

**Bring out your inner S.e.x. God/Goddess!**

[Incredible S.e.x. Hypno-Reiki](#) Audio Meditation

Would you like to enhance your love-making?

Use the [Let Go™](#) Audio to stimulate a more meaningful and passionate s.e.x.ual experience

[Chapter 7 Using Awareness For Career and Money](#)

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...would like to earn more money

**What to do if you...**

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[Past Life Regression](#) Audio Meditation

[Subconscious Fears and Defense Mechanisms--Dealing With Conscious and Unconscious Apprehension](#) Graphology Resource Key

[Success and Abundance Subliminal](#) Audio Meditation

**What to do if you...**

...would like to win the lottery

[Numerology, Astrology, Psychic Prediction & the Lottery](#)

[Luck](#)

Numerology, Astrology & Prediction - Indications to Know When You Might Get Lucky

[Chapter 8 Finding the Root Cause of Problems and Other Helpful Insight](#)

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...would like to explore your past lives (even if you're skeptical about their existence) for fun, to find the root cause of something,

to find out how you knew someone, or to go back to a lifetime where you were very good at something

**Go back to the "root cause" with the past life regression**

Explore your past lives safely, inexpensively, and privately

**Watch this video** about a police captain who experienced past life regression, found evidence of living a past life, and is now a believer in reincarnation.

## **Examples of what you can use past life regression for**

### [Past Life Regression Audio Meditation](#)

### [Past Life Regression & Hypnosis – Why It’s as Safe as Meditation & Why Some Don't Perceive Much](#)

#### **What to do if you...**

...are trying to deal with a difficult person

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## **Be Cautious of the Following When Hiring a Psychic**

### [Possible to Avoid a Psychic's Predictions?](#)

## [Chapter 9 Two of the Mystic’s Favorite Tools](#)

#### **What to do if you...**

...would like to know more about numerology and astrology

**Myth:** Astrology isn't about fate or prediction, only possibilities.

**Myth:** The Harmonic Convergence is an important event that changed lives forever.

### [Q & A About Fortune Telling](#)

Psychic Prediction--The Inside Scoop From Two Professional Psychics

### [Astrology & Numerology – Why a Comprehensive Approach With the Languages of Fate is Necessary](#)

### [Astrology, Numerology & Handwriting Analysis – Far From Being Pseudo Sciences](#)

### [Number Symbolism and Addresses](#)

### [Naming a Newborn - Numerology, Predestination & Synchronicity](#)

### [“Pisces Sun: older soul?”](#)

Pisces Sun, by Itself, Has Nothing to do With Being Spiritually Adept

[Modern Astrology & Subjectivity – Twins Expose Major Flaws of Modern Astrological Methods](#)

[Astrology, Numerology & Prediction – Approximate Time of Your Death is Destined](#)

[Numerology, Astrology & Handwriting Analysis – Career Timing & Personal Strengths & Weaknesses](#)

[Numerology & Subconscious Mind – What it Means to Keep Seeing the Same Numbers Over and Over](#)

## [Chapter 10 Holistic Health and Wellness](#)

**What to do if you...**

...feel that drugs offer you a “spiritual experience”

**Why It’s Important to Avoid Drugs**

[Spirituality, Souls, Drugs & Suicide – It’s Your Responsibility to Help Yourself](#)

**What to do if you...**

...want to lose weight and keep it off

...would like to optimize your health and look your best

...want to look more attractive and feel healthier

[Improve Appearance and Become Sexier](#) Subliminal Audio

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**Challenges to Successful Sessions**

**“What if I've followed the advice above and I still can't seem to focus well or go very deep?”**

[Let Go™](#) Audio to Induce a Meditative State

**Benefits *Let Go™* and the *Psychic/Meditative State Script***

## [Spiritual Cleansing and Protection](#)

Common signs of unwanted, uninvited energy

Is spiritual cleansing and protection the same as a deossession?

What is entity attachment or possession?

I once visited a psychic who wanted to charge me \$1000 per session to “clear my aura of negative energy.” Is spiritual cleansing and protection the same thing?

Spiritual Cleansing and Protection Script

## [Learn and Track Your Personal Timing and Love Cycles with Numerology](#)

Numeric Analysis

Understanding Human Character and Identifying Cycles of Time

Definition of Numerology

Advanced Numerology

Numerology and Reincarnation

Qualities and Fadic Addition

The Personal Years, Personal Months and Personal Days

The Numbers One Through Nine Defined

Love and Time Cycles

Finding a Balance

Relationship Compatibility

[Love Compatibility--Important Areas of Concern](#) Graphology Resource Key

[Subconscious Fears and Defense Mechanisms--Dealing With Conscious and Unconscious Apprehension](#) Graphology Resource Key

Benefits of the *Graphology Resource Keys*

[Love Potion for Singles™](#) Audio Meditation

[Love Potion for Couples™](#) Audio Meditation

## [Past Life Self-Regression](#)

[Past Life Regression & Hypnosis – Why It’s as Safe as Meditation & Why Some Don’t Perceive Much](#)

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What would you like to accomplish with past life regression?

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Nov. 2007 - March 2008

March 2008 - Nov 2008

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**Why this special Hypno-Reiki audio meditation is more powerful than regular hypnosis recordings**

## **Stephen’s Soundless Subliminal Audios**

**Benefits of Stephen’s Soundless Subliminals™**

***Sense of Humor/Confidence/Relax* Subliminal**

***Improve Appearance and Become Sexier* Subliminal**

***Success and Abundance* Subliminal**

***Enhance Love Life and Friendships*** Subliminal

***Forgive and Let Go*** Subliminal

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## Introduction

**The Bad News:** You work hard and "do the right thing" in all situations, yet you may still not be experiencing as much joy, happiness, love, and success as you would like. Perhaps you're following the advice of best-selling authors, motivational speakers, swamis, gurus, and experts, including capitalizing on the law of attraction, and it may be helping, but you still feel like your goals are out of reach.

We believe this is, to a great extent, due to two very important metaphysical concepts that are often overlooked: fate and karma. Our findings indicate that personal, predetermined fate exists, and each person, regardless of their beliefs, has "good" and "bad" karma.

**IMPORTANT NOTE:** Does that sound too much like doom and gloom fatalism to you? We understand if it does, but know that a lot of the good stuff in your life is also predestined. From a soul perspective, there isn't really good or bad, just life experiences to further growth. We'll go into more detail about this later.

**The Good News:** You *can* be happy. You *can* make the most of your life. You can direct your destiny by using the helpful insight, methods, and tools in this package, to get more of what you want in life (as long as it harmonizes with your karma).

Even with the toughest personal karma you can rise above (i.e., detach from, *not* completely skip) the unpleasant parts through the mystic methodologies within these pages. Stay with us, and we'll show you how the concepts of fate, karma, and free will relate to your life and how to make the most of it all.

In this package we offer thorough, inside information about many commonly overlooked, divine concepts, such as personal fate and karma, and how to successfully navigate your life, step-by-step, so that you can spiritualize the material and materialize the spiritual. Never before has such a complete collection of spiritual insights and tools been offered.

Frankly, some of the unorthodox methods and mystical information in this package haven't been favored by the mainstream or even popular metaphysical specialists. Why? We'll explain more about this later, but one reason is because timing is everything, and the timing hasn't been right for it until now. Also, fragments of spiritual truth are out there, but it would take someone half a lifetime to gather, organize, and assimilate a comprehensive collection of ancient wisdom. Fortunately, we've done all that work for you.

We are excited to be able to share with you the results of our obsession with self-discovery, personal development, and metaphysical and spiritual subjects that started over 25 years ago in the early 1980s. Because we feel so strongly about our findings and sharing the knowledge with others, our work has always been, over all else, our number one priority. In our exhaustive searches and studies, we've never exclusively adhered to only one system, religion, or approach. Instead, we consider and sample multiple alternatives, then apply diligence, reason, intuition, and steady observation to discern what is of the most value, and discard what isn't.

We offer this package with compassion and gratitude; we're all in this together and we want you to succeed in



all areas of life, and most importantly, on a soul level. When you succeed on a soul level, all that you wish for will eventually be yours.

**IMPORTANT NOTE:** Do we expect you to automatically, fully embrace everything in this package? Of course not. We want you to question, objectively, the processes and information, just as we hope you question everything else that is new in your life. Blind acceptance does not lead to understanding.

How do you have faith in an idea, like reincarnation, for example, that can't be proved or disproved? We suggest questioning, considering various explanations, applying the idea to your own life and the lives of others, and looking at other possibilities. Only then, after finding no good reason to discount it, should you accept it as part of your beliefs. With an unbiased attitude, diligent research, a healthy sense of discernment, and intuitive awareness, truth is uncovered.

**IMPORTANT NOTE:** We repeat ourselves throughout this package about the importance of understanding the concepts of karma, destiny, free will, reincarnation, and how they are all intimately related, for two reasons. The first is that this package is designed so you can easily skip around and use what you need when you need it. Second, and most importantly, our findings indicate that all of these concepts combine to form the basis of everyone's life experiences, even for those who are not aware of the concepts or choose not to believe in them. It is our hope that as your awareness increases, you will more easily be able to make the most of your life and live your highest path.

If you received this e-book from a friend and haven't yet subscribed to our email list for free updates, spiritual insights, tips, and helpful metaphysical advice, please do so here: [www.holisticmakeover.com](http://www.holisticmakeover.com).

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## Theory of Predestination

Predestination and earthly, personality-based choice (free will) work together for your soul like soil and water do for plants.

Look, many people don't want to believe that personal fate exists, and we don't blame them. They fear this means that they are not in total control of their lives and what happens to them (keep reading to find out why this is a false notion). But if you had a map of someone's life, and you could see the general inclinations and approximations of their future love life, financial circumstances, reputation, and more, and over time those circumstances always matched the map's structure (without fail), wouldn't you believe in predestination? And if you had a system (e.g., complex systems of checks and balances, as we have) that allowed you to see anyone's approximate future, and those future situations and events always manifested, consistent with the system's findings, wouldn't you believe in fate? Of course! Your experience would show you that it does exist. At the very least, you would not be able to invalidate the theory of predestination, thus you would reserve the concept as feasible.

Well, in our experience and work, we do outline and predict the future circumstances of people's lives, and even when they're not aware of our forecasts--in fact, this is the best way to see fate in action--(we're constantly comparing the charts to the circumstances of those in the public eye), events still play out as indicated. The fact that we can determine future life situations and even particulars for anyone supports our theory that predetermined fate exists for everyone. We have yet to disprove this theory and we are constantly looking for evidence to do so. By the way, we aren't writing about our findings and abilities to brag, but to empower you with the truth so you can use it to your advantage.

Does this mean that people are not in control of their lives, that they have no say (after incarnating)? No, for two reasons. The first is that they (their soul, not their personality) chose their predestined paths before incarnating. The second is because free will exists. Your personality has free will to react to the events in your life and you do have enough free will so that you can direct your destiny and create within the confines of your destined boundaries (but not beyond them). Predestination and earthly, personality-based choice (free will) work together for souls like soil and water do for plants.

When we talk about predestination, fate, and destiny (all the same thing, by the way, in our view), we aren't referring to experiments involving mind influencing matter and remote viewing the future, for instance. Those types of experiments by intelligence agencies, academic researchers, and others relate to the free will you do have in this life, not preset events and circumstances relating to love life, finances, and early life family conditions, for example (75%+ of which are predetermined, in our estimation). Just because you can influence your reality to some degree (see our ["What the Bleep..." movie review](#) for more information) doesn't give you a golden ticket to deny personal fate.

Like we mention in the introduction, stick with us and we'll show you how to use predestination and free will to your advantage.

**IMPORTANT NOTE:** The theory of predestination dictates that you have *good* karma too. You've earned most of the good things that you experience. If you keep this in mind, it will be easier to relax, enjoy all that life has to offer, and have faith that everything is happening for a reason.

If you received this e-book from a friend and haven't yet subscribed to our email list for free updates, spiritual insights, tips, and helpful metaphysical advice, please do so here: [www.holisticmakeover.com](http://www.holisticmakeover.com).

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## Key Terms

**Mystic:** According to dictionary.com, a mystic is defined as a person who claims to attain, or believes in the possibility of attaining, insight into mysteries transcending ordinary human knowledge, as by direct communication with the divine or immediate intuition in a state of spiritual ecstasy. We also define the term mystic as someone who is more spiritually sensitive than average or actively involved in personal growth and the self-realization process (e.g., prefers to search deeply into the meaning of life).

**Metaphysics:** Meta means beyond, so metaphysical means beyond the physical. The branch of philosophy concerned with the study of the nature of being and beings, existence, time and space, and causality.

**Higher-self:** Your higher consciousness or intuition. Also referred to as "god-self," or "super-conscious."

**Destiny:** What is to be. This is not something you create, but what is already "scheduled" (by your soul, before incarnating).

**Free will:** The choices you have within your destined paths. That which you utilize to manifest and create what you want, as long as the desire fits within your destined plan.

**Fate:** Same as Destiny. You'd have better luck trying to stop an approaching tsunami than cheating fate (the good and the bad). We'll discuss this, along with the opposing view of "nothing is set in stone," later in the package.

**Predestined:** Events or experiences planned by your higher-self or soul prior to incarnating on Earth. We believe, based on our research, that at least 75% of the major events and circumstances in everyone's life are fated/destined.

**Karma:** Your "good" and "bad" baggage earned from the recent and distant past, over multiple lifetimes. This theory outlines that all actions, words, thoughts, and intent will return to you, and not necessarily in this life. Because of karma, no one "gets away with" anything; the eyes of truth are always watching.

**Karmic reason:** The cause, which is often rooted in one or more past lives. The spiritual reason.

**Root cause:** Similar to karmic reason. The spiritual cause. The real reason. What first caused the issue or problem.

**Cycles and timing:** The patterns your life follows. These cycles can be determined by esoteric sciences such as numerology and astrology. Cyclical timing patterns represent life circumstances and events, they don't make things happen.

**Lost souls:** When the physical body dies, the soul lives on. Most souls go to "the Light" when the body dies.

Some souls, especially if the body died suddenly or violently, or are resisting going to “the Light” for various reasons, remain earthbound. They may wander around not realizing their physical body is dead. They may also interfere with your energy and it may be, at times, difficult to distinguish their thoughts, fears, cravings, and emotions from your own. It’s best to guide these souls to “the Light” by asking for assistance from other-dimensional spiritual helpers, which we will show you how to do in this package.

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## The Law of Attraction and 13 Other Spiritual Laws

The law of attraction dictates that you attract that which you focus on. But this spiritual law is only one piece of the puzzle. You must take into consideration other, equally important spiritual laws, some of which transcend the law of attraction.

These findings, our interpretation below of 13 basic spiritual laws, are the result of our extensive empirical research. Most of the 13 are directly linked to the law of attraction. We are convinced that these laws affect everyone, just as gravity affects everyone on Earth no matter what their belief in it.

Understanding and capitalizing on all of these spiritual laws will help you live your highest potential and enjoy more peace of mind, satisfaction, happiness, and joy in your life.

- 1. Law of higher-self/soul influence over personality:** Your soul's agenda, spanning multiple lifetimes, supercedes your personality demands if those demands contrast with your soul's intentions. Everyone has a higher-self/soul, yet you must make an effort to get more in touch with it to receive the wisdom and guidance you seek. The information and tools in this package will help you become more in touch with yours.
- 2. Law of subconscious personality domination:** The beliefs, fears, and defenses of your subconscious mind rule your life. The graphology tools in this package can help you learn more about your subconscious mind and its hidden beliefs, fears, and defenses.
- 3. Law of reincarnation:** Your soul, not your personality, chooses to incarnate again and again on this planet and elsewhere to learn and love.
- 4. Law of predestination/personal fate/destiny:** All souls choose their major predestined circumstances and events of each incarnation prior to incarnating, even though the current life personality is often not aware of those choices and even if the current life personality doesn't believe in predestination/personal fate/destiny. No one can cheat their fate. Sometimes fate comes knocking at your door, other times you must make an effort to meet your fate. In the case of the latter, you often meet your destiny by doing or initiating that which feels most natural, for better or worse.
- 5. Law of karma:** Everything you put out (intent, thought, action, etc.) will return to you (in this life, or more likely in a future life) even if you don't believe in karma.
- 6. Law of dharma:** What you must do in this life.
- 7. Law of projection:** You see the world as you are, not as it is.

**8. Law of polarity:** In this world there will always be opposites such as hot and cold, peace and war, love and hate, wisdom and ignorance, and dark and light.

**9. Law of intent:** Your true intentions are what drives your free will. Sometimes your conscious intent differs from your unconscious intent, which can cause conflict.

**10. Law of as above, so below:** Patterns and considerations of comprehensive astrology and numerology charts represent life circumstances and events, they don't "affect" you or "make things happen."

**11. Law of asking for assistance:** If you want help from others, including spiritual guides, masters, and helpers in other dimensions, you must ask for it.

**12. Law of universal order:** The universe is ordered and far from being purely chaotic. You see the order every day in the change of seasons, the way cherry trees grow cherries and not pears, and the way planetary motions are predictable. This universal order permeates human existence and allows for accurate interpretation of personal fate through empirical methods involving comprehensive astrological and numerological charting.

**13. Law of free will:** Each individual has free will to take appropriate action within the confines of their destiny. However, people do what feels most appropriate, what feels right, and our findings indicate that those actions regularly match their personal fate. In other words, much of the action they take and subsequent results match their unique karmic plan (as indicated comprehensive charting methods), which supports the theory of predestination.

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## Mystic's Magic Formula

You have free will to react to and deal appropriately with, as much as you can, the predestined events and situations in your life.

If you apply the Mystic's Magic Formula, you will reach your goals if they are part of your predestined path. If they aren't, your efforts are likely still part of your destiny, but may be more for a learning experience. Remember, the journey is often more important than the destination.

**IMPORTANT NOTE:** These steps are nondenominational; they can be used by anyone, no matter what religion or belief system you subscribe to.

### Mystic's Magic Formula

- 1) **Make** time to consider your situation from a spiritual perspective. Review your assumptions and expectations and let them go.
- 2) **Accept** what has happened, what is, and where you are (essential in order to move on). Surrender to your inner wisdom. Establish and cultivate your goals after determining if they are relatively realistic.
- 3) **Gratitude:** express it for where you are, everything rewarding in your life that you have, and the good that will be, and strengthen your faith by continuing to emotionalize the desired, end result.
- 4) **Invite** help from your higher-self, guides of the Light and, or God.
- 5) **Calm** your mind and fears and awaken your awareness through [meditation](#).
- 6) **What's** the next step? Ask this every step of the way and be open for clues.
- 7) **Assume** responsibility for yourself and your situation (no blaming).
- 8) **Navigate** your path with the tools available to you: [numerology and astrology](#), [timing methods](#), [Moon Void of Course calendar](#), [meditation](#), [past life regression](#), and [graphology](#).
- 9) **Do** what you need to do, when you need to do it (and do "the right thing" in all situations).

1) Instead of focusing on what you don't have or what you didn't get, consider the spiritual reasons for your situation. It's likely things are as they are so you'll learn what you need to. Additionally, what are you assuming about the situation or individual? Are your expectations fair and realistic? Examine these matters objectively and be open to different perspectives.

2) Resisting instead of accepting and, or appropriately dealing with a situation or person will only cause you stress. Also, do you know what you want? It's important to define your goals, yet at the same time, be open for better paths or possibilities.

3) After surrendering, it will be much easier for you to be grateful for the good things about your current situation and what will be in the future. Have faith. Gratitude and faith can be used together as one of the most potent spiritual forces available to you, even when things are not going the way you had hoped they would. Cultivate the use of these forces as often as you can and then watch your life change for the better.



**IMPORTANT NOTE:** Faith, in conjunction with the Mystic's Magic Formula, can be enormously helpful. Why? Because through faith and a little imagination, you are bridging your thought-energy to a positive outcome. Faith is inverted fear. It's the opposite of fearful thinking, which can have a powerful influence on your life (within the boundaries of personal fate). If it's within your fate to realize a specific goal, in any area of life, faith is a wonderful tool to help with manifestation. Some might say having faith about certain desires is just wishful thinking, but sometimes healthy expectations and knowing you'll be okay is just what you need. What is faith really? It's "acting as if" you have already reached your goal. Not just thinking about it, but *feeling* it, emotionalizing it.

- 4) Ask and you shall receive. Perhaps not always what you want, but usually what you need.
- 5) Even if it's only 10 minutes a day, some form of meditation is essential to achieve heightened awareness.
- 6) Keep asking during and after meditation and be open for alternatives that you had not considered.
- 7) Though it may be difficult at first, things get easier once you assume complete responsibility for your life.
- 8) Navigating your life and directing your destiny is easier when you use the tools mentioned above.
- 9) When you follow the above steps outlined in the Mystic's Magic Formula, you'll initiate the right action at the right time and it will be for the highest good of all involved, resulting in more happiness, peace of mind, and a much more rewarding life.

**IMPORTANT NOTE:** Is it always easy to avoid expectations or becoming upset during trying circumstances? Of course not. An important part of life is feeling and expressing the vast spectrum of human emotions. Along the way to becoming more self-actualized and getting more of what you want there will be times when you'll feel angry, disappointed, or frustrated, but don't worry. With practice you will live with more detachment, faith, and wisdom.

Finally, it's easier to reach your goals when you feel (and even look) your best, so be sure to examine your diet, sleep, and de-stressing habits and make any changes that are overdue. See [Chapter 10 Holistic Health and Wellness](#) for more information.

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# Chapter 1 Getting Centered; the First Step to Awakening Your Awareness

## What to do if you...

### ...can't stop worrying and thinking about your troubles

When you're centered and calm you are able to see your life more clearly and access your inner awareness.

**IMPORTANT NOTE:** Personal adversity in life is as common as its polar opposite, reward. Both serve your soul on your spiritual journey. Although it's impossible to totally eliminate adversity from your life, we outline methods below that will help you overcome even the deepest discouragement during tough times in your life. By going within through meditation, with our guidance, you can receive the comfort you seek and unveil the always-present, hidden benefits of the challenges at hand. It's like having your own personal mystic, ready to give you a comforting hug and the inside scoop whenever you need it!

Every step of the Mystic's Magic Formula is helpful for reducing worry, especially steps five and six. Set aside at least 10 to 20 minutes a day, preferably in the morning, evening or both.

### Mystic's Magic Formula

- 1) Make time to consider your situation from a spiritual perspective. Review your assumptions and expectations and let them go.
- 2) Accept what has happened, what is, and where you are (essential in order to move on). Surrender to your inner wisdom. Establish and cultivate your goals after determining if they are relatively realistic.
- 3) Gratitude: express it for where you are, everything rewarding in your life that you have, and the good that will be, and strengthen your faith by continuing to emotionalize the desired, end result.
- 4) Invite help from your higher-self, guides of the Light and, or God.
- 5) Calm your mind and fears and awaken your awareness through [meditation](#).
- 6) What's the next step? Ask this every step of the way and be open for clues.
- 7) Assume responsibility for yourself and your situation (no blaming).
- 8) Navigate your path with the tools available to you: [numerology and astrology](#), [timing methods](#), [Moon Void of Course calendar](#), [meditation](#), [past life regression](#), and [graphology](#).
- 9) Do what you need to do, when you need to do it (and do "the right thing" in all situations).

## What to do if you...

### ...feel scattered and not centered

### ...have trouble relaxing

### ...can't detach from "mind chatter" or "monkey-mind"

Apply step five, along with examining your sleep, exercise, and dietary habits. Pay attention to and avoid the foods that don't work with your body. Reduce or eliminate sugar and caffeine consumption.

**IMPORTANT NOTE:** It took about ten months for the sugar cravings to disappear after we stopped eating it in early 1998. But what a difference in moods and state of mind when you're off the sugar roller-coaster! We don't expect you to quit sugar cold-turkey (Doesn't everyone love chocolate? Raw chocolate, cacao, is an alternative. Add a small amount of honey or agave to sweeten it until you're accustomed to the taste. Raw cacao powder mixed with stevia in hot water is another option.), but just being aware of how diet affects your peace of mind will help you be more conscious of diet choices and ease into a more peaceful existence.

### **What to do if you...**

**...don't know what you want**

**...are unsure of what to do next**

**...feel stuck**

Apply step one through six. Inner conflict can wreck havoc on your life. The best way we've found to avoid stress from conflicting inner messages and see your options clearly is through meditation.

### **What to do if you...**

**...don't know how to meditate**

Anyone can learn to meditate with our [meditation script](#) and our [Let Go™ audio](#) will make it even easier.

### **What to do if you...**

**...don't have time to meditate**

Turn off the TV and avoid those in your life who are more toxic than beneficial. All you need is 10-20 minutes each day to start. With practice it will become a healthy habit and you'll enjoy the benefits so much that you'll find more time to do it.

### **What to do if you...**

**...have trouble meditating**

**...want to go deeper in meditation**

Read Challenges to Successful Sessions and "What if I've followed the advice (in Challenges to Successful Sessions) and I still can't seem to focus well or go very deep?" in the [meditation section](#) and use the [Let Go™ audio](#).

Use the [Spiritual Cleansing and Protection Script](#) just before meditating.

**IMPORTANT NOTE:** We both meditate daily, but it wasn't easy at first to get into the regular habit of doing so. With all of life's distractions, it may take you weeks or even months to get it

right but eventually you'll get into a good groove. Instead of having to force yourself to meditate, you'll do it as easily and naturally as falling into bed after a long day. Through the practice of regular meditation you will be amazed at how your life will improve and how readily you will be able to perceive much of the insight you seek.

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## Chapter 2   Spiritual Cleansing, Protection, and Help

### **What to do if you...**

- ...feel clouded**
- ...feel spiritually dirty**
- ...feel negative energy around or directed at you**
- ...are having nightmares of being chased or followed**
- ...feel there may be a “ghost” in your home**
- ...feel like you’re sometimes being followed**
- ...get conflicting inner messages and, or hear voices in your head**
- ...would like to call upon help from God and angels of the Light**

**Myth:** “If you can’t see it, it doesn’t exist, therefore, there’s no need to worry about unseen influences such as lost souls or dark energy.”

**Truth:** Lost souls and dark energy can greatly influence your physical, emotional, and spiritual well-being. This is a very real problem and some experts say that it can be affecting up to 85% of the population.

### **Benefits from spiritual cleansing and protection:**

- Clear away other people’s negative energy and thoughts
- Clear negative energies after a relationship has ended
- Get rid of unwanted spirits, entities, and elementals
- Protect yourself from future harmful influences
- Allow more positive energy into your space
- Feel more calm, free, light, and happy

### **What is spiritual cleansing and protection?**

Spiritual cleansing and protection is the process of removing damaging energy from your mind, body, soul, and aura. This troublesome energy can consist of others’ thoughts and feelings, earthbound or lost souls, or on occasion, dark entities. Earthbound or lost souls are the souls of people who have died but, for various reasons, have not yet gone into “the Light.” Loved ones who have died, gone into the Light, and now watch over you do not fall into this category.

Simply put, spiritual cleansing and protection helps to clear you of spiritual garbage so that you can feel yourself again, light, centered, and happy.

### **What is spiritual cleansing and protection used for?**

Spiritual cleansing and protection is effective in helping to rid yourself of feelings of being blocked, unexplainable or extreme anger, fears, sadness, depression, guilt, anxiety, recurring dreams or nightmares, relationship problems, unexplainable physical symptoms, eating disorders, cravings or addictions (to be used in conjunction with professional medical treatment) to alcohol, drugs, sex, or smoking, and clearing negative energy from buildings and areas.

## [Spiritual Cleansing and Protection Script](#)

**More information about spiritual cleansing, protection, and help:**

### [Spirit Possession](#)

Death, Spirit Possession & Mediums – Sometimes Souls Don't go to The Light

### [Spirits in my Room at Night](#)

Ghosts, Spirits & Lost Souls – What You Can do to Get Them to Stop Waking You up at Night

### [Spiritual Detox](#)

Spiritual Protection - Symptoms of Spiritual Hitchhikers and Demons and How to Clear Your Aura

### [Spiritual Detox Follow-up](#)

Psychic Protection & Spiritual Detox – How to Protect Yourself Spiritually

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## Spirit Possession

### Death, Spirit Possession & Mediums – Sometimes Souls Don't go to The Light

We recently heard of a case where an eight year-old girl's aunt died of lung cancer and since the young girl was so close to her aunt, she told everyone to call her by her aunt's name, insisted that her aunt's clothes were hers, and began stealing her father's cigarettes (her aunt died of lung cancer from smoking). At 33, the girl, now a woman, still likes to go by her deceased aunt's name. She asked us if it's possible she could be a medium for her deceased aunt. We told her the following.

What you are likely experiencing is called spirit possession or attachment. Instead of going to "the Light" when she died, your aunt (her soul) chose to stick around. Souls choose to stay for various reasons, such as to watch over loved ones, because they're afraid of "hell" (especially common with those personalities who were very religious), or to feed addictions.

Though she probably means well, at the very least, your aunt is draining your energy. We recommend reading "The Unquiet Dead" by Dr. Edith Fiore. This is an excellent book on the subject and an interesting read. You'll be surprised to learn how common possession is. In the back of the book is a great script we've used many times to gently send lost souls to "the Light."

Unfortunately, there is a lot of misinformation floating around out there about this ghostly topic. A certain very well-known psychic who, for years has been making the rounds on TV talk shows, claims that there is "...no such thing" as possession. Her simple, dismissive statement about this serious and often misunderstood subject is an injustice to the ground-breaking work done by researchers like Dr. Edith Fiore, Irene Hickman, Dr. William J. Baldwin, Dr. Shakuntala Modi, and others.

Moral of the story: Unless a seer is an expert in the area they comment on, it's best to be careful about what you accept from them as truth. Even the best psychics do not have all the answers and are unable to provide absolute truth 100% of the time because they, like everyone else, sometimes have trouble putting aside their human "filters." Everyone has their own unique fears and defenses, along with their own unique personal belief systems.

Possession, though not nearly as dramatic as the exaggerated scenes in the Hollywood movie *The Exorcist*, is very real and common. However, most attachments are just lost souls, like hitch-hikers, and simply need to be directed "home."

## **Spirits in my Room at Night**

### Ghosts, Spirits & Lost Souls – What You Can do to Get Them to Stop Waking You up at Night

Many people have told us that they sometimes wake up at night and see, what appears to be, spirits in their bedroom.

There are several possible explanations for this experience.

The spirits may be lost souls who, after their physical bodies died, have not yet gone to “the Light.” Perhaps the deaths occurred nearby, or they simply follow some people home. This is more likely if you work in a hospital, live near a cemetery, or have recently visited either.

If this was the case, audibly telling them to “go to the Light” will help direct them to a better place as will asking your guides of the Light to help with the process.

They may have been souls (yours included) who are back from the future to see how things are progressing with you. We don’t have a lot of explanation for this one, but we think it’s possible and feel we’ve experienced it ourselves.

They may have been spirit guides checking in with you.

They may be the souls of people sleeping, or temporarily away from their bodies for some other reason, and something attracted them to you.

It’s fairly common to feel like there are souls or spirits in the same room with you. Though many mean well, it can be difficult to get a good night’s sleep when they drop by for a visit. It can help to clear and protect yourself and your bedroom by visualizing healing, white light before bed if you don’t want to be bothered.

Finally, this type of experience could involve some mischievous entities. They’re usually more bothersome, like bratty children, than dangerous, so there’s not much to fear if this is the case. Ask your guides of the Light for protection and surround your home and yourself nightly with white Light.

The practice of surrounding one’s self with white light has much to do with the power of intent; if you believe you’re protected, you are more likely to be protected.

We regularly have experiences related to this.



One experience occurred in Miami during the first night Stephen was living in his new apartment. He was awakened at 3 AM feeling like someone was placing their hand on his leg. He turned on the light but no one was there, so he meditated and perceived a man in his late 20s who had died of a drug overdose in the apartment. He sensed the entity was scared and unsure of where to go. Stephen called in his guides of the Light, the young man's guides of the Light, and guided him into the Light.

A few days later, Stephen checked with the apartment management and found out that the last apartment occupant, a man in his late 20s, had in fact died in the apartment, but management didn't know the cause.

A second experience occurred in Los Angeles. Many times for over a year, Stephen was awakened in the middle of the night feeling that an older woman was standing in the doorway of his bedroom. Since this type of experience is common for Stephen, it didn't bother him much, but he knew it was best for her (and him) to move on. On several occasions, he used sage, his guides, and white light to clear the space and help her go to the light, but she didn't seem to want to leave.

Eventually Stephen stopped sensing her presence and happened to ask his neighbor if the previous occupant had died in his home. The neighbor's eyes got very wide and he asked why, and Stephen told him about the night-time visitations. He said that yes, an older woman who used to live there had a stroke and died. He described the woman and Stephen felt that this very well might have been the soul of the same woman he was sensing.

While talking with his neighbor (who is a writer for TV sitcoms) about sensing the former occupant's spirit, Stephen was joking about it, which seemed to startle the man even more than how Stephen knew that an older woman had died in the home. Hollywood is known for portraying death, the unseen planes, and other metaphysical topics as scary and even evil. However, to Stephen, they're neither scary nor evil, just a part of life.

## **Spiritual Detox**

### Spiritual Protection - Symptoms of Spiritual Hitchhikers and Demons and How to Clear Your Aura

Many people do need to cleanse their aura of negative energy, but some psychics try to capitalize on the fear surrounding the issue and charge outrageous fees. Too often, the unscrupulous psychics who attempt to charge such high rates don't fully understand the issue of possession and how to successfully remove negative energy, let alone the basic principle of karma (what goes around comes around). These types of psychics are best avoided.

Negative energy can and does interfere with our lives. It consists of others' thoughts and feelings, earthbound or lost souls, or on occasion, dark entities. Earthbound or lost souls are the souls of people who have died but, for various reasons, have not yet gone to "the Light." Loved ones who have died, gone to the Light, and now watch over you do not fall into this category.

Symptoms of being influenced by negative energy or lost souls are feelings of being blocked, unexplainable or extreme anger, fears, sadness, depression, guilt, or anxiety, recurring dreams or nightmares, relationship problems, unexplainable physical symptoms, eating disorders, and the sudden onset of cravings for or addictions to alcohol, drugs, sex or smoking (especially if there are distinct personality changes while under the influence).

Other signs include negative emotional or physical reactions to the idea of cleaning your aura or spirit body (such as "part of you" wanting to do it and "part of you" not wanting to do it), reckless behavior, poor memory and concentration, hearing inner voices (especially with negative messages), feelings of being followed, feeling drained, sudden unexplainable physical problems, and recurring dreams or nightmares.

The most common ways of picking up such unwanted and uninvited energy is by weakening the energy field or aura with alcohol, drugs, extremely emotionally trying circumstances, or through sexual abuse, surgery, or illness. An almost guaranteed way of picking up "lost souls" (also known as spiritual hitchhikers) is by using drugs or drinking excessively and then walking through a hospital or cemetery. Unwanted, uninvited energy can also attach before birth, during birth, and during childhood.

Some ways to avoid picking up entities (especially important if you are more spiritually sensitive) include the following:

- \* Avoid drugs and excess alcohol.

- \* Avoid negative people.

- \* Mentally surround yourself with White Light whenever you think of it several times each day. Picture a bright light shining out from your solar plexus, surrounding, and protecting you whenever you think of it. Ask for assistance from God and/or guides of the Light.

- \* Mentally fill your home and/or office daily with White Light.

- \* Burn sage to help clear your energy field and residence.

Upon hearing about the concept of entity possession or attachment, many people think of the movie *The Exorcist*. While the subject of possession was exaggerated in the movie for dramatic effect, entity possession or attachment can and does happen. Sometimes the symptoms of entity attachment are very subtle and go unnoticed, and sometimes a person can literally be taken over by one or more entities, sometimes dark, even from or before birth.

There are several books written about this subject, such as *The Unquiet Dead*, by Dr. Edith Fiore. In her book, Dr. Fiore explains that after people die, they usually go to “the Light,” as written about in many life after death books. Sometimes, however, souls don’t go to the Light for various reasons and instead remain earthbound. This is especially true in certain cases where someone dies angry, an addict of sex or any substance, or if they die a violent or sudden death. These souls resist going into the Light for various reasons and instead seek out and merge with someone in a physical body who can feed their addiction, has similar feelings of anger, depression, or other fears, or they may stay in close proximity to loved ones they knew while in a physical body. Often the intense feelings at the time of death are held onto and then felt by whomever the entity attaches to or merges with. Even though most entities don’t mean any harm they may still drain the energy of the host, causing tiredness or depression, and the host may easily mistake the entities’ thoughts and desires as his/her own.

Other books on the subject include *Spirit Releasement Therapy* by William J. Baldwin, D.D.S, Ph.D., *Remarkable Healings* by Shakuntala Modi, M.D., and *Remote Depossession* by Irene Hickman, D.O.

Some experts and therapists who help clients release entities believe that 85% or more of the population may have entities around them or within them that are interfering with their lives.

The subject of entity attachment may seem frightening, but there’s really nothing to fear. It is simply energy that needs to be firmly directed to the proper place.



## **Spiritual Detox Follow-up**

### **Psychic Protection & Spiritual Detox – How to Protect Yourself Spiritually**

The difference you feel after removing negative energy and, or entities is often proportionate to how much it/they were affecting you. Usually people feel an immediate difference after a clearing, accompanied by a deep feeling of peace. The best way to verify that an entity is gone is to observe how you feel before and after the clearing. Also notice if any suspected, related symptoms weaken or disappear.

It's important to note that there are different ways to release negative entities or negative energy. The methods we outline in this package have the best track record because entities are escorted to the Light by loved ones on the other side, not just forced out of the person's body (as some priests do in exorcisms) for someone else to pick up.

It is possible for a soul or energy to attach to your soul before birth. There have been cases where the souls of people who died in a hospital joined babies before, during, or after birth. But there are no victims: Considering the belief that most key circumstances and events in people's lives are fated, we feel that entity possession is a destined occurrence. Awareness of the phenomenon and the free will to clear negative energy and entities is also "part of the plan."

Talking about or focusing too much on the released energy and, or entity can draw it back because you're focusing on it. If you happen to think or speak of it, simply feel grateful that you are free of it and imagine protective white Light around you to shield yourself, affirming to yourself that it's not welcome back.

## Chapter 3 Knowledge is Power

Sometimes the truth can be disrupting or upsetting, but ultimately, it's empowering.

### What to do if you...

**...would like to study metaphysics and spirituality but don't know where to start**

**IMPORTANT NOTE:** When we first started investigating metaphysics in the early 1980s, we followed a lot of apparent good leads only to find too many dead-ends after lots of wasted time. We learned a lot through trial and error, and that was our path to do so, but now you can "go to school" on us and save a lot of time in your spiritual journey. Just make sure not to be too demanding of yourself and expect to absorb and incorporate all the methods and insights in this package in too short of a time.

### [Spiritual, Occult & Metaphysical Studies](#)

Here's How You Can Start on The Right Track

It's important to approach your metaphysical studies carefully. Read the following article for more information.

### [Spirituality, Occult & Metaphysics – Gullibility or Awareness?](#)

### What to do if you...

**...are confused about what religious leaders say about metaphysical subjects**

**Myth:** Religion and metaphysical concepts are not compatible.

Some religious people claim that metaphysical practices are in contradiction with religious teachings or even the work of Satan.

Often those who condemn metaphysical practices as "evil" or "dark" usually have no experience with them whatsoever, aside from what they've been told or seen in Hollywood movies.

In reality, metaphysical practices or disciplines such as clairvoyance, numerology, astrology, handwriting analysis, meditation, past life regression, tarot, and others are very much in harmony with ancient (before the Catholic Church) Christian teachings. The Church, since its early days, has demonized these practices in an attempt to keep their followers' focus on Church doctrine instead of elsewhere.

Also, believe it or not, historical evidence points to the idea that the manufacturing of Christianity involved borrowing heavily from Pagan and other ancient spiritual philosophies (many were distorted to suit the Church's views).

The best way to understand the truth of metaphysical practices is by letting go of the fear-based

conditioning, adopting a receptive, yet objective and unbiased viewpoint, and by deciding for yourself, through experience, what is valid and what is not.

There are many different ways to connect with spirit: Meditation, prayer, attending religious or spiritual services, spending time in nature, making love, enjoying a good meal, and many others. If your preferred method is legal, it works for you, and if you've done your homework to make sure it isn't hurting yourself or anyone else, go for it.

**Myth:** A belief in reincarnation is anti-religious.

The following is an excerpt from our book [\*Your Love Life and Reincarnation: Why the Past is Affecting Your Present and How to Fix it:\*](#)

"Whether the Bible is to be taken literally or figuratively, there are those who claim that reincarnation was once discussed and accepted. According to *Edgar Cayce on Reincarnation* by Noel Langley, the Byzantine Emperor Justinian (483-565 A.D.) 'summoned the Fifth Ecumenical Congress of Constantinople in 553 A.D. to condemn the Platonically inspired writings of Origen.' These writings apparently referenced the pre-existence of the soul.

Moreover, according to *The Christian Conspiracy* by Dr. L. David Moore, the Bible was edited for more than 500 years for political reasons after the crucifixion of Jesus Christ:

**'Although it may be somewhat difficult for some to believe, the Bible in its present form didn't always exist.** In fact, there is a lot of historical evidence which states that the old Testament, in its present form, didn't exist until some 60 years after the death of Christ; and the New Testament in its present form didn't exist until almost 300 years after that. The major point to be understood is that the Old Testament upon which so much of early Christianity depended in order to have a historical basis and to become legitimized, didn't officially exist until well after Christianity had been established and even after much of what later became the New Testament had been written. **In addition, one major reason for establishing the Old Testament as canon was because during the first century C.E., Christianity was distorting the historical record in order to enhance their own new religion.'**

**In addition to the extensive editing and rewrites of the Bible, there was the influence of the Inquisition or the Holy Calling (1231-1820).** This was established by the Papacy to punish anyone who expressed a belief in reincarnation or practiced anything metaphysical that would threaten the universal control of the Church. They proclaimed these beliefs as the work of the devil and any believers were sent to dungeons, tortured, or burned to death. Countless people have died because their beliefs (or beliefs of which they were accused) went against those of the Church, including the millions put to death for "witchcraft" from 1484 to 1775. **Fears of persecution may remain in the subconscious minds of many alive today. We are conditioned to believe that anything metaphysical is invalid in part because "inquisitional viewpoints" still exist.**

Organized religion continues to provide support and structure for those who choose to use it. However, some organized religions, which may be based on fear and guilt, continue to openly condemn and spread misinformation, intentionally or unintentionally, about metaphysics. This is unfortunate, since **many have found that both their metaphysical viewpoints and their**

**traditional religious background can exist together peacefully."**

## [Objective Exploration of Religion and Reincarnation](#)

### [Reincarnation and Karma – Why God Allows Suffering](#)

### [Hell: Past Life Regression and Reincarnation Research Show it Doesn't Exist](#)

#### **What to do if you...**

**...have tried self-help books such as *The Secret* and still can't seem to reach your goals**

**Myth:** We all have unlimited possibilities in life and you can create your reality as you wish.

This implies that a person can erase karmic circumstances in his/her life and live in a never-ending utopia, fulfilling all ego-self desires and skipping the important, tough lessons in life.

Good spiritual teachers acknowledge that there's a difference between the ego-self and the spiritual self. The ego-self wants to satisfy all of its earthly desires. The spiritual self is here to learn and grow. Meanwhile, most everyone wants "more" out of life on a personality level. Often, ego-self demands ("perfect love," "better family relations," "more money," etc.) clash with "what is." Said differently, you can't always get what you want.

**IMPORTANT NOTE:** Please understand, we agree that you have free will to *influence* your reality and even create as you wish to a certain extent while incarnated (if it's within the boundaries of your personal destiny), but we feel it's impossible to skip difficult karma. In other words, you can't cheat fate and you can't just erase personal challenges because you don't like them. Why? Because your soul doesn't want you to.

Inspirational messages, common in self-help books are wonderful for motivation. After being motivated, use your free will and apply the Mystic's Magic Formula. You will reach your goals in time if they are part of your destined path. If they aren't, your efforts may be more for a learning experience. Remember, the journey is often more important than the destination.

#### **Mystic's Magic Formula**

- 1) Make** time to consider your situation from a spiritual perspective. Review your assumptions and expectations and let them go.
- 2) Accept** what has happened, what is, and where you are (essential in order to move on). Surrender to your inner wisdom. Establish and cultivate your goals after determining if they are relatively realistic.
- 3) Gratitude:** express it for where you are, everything rewarding in your life that you have, and the good that will be, and strengthen your faith by continuing to emotionalize the desired, end result.
- 4) Invite** help from your higher-self, guides of the Light and, or God.
- 5) Calm** your mind and fears and awaken your awareness through [meditation](#).
- 6) What's** the next step? Ask this every step of the way and be open for clues.



- 7) Assume responsibility for yourself and your situation (no blaming).
- 8) Navigate your path with the tools available to you: [numerology and astrology](#), [timing methods](#), [Moon Void of Course calendar](#), [meditation](#), [past life regression](#), and [graphology](#).
- 9) Do what you need to do, when you need to do it (and do "the right thing" in all situations).

## What to do if you...

### ...are confused about conflicting messages from spiritual teachers

**Myth:** Spiritual teachers are easy to identify by the way they look, act, and talk.

The following is an extended list of characteristics that, although perceived by much of the population as inherently "spiritual," do **not** automatically make someone a good spiritual teacher.

- Membership to a sect/religion based in a foreign country
- The appearance of a wise, old sage; older doesn't always mean wiser
- Musical/artistic ability
- The ability to offer an authentic-looking, heartfelt cry on cue
- Having attracted a lot of money/contributions through their adherents
- A foreign accent
- Enigmatic looks
- Lots of press
- Mention of having studied under a "guru" in an exotic foreign country
- Specializing in mysterious disciplines that are difficult, if not impossible to pronounce
- Being a "best-selling" author
- An appearance on Oprah
- Appearing on other national TV/radio shows
- Having testimonials/endorsements from other "spiritual authorities" (i.e., often self-proclaimed)
- A powerfully effective communicator/stage presence
- Having "cured" themselves of a terminal disease through their magic powers that you can have too if you would just pay their fees and buy their products
- Guaranteeing success in manifesting what you want (especially if it contrasts with who you really are/your true path)
- Cheer-leading ability
- Denying reincarnation and karma (usually because accepting these basic spiritual concepts would negate some or a lot of what they preach)
- "Never" saying anything "negative" and always smiling
- Written communication that appears to sound profoundly deep, is difficult to decipher, and that leaves you thinking, "What does that mean?" after the feel-good feeling fades
- Poetic ability
- The ability to make you feel warm and fuzzy inside
- Claims of having communicated directly with God, or guides, or other spiritual beings-- especially when the "communications" are sometimes biased-sounding. For example, someone claiming that "God" told them a certain politician/political initiative or corporate initiative is evil, or that one must, for instance, abstain from sex for the rest of his/her life in order to reach "nirvana"

- The willingness to jump on the New Age bandwagon just because a spiritual concept is popular

[What does make a good spiritual teacher? \(links to "Spiritual, Occult & Metaphysical Studies" above\)](#)

**Myth:** Channeled information is always accurate.

Although we are grateful for our guides in spirit form and Archangels and regularly work with them, just because certain information feels good, is quoted by someone famous, or is "channeled" doesn't mean it's true *for this dimension*.

**Myth:** Women can't be spiritual or religious leaders.

Since when does a penis make one more spiritually aware?

**Myth:** Older people are more spiritually aware; older = wiser.

A senior citizen could just as easily lack spiritual awareness as a teenager could inherently be wise.

**Myth:** Inspirational authors and speakers are always adept at helping people get what they want.

Inspiration is great, but let's put this in perspective.

We are big fans of inspiration, self-improvement, setting and striving to achieve important goals, and making the most of our lives. However, when all of that is done without self-understanding, without asking the question, "who am I and what is it that I am here on Earth to learn, what is my dharma, and what is my karma?," then it becomes problematic.

"Knowing thyself," and self-understanding come first. Then one is more able to "consciously create" what is in line with their destiny rather than just going for what the ego wants.

**Myth:** The film "What the Bleep..." proved that physics and mysticism are one in the same.

Most well-respected quantum physicists today (those with PhD's in quantum physics) along with the founding fathers of quantum physics, who also believed themselves to be mystics (including Erwin Schrodinger, Max Planck, and Niels Bohr), firmly held that it's erroneous to group physics and mysticism in the same dimension. Planck said that trying to merge physics and mysticism "makes no sense at all," since spirituality is associated with the source of everything on a soul level and quantum physics relates to the most infinitesimal level of the physical world of matter and energy.

While we praise the film "What the Bleep..." for many of the spiritual concepts it supports, we

urge you to maintain a sharp sense of scrutiny instead of blindly embracing all New Age notions.

**Myth:** The best metaphysical books may contain difficult to understand messages.

We appreciate creative, inspirational writing, especially when it's grounded in truth instead of cozy escapism. When one simple idea is stretched into pages of wistful, much-about-nothing, long-winded prose, and one concise paragraph could have outlined the point, it just confuses the reader. Really, truth isn't complicated, and you should be wary if you have to read a passage more than a few times to get its meaning.

**Myth:** The best spiritual authors write only uplifting and positive messages and present them with pure compassion.

We have been accused of being harsh at times in our writings. We would rather blatantly present our findings and our professional opinions than lead you down a primrose path of illusion like we see happen too often in today's New Age marketplace. We feel our approach is ultimately more helpful.

[New Age & Metaphysical Myth, Misinformation, Inspiration & Truth – Idealism vs. Realism](#)

[New Age, Spirituality & Dogma – 10 Myths Revealed](#)

[Spirituality, New Age, Conscious Creation & Dogma – Contrary to the Hype, Your Fate is Measurable](#)

[Movie Review - What the Bleep – Good Reminders But They Forgot Some Key Information](#)

[Fate, Karma and \*The Secret\* – the Movie Ignores Key Spiritual Truths](#)

[\*The Secret\* and Subconscious Blocks](#)

[Do Some People Have More Free Will?](#)

[Numerology, Astrology & Predestination - You Can Only Manifest That Which Matches Your Karmic Plan](#)

If you received this e-book from a friend and haven't yet subscribed to our email list for free updates, spiritual insights, tips, and helpful metaphysical advice, please do so here: [www.holisticmakeover.com](http://www.holisticmakeover.com).

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## **Spiritual, Occult & Metaphysical Studies**

### **Here's How You Can Start on The Right Track**

There are many good “spiritual teachers” and “gurus” in existence, but in order for someone to be a good spiritual teacher/guru, he/she must have inherent wisdom, be relatively free of biases and the tendency to push students into a dogmatic program of instruction, and have gone through his/her own extensive explorations leading to deep understanding of the topic he/she is claiming expertise.

Contrary to popular perception, the following don't automatically make someone a good spiritual teacher: robes; beads; beards; long gray hair; a family history of healers or readers; a PhD, M.D., or other advanced traditional (or non-traditional) degree; charisma; a large following; a celebrity following.

The following do make someone a good spiritual teacher: recommendations/testimonials by people you trust; communicating relevant information clearly and simply; a method of teaching that persuades students to find their own answers; a humble disposition; being able to admit that the teacher is sometimes taught by the student; a commitment to constantly exploring and testing relevant theories and discarding those proven to be invalid; acknowledging that there are seldom “quick-fix” solutions to life's most important challenges; and freely referring the student to another teacher if he/she is unable to provide the student with what they seek.

All you really need is yourself, a desire to learn, and a sincere interest in the subjects you're drawn to. You may be thinking you need a structured system to teach you (what you already know on a super-conscious level) because this is what most of us have been led to believe from traditional education systems. Not so.

If you are comfortable learning through self-study and experimentation, having someone point you in the right direction is a perfect start.

Start by meditating. This will help you to become centered and to be able to feel what is right for you in the exploration of your spirituality. You must be disciplined and practice meditating every day to fully benefit. Set aside time, at least 10 minutes to start, in the morning or evening. Don't have time? Turn off the TV and avoid people who aren't for your highest good.

Next, go to your local library or metaphysical bookstore and look for books that appeal to you. Through trial and error you'll find what you need. It also helps to read the reviews for books on the subjects you like on amazon.com. The good books will be mentioned and recommended, but keep in mind people can potentially be biased or have an agenda when writing reviews. Also know that a best-selling book only means that it is popular, not that it automatically includes complete truth and wisdom. Trust your intuition above all.

## **Spirituality, Occult & Metaphysics – Gullibility or Awareness?**

Some people may be too quick to accept metaphysical theories and methods without much consideration, but unfortunately, blind acceptance doesn't usually lead to complete comprehension.

Most people who advocate various metaphysical concepts don't automatically accept new theories. For many, having faith in an idea that can't be proved or disproved such as reincarnation involves questioning, considering various explanations, applying the idea to their own life and the lives of others, and looking at other possibilities. Only then, after finding no good reason to discount it, will they accept it. With an unbiased attitude, diligent research, and intuitive awareness, truth is uncovered.

An example is the past life regression therapist who does many regressions, careful to remain objective, while compiling impressions and details about his clients' past lives. Many, many cases offer explicit, verifiable details about distant, even ancient cultures such as types of societal standards like common marriage arrangement particulars, and even specific addresses and descriptions of particular houses and places of employment. Do these things prove reincarnation? No. Does it prove reincarnation when the hypnotized client begins speaking in a foreign language, one previously completely unknown (in this life)? Again, no, but it sure lends a lot of corroboration for supportive theories of reincarnation.

Ironically, it's frequently those who condemn the belief in metaphysical concepts who display gullibility, believing misinformation (such as that of the organized religion they follow) all too readily without bothering to do their own objective research.

More and more people are opening up to alternative spiritual theories. It's not too surprising that books like "The Da Vinci Code," by Dan Brown are best-sellers today.

*That which is looked upon by one generation as the apex of human knowledge is often considered an absurdity by the next, and that which is regarded as a superstition in one century, may form the basis of science for the following one.*

--Paracelsus

## Objective Exploration of Religion and Reincarnation

We applaud those who question religious principles and reincarnation rather than accepting them without a second thought. In fact, we recommend experiencing past life regression more than once as part of the process of deciding whether or not to accept reincarnation.

We acknowledge that many receive great benefits from their respective faiths, and that tradition involving their worship is ingrained in their lives. We also acknowledge the wonderful charity work done by many religious groups.

God (or however you want to refer to the higher power) inspires religious doctrine, but human interpretation of spiritual truth can easily be flawed due to many reasons such as a weak or obstructed spiritual connection, ego-self domination over higher-self, and in some cases, personal or political agendas. Anything constructed from earthly viewpoints rooted in the social norms of the times is bound to be distorted.

Consider Christianity: Many tenets (such as reincarnation) were eliminated from the bible in early Church history over a 300 year political process in order to strengthen the Church's foundation, thus its power and influence over the masses.

How do you find out what is valid and what is false? Do your own objective research. We include several sources throughout this package to get you started.

*Few people are capable of expressing with equanimity opinions which differ from the prejudices of their social environment.*

Albert Einstein

## Reincarnation and Karma – Why God Allows Suffering

Many have asked, “If there really was a God, why would he or she allow all the violence, poverty, and suffering that is so prevalent in our world?”

This question implies a belief that God is only good and that some antichrist is behind all our problems. If we could only get rid of this antichrist, we would live in a utopia of never-ending peace and perfection.

In this reality, we must have dark and light, cold and heat, cops and criminals, hate and love, etc. There's a necessary polarity in this world and to have only bliss and perfection is impossible. First, we would not recognize it as such, and second, none of us are here on Earth to live a life without flaws and lessons.

Regarding the "injustices" in this world, we are responsible for everything that happens to us. Due to the laws of karma, all thought, intent and actions from past lives spill over into the present, whether or not we consciously remember them and whether or not our current personalities choose to accept this.

More information about the tenets of reincarnation, along with case histories, can be found in [Your Love Life and reincarnation](#).

The good news is that we have free will to react to situations any way we choose. Instead of resisting life's challenges that seem impossible to change, we have the option of accepting them, which leads to peace of mind. Of course, acceptance is not always easy, but delving into the "why" of things (from a spiritual standpoint) makes it easier. We also have the option to take responsibility for everything in our lives, which empowers and sets us free.

## **Hell: Past Life Regression and Reincarnation Research Show it Doesn't Exist**

Based on our research with past life regression, spirit release/depossession, and life between life, we don't feel that there is an otherworldly place such as "Hell." If there were, it would support the notion that there is a higher power that punishes us for "wrong" behavior. We don't believe this.

Instead, we embrace the tenets of karma and reincarnation. This philosophy dictates that everything we put out will come back to us, if not in this lifetime, then in a different one. This doesn't mean punishment or reward, but that karma and reincarnation is what it is because of the laws of energy.

For example, you hurt yourself or another person through irresponsible behavior. Although you may not consciously carry guilt, the eyes of truth are always watching you in accordance with the laws of cause and effect. In other words, your progress on Earth (every action, intent and word) is cosmically recorded, then reviewed by your soul upon death and before the next lifetime. While your personality might not set up future circumstances to balance karma, your soul does.

Some might say that "Hell" is experienced in varying degrees while incarnated in human form, rather than in the afterlife.

Finally, our higher selves or souls, not our personalities, choose the circumstances of each life, so we really are completely responsible for everything that "happens" in life. If everyone understood and lived by this concept, the world would be a different place. Still, all idealism aside, the world is exactly the way it is destined to be at this time.



## **New Age & Metaphysical Myth, Misinformation, Inspiration & Truth – Idealism vs. Realism**

We certainly appreciate the value of inspirational messages *that are rooted in truth*. However, at the present time, an over-abundance of spiritual misinformation is flooding the metaphysical market by those whom we call the New Age Cheerleaders.

They're usually well-meaning, but denying the reality that adversity is an unavoidable part of everyone's life, that it has a divine purpose, and instead promoting false promises is a disservice to consumers. Ultimately, a lot of the excitement and hype only serves to increase book sales and seminar profits and can do more damage than good.

Throughout the past 20 plus years of being involved in the self-help, New Age, and metaphysical industry, we've seen it time and time again: participants of inspirational seminars and devotees of rosy passages in best-selling "spiritual" books grab hold of the false claims that the "experts" offer ("the perfect relationship and infinite abundance are right around the corner for you—it's your birthright!") and end up being disappointed after all the hype has faded. Too many "experts" claim, "...you can 'create' whatever you want and be whatever you want." Based on our extensive research, we've found this to be false.

Further popular myths in the New Age movement include the following: "The era we are in is more 'potent' than ever. Therefore, we are more able, than ever before, to create what we want--we can have it all;" "We are moving from a time of 'cause and effect' to a time of 'resonant causation,' which means that we can now create whatever we want through the power of intent;" "It's possible to dodge the karma you don't feel like dealing with through the power of forgiveness;" "Astrology and numerology aren't applicable to those who have increased their vibration through love and wisdom."

Many of the Cheerleaders claim that fate doesn't exist or that it is only applicable for select parts of life. In our opinion, they lack the right to deny the theory of destined life conditions until they first disprove the predictive sciences of numerology and astrology.

Hypothesis or theory can't be proven, it can only be invalidated. Numerology and astrology have yet to be shown scientifically invalid. In order to accomplish this, two things are necessary: long-term, objective observation of the circumstances in the lives of many people and extensive personality and predictive work involving these ancient sciences.

Until then, the Cheerleaders are denying a more than 2000 year esoteric tradition (which has been wrongfully dishonored by the world's organized religions--one of the greatest spiritual injustices in recorded history--and greatly distorted by the 17th/18th century Age of Reason/Rationalism) involving the prediction of life circumstances through numerology and astrology. In doing so and promoting their baseless promises of the power to "create" anything anyone wants and erase life challenges, they lead astray those seeking wisdom.

However trendy it is these days to reject the idea of predestination (events that are unavoidable), our research shows that fated circumstances (rewarding and challenging) *are* part of everyone's life. Since 1992 we've scrutinized the numerology and astrology charts, and observed the representative circumstances (past and present) of thousands of people. Furthermore, whether a person believes in karma and fate or not, they are still bound by it, as we constantly witness.

Once you see, as we have, the constant repetition of numerological and astrological patterns entirely corresponding to circumstances in peoples' lives, it is easy to stop rejecting the concept of fate.

Furthermore, though we are grateful for our guides and angels in spirit form and regularly work with Archangels, just because certain information feels good, is quoted by someone famous, or is “channeled” doesn’t mean it’s true for this dimension.

Additionally, the so-called divine messages of many popular metaphysical teachings too often get distorted through the human filters called the ego-self and conscious mind. The “I made millions/ cured my disease/met the perfect mate; you can do it too!” messages beg for provisions such as, “...however, it may not be your karma and fate to accomplish what I did, so I can’t guarantee the same success I’ve had...” We respectfully and compassionately would like to remind New Age inspirational authors and speakers that fate, dharma, and karma *must* be included in New Age communications (even if they are just indirectly alluded to). Otherwise, as we’ve seen, fictional inspirational communications can unfortunately send people down the primrose path of illusion and leave them utterly disappointed, not to mention further discredit the New Age movement.

Instead of misleading people into thinking they can erase their tough karma and create anything they want, we feel more emphasis should be placed on the following philosophy: much of life is karmic and fated, the “good” and the “bad,” there’s no avoiding what is meant to be, but there’s good news: you have free will to react the way you choose to your life’s predestined events and make the most of your time here on Earth.

What exactly is the benefit of working with predictive numerology, astrology, and past life regression aside from constantly seeing fate in action? The benefits include self-knowledge, spiritual growth through awareness, wisdom, the ability to plan for the future, the understanding that order exists in the universe and that there are no victims, that life is void of randomness, and that there is meaning to everyone’s life.

In doing so, you’ll also find that the ancient mystics and Gnostics were right: Fate cannot be cheated, but it can be viewed in a way that makes life a heck of a lot easier.

Why do we repeat what we do about destiny and free will over and over? We feel these ideas are very valuable and that it’s our duty to share this sacred information and to expose New Age myths and misleading practices. We want to share what we and multitudes of mystics throughout history have found as truth because with awareness comes clarity, and with clarity comes a more rewarding life.

## New Age, Spirituality & Dogma – 10 Myths Revealed

Merriam-Webster's Online Dictionary definition of dogma is as follows:

Main Entry: dog·ma

Pronunciation: 'dog-ma

Function: *noun*

Inflected Form(s): *plural dogmas also dog·ma·ta /-m&-t&/*

Etymology: Latin *dogmat-*, *dogma*, from Greek, from *dokein* to seem a point of view or tenet put forth as authoritative without adequate grounds

While we recognize the positive influences of organized faith, most religions, including Buddhism for example, have their share of dogma. Despite valuing many Buddhist tenets, we detect plenty of dogmatic beliefs among its followers. The following email sent to us from a Buddhist who chants daily exemplifies our point:

*"I think fate and destiny goes back to karma, yes we have karma from previous lives, but we created our own karma, so we also can change it! Although we may not change all bad karma completely, my master promised us that thru chanting Nam-myoho-rence-kyo we can absolutely reach enlightenment in this life time! And we can expedite the changing process! That's the power of our chanting!"*

*If you start chanting Nam-myoho-rence-kyo you'll reach enlightenment way faster than any methods you suggest. I've used the power from my prayers (thru chanting) to overcome obstacles in my everyday life and achieve my goals - many times making impossible into possible... Quite mystical, but also a lot of work"*

We asked the gentleman who emailed us to share how much closer he thinks he is to "enlightenment" from chanting and exactly how he has "changed" his karma, but he didn't respond back to us.

The Buddhist above states that his master "promised" him that he'd reach "enlightenment" if he chanted a certain verse. Chanting is a form of meditation and can be used to become more centered and to focus.

However, if you have further karma to work out and need to come back for other lifetimes (that may have been planned well before this one), all the chanting in the world isn't going to change that.

As we always say, you cannot erase your karma and bypass the earthly experience

needed to balance it. Sure, you can change how you react to it, which can make the lessons easier to tolerate, but in no way can you erase what your ego doesn't like or create what your ego wants if it's not part of your destiny.

Other forms of dogma linked to various belief systems include the following:

- \*Directives issued by “ascended masters” through “channeled messages;” these are sometimes valid, yet so often bogus and long-winded cosmic fu-fu; obvious red flags are if the “messages” are biased-sounding in *any* way and/or deny the fact that varying degrees of adversity in people's lives has a divine purpose
- \*Because the Universe is changing, we aren't governed by the laws of karma like we used to be
- \*You can live forever; all you have to do is “download” your consciousness into a clone of yourself
- \*Once you die, all your “sins” are forgiven and you get a “get out of jail free” card; you aren't accountable for your actions in this life
- \*You have complete free will while incarnated and you can create anything you want in this life; what the mind can conceive, you can achieve
- \*You have the right to anything you desire; it's your “birthright”
- \*Cursing is a sin
- \*Nudity is a sin
- \*Making a lot of money is a sin
- \*Taking a vow of poverty is the right thing to do
- \*Having a drink once a while will corrupt your spirituality
- \*Eating meat isn't very spiritual
- \*Vegetarianism is the most spiritual diet
- \*Listening to Rock music is not very spiritual

\*Dressing provocatively is a sin

\*If you don't adhere to a particular belief system, you're doomed

\*Select Feng Shui "cures" such as, "Beautify the money area in your house and become a millionaire!;" yes, we value many Feng Shui concepts, but you can't cheat fate through its methods

## **Spirituality, New Age, Conscious Creation & Dogma – Contrary to the Hype, Your Fate is Measurable**

We state our theories as the result of our long-term, unbiased, empirical research.

When we first began investigating metaphysical concepts back in the early 1980s, we wanted to believe that we could create anything we desired. Unfortunately or fortunately (depending upon your viewpoint), we've found through much empirical research, including thousands of past life regressions and analyzing the numerology and astrology charts of thousands of subjects, that the "you can create and be anything you want in this life" concept is a myth.

Some may ask what past life regression, numerology, and astrology have to do with fate vs. free will. Our answer is a lot. Once you research reincarnation, experience *multiple* past life regressions to find the root causes of personal problems, and have your character and general inclination of your fate outlined by comprehensive astrology and numerology, you will begin to realize that a lot in life is predestined. This is true for everyone: people not involved in metaphysics *and* gurus; people who don't believe in God *and* for those who do; those who make great efforts to "create their reality" *and* for those who don't.

Prediction of personal fate is a more than 2000 year-old tradition. The numerology and astrology charts, in ancient times, were used for prediction. Kings, queens, pharaohs, emperors, religious leaders, and other powerful, influential types wanted to capitalize on their fate and be prepared for challenging times.

Many of today's psychics, astrologers, numerologists, and other readers claim that fate isn't measurable and deny that it's possible to predict key life circumstances. Unfortunately, some do so in order to mask their own inability to do accurate prediction. Or, some know that they can gain more business by painting a more idealistic, yet false, picture. Other, well-meaning intuitive professionals may not have gone as deeply into the subjects or are simply fearful of facing the idea that a lot in life is fated.

An incidental: psychology was not part of astrology and numerology until about 100 years ago. Originally, comprehensive astrology and numerology had nothing to do with psychology and everything to do with prediction. This may come as a shock to some practicing modern astrologers who have not looked beyond modern astrological and numerological methods.

Many of today's New Agers are unaware of the fact that the wisest of the ancients believed that the very fate expertly discerned from the charts was not mutable. It isn't alterable; you can't erase it. That means that an aspiring actor who is fated for obscurity won't ever be a Hollywood A-lister, no matter how inspired he becomes, no matter how much effort he puts into it, no matter how much he works on his subconscious blocks, and no matter how much he consciously believes and tries to "create the life of his dreams." Is he *meant* to be an aspiring actor who doesn't ultimately reach big fame or money? Yes.

We've read statements from "best-selling," New Age, inspirational authors such as "...we are proving that the ancients were right; we can create the life of our dreams!"

That's particularly telling because all of our research into the teachings of ancient astrologers, mystics, Gnostics, and other respected wise ones clearly shows that the ancients *didn't* believe that sort of philosophy.

Predicting fated life events and circumstances was a very serious business in ancient times, whether it was in Ancient Egypt, China, Greece, Persia or elsewhere; if the sage was not consistently correct in his predictions, he was sometimes executed. Astrologers and numerologists like Abu Ali Al-Khayyat, Masha'allah, Alkindi, Bonatti, and Morinus successfully continued the tradition of accurate prediction, becoming legendary in their areas of expertise.

What's the point of being an intuitive reader if a client can't get at least a general understanding of his/her fate? If some people instead want flowery feedback without predictive perspective, or just want to chat with a professional, there are plenty of qualified counselors and therapists to fulfill that need.

Too often we've seen "conscious creationist" types get carried away with inspiration and thinking that they can create whatever they set their (ego personality) minds to, despite the aspirations likely being outside of their karmic blueprints.

Yes, we are big fans of inspiration, self-improvement, setting and striving to achieve important goals, and making the most of our lives. However, when all of that is done without self-understanding, without asking the question, "who am I and what is it that I am here on Earth to learn, what is my dharma, and what is my karma?," then it becomes problematic.

"Knowing thyself," and self-understanding come first. Then one is more able to "consciously create" what is in line with their destiny rather than just going for what the ego wants.

Destiny is not something you consciously create or something you choose like what to have for dinner. It's already set in motion before you incarnate. If you want to explore this concept and understand from *experience* rather than just *hearsay*, we list various sources throughout this package; study them and experience past life regression and life between life regression.

Often, we hear of people claiming that they can create/manifest anything they consciously want, and saying that their fate is not predetermined. Then we ask them about their fate (knowing thyself) and they don't know; worse, they say personal fate doesn't exist, just that they have "unlimited possibilities" in their lives. Yet they ultimately "create" a reality that is void of those "unlimited possibilities" that they speak of.

So what's going on here is that they claim that they can "create anything" they desire, but they never tell us what they've "created" that is so unusual (that isn't otherwise predictable--at the very least, the general form of, through comprehensive astrology and numerology), and they never have any clue about their fate since they've never delved into the predictive sciences, or consulted with someone who is able to measure fate.

Then there are those who say they know their fate, but that they can also change it. But what they claim is a manifestation of inspirational power outside of their destiny matches what we see as their fate in the comprehensive charts. In other words, they were destined to "create" what they created, and they were destined to experience what they experienced in the journey along the way.

By the way, we also see "miracles" as fate in disguise. We see all significant life events as being predestined. Does this philosophy encourage a passive or neglectful attitude toward life? No. We've always advocated getting in touch with who you really are, capitalizing on your strengths, accepting what you can't change, and assertively going after your goals, goals that are aligned with your personality *and* your higher-self/soul.

Someone might ask, "How do you know that our destiny is not changed by the way in which we respond to the moment that is currently passing?"

The answer to that is simple. Because fate is measurable, no matter how people respond to the circumstances in their lives. Because destiny is what will be, and what will be is not always what you want to create.

A person's overall karmic plan, including its key lessons and rewards, isn't altered by a person "deciding" to do one thing instead of another, such as moving to NYC instead of Wichita. The overall plan was for that person to move to NYC instead of Wichita, and



that's why they did. Even the way people respond, react, and consciously decide to live their lives is predictable, if you get to know their subconscious character well enough.

Ultimately, if people could become anything they wanted, they wouldn't stay the same. Yet they do for the most part.

You talk to people who are going to many New Age seminars, who are determined to "create" the life of their dreams. Then, you see them 20 years later and they may be more wise, aware, or accepting, or inspired, but have they created the life of their dreams? Some have, and some haven't. Some are fated to experience more love, money, or success, and some are not.

You can't prove a theory, you can only invalidate it. Thus far, through all our years of empirical research, we haven't disproved that it's possible to predict fate.

As we've said before, the reason we feel this is so important is that when you are more aware of your fate and who you really are beyond your conscious personality, you are better able to capitalize on your strengths; you avoid spinning your wheels, resulting in frustration, depression, or worse, when you don't manifest what you wanted.

Ultimately, based on our findings, life is much more about self-understanding, life lessons, and the journey, instead of the destination and reaching for "unlimited opportunities in the universe."

On the bright side, if a person discovers it is not their fate to, for example, be a successful professional opera singer in this life, we do believe that if that person continues to aspire strongly enough to be a great opera singer that they may very well manifest that desire in a future lifetime. "Gifts" are really talents developed over lifetimes, in our view.

## Movie Review - What the Bleep – Good Reminders But They Forgot Some Key Information

Overall, we enjoyed the movie “What the Bleep....” Some parts of it we responded with, “Well said!” Other parts, “You forgot some ideas!” And still others, “What the #%\*\$!”

Some of the movie’s key points that we appreciated the most are as follows: blame and victimization are of no use; self-understanding and taking full responsibility for personal circumstances and behavior is integral to self-actualization; everyone has the power to influence his/her physical, emotional, and mental health through thoughts and feelings; it’s been clinically proven that stress, for example, contributes to illness (not that clinical proof is necessary to acknowledge the effects of stress or positive thinking/feeling); self-actualization relies on the ability to detach from and leave behind addictions, expectations, dramas, and desires of all kinds (all part of the ego-self) so that one can more closely align oneself with the spiritual self.

We especially enjoyed Ramtha’s commentary about romance and the pursuit of romance being a personal addiction for many people.

However, it’s interesting that the financier of “What the Bleep...” is a Buddhist and that there was no mention of reincarnation in this spiritually oriented film. Reincarnation is one of the most important spiritual concepts (in Buddhism especially) and it is intimately tied to free will, karma (what goes around comes around), dharma (what one must do in this life), and fate (predetermined circumstances and events).

One of the experts featured in the movie is Dr Joe Dispenza (a chiropractor), who has authored several scientific articles on the close relationship between brain chemistry, neurophysiology and biology, and their roles in physical health. He has a Doctor of Chiropractic Degree from Life University in Atlanta, Georgia.

Dr Dispenza says “I wake up in the morning, and I consciously create my day the way I want it to happen...When I create my day, and out of nowhere, little things happen that are so unexplainable, I know that they are the process and the result of my creation. And the more I do that, the more I build a neural net, in my brain, that I accept that that’s possible. So if we’re consciously designing our destiny, if we’re consciously, from a spiritual standpoint, throwing in what the idea that our thoughts can affect our reality or affect our life, because reality equals life.”

While we admire many of the movie’s messages and agree with the idea that “Human beings have the potential to shape their own experience for better or worse...” we

strongly question the message that "...unlimited possibilities are truly within our grasp (in this lifetime)." *This implies that a person can erase karmic circumstances in his/her life and live in a never-ending utopia, fulfilling all ego-self desires and skipping the important, tough lessons in life.* To be perfectly candid, our cosmic fu-fu detectors are sounding on high while digesting that last bit.

Jeffery B. Satinover M.D. (a former practicing psychiatrist) is also featured in the movie. He has completed a master's degree as a member of the Theoretical Condensed Matter Physics group and Yale's newly-established W. H. Keck Foundation Center for Quantum Information Physics.

In his book "Reflections of the Nature of God," he says "The worldview that modern science has depended on, for the most part, is that if you have 100 percent knowledge of an initial condition, then all subsequent conditions are known as well. If this were true, there would be no such thing as free will, whether human or divine. God himself would be a merely passive observer who not only doesn't but couldn't have an effect on the world. And human beings couldn't have an effect either, because if all physical events are in effect, laid out ahead of time, like a complex play in billiards, then nothing one does can alter the outcome. It's all completely determined."

Its great how he suggests that we free will exists, but our position is that he's too haphazardly blending physical science and spirituality; they are two distinct, separate domains.

We feel Dr Satinover also misunderstands the role of free will *while incarnated* and how much we have *before* we incarnate. He also seems to reject the philosophy that fated events are necessary in order to learn specific lessons.

For instance, a person can't "create" a wonderfully harmonious relationship with his/her father if one of that person's karmic lessons (that they chose while in spirit form) is to endure an abusive relationship with that parent.

He goes on to say, "This is the fundamental premise of the modern worldview. However, it turns out and what modern physics has now demonstrated is, that's not true. That actually, at the most fundamental level, all the most important physical processes are, in part, determined by 'factors' that have no detectable presence in the physical world. A range of possible outcomes are determined mechanically, but untold numbers of decisions are being made by 'something' that from among these possibilities selects every actual outcome..."

He's alluding to the idea of a higher power, or God and the importance of its influence

and we applaud this, but he again carelessly mixes physical science with spirituality. Doing so is like saying that because a circumstance is so in a dream state, that we should expect it to be the same way in waking hours.

*Different dimensions have different sets of laws, just as we have mostly probabilities while incarnated on Earth and more possibilities while in spirit form planning our next physical existence.*

We shape and contribute to those same *possibilities* every day. We believe that we design our next lifetimes by every thought, intent, and action in this life (and previous ones), yet we also feel that it's impossible to manifest what one wants (on a personality level) now, in this life, if those desires don't match one's *current life* blueprint.

Both Dr Dispenza and Dr Satinover in "What the Bleep..." imply that the universe is a huge quantum sea of possibilities and that since this is the case that we should be able to create that which we want and leave the rest behind.

This is akin to a drunk believing s/he can manifest absolute sobriety for the night an hour after s/he downs five stiff drinks; it's too late to "create" something (instant sobriety) after an alternative is set in motion/secured (intoxication).

*Most well-respected quantum physicists today (those with PhD's in quantum physics) along with the founding fathers of quantum physics, who also believed themselves to be mystics (including Erwin Schrodinger, Max Planck, and Niels Bohr), firmly held that it's erroneous to group physics and mysticism in the same dimension. Planck said that trying to merge physics and mysticism "makes no sense at all," since spirituality is associated with the source of everything on a soul level and quantum physics relates to the most infinitesimal level of the physical world of matter and energy.*

Good spiritual teachers acknowledge that there's a difference between the ego-self and the spiritual self. The ego-self wants to satisfy all of its earthly desires. The spiritual self is here to learn and grow. Meanwhile, most everyone wants "more" out of life on a personality level. Often, ego-self demands ("perfect love," "better family relations," "more money," etc.) clash with "what is." Said differently, you can't always get what you want.

Please understand, we agree that it's possible to *influence* our realities and even create as we wish to a certain extent while incarnated (if it's within the boundaries of personal destiny), but we feel it's impossible to skip difficult karma. In other words, you can't cheat fate and you can't just erase personal challenges because you don't like them.

On the one hand, the experts in the movie "What the Bleep..." emphasize the idea that

everybody is fully able to create their own realities to match the desires of their personalities.

At the same time, one of the more important (and we feel more truthful) messages of the film is about the idea that the ultimate spiritual goal is to leave behind/detach from personal addictions of all kinds, expectations, dramas and desires (the ego-self) so that one's personality can more closely meld with the spiritual self.

That's quite a contrast in philosophies! It appears as if the film is promoting the message, "dump the tough lessons and karma and create what you want now in this life, it's yours!" while saying simultaneously, "free yourself from your desires!" The former is the antithesis of spirituality and the latter is a sacred ancient spiritual concept.

In brief, *the movie "What the Bleep..." addresses some key aspects of quantum physics (while ignoring opposing quantum theories such as "hidden variables") and some important spiritual ideas (while ignoring the concepts of karma, dharma, reincarnation, and fate), and blends them together in a feel-good mixture of cosmic truth and New Age fu-fu.* The connection between the provided metaphysical concepts and select laws of quantum physics is questionable at best.

Aside from a few spiritual fallacies and mixed messages in "What the Bleep...", we really liked it. In striving for spiritual awareness, we *must think far outside conventional earthly thinking in order to begin to grasp universal truths.* This film is a big step in the right direction.

## **Fate, Karma and *The Secret* – the Movie Ignores Key Spiritual Truths**

Many people have asked us what we think of *The Secret*, the wildly popular book and movie.

We offer our opinion below, along with additional information we feel is *imperative* to consider in tandem with the tenets of *The Secret*.

What we liked most about *The Secret* is that it's a very inspiring collection of ancient truths, such as the importance of gratitude, forgiveness, letting go of the past, asking for what you want, believing you are worth it, and acceptance. Lots of great reminders!

What we disliked about *The Secret* is that the author says the following and implies the same throughout the movie and book: *“With the knowledge from The Secret there is not anything any human cannot be, do or have...not a single thing. No limits whatsoever. It doesn't matter where anybody is now--it doesn't matter if they're sleeping in a park, if they're totally broke, it doesn't matter if they're not well, it doesn't matter if their relationships are a mess. It doesn't matter where they are, when they gain this knowledge and when they apply and use The Secret in their life, their lives will totally change.”*

We disagree. While we believe there is a law of attraction, we feel *The Secret* fails to include some very important related factors.

Our work and research since 1992 involving cyclical timing methods and past life regression entirely confirms that everyone has a predestined path in life and that you can only “attract” that which fits your personal fate.

We've said it many times over the years and we still feel it's true: You cannot attract and maintain what you want, no matter what you do, unless it's part of your karmic path, fate, and what you've earned from present and past life actions. Furthermore, there are many unwanted circumstances in people's lives, which are not part of “getting what you want,” that are integral to spiritual growth.

The good news is that you have free will to make the most of your karma and fate. When you are aware of the general inclinations of your predestined path, you are better able to capitalize on your strengths, opportunities, and inborn skills, rather than waste time with goals that are not part of your plan. In other words, rather than feeling like a failure because you didn't reach a goal that wasn't meant to be, when you are in touch with yourself and your fate, you spend time and effort on goals that are more likely to be

manifested.

We are advocates of many of the concepts in *The Secret*, are glad there is a growing awareness of the related philosophies and we're excited to offer additional information that will help you be even more successful with your goals and dreams.

## **The Secret and Subconscious Blocks**

### How to Identify Them and What the Movie Won't Tell You

Like a lot of people, we appreciate the movie *The Secret* for its wisdom and how it helps to inspire people. But what if you are following all the tenants of *The Secret* and still are not reaching your goals?

We've witnessed a lot of realistic, seemingly "deserving" people follow the *Secret's* principles and still not get what they desire.

One reason they may not be making great progress in reaching their goals is because it may not yet be time to reach them. It's important to keep taking action and along the way, meditate on the "next best step." If you still feel blocked, read on for some important information. Also, if you are fated to reach your goals, you will reach them. Unfortunately, if you aren't fated to reach a certain goal, you won't have success.

Another consideration that is not fully explained in *The Secret* that can make a difference between success and failure is an accurate assessment of subconscious blocks that are sabotaging success.

The subconscious mind rules your life. It completely lacks reasoning power and stores all of the hidden core beliefs, misconceptions, fears, defenses, and biases formed mostly before age ten. The subconscious mind reacts just like a fearful child; it's not rational or sensible like the conscious mind.

The challenge is that it's not always easy to know what's hidden in your unconscious mind under your conscious intent, no matter how much you meditate, express gratitude, or monitor your thoughts.

Although you may be consciously fearless, your subconscious mind may possess intense apprehension. Often, subconscious beliefs are at odds with conscious viewpoints. For example, even if you consciously desire a compatible love relationship with all of your heart, if your subconscious mind equates relationships with grief, or some other form of suffering, it will do everything in its power to generate conflict or keep you single.

As another example, the subconscious mind can influence someone enough to make them unattractive if they subconsciously equate being attractive with abuse. Or, someone who subconsciously, deeply resents rich people will subconsciously sabotage their efforts to acquire and keep wealth. It's like a hidden, super-power part of your mind



that doesn't always act in your best (conscious) interests.

Until you uncover, confront, and resolve unconscious issues, your subconscious mind will interfere with your life, often opposing your conscious desires and plans. Personal issues keep you from reaching your highest potential. Subconscious thinking must be aligned with conscious desires in order to reach your goals.

How do you find out about the depths of your subconscious? Graphology, or handwriting analysis is one of the most effective ways of uncovering subconscious fears and defenses. The U.S. Library of Congress categorizes it as a branch of psychology. It's one of the quickest, most objective, most accurate, and least discriminatory forms of personality analysis in existence.

Graphology is so informative because it reveals subconscious character, the real personality, not just the persona and the one seen when a person is at his or her best. It's been used by many Fortune 500 companies and select law enforcement agencies (including some of those at the Federal level) for decades.

Instead of taking subjective personality tests, trying to effectively monitor the submerged complexities of your subconscious yourself (good luck), or enduring months of sessions with a psychologist, you can get right to the heart of the matter through handwriting analysis.

See the "graphology" page on [www.scottpetullo.com](http://www.scottpetullo.com) or the [graphology section](#) in this package for more information about Graphology.

A well-trained graphologist can give you a clear, extensive assessment of your subconscious blocks and hidden fears, but their services are not inexpensive. As another option, our Graphology Keys and Trait-Based Guide will help you gain a lot of priceless information on your own, for a fraction of the cost, simply by comparing your handwriting to these easy to understand, but comprehensive, self-help tools.

Graphology is the secret that will help you be even more successful with *The Secret*.

## Chapter 4 A Closer Look at Karma, Reincarnation, Free Will and Fate

### What to do if you...

**...have doubts or questions about the concepts of personal destiny and fate, free will, karma, reincarnation, past life regression, birthrights, and how much choice you really have in life**

**IMPORTANT NOTE:** We can't emphasize enough the importance of these concepts. Our commentary below is based on our many years of combined research with meditation, tarot, past life regression, astrology, and numerology. If you could see, as we have, the constant and consistent correlations on a daily basis between people, life circumstances and events, and personal fate, you would begin to accept, as we have, that everyone, no matter what their beliefs or religion, is bound by predestination, karma, past life patterns and reincarnation. We don't expect you to fully embrace these concepts without doing your own research, but we do hope you remain objective and that this material leads to a better understanding of yourself and your life. Although you might find this information to be unpleasant at first, as we did long ago, it will ultimately empower you.

**Myth:** "Past lives can't be proven so there's no benefit from past life regression."

**Truth:** It doesn't matter if you believe in reincarnation for this process to (sometimes dramatically) help you reach goals and resolve blocks. Meditation and past life regression help to release the past, freeing you from the energy and stress related to it. This allows you to be more centered, calm, aware, and even look better from the inside out.

See the [past life regression section](#) for more information and how to explore your own past lives.

**Myth:** Only gullible people believe in metaphysical philosophies such as reincarnation.

Throughout history the belief in reincarnation and karma has been common. The concepts have been an integral part of Eastern religions including Taoism, Hinduism, and Buddhism, as well as the religions and beliefs of Egypt, India, and Greece. The Greek mathematician and philosopher Pythagoras taught that the soul survived after death of the body. The Greek philosophers Plato and Socrates believed in reincarnation. Other famous people who believed in reincarnation include Leonardo da Vinci, Edgar Allan Poe, Ralph Waldo Emerson, Henry David Thoreau, and Benjamin Franklin.

We've heard many people equating a belief in reincarnation with being gullible over the years, and we are always fascinated by people who draw conclusions based upon the limitations of their understanding ([read more](#)).

**Myth:** Reincarnation isn't an important part of spirituality.

Reincarnation is intimately tied to free will, karma (what goes around comes around), dharma (what one must do in this life), and fate (predetermined circumstances and events). You can't have one without the other and contrary to popular belief, karma originates from a lot more than just present life actions.

**Myth:** It's possible to release and avoid your karma.

Some say they can release their karma through spiritual exercises. This sounds like wishful, spiritual woo-woo thinking to us. The only exercise we know of to do this is the exercise of experiencing what you need to experience in real life. In other words, forget the notion of being able to cheat fate, despite the fact that most "love experts" suggest otherwise. We caution you to be skeptical of spiritual solutions that appear to be quick fixes.

The good news is that you can ease, but not evade, your karma by acceptance, forgiveness, and unconditional love. For instance, you can't erase the lifelong disharmony between you and your siblings, but you can lighten the load by how you view and react to it.

Although not always easy, the best methods toward personal and spiritual growth include the following: achieve self-awareness so that you understand your highest path; take the right action at the right time to manifest your destiny; embrace all personal challenges including all difficult people as a necessary part of the growth process; forgive yourself and all others; love yourself and all others unconditionally; live your life knowing that all energy you put out will eventually come back to you; and know that you can't always get what you want, but that every experience serves a valuable purpose.

**Myth:** Since the most popular spiritual authors reject or don't even address topics like fate and karma, the subjects are not that important.

These topics are extremely important to your spiritual path ([read more](#)).

**Myth:** You can "Ascend" or "reach enlightenment" in this life if you consciously choose it.

You need a lot more than conscious choice to "ascend," and until you pay all your karmic dues, ascension will not be an option.

**Myth:** Because the Universe is changing, we aren't governed by the laws of karma like we used to be.

Try as you might to cheat fate and karma, you won't be able to.

**Myth:** People have more free will than ever before.

Only those who don't fully comprehend the concepts of karma, fate, and free will, or those who deny that personal fate exists will tell you this. Women having more career options than 100 years ago, for example, doesn't qualify as "more free will," nor does the ability to fly across the country instead of traveling by stagecoach.

**Myth:** Once you die, all your "sins" are forgiven and you get a "get out of jail

free" card; you aren't accountable for your actions in this life.

Past life and life between life research has found this to be absolutely false.

**Myth:** All the wisest ancient mystics said you can easily create the life of your dreams.

**Myth:** It's possible to consciously create your destiny, to create whatever you want.

**Myth:** Destiny is changed by the way in which you respond to the moment.

The mystics who consistently, accurately outlined future personal circumstances (fate) rejected the notion that you can easily create the life of your dreams.

Destiny is not something you consciously create or something you choose like what to have for dinner. It's already set in motion before you incarnate. We urge you to explore this concept and understand from *experience* rather than just *hearsay*.

Fate is measurable, no matter how people respond to the circumstances in their lives. Destiny (another word for "fate," despite what others try to tell you) is what will be, and what will be is not always what you want to create.

[\(read more\)](#)

**Myth:** Miracles aren't fated and they can happen easily if you ask and believe.

Based on our research with predictive astrology and numerology, we see "miracles" as fate in disguise (and yes, all the drama surrounding them too) and all significant life events as being predestined. Does this philosophy encourage a passive or neglectful attitude toward life? No. We've always advocated getting in touch with who you really are, capitalizing on your strengths, accepting what you can't change, and assertively going after your goals, goals that are aligned with your personality *and* your higher-self/soul.

**[Free Will, Fate & Destiny – You Have Less Choice Than You Think You Do After Incarnating](#)**

## [Reincarnation & karma – Both Have Existed Since Well Before Earth's Recorded History](#)

### [Reincarnation--Fact or Fantasy?](#)

4 Reasons People Think They Lived Past lives as Famous Historical Figures

## [Reincarnation and Past Lives – Everyone Has Been a Bad Person at Some Point](#)

## [Reincarnation, Karma, Fate & Soul Decisions – Most of Your Free Will is Exercised Before Incarnating](#)

## [DNA, Twins & Reincarnation – The Theory of DNA Genetic Coding is Connected to Predestination](#)

## [Conscious Creation & Truth – Direct Life Experience Balances Most Karma, Wisdom Only Some Karma](#)

## [Ascension, Lords of Karma & Personal Destiny – Quick Fixes Don't Exist & You Can't Cheat Fate](#)

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## [Past Life Regression and Hypnosis – Why it Doesn't Matter if Past Lives Are Real or Not](#)

## [Past Lives & Reincarnation – You Would be Surprised to Learn About Your Former Lifetimes](#)

## [Time Travel, Fate, Destiny, Free Will and Changing the Past](#)

## **[Predestination, Karma & Meditation – How to Know What is Fated in Your Life](#)**

## **[Astrology, Location & Destiny – You Can't Evade Your Karma and Fate by Relocating](#)**

### **[Is This Your Last Lifetime?](#)**

Past Lives & Reincarnation – What Creates Negative Karma, What Doesn't, & Why You're Coming Back

## **[Fate, Destiny, Karma, Past Lives & Future Lives - Why You Can't Live Forever](#)**

## **[Karma, Fate, Past Lives & Birthrights – Why You're Denied the Infinite Possibilities of the Universe](#)**

If you received this e-book from a friend and haven't yet subscribed to our email list for free updates, spiritual insights, tips, and helpful metaphysical advice, please do so here: [www.holisticmakeover.com](http://www.holisticmakeover.com).

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## Do Some People Have More Free Will?

Free Will, Karma, Fate & Destiny – Self-Mastery Won't Make Your Future Less Fixed

We find the level of ease in predicting life circumstances and events for those who are less self-aware is the same as it is for those who are more self-actualized.

If someone is fated to experience specific life situations, they will experience them regardless of what choices they make. From a spiritual viewpoint, there is less freedom in decision-making than most people seem to want to believe. Based on our research, a lot more in life is destined than people may want to accept.

Are we saying that since so much is fated in life that it's a waste of time to explore metaphysical concepts, or for that matter, to set and strive toward personal goals and make an effort to get as much as possible out of life? Absolutely not. We never advocate a passive, unproductive approach to life, other than letting go of trying to change what you can't change. First, one must "know thyself." Then a person can work toward his or her goals that are within their personal karmic plan.

Someone might ask, "If everything was mapped out for us, wouldn't we just be robots following orders placed by our higher selves? We do have some sort of freedom, don't we?"

In large part, if you want to view it that way, yes, each of us are simply following through within our own unique karmic directives, putting one foot in front of the other to manifest fate.

Look at it this way: each of us incarnates to *learn specific spiritual lessons*. If we had as much free will as we have *before* we incarnate as we do *while* we are incarnated, how many people do you think would actually chose to



experience the tough lessons, or any lessons at all aside from absolute ego-self gratification?

As we've said before, we have found that everyone has some freedom to "create" within karmic boundaries while on this Earth, but not nearly as much as most people seem to want to believe. If people could become "anything" they want to become, nobody would remain what they are.

The charts show that there is no escape from what could be termed as soul responsibilities: necessary personal experiences while incarnated on Earth. The good news is that there is relief through acceptance, detachment, and unconditional love.

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## **Numerology, Astrology & Predestination - You Can Only Manifest That Which Matches Your Karmic Plan**

Some of our New Age friends claim they can erase all of their karma and create whatever they desire.

No more relationship, family, money, or health problems. Sounds good!

Alas, years of empirical research convinces us that this is impossible.

If it were possible to create whatever you wanted at any time and erase your challenging karma, numerologists and astrologers would be unable to predict your future circumstances. Interpreted correctly, numerology and astrology charts consistently reflect your predestined life situations.

It sure would be nice to have a totally clean slate in life and experience only what you consciously choose, but it appears that nobody has the ability to skip the difficult lessons.

A numerologist saying to a client, based on her charts, (with no knowledge of that person prior to the session), "...you fell deeply in love age 36 for the first time in your life..." and the client saying, "...yes, it was wonderful, and it still is..." supports the notion of fate and destiny, rather than absolute free will, especially since that same consultant would have identified the event in the charts *before* the client was 36.

As another example, some struggling actors "make it" and many don't. Although the "path" itself is oftentimes more important than the desired destiny, expert numerologists can accurately determine who is destined for fame, wealth, or success and who is not.

Even the charts of so-called self-actualized people firmly indicate that they do not have free will to erase their karma and create as they wish. However, being self-actualized allows one to more easily accept situations and forgive people, so they glide through life with more ease than others.

Many feel it's more accurate to think of life on Earth as the process of co-creating what is to be. A reasonable theory, based on life between life research, is that we all have complete free will as souls, but much of it can only be exercised before we are born into this world.

Yes, you must take action at the right time and put one foot in front of the other to bring

about fate while here on Earth, but to expect to be able to consistently "create the life of your dreams," is unrealistic, unless of course your dreams are aligned with your destiny.

Many metaphysical practitioners promote such notions as "create your desired reality" and "erase your karma" ("anyone can do it!"). Unfortunately, their clients who fail to reach goals mistakenly assume they didn't try hard enough or that they didn't deserve to get what they wanted, when in reality the goal may not have been part of their highest path.

Instead of feeling like a failure because you didn't "create" something you wanted, it's more effective to get in touch with your individual fate and true earthy purpose. In doing so, you more easily recognize your highest path and apply free will more constructively. Then, when you "go for it," you're much more likely to succeed because you have time, destiny, and the Universe on your side.

## Free Will, Fate & Destiny – You Have Less Choice Than You Think You Do After Incarnating

We would agree that everyone has at least some choice in life but we feel that most "choose" to do that which aligns with their fate regardless of how much decision-making power they think they have. As outlined in previous columns, our belief is that everyone has far more power of choice in spirit form *before* they incarnate.

Our view is that people generally don't change and that at least 75% of personal circumstances and events for everyone are predestined. If people did change, nobody would remain as they are and nobody would match the myriad of personality traits, events, and circumstances symbolized (quite clearly through comprehensive methods *if the analyst is going about it correctly*) in their numerology and astrology charts. We've observed, time and time again, that people don't ever "choose" to do something that's out of line with who they are as defined by in-depth numerology and astrology charting, even if they're unaware of their charts.

Some might call us "fatalists," and incorrectly label our positions as overly-cynical and void of "promise," but please understand that we are simply relaying the results of our research. If the idea of predestination discourages you in any way, know that you have the ability to "get what you want," on a personality and ego-self level at least some of the time, as long as the desired result doesn't conflict with your earthly path.

For example, your fate might deny you enduring sizzling romance with your spouse; but you apply your free will, decide to make the most of your connection by emphasizing the rewarding parts and therefore enrich your life through the expression of gratitude.

Those who have patterns in the comprehensive charts symbolizing the following random traits or circumstance, for example, will "choose" to behave a certain way (at the appropriate time, indicated by the timing charts) that supports the manifestation of a related event, regardless of whether or not they believe in fate.

- \*Aggressive
- \*Affluent
- \*Social
- \*Family oriented
- \*Romantic
- \*Sexually assertive
- \*Partnership oriented
- \*Spiritually disciplined

- \*Friendship oriented
- \*Antagonistic
- \*Submissive
- \*Expressive
- \*Linguistic
- \*Versatile
- \*Traditional
- \*Secretive
- \*Controlling
- \*Altruistic

Furthermore, people whose primary motivation is recognition, for instance, will "choose" the options that offer them the most fame and recognition, and they will have the opportunity to manifest it if it's their destined path.

People who are naturally highly motivated by money will "choose" the path with the highest compensation, and will manifest amounts in accordance with their fate, considering they act on their inborn desire, which they invariably do. People who have great lifetime money aspects in their comprehensive charts will "choose" the path where they make a lot more money than most people.

Alternatively, people who have very challenging lifetime money aspects in their comprehensive charts will "choose" the path where they don't acquire much money, or they will acquire money and then lose some or all of it by "choosing" ill-advised, high-risk investments, for example.

Those who have aspects in their comprehensive charts for having happy family relationships will "choose" to do things that encourage that. People who have aspects in their comprehensive charts for having unhappy family relationships will "choose" to do things that promote those circumstances.

People who have not-so-great love karma will repeatedly "choose" partners who cheat on them or who are otherwise unreliable.

People who have strong addiction aspects (food, alcohol, drugs, etc.) will "choose" to overindulge, again and again.

Emotionally needy people (as easily discerned through handwriting analysis) will "choose" to never be alone by "choosing" to either stay complacently in a relationship that is over, or by leaving a connection as soon as they find someone else with whom they can form a relationship.

Hollywood actors who have great lifetime fame and recognition aspects will "choose" the path that allows them to become famous. Hollywood actors who have terrible fame and recognition aspects will "choose" the path that provides them relative obscurity. People who have great fame aspects, along with "fall from grace" aspects, will "choose" the paths that allow for fame and also infamy.

It's good to assertively direct your energy toward goal achievement, but even the most goal oriented and motivated person will admit that often life seems to "happen to" them. Circumstances beyond your control will nudge and often times push you in the predestined direction. The best anyone can do is to make the most of themselves and their fate, strive for self-awareness, change what they can, accept what they can't change, and stay open for clues about the next best step in all areas of life.

Yes, everyone has the power to choose, but they invariably "choose" what feels right, and what feels right is consistently in harmony with their fate.

## Reincarnation & karma – Both Have Existed Since Well Before Earth's Recorded History

Modern science knows of only a fraction of this planet's complete history.

Modern, Western religions' biblical historians tell us that "creation" occurred about 13,000 years ago and that the first human ("Adam") appeared around 11,000 years ago.

In contrast, conventional science says the Earth is around 4 billion years old and that humans (*Homo sapiens*) first appeared around 60,000 to 200,000 years ago.

True, there are more people hence, souls, here on the planet than ever since the start of *recorded history* (less than 10,000 years ago).

However, Earth has undergone many major changes over its billions of years of history. Pole shifts, floods, massive earthquakes, glaciers, and devastating impacts from cosmic debris; most visible traces of past civilizations on planet Earth have been repeatedly destroyed, pulverized, and buried out of sight.

New archaeological finds often suggest that modern science knows of only a fraction of this planet's complete history.

50 miles south of Florida, in 1200 feet of water, the top of an eighteen-story high pyramid (sonar was used to measure it) rises up through the ocean floor.

Miners were startled to discover silver pots and dishes along with a lengthy man-made wall a mile beneath the Earth's surface in Europe while excavating for natural resources. These items are untraceable to any *known* civilization in the planet's past.

International researchers, including archaeological experts from the University of Poitiers in France, unearthed evidence of the oldest human ancestor (to date) in Chad, Africa in 2001. An approximately 6.5 million-year-old hominid skull having both old and modern qualities was discovered, blowing apart traditional theories on the history of the human race.

Considering that hypothesis or theory cannot be proven, only invalidated, it's still possible that at that at some point in Earth's history the population of intelligent beings has been as high as or even higher than it is today.

Furthermore, Earth is not the only place where souls incarnate. Astronomers tell us

that there are over 100 billion galaxies throughout the universe. We live in the Milky Way Galaxy with our Sun and neighboring planets. Given that there are billions of stars like our Sun, it's likely there are millions, if not billions, of inhabitable planets throughout the universe. There are also other dimensions and possibly other universes as well.

There is no shortage of souls throughout the universe and no shortage of places to incarnate.

We especially like the tenants of reincarnation because they disallow the concepts of blame and victimization and *nobody* "gets away" with anything. You don't have to believe in reincarnation, but if we all acted as if it was true our world would be a better place.

"Since the beginning of recorded time, history has been written by the 'winners' (those societies and belief systems that conquered and survived). Despite an obvious bias in this accounting method, we still measure the 'historical accuracy' of a given concept by examining how well it concurs with our existing historical record. Many historians now believe (as I do) that in gauging the historical accuracy of a given concept, we should first ask ourselves a far deeper question: How historically accurate is history itself?"

--Dan Brown



## Reincarnation--Fact or Fantasy?

### 4 Reasons People Think They Lived Past lives as Famous Historical Figures

Too often, there are reports of people claiming to have been glorified historical figures in past lives.

It's a frequent misconception, perhaps encouraged in part by somewhat unscrupulous psychics who tell clients how important they were in their past lives. When people are regressed and see their own past lives, it's common to perceive experiences as being both rich and poor, male and female, powerful and powerless, productive and unproductive, and so on. If people perceive themselves as a famous historic figure such as Cleopatra, Joan of Arc, one of the Disciples of Jesus, or even as Jesus himself, there are four possible explanations for this:

1. The person really was the historic figure in a past life.

2. The person is identifying with personality patterns associated with the historic individual to such an extent that the person believes he or she was that individual.

3. The person's ego is adding to the session. For example, perhaps he or she perceives through regression the ancient civilization of Egypt and a woman who looked like Cleopatra, or they may have been associated with Cleopatra, but the regressed person wasn't actually Cleopatra.

4. The person is somehow connecting to the energy or consciousness that was once part of the historic figure.

Regarding those who consider people who believe in reincarnation and past lives to be escapist and cowards, it actually takes more courage to accept and live within the ideals of reincarnation and karma because it means you have to take responsibility for everything you do, say, intend, and feel for all that happens to you. There is no such thing as a victim, you can't blame anyone for anything, *and you "get away with" nothing.*

Furthermore, physical death may be the end of our body, but we are far more than just a body. Our soul consists of energy or life force. Science has proven that energy never dies and can't be destroyed; it just takes a different form.

Past life regression can be used for entertainment purposes, but more importantly, even if you don't believe in past lives, it can be a very useful and therapeutic tool.

Finally, it doesn't really matter if the theories of reincarnation and karma are valid or not, but if we all acted as if they were, our world would be a much better place.

## **Reincarnation and Past Lives – Everyone Has Been a Bad Person at Some Point**

Souls can be consistently "bad" or "good" while incarnated, but how they act depends on many factors: What roles they sign up for, what karma they're helping others work through, if they are learning their lessons and making progress, and many other considerations play a part.

Fortunately, there's hope for even the biggest troublemakers: We've noticed, through past life regression, that those who do the most "good" in this life, may very well have been terrors on Earth in one or more prior lives. Also, we would agree that there are many people on this planet simply doing good not just to balance negative karma, but because it's gratifying and fulfilling. But it has been said by wise women and men that selflessness doesn't exist; everything everyone does is ultimately for one's self, even if it's for a feeling of satisfaction, to avoid feeling guilty or just to generate positive personal karma, for example.

Don't worry too much about whether or not you were a kind person in past lives, as everyone has been "good" and "bad" in past lives. The most important thing is that you forgive yourself, acknowledge the necessity to balance any negative energy, and "do the right thing" now, in this life, at all times and in all situations.

Some other ways to avoid negative future consequences include reacting with love rather than fear, sending love and acceptance to your "enemies" in order to forgive them and create more harmony between you, accepting yourself as you are, respecting yourself in all situations, and striving to be the best you can be.

## **Reincarnation, Karma, Fate & Soul Decisions – Most of Your Free Will is Exercised Before Incarnating**

Once you understand the basics of reincarnation, it's not that complicated or scary. There are many good books about this subject and the related subject of life between life.

Michael Newton is the foremost researcher on life between life, has been exploring the subject for many years, and is well respected among other researchers of reincarnation. His books answer a lot of questions.

We wrote about how past lives affect current love lives in our book [\*Your Love Life and Reincarnation\*](#). Others who have done reincarnation research include Janet Cunningham, Ph.D., Winifred Lucas, Ph.D., Raymond Moody, M.D., Richard Sutphen, and the Grandfather of reincarnation research, Ian Stevenson, M.D.

Scientific studies involving reincarnation include the Journal of Scientific Exploration, Allen Press, Lawrence, KS., and the Journal of Regression Therapy, International Association for Regression Research and Therapies (IARRT), Riverside, CA. (909)784-1570, <http://www.IARRT.org>.

Do you have choices when reincarnating? Yes, but on a soul level, not on a personality level. Your soul plans each incarnation and chooses when and where to be born. Based on our research and that of other respected researchers, we believe that humans reincarnate into human bodies, not as animals (transmigration) or physical objects. However, until we can disprove it, we are not ruling out the possibility of transmigration.

Someone might ask, "Why don't I have complete free will once I incarnate?" If you could sidestep the important lessons, then you wouldn't learn what your soul intended for you. Imagine if everyone got what they wanted all the time. The successes would eventually come to lack sweetness, and life would not be the same. Polarities are a necessary part of this dimension, and your soul determines your karmic blueprint before you incarnate.

At the same time, you still have free will to make the most of your life and also manifest that which fits into your earthly plan.

## **DNA, Twins & Reincarnation – The Theory of DNA Genetic Coding is Connected to Predestination**

When young children are asked the right questions, such as "What did you do when you were big? Who were you when you were big?" they can sometimes tell you quite a bit about their previous lives. A good book on the subject is *Children's Past Lives: How Past Life Memories Affect Your Child*, by Carol Bowman.

DNA and reincarnation can't be physically linked so DNA testing would not verify reincarnation. DNA is related to the physical body, not the spiritual body. Reincarnation is the spiritual body coming back again and again.

Does this disprove reincarnation? We consider reincarnation a theory and you can't prove theories valid, you can only invalidate them. Reincarnation has yet to be invalidated.

In situations where parents have discovered shockingly solid links to what a child says and actual deceased people, there's a strong case in favor of reincarnation, but that doesn't qualify as the physical evidence needed to convince the strongest skeptics. In our view, "proof" is unimportant because whether the past life recall is real or subconscious metaphor, past-life exploration is a fantastic self-discovery and healing tool.

As we've stated before, we don't believe in "chance." For example, it's common to receive confirmations after experiencing a past life regression, such as researching and corroborating names and dates received in regression or later meeting people who somehow fit into the puzzle.

As identical twins, we have identical DNA, yet our unique personalities and distinct physical differences point to the idea that human life is much more than just biological science. One must consider the influence of spirit too; every body is occupied by a unique soul and the qualities and detriments of that soul shine through in physical form.

While we find hereditary and environmental scientific theories interesting, including the idea that much of character is determined by genes/DNA, we view them as superficial in relation to the migration of the soul and other non-physical considerations; spiritual considerations overshadow mundane, modern-scientific, earthly ones, just as the vast universe overshadows this planet.

We feel that the theory of DNA genetic coding, which represents predetermined physical,

emotional, and psychological makeup and is supported by behavioral geneticists, is connected to predestination in that souls choose the most appropriate bodies for what needs to be experienced on Earth.

In this line of thinking, the decisions one makes once in the body on a personality level (including those relating to relationships and children), the way they "choose" to act and emotionally react, the way they think, and thus the way they behave, are largely fated. We see truth in this philosophy because we regularly and consistently outline all of the aforementioned personality dynamics, along with past, present, and future conditions and circumstances through our work, thereby decisively and repeatedly substantiating the concept of fate.

## **Conscious Creation & Truth – Direct Life Experience Balances Most Karma, Wisdom Only Some Karma**

A book's messages don't have to be metaphysically valid for the book to be on best-seller lists. Some modern best-selling metaphysical books are filled with spiritual truth and some are virtually void of it.

Today's popular New Age communications commonly contain heaps of pure inspiration with very low doses of ancient wisdom, perhaps due to our society's penchant for seeking quick-fixes.

Let's face it, "consciously create what you want, the life of your dreams, now!" inspires a lot more book sales than, "you can only consciously create that which is aligned with your higher-self's earthly plan."

Many New Age authors and publishers realize that including the cold, hard realities of life on Earth (karma, dharma, challenging fate, etc.) will hinder book sales.

Therefore, the current trend is to market books full of motivational messages such as "you can do it!" "abundance is your birthright," and "rid yourself of your disease easily!" while excluding the spiritual facts of life.

Yes, wisdom can allow you to avoid some karma, but to say that you can erase any type of karma your heart desires is like saying you can turn winter into spring. Spring will arrive whether you "consciously create" it or not.

However, if an undesirable circumstance or event is part of fate, no amount of wisdom will blank it out. You can't change the dead of winter into summer no matter how much you pay your guru.

Nonetheless, if you're in a position to avoid exercising your free will in a particular way, wisdom can erase limited amounts of karma.

For instance, a parent exerts her free will to hug her children instead of mentally abusing them, which feels more natural for that parent to do. In this case, that parent has just taken the high road and told the universe that she desires to avoid that particular karmic arrangement (that her kids have most likely agreed to before incarnating).

A mystic may say that even the effort by the parent to be more loving instead of abusive is the karma of all involved in the situation. Dharma is played out, karma is balanced, and

everyone benefits (spiritually speaking).

More importantly, souls who choose (before incarnating) to be on the receiving end of abuse are going to experience it whether a parent dishes it out or not. A relative, sibling, friend of the family, neighborhood bully, classmate, or some other person will do his part to help fulfill fate.

Again, all the wisdom in the world won't negate the major karmic dates with destiny that our souls choose before incarnating. A key objective of incarnating is spiritual growth and in order to do that, there must be challenge. Challenge is also necessary so that the more enjoyable life circumstances can be recognized and appreciated.

We like the phrase "wisdom deletes karma," but we think it's more accurately said this way: "Wisdom deletes some karma and direct life experience wipes out and balances the majority of karma."

Fate is fate and you can't dodge it just because you find select circumstances distasteful.

On the brighter side, you have free will to react to karma and make the most of your life within the bounds of your fate.



## Ascension, Lords of Karma & Personal Destiny – Quick Fixes Don't Exist & You Can't Cheat Fate

While the concept of being able to free one's self from challenging karma by "asking 'The Lords of Karma' for release..." is certainly appealing, we ask, what sort of karma does one expect to be able to dodge using this method? Ongoing conflict with a family member? Noisy neighbors? Habits relating to over-indulgence?

Or, perhaps one expects to be able to erase much more significant karma and be released from the following, for example: physical handicaps or serious illness; moderate income with lots of work and little free time to learn other skills; the demanding burden of family members, like problem children or an ill parent who needs your constant support; being financially trapped with a spouse who does not give you what you want and who won't change; or repeatedly attracting unfaithful and hurtful love interests.

One must first identify their personal karma if they truly want to know that they really did eliminate it without balancing it directly. How do you know it is your karma in the first place? We find comprehensive astrology and numerology to be the most effective way to measure karma and its timing. From our perspective, if significant karma really was removed from one's life, it would be identifiable in the charts before it was removed, as important life circumstance and events are consistently symbolized by comprehensive charting patterns.

What we are saying is, all too often, we hear of people talking about "erasing karma" (often times they refer to future circumstances that they claim are "just possibilities"). In all the cases we've reviewed, we've asserted that it wasn't their karma to experience in the first place after finding zero indications of the said "karma" in the charts, so they really didn't erase anything.

We are very interested in hearing about karma that anyone claims to have successfully bypassed without having to directly balance. We are constantly searching for evidence that would challenge or invalidate our theory that everyone's life is full of unalterable karmic events and circumstances. So far, we have found none.

For the record, as we state on our web sites, we contend that at least 75% of the key themes, events, circumstances, and happenings in everyone's life are predestined. We also feel that everyone has their own unique "karmic framework," within which only the desired outcomes that fit within those boundaries will be able to be manifested. Yes, the universe "always says yes," and yes there are "unlimited possibilities" in this universe, but only on a soul level as you plan your next life *before* you incarnate into

this dimension, where spiritual and karmic laws can't be compromised.

We admire those who strive to heal and improve themselves, their relationships, and other parts of their lives, but we would like to remind everyone that many of the complications and challenges of life serve a higher purpose. It would be nice if you could just erase what you don't like, but then that would defeat the primary purpose of being here.

It goes without saying that we feel the "Lords of Karma" concept is a myth. You are the only lord of your own karma. Most, if not all respected experts in the area of reincarnation, karma, past life regression, and life-between-life, based on years of unbiased research, agree.

We are disappointed that some promote the "Lords of Karma" concept because it encourages avoiding taking responsibility for one's actions. No one gets a "get out of jail free" card, no matter how much they pray, lie, deny, or bargain. Ultimately, everything you do, say and intend will come back to you.

Furthermore, nobody "grants" you "ascension" or anything else and a talented writer saying something is so doesn't make it so. We find promoting such baseless concepts irresponsible and frivolous.

You can't live healthfully on a 100% junk food diet just by asking the Lords of Health to help you bypass health challenges.

You can't be fluent in Japanese simply by asking the Lords of the Japanese Language to give you that ability.

You can't sober up after downing 5 stiff drinks just by asking the Lords of Sobriety to free you of intoxication.

You do have free will to accept your karma, both the good and the bad, to forgive yourself and others, which will make it easier to deal with, and to react positively with unconditional love to the conditions and events in your life. But there are no simple wave-your-magic-wand solutions, despite what many New Age promoters cheerfully advocate.

## **Karma Isn't Punishment & You Can't Have Karma Without Reincarnation**

The concept of karma is often misunderstood. It's not about punishment. That would imply there's a judging God and we don't believe that, nor do other experts in the field, such as Brad Steiger, Richard Sutphen, Dr. Ian Stevenson, Dr. Raymond Moody, Dr. Leo R. Sprinkle, and numerous others.

Whenever you feel that something in your life is unfair, keep asking why until you perceive the situation more clearly and understand the root reasons. Not the surface reasons, but the deeper and past life reasons; what started it all. Keep asking, and meditate on why.

For example, a family member refuses to respect your basic human rights, to the point of blatant abuse on a consistent basis. You forgive her, you express tolerance, but she still continues, frequently disturbing your peace of mind and tossing in additional challenge in your already demanding daily routine.

Why? You think to yourself that you've never treated anyone this way in your life (this one, at least), and that you can't imagine acting that way to her or anyone else. However, know that one's personality in this life is not the same as personalities in prior lives. A "saint" in this life could very well have been the opposite in prior lives, before learning the value of honesty and respecting others, for example.

Initially you get zero insight about the matter, but then impressions slowly start to form through meditation. You intuit that it could be one, or both, of two different notions: you dished out a similar challenge to her in previous lives and, or you agreed to this circumstance before incarnating to help you develop your level of compassion and acceptance. Does this awareness make it go away? No, but it allows you to further understand the matter and therefore garner more forgiveness, for yourself and others.

It's not about what happened to you, it's about why. When you understand why you (yes you, on a soul, not personality level) chose to experience the situations, conditions and the lessons involved, it becomes much easier to handle. With awareness comes compassion, and compassion leads to forgiveness. Taking full responsibility for all circumstances in your life and forgiving yourself and others will set you free.

## **Karma, Past Lives & Reincarnation – Talking About it With Your Kids**

First, let's define karma. Karma is energy, intent, and action. It's put into motion in the present and you feel the effects now of the karma you've created during many, many, many past lifetimes. Karma is a spiritual law that affects everyone, just as gravity is a physical law that affects everyone. It's not something you can change immediately, just as you cannot alter the path of an approaching tsunami.

Instead, everyone has free will to react to karma. Plus, doing the "right thing" in all situations will prevent incurring additional negative karma.

Some people claim to be able to alter or delete karma without having to directly balance it. We would like to believe it's possible, but conclude after 24+ years of study in this area that it's impossible, and we've never seen anyone actually accomplish this. We're not talking about frivolous things, such as deciding to avoid a main highway during a rush hour snowstorm, thus skipping two hours of anguish. We're referring to key life circumstances and events, such as relationship and money issues. We've asked people who make such claims exactly what the karma was that they altered or deleted and how they knew it was their karma to begin with, and we have yet to hear a reasonable, straightforward response.

It's very important to note that just because you don't get what you want in a particular situation, it doesn't mean you have "bad" karma. Fate determines how your life unfolds. You then have free will to make the most of all situations.

How you perceive situations can make a big difference. For example, if one of your daughters didn't get into a college that she applied for, you might say it's "bad karma." Instead, it could be viewed as something that wasn't meant to be. Perhaps she was meant to follow a different career path.

Many kids encounter difficult circumstances like romantic interests treating them poorly, personal attacks from other students at school, or the countless other challenges that they have to work through. The traditional meaning of karma supports the idea that there are no victims, and though it's true from a spiritual viewpoint, that may sound a little harsh to a young person. Alternatively, while providing emotional support and guidance, suggest they consider that the challenges they work through now will help make them stronger, if you're not already doing this.

The best approach may be to allow your children to hold whatever beliefs about life they choose, yet also occasionally make helpful suggestions and offer guidance when

appropriate.

Finally, try to encourage them to get in touch with their inner-selves through the practice of meditation (or artistic hobbies or cardiovascular exercise, to name a couple more ways). Becoming more aware of their inner guidance will help them be more aware of their optimum choices in all situations. Handwriting analysis is also a very useful tool to help identify hidden, subconscious fears and defenses. Self-knowledge does wonders for improving one's life.

For the skeptics, even if karma and reincarnation didn't exist (these concepts have yet to be proved invalid), encouraging kids to act as if they do helps them to understand the importance of taking responsibility for all their actions and doing the right thing in all situations.

## **Fate, Karma & Free Will – An Elephant is an Elephant and Personal Destiny is Immutable**

We applaud those who get inspired, think positively, and work hard to create the life they want. Hopefully, they are realistic and their desires and expectations are part of their destined path so that their efforts will make their dreams come true.

As we've outlined previously, through much comprehensive empirical research\* since 1992, we've come to understand that you can't cheat fate and avoid predestined events and circumstances in your life.

Yes, everyone has free will to think positively, be inspired, make the most of their destiny, and *react* to fate, but this doesn't change fate *in the present life*. It only helps to deal with it better.

Many "experts" saying that nothing in life is predestined reminds us of the famous parable of the blind men and the elephant. It displays what results from a limited and cursory perspective.

In this story there are six men who are blind. Together they encounter an elephant for the first time and each gives his analysis of the creature. Their interpretations are based on the particular part of the elephant they happen to touch.

The first blind man touches the animal's sturdy side and says the elephant is like a wall.

The second blind man feels the elephant's sharp tusk and declares the elephant to be like a great spear.

The third blind man grabs the trunk and, with positive authority, announces that elephants are like snakes.

The fourth blind man slides his hands along the elephant's knee and says that clearly an elephant can be best described as a tree.

The fifth blind man examines the elephant's waving ear, and is convinced that the elephant is some sort of fan.

The sixth blind man grasps the elephant's swinging tail and claims that an elephant is like a rope.

Each is partly right since they made contact with one part of the whole. However, they are all wrong because in their blindness they failed to comprehend the creature in its entirety.

\*Our objective study and long-term application of a great many cyclical timing methods including those of comprehensive predictive numerology and astrology (other than simple modern numerological cycles and modern astrological non-continuous cycles such as transits and progressions) regularly and constantly have displayed to us that personal fate is measurable.

## **Past Life Regression and Hypnosis – Why it Doesn't Matter if Past Lives Are Real or Not**

Past life regression is typically experienced by relaxing the body and conscious mind so that you can access the subconscious (memories, present and past lives) and super-conscious (all that is).

Some people perceive dream-like images while regressed, some hear words or sounds, and others feel or suddenly know things. Some relax so deeply that they speak in different languages (this is very rare, however), and some can't relax, detach from their monkey-mind or suspend apprehension or skepticism enough to experience much of anything. With practice, most are able to go back to a time and place in order to explore what they intended to.

Since you cannot bring forth physical evidence of reincarnation through past life regression, those who experience regression don't know for sure that it's real. But many will tell you it seems very real, especially when they realize important connections between the past and present and, or become emotional during the process of perceiving past lives.

When asked the right questions, it's possible to perceive dates and names of countries, cities, streets, families, businesses, and then after the regression, confirm the information by doing a little research. It's also possible to regress, for example, a couple, separately, and take them back to the same life where they knew each other in the distant past. Still, these techniques don't undeniably show that reincarnation is valid, but they can offer a tremendous amount of legitimacy for many.

Even if what you experience in past life regression is current-life subconscious symbolism, it still can be helpful. When done correctly, past life regression is a wonderful tool that can shed light on seemingly unsolvable problems and help overcome blocks.

The best way to know what past life regression is like is to experience it yourself. Try it [here](#).



## **Past Lives & Reincarnation – You Would be Surprised to Learn About Your Former Lifetimes**

We once had a past life regression client who, after we directed him into a past life, became mad at us. "I find it hard to believe I was a prostitute in a past life!" he said.

His reasoning was that since he would never do "such a low-life thing" now, he couldn't have possibly done it then.

While we're not endorsing prostitution, his statements may imply a belief that a prostitute is less of a person than someone who isn't.

In reality, we are all equal, no matter our profession, race, age, bank account balance, sexual orientation, social status, body type, or other factors. Try to accept and have compassion for those who are different than you.

Besides, considering that prostitution may be the oldest profession in our world, and that many of us may have lived hundreds of lifetimes, the idea that we all may have been on either side of such a transaction isn't so hard to believe.

Other clients have said, after perceiving past life scenes, "I find it hard to believe that someone who is so nice could have been so cruel in a past life."

We explained that sometimes those who are exceptionally "nice" now may have learned the value of compassion, consideration, and love from lifetimes where they were the opposite.

You would be surprised at who you may have been and what you may have done in past lives. For possible clues, examine the actions of others, professions, countries, and groups of people that hold your interest, especially those that provoke emotion within you.

## **Time Travel, Fate, Destiny, Free Will and Changing the Past**

When we hear of people “time traveling” and “changing the past,” we immediately ask, what kind of event was changed? Could it be possible that what seemed to change was only a perception of the event? How was it verified? Could the report be fiction rather than non-fiction?

Based on many years of research and observation in metaphysics, we believe that much of life is destined, meaning certain things are meant to be a certain way.

We wish people could change the past and have the present and future go a different way, but we don't feel it's possible if it's not meant to be. At the same time, we feel it's possible that some individual souls are back from the future to influence the present in order to have certain events happen or not happen in the future. But perhaps that's destined too, so they're not really altering fate.

We've never tried going back to the past to change an event, but we have regressed ourselves and many others into past lives and re-experienced events to let go of emotional trauma that had carried over into current lives.

Releasing trauma from the past that has remained in the subconscious mind improves current life situations. Regression therapy is an increasingly common healing method.

The inability to change the past is an example of how no one has total free will to create what they want after incarnating, but you do have free will in how you react to destined events.

## Predestination, Karma & Meditation – How to Know What is Fated in Your Life

Meditation is one of the best ways to escape an over-active mind, become centered, and connect with one's spiritual self. When you are centered you are better able to intuitively know when something is for your highest good.

Other ways to become more aligned with your higher-self, thus more aware of the next best step in all areas of life include the following: spend more time alone; avoid TV; avoid excessive alcohol; avoid drugs (even occasional use clouds perception); avoid junk food/emotional eating; avoid sugar and caffeine (promotes mind-scattering and the numbing of feelings); exercise regularly; read more; get more sleep; and spend time in nature. All of these ideas will help you to detach from your ego-self.

Various forms of meditation exist, yet the commonly acknowledged purist and most efficient way involves simple intense focus. Sitting comfortably in a chair or on the floor with your back straight, eyes closed, breathing relaxed, and your focus intently on your chest plate for twenty minutes or longer will help you detach from the conscious mind and be more in touch with your subconscious mind and higher-self.

This meditative process also helps to release a natural feel-good opiate from the brain. These endorphins have been clinically proven to aid in healing.

Don't be discouraged if it takes you weeks or even months to become proficient in meditation. With practice, you'll get the hang of it and benefit greatly. You'll also instinctively know what to do and when to do it. You'll eventually stop wasting time on things that are not relevant to your highest path because they'll seem insignificant.

Alternative forms of meditation include running, walking, swimming, reading, knitting, drawing, painting, writing, and other activities that allow you to get into a "zone."

It's also important to consider **when** you first desire something. Timing really is everything, and *comprehensive* predictive numerology and astrology provide invaluable insight into all areas of life.

Numerology and astrology are two ancient, empirical sciences that provide self-knowledge and peace of mind. They can also help you be aware of and prepare for challenging and rewarding times in your life, help you to further understand why you are here on Earth, and to know what type of action is best taken at what time. It's best to consult with an expert since there are many aspects to consider, but one of the more important timing indicators can be tracked easily by anyone. It's called Moon Void of

## Course.

There are specific times every few days when the Moon is in between signs, or Void of Course. New ideas originated, plans made, or people met during this time usually turn out differently, if at all. Following the information in our Moon Void of Course article will help save you time and money and be much smarter about your decisions. Please keep in mind that there are many, many important astrological and numerological considerations, but the abovementioned one is a good starting point.

“If you do not make the mistake of many and set up your will in opposition to Divine law, you will fulfill that high destiny for which you were chosen.” --George Washington

No matter how mundane or ordinary one's life appears, every person's path is an extraordinarily unique, and necessary part of collective universal destiny.

While those who act in opposition to “Divine” law, in our opinion, are fated to do so as part of chosen paths by their spiritual selves, and as symbolized by the patterns in their numerology and astrology charts, those who strive for more in life are also fulfilling what is to be.

## **Astrology, Location & Destiny – You Can't Evade Your Karma and Fate by Relocating**

In our experience, a person's life dramatically improving at any particular time is precisely reflected in their numerology and astrology timing charts.

Relocation charts involving a move do symbolize to some extent what's happening in a person's life, but it doesn't make those circumstances happen.

Through our research, we've consistently found that relocation doesn't erase significant karma, nor does it allow a person to skip important lessons she or he has incarnated to learn on schoolhouse Earth. Instead, a change of residence is representative of the timing in a person's birth charts; it's all part of the plan.

Moving to a new location, whether you're told it's a good or bad place for you represented by your relocated astrology and numerology charts, will only serve to somewhat enhance or mitigate specific fated life circumstances. The major positive or negative destined life experiences are unavoidable.

A person having fantastic love timing periods in his or her birth charts could hardly go wrong no matter where she or he resided during that time. Alternatively, that same person having very challenging love timing cycles would encounter trials in even the most promising love location as identified by searching his/her relocated birth charts.

Dharma (what you must do) allows you to balance your karma (necessary lessons and experiences for spiritual development). These concepts are cornerstones of ancient wisdom supported by sages throughout history and are regularly overlooked today.

An extremely common error in today's New Age thinking is trying to avoid challenging life experiences in favor of attempting to manifest what one's ego-self wants when those desires (the "perfect" relationship, the "one," perfect harmony with family members, loads of money, etc.) are not part of one's destiny. It's analogous to children thinking they can skip healthy food, feast on deserts only, and still be able to maintain good health.

There are no quick fixes, spiritually speaking; despite what many popular New Age types might tell you. After the inspiration and false hope have faded, one is still left with one's karma.

However, even though we may not be able to "create" *everything* we desire, we do have

the free will to react positively to our karmic circumstances and “create” within the confines of our earthly blueprints, individual karma, and spiritual law.

In short, although relocating is linked to changes in life circumstances, one cannot manifest what isn't part of one's earthly plan or avoid dates with destiny simply by moving to a different location.

## **Is This Your Last Lifetime?**

### **Past Lives & Reincarnation – What Creates Negative Karma, What Doesn't, & Why You're Coming Back**

According to life-between-life research involving past life regression, souls can decide to stay on "the other side" rather than come back for another lifetime, especially if they've worked through all of their karma during previous lifetimes (which is very uncommon). Or they may decide to learn their lessons in other ways or help others on Earth from the other side. But apparently, most souls are eager to return to Earth to play the roles they were born to star in.

Know that this is not a personality decision. On a personality level, you might be dreading every day on this planet, yet on a soul level, you understand the more spiritual reasons for why you're here and what you're experiencing. Sometimes you are not supposed to know the big picture before the time is right, as there may be lessons in the process that wouldn't be learned if you were fully aware of your situation. As you become more aware of yourself and your life, you may find yourself perceiving the deeper reasons for life's experiences.

Most people cannot remember if they've been here enough already, but some with very strong psychic and mediumship abilities may receive strong impressions that this may be one of the last ones.

Of course, many people say this is their last lifetime, but how do they really know that? Perhaps they feel they are a very old soul, but that could just mean they took many lifetimes to get where they are today, not that they have balanced all necessary karma. Or maybe they may feel they're ready to move beyond Earth, and that they're spiritually aware enough to break the cycle of reincarnation.

Frankly, it often seems like wishful thinking in the hope that they don't have to endure any more earthly challenges and can instead just enjoy life in "heaven." We can relate to that, as life on this planet is not easy. In fact, it's commonly believed to be one of the more difficult places to incarnate. The best way to make sure you finish your lifetimes here on Earth as quickly as possible and, eventually, enjoy more of the good things in life, is to "do the right thing" from now on, in every situation.

In reality, most people don't know for certain if they've completed all of their karmic lessons or not, and on a soul level, they may already be planning out many more future lifetimes. Considering Earth isn't the only place (or dimension) where people incarnate (there are billions of stars like our Sun with likely millions, if not billions, of

inhabitable planets in this universe), and that life in this universe has existed for eons, it's reasonable to consider that souls typically have more lifetimes than you can count, not only 300 or fewer as some Eastern religions suggest.

There seems to be some confusion in today's society about what exactly creates negative karma. Based on our experiences with 1000s of past life regressions, here is what we've found.

Some actions that generate negative karma include the following:

- \*murder, even if you are not caught, unless it's in self defense
- \*stealing, even if you are not caught and no matter how you justify it
- \*telling a lie that hurts someone else in any way, even if you are not caught and even if you believe your own lie
- \*intentionally hurting someone in any way
- \*not doing the "right thing," subsequently causing someone else to suffer in any way
- \*resenting someone; your anger may cause you to be confronted with similar circumstances in the future until you learn to forgive and if applicable, take responsibility for your part of the conflict
- \*incurring addiction, if it hurts you or anyone around you
- \*disrespecting yourself to the point of personal harm (such as being a martyr); yes you can gain good karma by helping others through martyrdom, but you still may have to balance a lack of self-respect

Some situations that are oftentimes believed to produce negative karma, but do not, include the following:

- \*making, or otherwise acquiring a lot of money, as long as you do so honestly
- \*having a lot of money and not giving a lot away to charities; the world is not your responsibility, yet of course you gain karmic credits or in some cases,



pay back karmic debts by helping others, and besides, it feels good

\*lying to protect someone, as long as you're not hurting someone else in the process, or helping that person you're protecting to dodge taking responsibility for their actions

\*breaking up with a partner, as long as you are not intentionally doing anything to hurt them in the process; their resistance and difficulty with it is not your responsibility

\*divorce, as long as you take care of your responsibilities and leave peacefully

\*having sex without being married, as long as you do not intentionally hurt anyone (or yourself) in the process

\*practicing non-monogamy, as long as you are honest with everyone involved, are acting responsibly, and do not intentionally hurt anyone in the process

\*accidentally hurting someone in any way, but any guilt could cause you to experience a reaction in the future if you don't let go of it

\*homosexuality

\*prostitution, as long as it's between two consenting adults and you are not intentionally hurting anyone in the process

\*exceeding the speed limit, although any associated guilt may create karmic ties

\*having a few drinks, although if done regularly enough in excess, you're disrespecting and hurting yourself, therefore incurring negative karma

\*being a single parent or having a child outside of marriage, as long as you provide for the child and be the best parent you can be

\*refusing to give in to others' "shoulds" ("you should do this or that"); it's your life and you know what's best for your highest good; as long as you're not hurting yourself or anyone else you're free to live your life as you desire

By the way, confessing to a priest or praying for forgiveness will not excuse you from any negative karma you've created. Also, it's debatable whether or not practicing self-forgiveness will completely get you off the hook, since your future karmic circumstances are determined by your soul, not your personality.

No one, no matter how psychic or spiritual they are, can cheat karma and avoid future negative consequences if they don't "do the right thing." Everyone needs to return to school house Earth (or a similar place) until they've resolved all their karma and paid all their dues. If you, at any time, do not "do the right thing," in most cases, you're essentially buying a round trip ticket back to this planet for another life to endure your tests again. Admittedly, "doing the right thing" sometimes seems all but impossible for many due to the forces of personal fate; people will behave in accordance with their level of awareness more often than not, not as they "could" to minimize karmic consequences, but at least you know that ultimately it's up to you take the high road to avoid accumulating additional negative karma.

## **Fate, Destiny, Karma, Past Lives & Future Lives - Why You Can't Live Forever**

A death in the family is always difficult and we feel compassion for those who find themselves in this situation.

Our research tells us that we choose our paths (especially the key players and major events) before incarnating. However, when we say "we" we mean our souls. Once we're here on Earth, "we" operate from our personalities. We as personalities have free will to make certain choices (the "right" one may be predestined and therefore feel right), but what we want isn't always for our highest good and the highest good of all involved. No matter what you or your loved one consciously wanted, his or her soul had already made the decision to leave in the case of an unexpected death in the family, for example.

Pre-set circumstances in each of our lives are necessary to learn important lessons. If we all had complete free will in life, we would skip the otherwise unavoidable challenges and miss the point of being here on Earth. Comprehensive numerology and astrology offer tremendous support for the theory that a great deal is predestined in our lives; conditions, opportunities, challenges, rewards, and more are consistently identified well before they manifest. These and other ancient esoteric sciences offer priceless personality, compatibility and timing insight.

Further research about predestination can be found in the fascinating books written by Michael Newton, PhD. *Journey of Souls* and *Destiny of Souls* explain how our souls plan key circumstances and situations before incarnating on Earth.

From an earthly perspective, it's not easy to embrace challenging life circumstances. Detaching from what you want (especially if you're not absolutely certain it's part of your highest path) and accepting and embracing "what is" makes life much more tolerable. Yes, death is always difficult to accept, but from a higher perspective, there is no good or bad, just experiences to learn from. It's been said that a true mystic views a diamond no different than he/she views a pebble. The mystic also accepts that this life is just a sentence in the text of earthly incarnations.

## **Karma, Fate, Past Lives & Birthrights – Why You're Denied The Infinite Possibilities of the Universe**

We respect those who search for their own answers in relation to spirituality, the meaning of life, and the concept of fated personal circumstances and events. In our professional opinion, everyone's birthrights are different.

Let's define, in this context, what a birthright is. In simple terms, it's what is owed to you, in a karmic sense (rewards *and* challenges); birthrights are the credits you've earned and the debits you owe from past life actions.

Contrary to popular belief and based on our research, we've found that birthrights aren't automatic entitlements to the "infinite possibilities of the universe." Free will exists, but total free will is only available to you in spirit form before incarnating. Why? So you can't escape confronting the issues you're meant to work through, and therefore grow and progress.

Popular New Age declarations such as "It's your birthright to have whatever you want," are inspiring and sound promising, but these statements are too often misleading and potentially damaging. Disappointment and feelings of despair and failure ultimately follow when the New Age adherent learns the hard way that he can't simply erase his intense marriage problems and "create a dream relationship," for example.

On the other hand, inspirational messages can be like fuel for those who are following their highest path, take the action necessary to reach their goals, work efficiently and purposely, and are destined to reach those goals. But inspiration may be only a temporary high, an escape from reality, for those who don't take action to reach their goals, or more importantly, have not set goals that match their fate.

By the way, sometimes "failure" or not getting what you want is integral to important life lessons and even future success. If everyone "got what they wanted" all the time, what would the world be like and how would one distinguish between failure and success?

Alternatively, we wholeheartedly approve of feet-on-the-ground proclamations such as, "you can have anything your heart desires, as long as it fits in your karmic and destined plan."

Successfully reaching important life goals demands diligent effort, not just pure

inspiration and idealism. More important, to know what's most fitting for you (and within your personal, unique karmic blueprint), you must first ask in meditation, repeatedly "who am I?" and "why am I here?" if you want to begin to make the most of your existence.

One person's dharma (what one must do, in accordance with one's karmic plan) might be to live a life having enormous power and influence, and another's might be to learn humility and live a modest lifestyle. One person's fate might include decades of deep romantic love, another's might include decades of solitude (e.g., as a monk, in a religious order, or even in prison), perhaps necessary for his or her spiritual growth.

Remember, we're talking about long-term plans, as in multitudes of lifetimes that serve higher purposes, not just about trying to get what one wants right now, in this life, such as the most coveted material aspects of the American Dream.

How do you know what your birthrights are? Keep asking yourself. Get to know your higher-self through regular meditation. Comprehensive astrology and numerology are great tools to help confirm your hunches.

Don't be afraid of discovering that your personal earthly plan may not be as glamorous or seemingly rewarding as another person's might be. Everyone has an important role in this world. Some are meant to make a difference in one person's life, and some in many people's lives, but all are part of the bigger plan and ultimately we are all in this together.

## Chapter 5 Upgrading Your Love Life

### What to do if you...

#### ...have doubts about a new person in your life

#### ...want to discover any hidden personality characteristics that may be hurting your love life

Save time, energy, and money by understanding what someone is *really* like *before* you get to know them, or become more aware of your own unconscious personality characteristics that may be holding you back.

**IMPORTANT NOTE:** Look, there are a lot of well-meaning teachers and promoters in the New Age marketplace telling you that all you have to do is observe your thinking and behavior, or use meditation, to discover your hidden, subconscious blocks and then use affirmations to rise above them. But the truth is that most blocks are difficult, even impossible, to spot on your own without tools such as those we offer in this package.

If you have, for example, love life blocks relating to past lives or financial blocks stemming from your childhood, it's doubtful you'll be able to effectively identify them simply by watching yourself. The subconscious mind is so smart that it can sometimes even lead you in the wrong direction.

In fact, your subconscious collective body of fears and defenses is a potent unconscious force. For instance, have you ever tried to meditate and suddenly had to scratch an unexpected itch several times on your face, interrupting your meditation session? Quite possibly, that's your subconscious rebelling during an attempt to detach from it during meditation. It works in strange ways and it rules your conscious mind beyond your comprehension! How do you deal with this? How do you learn the truth about a new person in your life? Read on!

**IMPORTANT NOTE:** In conjunction with the powerful tools we offer in this package to identify and address subconscious blocks (see below), and support healthy subconscious programming, affirmations are a powerful way to positively influence your reality. All the audios in this package contain carefully crafted affirmations to help boost the chances of success for many areas of life. Instead of having to memorize and recite affirmations, all you have to do is listen to the audios in this package. You can even fall asleep while listening and your mind will do the work for you!

**Myth:** “The only way to determine hidden personality blocks is through extensive therapy.”

**Truth:** One of the easiest and most accurate ways to determine subconscious blocks, personality characteristics, and more is through handwriting analysis (graphology). Graphology is widely used by many European companies for hiring purposes and is gaining popularity in

America too. Scott Petullo, Certified Master Graphologist, is considered an expert in this field and has created graphology tools you can use on your own to better understand yourself and others, with no experience required! Find out what's keeping you from being your best.

**Personality traits and the corresponding handwriting analysis aspects listed in the *Graphology Resource Key Subconscious Fears and Defense Mechanisms--Dealing With Conscious and Unconscious Apprehension* include the following:** Guilt, Jealousy, Selfishness, Anger, Argumentativeness, Domineering attitude, Resentment, Temper, Anti-social personality, Secretiveness, Arrogance, Vanity, and much more! (45 related personality traits listed!) [\*\*Graphology Resource Key: Subconscious Fears and Defense Mechanisms--Dealing With Conscious and Unconscious Apprehension\*\*](#)

**Personality traits listed in the *Graphology Resource Key Love Compatibility--Important Areas of Concern* include the following:** Abuse--signs of trauma, Abuser-type personality (abusive nature), Acquisitiveness--strong interest in money and material possessions, Anti-social personality, Argumentativeness, Arrogance, Closed-mindedness, judgmental/intolerant/critical nature, narrow-mindedness, Commitment-fear of, Domineering attitude, Drive, vitality and determination, Emotional rigidity, Evasiveness, Flirtatiousness, Frustration, Frustration and stress vented through sex, Immaturity, emotional, Impatience, Inconsistency-inconsistent personality, Indecisiveness, Intelligence, low and/or poorly developed, Intimacy, fear of, Jealousy, Person who allows others to walk all over them, Pessimism, Resentment, Reticence--uncommunicativeness, especially about important issues, Self-esteem, low, Self consciousness, Selfishness, Sensitivity, sensitive nature, Sensuality, Sex addiction, Shyness, reserved disposition, Special to someone, fear of not being--need to be noticed and loved, Temper, Vanity--huge need for approval, lack of self acceptance and excessive pride, Variety, desire for, Withdrawal--distancing self from others--isolation. [\*\*Graphology Resource Key Love Compatibility--Important Areas of Concern\*\*](#)

**IMPORTANT NOTE:** Even if you don't have any training in graphology, you can still get a really good idea of someone's inner character from the graphology information we offer. What's next after discovering some of your own subconscious blocks through the handwriting Keys? Simply becoming aware of your subconscious blocks is half the battle in working to overcome them. If you discover that you have a significant fear of success, for example, even though you consciously fail to recognize it, you can begin to watch your behavior and identify particular actions that go against your conscious wishes. In conjunction with the other products we offer in this package, you can begin the healing process.

### [\*\*Perfect Penmanship\*\*](#)

Handwriting Analysis: Some Elaboration is Healthy & Perfect Penmanship Isn't.

[\*\*Meditation\*\*](#) is another way to intuitively know if someone is for your highest good or if you are sabotaging your love life.

### **What to do if you...**

**...are unhappily single**

**...keep meeting the wrong people**

**...are not meeting anyone worthwhile for dating**

One of the most common questions we are asked is "When will I meet my soul mate?" Many factors contribute to whether or not someone will enter a rewarding relationship with a compatible mate including the following:

**Personal timing:** You can gain a cursory idea of some of your basic personal numerology, including love timing and predictive cycles, through our [numerology section](#), but it's best to consult an expert (one who uses a comprehensive approach) if you want the most accurate analysis.

**Karma:** Your actions in past lives and this life influence your current love life. But before you feel guilty about any possible past life actions, know that it's most important to focus on doing the "right thing" in this life.

**Misconceptions about romance and the spiritual reasons behind relationships:** High expectations of what a connection "should be" sets you up for disappointment.

**Personality characteristics:** These can help or hurt your love life. Take an objective look at yours by using our [handwriting analysis Keys](#).

**IMPORTANT NOTE:** A mystic realizes that a "successful love life" does not always mean a permanent, long-term, rewarding relationship from age 18 to 88. A mystic understands that everyone's love timing is different; some are meant to meet a compatible soul mate early in life, some later in life, and many will meet more than one. A mystic's approach to love is to let go of the way it "should" be and to accept what "is," while knowing what works for them and what they'd like to experience.

**IMPORTANT NOTE:** The more you feel a need for or crave a relationship, and the more you feel empty without one, the more you need to go inward and realize why you don't feel complete on your own. It's time to get in touch with yourself and give yourself the love and support you'd give to a partner.

**IMPORTANT NOTE:** *Let go* of past loves that you lost or couldn't be with for some reason. Though it may be hard to accept at first, you're not with them now for a reason and it was meant to be that way. Likewise, if you're meant to be with them in the near or distant future, it will happen whether or not you obsess over the person. As for those you never had the opportunity to know well, it's possible that you're much more compatible with the person in your mind than you are in reality. Let go. If you don't, you'll miss other opportunities.

## [Lost Love](#)

### **Mystic's Magic Formula**

- 1) Make time to consider your situation from a spiritual perspective. Review your assumptions and expectations and let them go.**
- 2) Accept what has happened, what is, and where you are (essential in order to move on). Surrender to your inner wisdom. Establish and cultivate your goals after determining if they are relatively realistic.**



- 3) **Gratitude:** express it for where you are, everything rewarding in your life that you have, and the good that will be, and strengthen your faith by continuing to emotionalize the desired, end result.
- 4) Invite help from your higher-self, guides of the Light and, or God.
- 5) **Calm** your mind and fears and awaken your awareness through [meditation](#).
- 6) **What's the next step?** Ask this every step of the way and be open for clues.
- 7) **Assume responsibility** for yourself and your situation (no blaming).
- 8) **Navigate your path** with the tools available to you: [numerology and astrology](#), [timing methods](#), [Moon Void of Course calendar](#), [meditation](#), [past life regression](#), and [graphology](#).
- 9) **Do what you need to do**, when you need to do it (and do "the right thing" in all situations).

**Apply the Mystic's Magic Formula to your love life, and pay particular attention to the following:**

- Learn to accept and love being single. This is an opportunity to do the things you may not have time to do if you were involved. Let go of romantic assumptions and expectations.
- Let go of love life baggage, forgive those who hurt you and who still may be blocking your love life. Let go of past loves. If you don't, you'll damage your future love life. Establish and cultivate realistic romantic goals, yet remain open to alternatives to your desires.
- Use the [Love Potion for Singles Audio](#) to train your mind for love life success with positive affirmations and visualizations.
- Use the special [Moon VOC report](#) when planning on meeting new people in-person or online. Timing really is everything: know when it's a good time to meet new people, and when you're best taking a more cautious approach.
- Supplement your sex life with this special [Hypno-Reiki audio](#); when you do become involved with someone special, you'll be ready to fully enjoy your passionate experience.
- Listen to these [subliminals](#) that will help you make the most of your love life, whether you're single or involved.

**IMPORTANT NOTE:** Some of you will ignore the Moon VOC report information above because you think it doesn't apply to you or because you don't understand the importance of it. Don't come crying to us when that "dream date" turns into a nightmare!

**Myth:** You need to find your soul mate to have a happy love life.

You have more than one soul mate and the best way to have a happy love life is to stop looking outside yourself for love. At the same time, we agree that fulfilling relationships are desirable. If

you're single and unhappy about it, know that things eventually will change.

**Myth:** Finding your twin soul or other half will complete you.

The only truly fulfilling and perfect love is self-love.

**Myth:** Fate, destiny, and predestination aren't the same thing.

Predestination, destiny, and fate do have the same meaning. They all relate to pre-set circumstances and events and resulting situations in your life. They are different than your free will and what you do with your free will. Destiny, fate, and predestination are immutable, meaning you can't change them. Your soul sets up a lot of your life particulars before you incarnate so that you can undergo the lessons it wants you to experience. But don't worry, predestination involves many of your life's rewards too!

**Myth:** Love spells can help attract an ideal mate.

Personal timing does matter. If you aren't fated for a decent love connection now, you're probably supposed to focus on other life matters (such as career) until you are ready (on a higher-self level) to meet someone important to your romantic life ([read more](#)).

[Love Life, Fate & Destiny - a Lot in Life is Measurable Through Astrology, Numerology & Graphology](#)

[Free Will, Manifestation & Creation - How Karma, Fate and Predestination May Block Your Efforts](#)

[Redefining How You Perceive New Love Interests](#)

Marriage, Divorce & Soul Mates – Expectation of a Lifetime Partner is Rooted in Fear

[Soul Mates, Twin Flames & Your Love Life – Why You Can't Always Get What You Want](#)

[Love, Relationships, Marriage & Romance – Everyone Has Many Soul Mates & All Bonds Have Time Limits](#)

[Monogamy, Marriage, Fate, Karma & Soul Mates – Love is Forever, But Most Relationships Aren't](#)

[Best Astrology Matches For You?](#)

Astrology, Numerology & Compatibility – Why You Need to Scrutinize a Lot More Than Just Sun Signs

[Sex, Marriage and Compatibility – Soul Mate Connections Are Not What You Think](#)

## [When will I marry?](#)

Numerology & Astrology - Predicting When You'll Have Good Love

## [Numerology, Astrology & Graphology – Tools to Cultivate Understanding and Love in Relationships](#)

### **What to do if you...**

#### **...are unhappily involved, partnered, or married**

A couple is either compatible or they are not. You can't force a good, mutually harmonious connection.

Understanding your personal timing can help you gain insight about your love life circumstances. You can gain a cursory idea of some of your basic personal numerology, including love timing and predictive cycles, through our [numerology section](#), but it's best to consult an expert (one who uses a comprehensive approach) if you want the most accurate analysis.

If you decide to stay together, follow the Mystic's Magic Formula, especially the parts about expressing gratitude, dropping all expectations of the way it "should" be and of each other, and learning to forgive and accept each other as you are. The [Love Potion for Couples audio](#) will help with this process.

If you decide to break up, and children are involved, it does not have to be as bad for the kids as you fear, provided you and your partner both act maturely before, during, and after the process.

Another option if you cannot make the relationship work and you don't want to break up: agree to be roommates with agreed upon rules and live separate lives.

Use these [Soundless Subliminals](#) to help make the most of yourself and your relationship. Even if your partner doesn't believe in subliminals or desire to improve the relationship, you can still play them in the same room they're in and they will also benefit.

**IMPORTANT NOTE:** Don't believe in subliminal technology? You'll be able to test the effectiveness by listening to it at home or work for a minimum of 3 hours per day, every day, for 3 weeks. Then, return to the subliminal page and read the suggestions for that particular subliminal. You will likely find that your mind is following the directions without you even being consciously aware of them. This truly is effortless change.

**Myth:** Men need women in marriage in order to grow spiritually or vice versa.

So single people aren't evolving spiritually? Did Jesus need a wife? Marriage might be part of one person's predestined path, but not another's.

**Myth:** There is one, ideal romantic partner for each person, also known as the "other half", twin soul, soul mate, or "The One."

The following information is from [Your Love Life and Reincarnation](#).

Many of us want to find our "soul mate," a term often used to imply that there is one perfect partner for each individual. Metaphysically defined, a soul mate is simply someone you have known in a prior existence. Each person may have hundreds or even thousands of soul mates ([read more](#)).

**Myth:** Sex before marriage is a sin.

Are religious leaders who have little to no sexual experience qualified to give advice about the subject?

**Myth:** Divorce is a sin.

Ditto. Also, the act of getting a divorce does not create negative karma. Behaving in a less than mature way and generating conflict during a divorce does.

**Myth:** Getting married and having children is the right thing to do.

For some it is. For others it's just not their path.

[Love & Relationships—Three Signs it's Over & How Unconditional Love Contrasts With Modern Marriage](#)

[Love and Marriage – Why Fate and Karma Make it or Break it](#)

[Love, Relationships & Reincarnation – Power of Love & Forgiveness Won't Allow You to Cheat Fate](#)

["If you really loved me..."](#)

Relationships & Marriage – Commitment Has Nothing to do With Unconditional Love

[Twin Flames, Soul Mates & New Age Romance – More Myth Than Reality](#)

The only truly fulfilling and perfect love is self-love.

[Love & Relationships From a Spiritual Viewpoint – 3 Reasons People Get Into Bad Relationships](#)

[Love Life Affirmations to Assist With Being Unhappily Single or Suffering in a Marriage](#)

[Karma, Fate, Destiny, Spirituality & Relationships - Stay Married or Divorce?](#)

[Marriage, Adultery & Soul Mates—It's Natural to be Attracted to Someone Other Than Your Spouse](#)

[Love Relationships & Karma - The Good, Fair, and Impossible](#)

[Cheating Lover's Handwriting](#)

[Compatibility, Love & Subconscious Mind - What a Handwriting Analyst Can Tell You About Your Lover](#)

[Radical Honesty in Relationships](#)

Long-term, Strict Monogamy is Unnatural & How Responsible Non-monogamy Can Save a Relationship

[Gay Marriage – Karma, Past Lives, Spirituality, Numerology, and Astrology](#)

**What to do if you...**

**...are angry with someone because they hurt you**

**...can't or won't forgive someone**

**Myth:** "Some people just don't deserve to be forgiven."

**Truth:** Forgiveness is for you, not them. Anger and resentment only hurts you. You need to let go of the past before you can fully welcome the future and reach your goals.

Forgiveness does not need to be expressed directly for it to be effective and forgiving them doesn't get them "off the hook," from a spiritual point of view.

Use the Mini Meditation [Forgive and Release While You Sleep](#) to forgive yourself or someone who hurt you.

**What to do if you...**

**...never had the opportunity or courage to express your true feelings to someone**

Use the Mini Meditation [Express Unspoken Words](#).

**What to do if you...**

**...would like to understand how someone feels or how they perceive you**

Use the Mini Meditations [\*Gain Awareness About a Potential or Existing Partnership or Gain Awareness About Another.\*](#)

If you received this e-book from a friend and haven't yet subscribed to our email list for free updates, spiritual insights, tips, and helpful metaphysical advice, please do so here: [www.holisticmakeover.com](http://www.holisticmakeover.com).

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## Graphology (Handwriting Analysis) Resource Keys

Our first experience with graphology was as employees of a business in the 1980s. The owner had every potential employee's handwriting analyzed, including ours, to see if they were a good fit for the position and the company. We were amazed at how accurate it was!

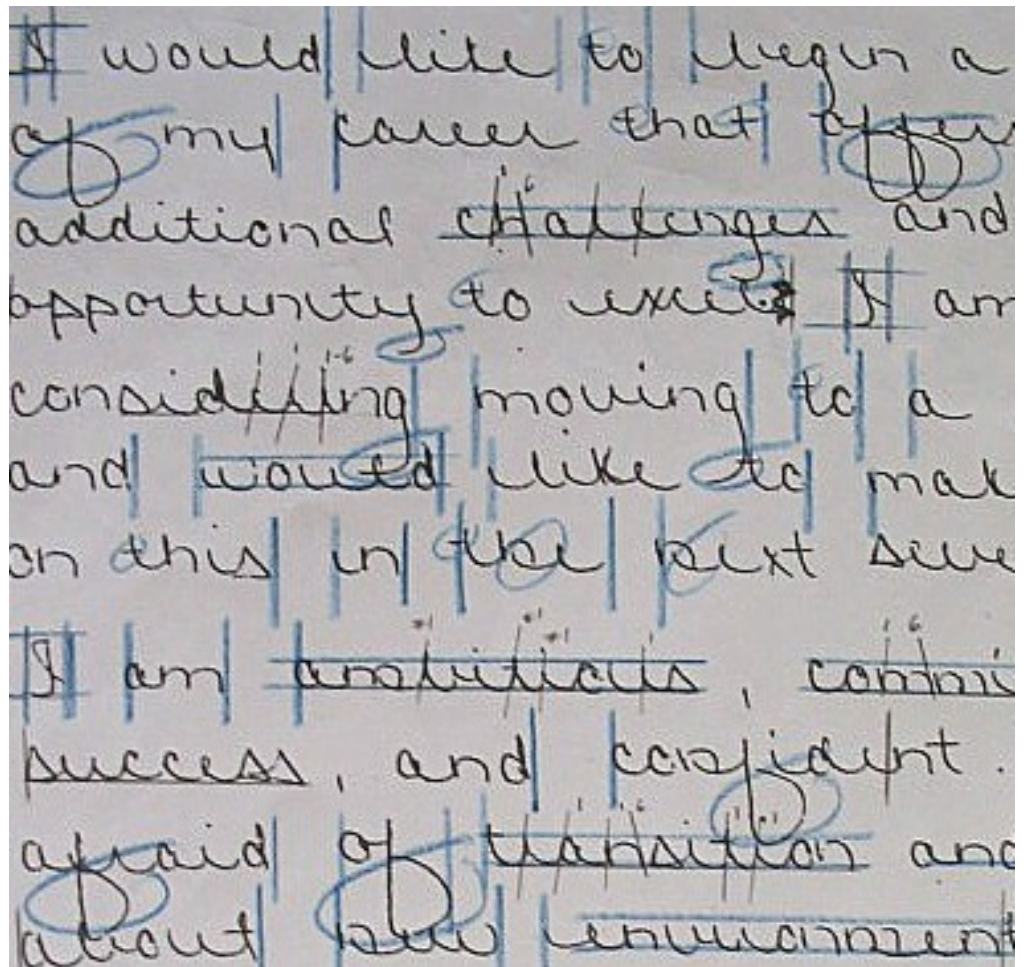
Since then, Scott received his Certified Master Graphologist designation from the Institute of Graphological Science in Dallas, Texas, a state-licensed and accredited institution.

We're including the Keys below to help you help yourself and others with the knowledge of this remarkable science.

Graphology is the scientific study of handwriting to determine personality traits. The U.S. Library of Congress categorizes it as a branch of psychology.

**Handwriting analysis is used by law enforcement agencies and many Fortune 500 and major insurance companies. Why? Because it works!**

Graphology is more extensively used by European and Israeli businesses than by American organizations. It's common for major corporations in Italy, Spain, France, and Israel to regularly use graphology for personnel selection. American companies that use it include giants like G.E., Ford, Pepsi, Northwestern Mutual Life, Quaker Oats, Dairy Queen, H&R Block, and many smaller companies. Also, personal usage of graphology has empowered countless individuals with profound personality and compatibility awareness.



I would like to begin a  
of my career that offer  
additional challenges and  
opportunity to excel. I am  
considering moving to a  
and would like to make  
on this in the next few  
I am ambitious, confident,  
success, and confident.  
afraid of transition and  
about new environment

### Benefits of the *Graphology Resource Keys*:

- Graphology is one of the quickest and most efficient ways to accurately assess conscious and *subconscious* personality. Together, the conscious and subconscious minds form our true personalities.
- Handwriting reflects the inner-self. Find out more about yourself, your spouse, friend, lover, boss, or anyone else.
- Simply compare anyone's handwriting sample to the information in this graphology Key and you'll get a tremendous understanding of anyone's conscious *and* subconscious character.
- Save time, energy and money by understanding what someone is *really* like *before* you get to know them!
- Personality tests and background checks are never "airtight." They often miss the most important red flags. You can easily determine those red flags with these graphology Keys!



- Graphology is one of the only tools that gives you an *accurate and clear understanding* of how a person is now--at the time of the writing sample. *It's also probably the most objective personality assessment method since the results can't be manipulated like they can on most other personality tests and analyses.*

**Even without a certified graphologist designation, you will be able to easily spot personality traits in someone's handwriting through our valuable Graphology Resource Keys.**

### **Resource Keys:**

Personality traits and the corresponding handwriting aspects listed in the **Graphology Resource Key Love Compatibility--Important Areas of Concern** include the following: Abuse--signs of trauma, Abuser-type personality (abusive nature), Acquisitiveness--strong interest in money and material possessions, Anti-social personality, Argumentativeness, Arrogance, Closed-mindedness, judgmental/intolerant/critical nature, narrow-mindedness, Commitment-fear of, Domineering attitude, Drive, vitality and determination, Emotional rigidity, Evasiveness, Flirtatiousness, Frustration, Frustration and stress vented through sex, Immaturity, emotional, Impatience, Inconsistency-inconsistent personality, Indecisiveness, Intelligence, low and/or poorly developed, Intimacy, fear of, Jealousy, Person who allows others to walk all over them, Pessimism, Resentment, Reticence--uncommunicativeness, especially about important issues, Self-esteem, low, Self consciousness, Selfishness, Sensitivity, sensitive nature, Sensuality, Sex addiction, Shyness, reserved disposition, Special to someone, fear of not being--need to be noticed and loved, Temper, Vanity--huge need for approval, lack of self acceptance and excessive pride, Variety, desire for, Withdrawal--distancing self from others--isolation.

Personality traits and the corresponding handwriting aspects listed in the **Graphology Resource Key Subconscious Fears and Defense Mechanisms--Dealing With Conscious and Unconscious Apprehension** include the following: Guilt, Jealousy, Selfishness, Anger, Argumentativeness, Domineering attitude, Resentment, Temper, Anti-social personality, Secretiveness, Arrogance, Vanity, and much more! (45 related personality traits listed!)

**These two Graphology Resource Keys each contain 9 pages of detailed information to help you learn more about yourself and others from handwriting. They are not part of this free introductory version of *Direct Your Destiny*.**

Purchase the *Graphology Resource Key Love Compatibility* for \$9.95:

[ADD TO CART](#)

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Purchase the *Graphology Resource Key Subconscious Fears and Defense Mechanisms* for \$9.95:

[ADD TO CART](#)

[Check Out/View Cart](#)

**OR**

Purchase the full version of *Direct Your Destiny* for \$99.95 and get full access to these Graphology Resource Keys and [all the e-products](#) in *Direct Your Destiny*: [click here to download your copy of the full version of \*Direct Your Destiny\*™!](#)

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You read it right. Go through the entire *Direct Your Destiny™* e-package and use everything you've learned for a full 90 days. And within 90 days if you have followed our advice but still did not gain unique awareness and make progress in your life, and if you are not delighted with the results, simply let us know and we will refund 100% of your investment.

Other Resource Keys and handwriting analysis/graphology tools available here:  
[http://www.holisticmakeover.com/GraphKeys\\_TraitGuide.htm](http://www.holisticmakeover.com/GraphKeys_TraitGuide.htm).

- Drug and Alcohol Abuse--Warning Signs (16 related personality traits listed!)
- Dishonesty and Integrity--Important Areas of Concern (16 related personality traits listed!)

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## **Perfect Penmanship**

### **Handwriting Analysis: Some Elaboration is Healthy & Perfect Penmanship Isn't**

Elaborate handwriting, including lots of embellishment such as unnecessary loops, curves, spirals, underlining, circles, wavy lines, and other forms is an important, and telling, handwriting analysis consideration.

Handwriting analysis, or graphology, is so informative because it reveals subconscious character, the real personality, not just the persona and the one seen when a person is at his or her best.

The U.S. Library of Congress classifies graphology as a branch of psychology.

All in all, there are over 300 handwriting traits to consider when doing an analysis. Some of the more obvious ones include the following: connectives; connectivity; consistency; contradictions in script; compression; contraction/expansiveness; down-strokes; elaboration; expansion; finals; fluidity; form; harmony; hooks; jabs; knots; lead-ins; legibility; loops; margins; movement; organization; originality; pressure; retracing; rhythm; shading; signature compared to the rest of script; simplicity; size; slant; overall arrangement and picture of space; letter, word and line spacing; speed; spirals; tension; ties; zonal balance and much more.

Does any single consideration, such as the excessive elaboration, override the cumulative strength of the collective body of other considerations? No.

The collective body of traits in a handwriting sample either supports or mitigates the energy of any one individual aspect.

Also, in order for a specific graphology trait to accurately reflect personality, it must be throughout the handwriting sample at least three to four times to qualify.

Accuracy in graphology demands that the context of the entire writing sample be considered and that all individual aspects and parts of the script must be interpreted independently and then built into a complete picture describing the personality.

Also, you need at least a half page of cursive handwriting and not just a signature if you want to start on the right track.

For the highest level of accuracy in handwriting analysis, formal graphology training is recommended. However, we created our Graphology Resource Keys for anyone to gain

a very good understanding of their own or other's subconscious character simply by comparing a handwriting sample to the Keys.

Copybook form, or "perfect handwriting," varies somewhat from country to country and it's best to be familiar with the standard copybook form of the country in which the person learned to write.

It's good if your handwriting is not perfect, because you don't want perfect handwriting. It's natural to gradually move away from the basic copybook form you learned in grade school to develop your own unique style.

Just as everyone has a unique personality, everyone has unique handwriting. Aristotle remarked, "Spoken words are the symbols of mental experience and written words are the symbols of spoken words. Just as all men do not have the same speech sounds, so do all men not have the same writing."

Adults who write in copybook form (considering there is corroborating energy from the rest of the handwriting considerations) strive to follow all rules exactly and abide by all laws. They are usually conformists, traditional, and inhibited. They commonly carry guilt and repression is customary. Hence, "perfect" handwriting is far from perfect.

If your handwriting has a lot of originality with high form level (good balance, movement, harmony, etc.) and other positive traits, it could indicate flexibility, resourcefulness, confidence, inward motivation, and possible leadership skills.

On the other hand, if you see originality in an off-balanced, inharmonious script (low form level), you could find rebelliousness, defiance, turmoil, confusion, dishonesty, and even psychosis or criminal-minded behavior.

Spirals are generally a negative sign relating, in part, to deception or self-deception.

Normal elaboration includes longer than usual t-bars and finals at the end of words, for example.

Excessive elaboration, such as artificial flourishes, many added strokes, long lower zone length (loops of letters such as lower case g and j), etc. could indicate an ostentatious personality with a need to impress others, a need for drama, flirtatiousness, vanity, exaggeration, bluff, a mind too rooted in fantasy, insincerity, a need to be told they are loved, façade of intrigue to mask an inferiority complex, possible deception, scattered energy, affectation, defense for self-consciousness, unstable self image, too much focus on trivial matters, and difficulty concentrating.

As the level of inharmoniousness increases with excessive elaboration, the negative traits listed above will also intensify.

If you see excessive elaboration mainly in the upper zone (e.g., where the t's are crossed), which is the zone of the intellect, you may find someone whose thinking is ruled by illusion, and even someone who is a compulsive liar.

But remember, although it's alluded to above, it's important enough to say again: no single graphology indicator, by itself, absolutely describes any one personality trait.

Yes, straight-across, blunt ending strokes can indicate cautiousness, but there could be ten or more other indicators in a person's script that would mitigate the notion.

If you find elaboration that is excessively complicated, especially with many complicated circle letters, such as a and o, it could point toward someone who is trying to hide something, even if it's on an unconscious level and not in an intentionally deceptive way.

Look to the zone of handwriting for more clues to what the excessive elaboration with inharmonious handwriting indicates: in the lower zone (where the loops of letters such as g and j reside) it's an imbalance relating to sexuality, social life, materialism, and physical energy, among others; in the middle zone (where letters such as n, m, and o reside) it's an imbalance in practicality, daily routine, here-and-now, ego, consciousness and more; and in the upper zone (where the t-bar, tops of t's, and h's reside) it's an imbalance in mental, intellectual, philosophical, literary interests, the imagination, and more.

When you see a Hollywood star's signature that has over-the-top elaboration, if the rest of his or her script is much more subdued, it's a sign of pretentiousness.

Alternatively, elaboration with positive indicators is favorable. With harmonious handwriting it can symbolize charm, healthy imagination, and originality.

More information about handwriting analysis can be found [here](#).

## Lost Love

Losing a loved one is a heart wrenching experience to say the least.

Although finding the strength to move on with one's life after such an experience takes time, it can be done.

Gratitude is wonderful for helping to overcome the grief you are experiencing. Be grateful for the love you had, the experiences you shared, what you currently have in your life, and what will be in the future.

The closer the connection, the more difficult the separation, but it helps to realize that everyone has more than one soul mate. Some are more compatible than others, but all are meant to enter and leave your life when they do, meaning all relationships appear to be spiritually contracted, including the length of time to be spent together. Expectations of "growing old" with a partner are the norm in our society, but in many cases it's not meant to be.

As we wrote in our book *Your Love Life and Reincarnation*, published in 2002, almost all relationships include karmic ties. In other words, one person owes the other, they both owe each other and their connection is necessary for growth and payback, or a similar situation exists. Perhaps there is unfinished business or the two souls agreed, before incarnating, to reunite in order to learn some lessons or accomplish a certain goal.

For someone grieving from the loss of a loved one, we would like to suggest a new outlook. We recommend viewing love interests as opportunities for growth and allowing them to be what they're meant to be, rather than all or nothing, or assuming they'll be "the one" for life. Such an outlook eases the difficulty of accepting what is and what is to be, that which you can't change.

Loss can be devastating, but at least with this perspective, it can be easier to digest when it doesn't work out as it "should have." Although that seems to deflate romantic notions of "forever," know that love really is forever on a spiritual level, not on this physical plane. It's helpful to view soul progression in lifetimes, not just one existence, as each soul has an agenda that stretches throughout time.

That brings us to the popular phrase, "love of your life." Perhaps "love of your life so far" or "one of the loves of your life" are much more appropriate since you haven't lived your entire life and met all the potential love interests yet. This way of thinking does not diminish what you had with past loves since every relationship is different, and you may



have a lot to look forward to no matter what your age.

Is a lost love destined? Is feeling a deep sense of loss a natural part of personal fate? We believe so, since the comprehensive astrology and numerology charts clearly indicate unions and separations, among other circumstances. Most experience the loss of love at one time or another. It may be someone they didn't know that well, someone with whom they were involved for years, or even someone they are still involved with but the spark has died for one or both.

From a spiritual perspective, feeling a sense of loss serves any number of purposes, including, but not limited to the following: it allows you to appreciate more what you had (and will have again); it allows you to experience first-hand the cyclical nature of life; and in some cases, it may even allow you to balance the scales of karma for the loss others experienced due to your actions in the past. But don't feel guilty over the possibility of past life negative actions as long as you are "doing the right thing" in all situations during this life.

For those who lost a love that may have seemed like "the one," even though you never had the chance to come together, this type of love loss can also be upsetting, especially if there is a strong past life connection. Perhaps you met and spent time together at work or on vacation. Although the connection has run its course, you still think about the person a lot. However, if you had spent more time together, you may have realized that the person only represented what you wanted or felt you needed in your love life. "What could have been" may have been more of a fantasy. The time spent together was all that was meant to be, for now, maybe, in part, to further establish a link to be continued on a much deeper level the next time around. Remember, the spiritual reasons for the events in your life may seem illogical, and the fated outcome is often at odds with plans, expectations, and hopes.

For those who lost a very compatible and rewarding relationship, past life regression is a great tool to return to a lifetime where you were also together in a loving relationship, and even to a future lifetime (through future progression) when you'll have the opportunity to love each other again. It will also help to calm your mind and heart to realize this lifetime is just a part of a long tapestry of love.

For those who had to leave a relationship due to dangerous circumstances, such as abuse, alcoholism or drugs, but still cannot seem to let go of the person, cut the spiritual ties that bind. Consciously and visually surround yourself with White Light, cut any cords connecting you and the other person, and fill the empty places where the cords were with White Light. Do this daily until you feel the effects and ask for spiritual help in the process, from whomever you pray to. Let go of them and any anger the best you can.

Forgiveness will heal you and help you move on.

Every relationship is different and even though grieving for a lost love isn't easy, know that there may be a future lover waiting in the wings for a relationship that is even better than you have ever imagined. But dwelling on "what could have been" or your loss will not help to usher in a happier future.

Also know that, based on past life regression research, you have likely loved hundreds of times or more in hundreds, if not thousands (or many more) of past lives. It's also possible that you will be with that person in a future life, in one way or another, when the timing is better for both of you. In the mean time, let go of this person the best you can. This will not release the memory of them from your life or the possibility of being together again, but remove them as a potential block in your current love life.

## **Love Life, Fate & Destiny - a Lot in Life is Measurable Through Astrology, Numerology & Graphology**

Some people have a more challenging time meeting compatible romantic partners than others.

Patterns in numerology and astrology charts symbolize life circumstances. Whenever we see patterns in a person's charts representing tough love energy, their actual love life circumstances always match the energy. *As above, so below.*

Our work has convinced us that at least 75% of the key circumstances and events in everyone's life are fated. Finances, love life, family, recognition, adversity, and more.

Some creative (i.e., subjective) modern astrologers might say, "Well, if things are bad in your love life at the present, just transform your 'fate into destiny,' and your 'limitations into gifts;' make it your destiny to have a good love life now, and 'unleash the power of your soul' while 'delivering grace to the world.'"

Yes, it's nice to spread light to the world, so to speak, but you can't cheat fate, no matter how much effort and time you put into "creating your destiny."

If you're fated to experience a long spell of challenging romantic energy, no amount of inspiration and New Age myth will change that. However, you can change how you deal with it, looking at it from a spiritual perspective, therefore making it easier to handle.

By the way, fate and destiny are the same thing. Don't let anyone tell you otherwise. Destined circumstances and events/fated circumstances and events—same concept.

You have free will in how you handle your personal fate/destiny and how you make the most of your karma, within the confines of your fate/destiny.

If the creative, modern astrologers put aside the affectation, cheerleading and psychobabble, and actually carried out the comprehensive delineation and prediction typical of seasoned astrologers who are devoted to their work (rather than striving mostly for the limelight and book sales) they would be singing a different tune.

Additionally, know that the following are best avoided if you want value for your money, rather than mere entertainment: Astrologers who treat the natal figures exclusively as maps of the subject's subconscious and avoid real issues, and the timing of such, and otherwise deny the cold, hard realities of life; astrologers who use mainly infrequent

cycles such as transits and secondary progressions and retrogrades (which are best used for minor modifications only); astrologers who use almost exclusively Ptolemaic aspects (conjunctions, squares, sextiles, etc.) in delineation; and astrologers who avoid comprehensive charting, using only a limited number of considerations (unless they have remarkable, consistently strong psychic ability).

Tough love life circumstances do exist recurrently for many people. Often times, thankfully, their love timing eventually improves greatly and if the overall natal structure looks good for love, the subject will have romantic success.

Until that time, it's an opportunity to prepare for what is to come. It's a good time to look into potential subconscious blocks that may hinder one's love life. A great way to do that is through handwriting analysis. Comprehensive handwriting analysis exposes hidden behavioral forms in the unconscious mind, including fears and defenses, and it's more reliable than modern, psychological astrology.

It's very possible a person has zero conscious awareness that his or her subconscious personality would, for example, rather avoid anything more than superficial interaction with others. Furthermore, he or she may think they want marriage, but their subconscious personality views it as prison.

Hence, there is a constant, hidden battle waging between the conscious and subconscious, and the subconscious prevails.

Good news: simply knowing about the hidden demands of your unconscious makeup will begin to set you free.

## **Free Will, Manifestation & Creation - How Karma, Fate and Predestination May Block Your Efforts**

Prior to years of comprehensive study and constant objective empirical research through ancient metaphysical delineation and predictive sciences (since 1992 involving the numerology and astrology charts of over 20,000 different people), we too mistakenly believed we could create anything our ego-selves desired. Our studies and research allow us to conclude that an extremely high percentage of everyone's major life circumstances and particulars are unavoidably etched in the rock of fate.

We consistently and accurately outline key conditions and experiences in anyone's future (provided we have all birth data) including "gurus" who claim they are able to "consciously create" 100% of their realities, matching their conscious demands, as they live their lives.

Once you have witnessed, as we have, the continual recurrence of patterns in the numerology and astrology charts completely representing situations in peoples' lives, you will stop rejecting the idea of fate.

An ideal love life, unlimited financial abundance, perfect health, constantly harmonious personal relationships and more would be nice, but we are now entirely certain that it "ain't gonna happen" if it's not part of the path that your soul mapped out before you incarnated.

For example, despite what you might see on TV about finding a compatible romantic partner, like the best-selling author promoting her book about finding the perfect husband in less than a year ("I did it and you can too!"), everyone's karma is different and what works for one person (because it fits his/her karmic blueprint) may fail for the next (being outside of his/her earthly plan).

"Learn valuable lessons about commitment and betrayal by experiencing a difficult spouse? Forget it! Instead, I'll create the perfect relationship!" "Endure a period of financial limitations to learn about financial acumen? Nah, I'll create infinite abundance now and forever live the high life!" Unfortunately (for the ego-self), the universe doesn't work that way. Dodging your fate isn't an option.

But let's not forget free will. You have free will to take the right action at the right time, allow your earthly personality to play its role in manifesting your destiny (including your ego-self desires that align with it), react to your life circumstances, and improve and influence your situation to the best of your ability within the confines of your fate. Along

these lines, free will also enables everyone to help shape their future lives through every thought, intent, and action in their present lives.

If you want an ideal as possible relationship, you can exercise your free will and do things to prepare for this. However, we believe that even doing what feels right feels right because it's part of your pre-destined path. You could do something that isn't part of your earthly plan, such as drop out of society, move to the wilderness and live off the land, but you probably wouldn't because it doesn't feel right for you to do.

Perhaps most importantly, it would be nice if we could all have "perfect love," but this would miss the objective of the majority of our relationships on Earth: personal growth. A predetermined degree of challenge is necessary in order to learn the lessons for which we incarnate.

As far as releasing your love karma through spiritual exercises, this sounds like wishful, spiritual woo-woo thinking to us. The only exercise we know of to do this is the exercise of experiencing what you need to experience in real life. In other words, forget the notion of being able to cheat fate, despite the fact that most "love experts" suggest otherwise. We caution you to be skeptical of spiritual solutions that appear to be quick fixes.

The good news is that you can ease, but not evade, your karma by acceptance, forgiveness, and unconditional love. For instance, you can't erase the lifelong disharmony between you and your siblings, but you can lighten the load by how you view and react to it.

Although not always easy, the best methods toward personal and spiritual growth include the following: achieve self-awareness so that you understand your highest path; take the right action at the right time to manifest your destiny; embrace all personal challenges including all difficult people as a necessary part of the growth process; forgive yourself and all others; love yourself and all others unconditionally; live your life knowing that all energy you put out will eventually come back to you; and know that you can't always get what you want, but that every experience serves a valuable purpose.

## Redefining How You Perceive New Love Interests

### Marriage, Divorce & Soul Mates – Expectation of a Lifetime Partner is Rooted in Fear

It's best to avoid thinking in all-or-nothing terms (the beginning of a wonderful relationship, or nothing). Just let it be what it's meant to be. Most relationships, no matter how brief, offer valuable rewards and lessons.

Too many people expect a new love interest to be “the one” and avoid those who aren't exactly all they demand in a partner (and too often, they personally don't even meet those excessive demands). After a date or two they learn that the person does not fulfill every single item on their ideal romantic partner list, so they bail and start looking for the next one (or stay with that person until they find another so they don't have to be alone).

It's a good idea to remember to let each connection be what it's meant to be and stop looking for perfection and expecting your date to be what he or she “should” be. Very few people you'll meet will be even close to “the one” and you'll only enjoy longer term, rewarding, hassle-free, compatible love relationships if you've earned them, in a karmic sense (as can be outlined through comprehensive numerological and astrological charting).

Being together in a fulfilling decades-long relationship is the fate, in our view, of *some* couples. Also, being married or partnered in a strictly monogamous relationship for 20, 40, or even 60 years is desired by many, but is it always for the highest good of all involved? No. To think that you can avoid complacency and growing apart, and to demand emotional, mental, romantic, and sexual fulfillment for decades with the same person (especially when two people marry young) is silly. A better approach is to drop all expectations upon entering a relationship. If it's destined to be long-term, great. If not, be grateful for the experience, wish him or her well, and move on.

Rarely, if ever, do people know all the hidden, behind-closed-doors details about those dear, elderly couples who stay together for decades. Remember, you were blacklisted from society only a couple generations ago if you got divorced, so some couples stayed together, suffered, and played the game to avoid being ostracized. Plus, men and women had fixed, specific roles back then, so if they divorced, who would cook for him and who would do the yard work for her?

Today, many still hope to have a “lifetime” relationship, but an increasing number are acknowledging that divorce is reasonable for couples that grow apart. If handled maturely and fairly, divorce can be a good thing for both people (and if it's unavoidably a

more challenging situation, then, in our view, it was meant to be that way). Those who refuse to acknowledge this seem to have dependency problems, fear about being financially secure, have difficulty being alone, have a rough time with change, or perceive relationships too idealistically.

More and more people are accepting the notion that if one person is unhappy and wants out, then it's pointless to stay together, and selfish of the other person if he demands she stay. You might say, "what about the kids?" Kids know if their parents are just going through the motions and doing so sets a bad example. Besides, a family doesn't have to "break up" if the parents are both mature enough to remain friends, or at least civil and fair to each other.

By the way, we advocate legal agreements (however "unromantic" they may seem) between two adults before having any children, whether or not they get married, to protect the children and help minimize future disagreements and problems between their parents.

What you hope for in your romantic life might be destined, but if it's not, as long as you react to fate with unconditional love and compassion, you'll be on good ground.



## Soul Mates, Twin Flames & Your Love Life – Why You Can't Always Get What You Want

We are convinced, based on our research, that everyone has many soul mates, not just one, and no soul mate connections are perfect.

There are many “experts” who say you can meet your “soul mate” simply by purchasing their love spell, following their plan, reading their book, attending their seminar, or praying to the right angels.

Most of these “experts” fail to acknowledge that you can't just have what you want right now if it's not meant to be. Instead, they pander to the instant gratification demands of the general public. Too many ignore the importance of getting to know yourself on all levels, discovering what you need to accomplish in this life, and other higher-minded values.

Promoting captivating half-truths and wishful thinking dressed up in sophisticated-sounding phrasing might fatten profits, as many “best-selling” New Age authors have found, but in the end it only serves to mislead and add to the massive New Age misinformation heap.

Sure, we appreciate inspiring and creative writing, especially when it's grounded in truth instead of cozy escapism. When one simple idea is stretched into pages of wistful, much-about-nothing, long-winded prose, and one concise paragraph could have outlined the point, it just confuses the reader. Really, truth isn't complicated, and you should be wary if you have to read a passage more than a few times to get its meaning.

We agree that the Universe (or God, or your angels, or your guides, or your higher self) does respond to questions as we've experienced the benefits of this countless times.

But as we've said before, we disagree that you can have something just because you want and ask for it, *unless it's part of your destined path*, regardless of how much you heal yourself and regardless of how much energy and inspiration you direct toward your desire. There is no Santa Claus. If you could receive anything you wanted *in this lifetime*, you could just ask for and receive the winning lottery numbers or anything else, even if it didn't match your destined path.

To avoid disappointment and wasting your time, it's important to be your own Santa and not expect rewards from anyone or any power outside yourself just because you feel you're entitled to them. You only get what you want if you've earned it, often times through past life, not current life, behavior and action. Just because you've been “good” in the recent past, doesn't mean you'll be rewarded for that now.

Regarding twin souls or true equals, it's debatable whether they really exist or if the concept is absolute New Age nonsense. If you're referring to someone who is your most compatible match (which may or may not be a lasting, rewarding relationship connection, depending upon your personal love karma), then yes, we do feel everyone has soul mates who are more compatible than others. But if you're hoping for your “other half,” someone who is a “perfect” match with whom you'll have the ideal relationship, we must inform you that based on our research, we feel that concept is pure fiction and fantasy.

If you view love relationships as a means to fulfill an emptiness inside of you, or something that will give you all that you dream of emotionally, sexually, mentally, spiritually, or financially, you can be confident that your outlook on love is unbalanced and unrealistic. In time, you will be forced to face any feeling of lack you hoped to eliminate through connecting with another person.

Does that sound a little harsh to you? We would rather blatantly present our findings and our professional opinions than lead you down a primrose path of illusion like we see happen too often in today's New Age marketplace.

Concerning love spells, we advise against them for two reasons. The first is that when you cast a spell, you are accessing and bringing forth energy that may not be for the highest good of all involved or that may even be dangerous if not used correctly. While Wicca spells, for example, can be very beneficial, we feel only those serious students of Wicca who understand what they are doing should dabble in spells. The second is that it's not anyone's right to manipulate another person, and sometimes love spells encourage this.

Also, we firmly believe, through years of observation, that karma overrides spells. In other words, someone might be able to "create" a life circumstance through worship or spell-casting, but it won't last (and could possibly be harmful) if it isn't harmonious with one's karmic and fated plan.

We encourage you to learn to enjoy being independent and make the most of yourself on all levels now so you're ready for the right person at the right time. We are also supportive of the idea that it's necessary to know yourself and what you want in a relationship if you want to make the most of your love life. A simple question to whomever you pray such as "What's my next step to improve myself and my love life?" can work wonders. Ask this as often as you need to for insight. With practice, you'll find that asking before bed will often result in waking up with answers or awareness.

Ultimately, the only way to have an authentically happy love life is to stop looking outside yourself for love. Think about that.

## **Love, Relationships, Marriage & Romance – Everyone Has Many Soul Mates & All Bonds Have Time Limits**

Metaphysically defined, a soul mate is someone you have known in a prior existence. Soul mates are not always love connections and some are more pertinent to your earthly purposes than others.

Regarding soul mate love connections, we and other respected experts in this field have found that everyone has many soul mates; the notion that there is a “one and only” is a myth perpetrated by fairy tales and movies.

We hope this information will make it easier for those who are still hanging on to terminated romantic relationships to let go if it's not meant to be and look forward to the next one. One way to determine if it's not meant to be is to let the situation be without trying to manipulate it or anyone related to it. If things then seem to go in the direction you hope for, great. If not, then you are free to move on, make the most of yourself, and look forward to the future.

Also, please realize that everyone is already complete. You don't need anyone to complete you. If you feel like you are incomplete and need someone to make you whole, you may be in need of doing some personal healing work.

As unappealing as it sounds, the challenge of grieving a relationship that has ended is an opportunity for growth and furthering one's self-awareness. This is what life is all about: opportunities for growth, and how you handle them. Yes, life is also partly about the fun stuff, like romantic love, but life is more meaningful and enjoyable when you accept its challenges and approach them from a higher-self, detached perspective.

Significant love relationships happen and then dissolve when they are meant to. Life goes on, and you will meet other soul mates in the future. Through many years of working with past life regression and comprehensive astrology and numerology, we are confident in our ability to identify important spiritual connections and the timing of such.

The best thing that anyone can do after a love relationship has ended is to accept that it's over. Be grateful for the time you had with that person, and when you think of him or her, wish them well and let go. [Meditation](#) helps with this process, as do our [audio meditations for love life](#).

## **Monogamy, Marriage, Fate, Karma & Soul Mates – Love is Forever, But Most Relationships Aren't**

It's rare that people have such good relationship karma that they truly (without any self-deception) have a solid, happy, fulfilling, compatible, monogamous, life-long relationship.

Yes, there are many couples who stay together for years and years, but that doesn't mean the relationship is or has always been compatible or harmonious. It's very common for couples to stay together and turn into roommates with wedding rings because they fear being alone, having less money, or for other reasons.

Love is forever, but most relationships are not. By this we mean that love is the glue that draws people together again and again throughout lifetimes. Couples usually meet again primarily, from a spiritual perspective, for learning lessons and personal growth instead of just for romance and companionship. When those lessons are fulfilled, it may be time to move on.

However, in our society, great emphasis is placed upon relationship longevity. A relationship or marriage is considered to have "failed" if it didn't last a lifetime. This way of thinking not only sets everyone up for disappointment, but is unrealistic.

Nobody expects their first job out of high school or college to last forever, or that every friendship will never end, and dropping such expectations for love relationships is wise, in our opinion. Everyone changes and grows at different rates and has different lessons to learn. You can't cast someone for a relationship theatrical production and expect them to fit comfortably into that role for a lifetime.

Sometimes people are meant to be single for a while for some reason other than it just being about bad relationship karma.

Your life circumstances are reflected in your numerological and astrological timing, which is different for everyone. Sometimes you'll have rewarding love timing, meaning more fulfilling and compatible relationships, and sometimes you won't, and some people have much more of it than others throughout their lives. If you don't like the way things are going now, they'll eventually change. If you are curious about when your love timing will get better, comprehensive numerology and astrology offer tremendous insight.

Our unique delineation and prediction work tell us that relationships, and how long they last, are destined. We're referring to the energy between two people that makes them fascinated with one another and when the appeal (sexual and otherwise) is still there

months and years later, as it was in the initial stages of the connection, not the type of relationship where two people know that it's "over," but stay together anyway.

Therefore, it's best to try to let go of expectations for "permanence" when becoming involved in a relationship and just accept the situation for what and how long it is meant to be. This doesn't mean you shouldn't try to work out problems (since working out problems is a major reason why you're together in the first place), just that it's better to go with the flow.

What about some "experts" telling you that you can have a life-long relationship and that all you have to do is keep it "new" and "fresh?" Yes, perhaps some of these techniques can help renew an already relatively strong connection, but they won't revive something that's dead or inspire what was never there in the first place.

It may be difficult, but try to be grateful for the time you've spent with compatible matches in the past, what you've learned from the more challenging relationships you've had, and perhaps most important, the benefits of alone time when you're not in a relationship. Expressing gratitude has a magical way of helping to let go of the past and welcoming more positive experiences into the present.

## Best Astrology Matches For You?

### Astrology, Numerology & Compatibility – Why You Need to Scrutinize a Lot More Than Just Sun Signs

Instead of considering only astrological Sun signs, we believe that the comprehensive astrology *and numerology* charts must be scrutinized if one wants to consider true personality, compatibility, and personal timing (prediction and forecasting).

Also, thorough handwriting analysis done by a well-trained professional adds a great deal of additional insight about subconscious character, much of which that can't be found through modern, psychological astrology.

On the surface, you may think you have great astrological compatibility on paper with two seemingly easy-going, compassionate people (signified in part, for example, by both having an abundance of Pisces and Cancer energy).

However, it's discovered that one has very compressed, narrow, extreme right-slanted, sharp, angular, heavy pressure script with rigid baselines and downward slanting, weak-ending, pointed letter t-bars. Plus, strong patterns of over-balanced "8" and "1" energy are found in the comprehensive numerology charts. All of this with other corroborating information alerts the analyst to the strong possibility of that person being a domineering abuser.

The other person's comprehensive charts involve, in part, lots of under-balanced "2" energy which suggests dependency and self-deprecation. In support of these notions, that person's script includes martyr/victim traits such as small overall script size, light writing pressure, close word spacing, excessively rounded and immature-looking writing, droopy rhythm and connectives between letters, pinched circle letters, low and weakly crossed letter t-bars back to the left instead of to the right, and x-formations where the letter x is not present.

In this case, a surface astrology interpretation would unfortunately leave open the potential for a very toxic, if not dangerous match.

An aside, psychology was not part of astrology until about 100 years ago. The approximately 2000 year tradition of the science of astrology involves mostly prediction instead of psychological character analysis. Unfortunately, in our view, most astrology found today in print or on-line is primarily modern, psychological astrology, and involves a frivolous and distorted approach to the science.

Astrology that's largely for entertainment only (although usually not presented as such) includes, for example, Sun or Moon sign horoscopes, and readings done by astrologers who commonly promote falsehoods such as, "...*(numerology or) astrology isn't predestination or fate...how things play out is going to be up to you,*" stated to cover a refusal to do in-depth delineation, or mask an inability to do accurate prediction.

Some popular modern astrologers even go so far as to offensively suggest escapism, wishful thinking, self-fulfilling prophecies, and a failure to take responsibility for one's actions and life in response to the idea that some astrologers and numerologists (like us) say it's possible to measure and outline personal fate (i.e., impart the general inclination of fate, and frequently, even precise future circumstances and events). Worse, they deny that fate exists, and also deny the reality that varying degrees of unavoidable adversity (which is also measurable) in people's lives serves a divine purpose.

The truth is that their form of astrology or numerology isn't about predestination or fate and that original ancient predictive astrology and numerology are absolutely about predestination and fate.

It's ironic how fully embracing the concepts of karma and fate is directly related to taking responsibility for one's actions and that much of the modern astrology found today offers mainly an escape from the hard realities of life.

Reviewing Sun Signs, Moon Signs, or any other individual aspect without considering the rest of the charts' contents and patterns within those charts, will only give you surface insight. It tells you virtually nothing about the reality of the personality, or the compatibility between you and another person.

For example, the Sign of Aquarius is considered to be relatively harmonious with the Sign of Sagittarius. If you select ten random people with Aquarius Sun Signs and match them with ten people with Sagittarius Sun Signs, it's entirely possible that none of them will get along with each other. It's also entirely possible that all of them will get along.

The best romantic matches for a Libra Sun and Cancer Moon combination, for instance, depends entirely upon the health of the respective planets (strong and well, or involving afflictions including planets in detriment, badly aspected planets, weak house placement, retrogrades, etc.), their rulers and the health of those rulers, along with the rest of the several hundred aspects, and patterns comprised of those aspects, throughout the comprehensive charts of each person.

It's possible for a person with a Libra Sun and Cancer Moon, for example, to have wonderful compatibility with a person with an Aries Sun and Capricorn Moon, both

oppositions.

Oppositions are commonly considered to involve poor compatibility, but sometimes very close oppositions (opposing planets that are very tightly aspected by a degree or two, within the compatibility charts) offer more reward than challenge, especially if the remaining composite contents are harmonious.

Oppositions are as follows:

Aries is opposed to Libra.

Taurus is opposed to Scorpio.

Gemini is opposed to Sagittarius.

Cancer is opposed to Capricorn.

Leo is opposed to Aquarius.

Virgo is opposed to Pisces.

Conjunctions, same sign combinations, represent intensification of the sign's energy, and is sometimes positive and sometimes negative. Generally, it's a "hard" aspect, and not as easy flowing as trines and sextiles.

Although we feel that modern astrology places too much emphasis on Ptolemaic aspects, it's good to have an understanding of them.

The basic, major Ptolemaic aspects include oppositions (180 degree angle), conjunctions (0 degree angle), squares (90 degree angle), trines (120 degree angle), and sextiles (60 degree angle).

Square aspects are combinations of signs that are of different elements (see below), like Taurus with Leo, and generally indicate challenge and tension. Trine aspects are combinations of signs that are of the same element, such as Scorpio with Pisces (both water), and are generally agreeable. Sextile aspects are combinations of signs that are of compatible, but different, elements such as Cancer with Virgo, or Leo with Libra, and are also generally favorable.

If you accept the trivial approach of reviewing only the Sun and Moon signs, which might offer a preview at best, then it's good to look at the elemental combinations of the signs for some basic awareness.

On the surface, fire and air are harmonious, and earth and water are harmonious. In addition, each element commonly mixes well with itself (fire and fire, etc.).

Fire signs are Aries, Leo, and Sagittarius.



Earth signs are Taurus, Virgo, and Capricorn.

Air signs are Gemini, Libra, and Aquarius.

Water signs are Cancer, Scorpio, and Pisces.

A surface approach will involve Libra Sun, Cancer Moon compatibility with an air or fire Sun, along with a water or earth Moon, but that's just the beginning.

If you want to go a little deeper, yet still not get into comprehensive analysis, considering the nature of the sign is also helpful (Fixed, Mutable, or Cardinal), as is considering the masculine or feminine nature of the sign (fire and air are masculine, and earth and water are feminine).

We also strongly recommend contemplating each person's personal timing when considering compatibility.

Personal timing, comprised of scores of short, medium, and long-term continuous and non-continuous numerological and astrological cyclical timing methods, regularly symbolically makes or breaks relationships. The collective cycles can be divided into groups that are the basis for pattern recognition.

Two people can seemingly have nothing in common aside from their current personal time cycles (some as short as a day, others as long as many years), and when those time cycles change, the relationship changes, or even dissolves.

It should be noted that we understand that it is possible for someone who has strong, solid psychic ability and a good, general understanding of astrology to successfully use Sun and Moon signs exclusively as psychic touchstones. But few have this talent where they can get consistent, accurate reads without a comprehensive approach.

Again, an astrologer must consider all comprehensive charts in determining compatibility, along with the comprehensive timing charts, and not just the Sun and Moon signs if one really wants to uncover existing compatibility. Again, we have found that you also must consider the comprehensive numerology charts, along with handwriting analysis (subconscious fears and defenses, etc.), if you want a high level of accuracy.

A skeptic saying that they "...don't believe in astrology," to us, is a reasonable and understandable statement if they have only been exposed to Sun Sign astrology, which is the basis for most astrology horoscopes today.

Comparing Sun Sign astrology to an in-depth analysis as referred to in the above paragraphs is like comparing conspiracy theory half-truths to confirmed CIA intelligence.

## **Sex, Marriage and Compatibility – Soul Mate Connections Are Not What You Think**

Sometimes people are drawn together like magnets, yet the compatibility is questionable. It's not smooth sailing to say the least, and trying to make it permanent is akin to strapping a 45lb weight to your back for the rest of your life.

Might the inability to part ways, the intense draw, be a mysterious working of fate? Yes. "Soul mate" connections very often include plenty of strife and heavy lessons, without the presumed romantic bliss.

Based on our comprehensive astrology and numerology work, two people can absolutely be incompatible, yet they may stay together for other reasons. Know that person A might have great overall compatibility with person B, but not with person C. Varying, unique degrees of intellectual, emotional, spiritual, physical and sexual compatibility exist between every couple.

Despite a lack of compatibility, some such couples say no amount of effort is too much to save a relationship if they are deeply in love. We recommend looking at what "deeply in love" really means to you. What exactly do you feel for the person and why? Is there an early life, dysfunctional dynamic being played out for either or both of you? Is the connection held together by guilt due to one or both of you being afraid to walk away? Exactly how much sacrifice is involved for you or him? Is it really a great connection, or is it more about what they do for you or voids they fill for you? Are you afraid to be alone? Are you concerned about financial security? You've got to be brutally honest with yourself if you want clarity.

Every person you meet is for a different reason, or reasons. It's not easy to overrule your heart and be totally objective in your romantic life, but it will save you heartache. Dating is easier when you accept each situation for what it is instead of trying to cast a play (husband or wife role, provider, etc.).

To help you understand more about romantic compatibility, we'll list some of our findings. We have yet to invalidate the following considerations through our extensive work over the years: some romantic connections include questionable compatibility, but the shared or compatible timing (long-term or short-term) serves as the foundation of the draw; some connections are horrible, but the "unexplainable" draw is intense and serves to help them fulfill the karmic implications of this particular "soul mate" connection (one or both "owe" each other in not so pleasant ways); some people have great life-long love karma, some people have fair life-long love karma, and others have terrible life-long love karma; one's personal timing (long-term and, or short-term), if very good in relation to love-life, can symbolically, somewhat mitigate one's life-long challenging love-life karma; one's personal timing, if very challenging in connection with love, can symbolically wreck one's love life even if they have great life-long love karma (as reflected in the patterns in the comprehensive charts).

We feel that a highly compatible match does not need a lot of "work" or compromise. If you are complete by yourself and have your life together, finding someone to share it with should not require you to give up your goals, friends, hobbies, or what you've worked hard for.

At the same time, compatible, harmonious matches that also share a high degree of sexual chemistry are few and far between for most people. Some people would rather be with someone who is semi-compatible, or not compatible at all instead of being alone. Others are content to be alone and concentrate on other areas of their life, like career, until they meet someone they feel is worth sharing their time with. It's up to you, yet our work tells us that people are largely going to do what they are predestined to do, so as long as you remain objective and respond with compassion and unconditional love, you'll be fine.



## When will I marry?

### Numerology & Astrology - Predicting When You'll Have Good Love

It is possible to predict the approximate date of a solid love connection (and the inherent rewards/ challenges therein) if the numerologist and/or astrologer has the complete birth data of the person in question. Full legal birth name (exactly as it is on the birth certificate), exact time and date of birth, and exact location are necessary.

Handwriting samples help also, since it may finally be time (timing is everything) to recognize hidden fears and or defenses that completely go against conscious wishes.

Based on years of research and objective observation, it's obvious to us that timing really is everything. You can be in the middle of an entire football arena filled with prospective matches and if your timing is not conducive to a love connection, you'll remain single. We'll say it again: Timing is everything. Not the false promises of permanent-romantic-bliss-as-a-birthright notions (fairytale archetypes) borrowed from movies, TV shows, and books that we've embraced our entire lives, and certainly not the new age false belief that we can "create" anything our ego-selves want *any* time we want, but timing. Destined timing, whether it be connected to love life, career, money or any other part of life, is unique to each person and has everything to do with karma, reincarnation and what your soul planned for your personality this time around. Of course, romance is often an added bonus, but our relationships appear to serve us primarily as ultimate platforms for personal growth, as well as helping us accomplish other important earthly objectives.

Does the philosophy of predestination negate the concept of free will? Absolutely not; we use our free will to manifest our destinies. Simply by taking the right action at the right time, whatever feels most "right," while centered and connected to our highest truth, aligns us with our destinies.

By the way, we don't specifically incarnate to marry, but to have relationships. Even though our society places great importance on the act of getting married, what's more important is learning your lessons with the key players that you've contracted with, so to speak, before incarnating. Whether or not you make a relationship "legal" is usually insignificant from a spiritual viewpoint. Your charts indicate when you're likely to have significant relationships, yet a celebration of a relationship, such as a wedding or ceremony, is also seen in the charts.

As far as mapping your life circumstances and probabilities yourself without tools such as numerology and astrology, it's possible if you're very psychic. Being psychic will help you

get your own answers, but the timing of specific events (even for professional psychics) is difficult to pinpoint on pure intuition alone. This may be because psychic impressions of specific events and the timing of such events originate from realms outside fourth dimensional time and space. Developing your psychic ability in conjunction with using tried and tested metaphysical tools (such as those we offer on our websites) allows you to get a stronger sense of your fate. This priceless heightened perspective provides peace of mind and gives you an edge in planning and you'll find that the study of these ancient mystical sciences eventually becomes a study of the meaning of life.

## Numerology, Astrology & Graphology – Tools to Cultivate Understanding and Love in Relationships

When working with numerology, it's good to consider your interpretation of what the aspects reflect, yet it's also a good idea to remain detached from the analysis. Being detached from it all is not easy, but with practice you'll be able to do it.

There are two different paths you could take with the powerful insight gained from comprehensive graphology, numerology, and astrology. You could choose to avoid anyone who represents a challenge, as seen through the charts and handwriting samples, or you could choose to remain open to everyone and the inherent lessons in each love relationship, friendship, and family connection.

For a long time we would not ask a person's birth data (anyone we met, including romantic possibilities) until after we got to know the person better. Almost always, we would end up correctly sensing the core of the compatibility energy between us and the other person before we knew their birth data. We're at the point where we can feel "what is" between us and another person, as reflected in the aspects. Very often it is as obvious as connecting a dark, moon-lit sky to night instead of day.

In our professional and personal lives if a person appears to have their head on straight and is not a risk to our well-being, we tend to proceed with the connection and not just avoid them, regardless of what we see in the charts and handwriting.

We could simply avoid interaction with certain individuals because the aspects (on a personality level and through compatibility) are unsupportive of anything with an "easy flow" whatsoever. Instead, we most often remain detached from the charts, gave the person the benefit of the doubt, stay open for the lessons, and end up experiencing exactly what we previewed in the charts.

This is far from a self-fulfilled prophecy since we do everything we can to make it work and strive to see them in the most positive and objective light. Graphology, numerology, astrology and the other esoteric sciences, when *interpreted and used correctly*, simply represent truth.

However easier life becomes by avoidance of certain people, it's often more rewarding through personal growth to embrace any type of connection, even those that are inherently very difficult.

We feel the best plan of action is to know "what is" between you and others and to use

that understanding for personal development. However, that's not to say that you can't use your knowledge to select the best option, when you have more than one possibility.



## **Love & Relationships—Three Signs it's Over & How Unconditional Love Contrasts With Modern Marriage**

A compatible relationship is what most people strive for, and it's always nice to hear about a happy couple in a fulfilling relationship.

People wanting to get married would be smart to seriously consider the following questions: What do you seek through marriage? A ceremony to declare your love and a chance to get together with family and loved ones? Romantic partnership permanence? Do you hope it will add something to your connection that you feel is absent at this time?

Marriage was originally intended for practical and economic reasons. People could not survive unless they pooled their skills and resources. Due in part by romantic fantasy perpetrated by movies and fairy tales, marriage today includes unrealistic expectations such as being someone's "everything" for life. Surprisingly, even with the high divorce rates, this tradition is still a popular choice.

Some say it's because you need marriage for kids, or that marriage is about commitment. But you can be responsible parents or commit to each other without a marriage license.

Those who oppose marriage contend that legally binding agreements, in an attempt to cement relationships, primarily reflect fear and a lack of trust and are more about money than love.

There is no level of compatibility "good enough" for marriage, because two individuals who are very compatible now may not be in ten years. Furthermore, marriage is just a legal construct that has nothing to do with unconditional love, which is what many claim to marry for. By unconditional love, we're referring to a lack of conditions such as "If you do this for me, I'll do that for you."

Ideally, marriage would be completely about unconditional love. It wouldn't be like modern marriage is today.

There would be no unhappiness about a partner not doing what they are expected to do financially, there would be no disputes about having to spend time with the partner's friends and family, and there would be a lack of expectations in the bedroom, just to name a few.

As we have constantly found in our work, most relationships have time limits, as do

friendships and business associations. Sound unromantic? Truth isn't always romantic, but embracing it will save you a lot of heartache. You don't have to physically leave a relationship for it to be over, as many married couples will tell you if they are brutally honest. Additionally, children know when their parents are unhappy and all too often the parents end up setting a bad example relating to complacency and deceit.

How can you tell if a romantic connection has seen better days? A few examples include the following: all attempts at spicing up the bond fall flat; one or both partners become increasingly interested dating other people; sex becomes routine and boring or nonexistent; the sexual attraction fades significantly or disappears; one or both feel as if they have learned as much as they were supposed to learn; and it simply doesn't feel right to stay together.

Life-long, satisfying monogamy is desired by many, but is it natural or realistic? Some couples completely lose interest in sex with each other and settle for companionship or are willing to make great sacrifices and be unhappy in order to avoid ending their relationship, but more and more couples are accepting that most relationships are not meant to last forever.

In our view, love relationships serve primarily as grounds for shared spiritual lessons and goals, rather than the currently accepted, outdated, fear-based sociological standard as outlined above. Many norms in society will be seen as absurd by future generations, and we expect that traditional marriage will be one of them.

An aside, for those who desire to deepen their understanding of their partner (especially before getting married), compatibility analyses involving psychic insight, comprehensive astrology, numerology, and graphology outlining key challenges and rewards is a great way to open the door to more love.

We recommend to those considering marriage to communicate with their partner about commitment, and discuss feelings about money, children, relatives, friends, etc. But don't expect or even hope that the love would be permanent if you got married, since no couple is compatible enough to meet and exceed the present day expectations of marriage.

*“Getting married to make a relationship permanent is like buying a summer home to make summer last forever.”*

## **Love and Marriage – Why Fate and Karma Make it or Break it**

One cannot “grow love enough to marry and raise a family.” It’s either there or it isn’t, in our view, and if the comprehensive numerology and astrology charts firmly indicate that there isn’t enough of a connection between two people for a long term relationship, then it’s a losing proposition.

Too often people are too young to begin a long-term relationship in which life-long monogamy is expected. In our opinion, since people tend to change and grow so much in their 20s, marriage contracts should be valid only for those over 30, but people will do what they are predestined to do, for better or worse.

It’s pretty simple. Relationships that work out are destined to last, and relationships that don’t are not. What will be will be, and to fight fate and resist that is to create more stress and heartache. And like we always say, yes, you do have free will (in this case, to make the most of your relationships and work things out when possible), but only within the confines of your destined path.

By destined path, we are referring to personal fate and karma, as outlined by numerological and astrological patterns in comprehensive charting methods. After witnessing the constant repetition of natal and cyclical timing patterns directly relating to personality, events, and circumstances in people’s lives, you too will embrace the notion of fate. Various levels of compatibility exist, as reflected in the charts.

If you are struggling with a doomed relationship, know that there will eventually be other options for you. Hang in there.

## **Love, Relationships & Reincarnation – Power of Love & Forgiveness Won't Allow You to Cheat Fate**

Through our research, we've found that a wonderfully harmonious bond (and variations of it) between two people, whether it is a work, family, friendship, or love relationship, is either there, or it isn't.

We've also found that past lives with other people strongly influence what is experienced with them today.

Therefore, past life regression, when the focus is on the root cause of a problem and forgiveness, can definitely help to heal present life relationships.

Don't believe in reincarnation? It doesn't matter.

Whether past life scenes perceived in past life regression are real or imagined, both believers and skeptics can benefit from this powerful therapy.

But can the power of love and forgiveness alter destiny?

If a relationship is meant to end, based on the personal timing of the individuals involved and what they (their souls, not their personalities) decided before incarnating, can they (their personalities) choose to override that?

Well, as we've said before, our position is that you can't cheat fate. Of course, the couple could stay together if they really wanted to, but it would likely feel unnatural (if they were honest with themselves) and potentially cause a lot of stress.

The good news is that if you change your perspective of love relationships by dropping your expectations (for permanence, someone to "complete" you, and the other relationship traps in our society that you're conditioned to embrace) and accept each relationship as it's meant to be, they become less difficult and more satisfying. Of course, starting with a solid foundation of self-love and respect is important too.

Our comprehensive numerology and astrology (compatibility and individual personal cyclical timing), along with psychic/intuitive readings indicates to us the level of compatibility and the timing of relationship rewards and challenges.

For example, we could indicate, on a scale of 1-100, just how compatible you are with your mate as seen through our work.

Also, we could indicate the duration potential of your bond. In other words, we'd tell you when things were, are, and will be "good" and when they aren't, along with our professional opinion as to if the relationship has "seen better days."

## **“If you really loved me...”**

### Relationships & Marriage – Commitment Has Nothing to do With Unconditional Love

Recently someone told us that he wants to marry and grow old with his girlfriend. But to his disappointment, she told him that true love is unconditional, without expectations, and that he should be happy just to be with her without any promises. He said that he thinks she really doesn't love him because she won't enter a legal, committed, monogamous relationship.

He wants a “permanent” commitment, and his girlfriend wants no conditions and expectations.

True, unconditional love includes no expectations. No expectations of your mate to be who you want them to be. No expectations of the relationship lasting “forever.” No expectations of ownership. No expectations if you two grow apart. No expectations if one of you loses interest in sex.

We agree with his girlfriend. Unconditional love, which is the highest form of love, involves loving someone as they are and wanting nothing in return for that love. Not money. Not exclusivity. Not a contract. Nothing.

If he were fully without demands and expectations and approached his girlfriend in this way, he would want what's best for her, not just what he desires.

Granted, we need to look at this from his perspective too. What is he afraid of if he doesn't have a permanent commitment from his girlfriend? Is he concerned about losing her, maybe about being alone? Is he worried about finances or perhaps about who will care for him in old age?

He needs to realize that he'll be okay if the relationship doesn't last forever and that the only true, lasting love is self-love.

## **Twin Flames, Soul Mates & New Age Romance – More Myth Than Reality**

The only truly fulfilling and perfect love is self-love.

Many of us want to find our “soul mate,” a term often used to imply that there is one perfect partner for each individual. Metaphysically defined, a soul mate is simply someone you have known in a prior existence. Each person may have hundreds or even thousands of soul mates.

Edgar Cayce, one of the most successful psychics and medical intuitives ever in the United States, stated many times that there isn't just one person out there who is perfect for you. He expressed in his readings that there are many love relationship possibilities for each person.

When you meet a soul mate, you may feel like you know the person but you can't quite place from where. Your souls knew each other in a different time and place, although your present personalities usually don't remember the details. You may have been lovers, siblings, relatives, friends, acquaintances, coworkers, or even enemies. You may instantly like or even love the person, or you may instantly dislike him or her.

Soul mate relationships that develop into love relationships take many different forms, depending on the karmic reasons the couple has reunited again. The present life interaction also depends on how much of their own baggage they've worked through, how much they take responsibility for their behavior and their lives, and how aware and honest they are with themselves and others.

There is always a reason for two souls reuniting. It may be due to unfinished business, such as one owing the other in some important way. It may be in the form of a project they are to complete together, such as the birth of and caring for a child. Sometimes it's a test, to see if they can interact without hurting each other.

Some souls reunite simply for the purpose of enjoying each other again and have little or no negative karma to work through. They may have earned this relationship of harmony through many lifetimes of working through their conflicts. These are the kind of relationships sometimes portrayed in romance novels. Many of us fantasize about having these kinds of relationships, where there's little conflict and an excess of love, admiration, acceptance, and respect. Few of us, unfortunately, experience them.

A twin flame or soul has been defined as a soul who was created at the same time as you and who may be your “other half.” Based on our research we feel this definition of

twin souls is the result of earthbound thinking. We don't "pair off" with only one partner in the spirit world. Pairing off here on Earth and hoping for a lifetime relationship with the same partner often seems motivated by a fear of being alone and/or a fear of abandonment.

A different definition of a twin soul could be a soul mate with which you have shared many lifetimes and, through those experiences, perfected the relationship. This soul is one of the most ideal soul mates for you—assuming you both get your current personalities and hang-ups out of the way.

In his book *Edgar Cayce on Soul Mates*, Kevin J. Todeschi suggests yet another definition: "The primary distinction between soul mates and twin souls is that soul mates are brought together as a means of assisting both people in soul growth and twin souls often come together in an effort to achieve a joint task or a united work."

Cayce also indicated that twin souls are not always romantically involved and that there is more than one twin soul for each person.

Hence, while most people associate a soul mate with romance, the main purpose has to do with personal growth, often through trials and challenges. In fact, many of our clients who have been in soul mate relationships say they are hesitant to get into another one, yet they realize that they're here on Earth primarily to learn, not just to get what feels good.

How do you know you've found a relationship soul mate? Sometimes it involves intense feelings from the very start, other times it's not so obvious. Are you sexually compatible? Is there lots of passion in your relationship? What about trust and mutual respect? Do you share the same views about love and relationships? It's possible to determine how compatible you are with another person through numerology, astrology, handwriting analysis, and past life regression.



## **Love & Relationships From a Spiritual Viewpoint – 3 Reasons People Get Into Bad Relationships**

It's very common for people to be inexplicably drawn into bad relationships. Why does this happen?

Life on Earth is all about personal lessons. While relationships may not always give us what we want, they always offer potential for spiritual growth. The main reason you are drawn to those who may not be good for you is karma; you have unfinished business or lessons to experience together. We are drawn to people in this life in part because of our connections with them from past lives.

Another reason may be that you have come together for a higher purpose such as a child or work that will affect others.

Sometimes we are attracted to people because of our current life programming, much of which is rooted in early life experiences. Of course, as much as we have researched past life regression and karma, we realize that even our childhood experiences are likely to be karmic.

Also, some compare their relationships with the ideal relationship, something most of us want. When this is done, it's easy to find flaws.

Other reasons for being drawn to difficult relationships include the following: a test to let go, heal, and move on; fear of being alone; an important, unique lesson; and sometimes it's a signal that the love is genuine, but it may not be sensible.

Needless to say, if your partner is detrimental to your physical, emotional, or mental well-being, it's time to move on.

Despite challenges, if two people feel a relationship is worth continuing, and they still feel drawn to each other, they may have a soul contract to fulfill.

## **Love Life Affirmations to Assist With Being Unhappily Single or Suffering in a Marriage**

Although you can't cheat fate, affirmations are helpful in dealing with life's challenges.

Single and hating it? Say the following until you feel and mean it, and then say it some more: "I'm single for a reason, so I'll accept and be grateful for things as they are and make the most of my situation."

The saying "a watched pot doesn't boil" is relative to the idea of waiting for a good relationship partner. Sometimes it seems like you'll never find someone, yet that's the time to do other things in your life such as prepare for when you have a partner. Once you get to the point of enjoying being single, attracting someone doesn't seem like such an impossibility.

However, We've found a strong link between how a person feels about finding a partner and their love life timing as seen through comprehensive numerology and astrology. For example, during the times that are most challenging as a single person, the times that a person most feels alone, for instance, patterns reflect the least likely time that he or she will attract a good partner. It appears that fate dictates much of life no matter what approach is taken, but you can make the most of your life within those boundaries.

Suffering in a marriage but don't know if you should end it or not because you are afraid of hurting your spouse? You may be hurting your spouse (and yourself) more by staying in the marriage and preventing him or her from being with someone who is more compatible.

In conjunction with the below affirmation, meditation will help you to be more centered and allow you to act for the highest good of everyone involved.

"I communicate openly, honestly, and with love and compassion."

## Karma, Fate, Destiny, Spirituality & Relationships - Stay Married or Divorce?

Whether to stay or leave an unhappy relationship can be a very difficult decision, especially when children and other factors are involved.

Will you create negative karma if you leave your marriage? Some may say that you have an obligation to stay married for your children. We disagree because we feel children know when their parents are unhappy together, and a divorce, when handled with compassion, unconditional love, and responsibility, can be the best for all involved.

Divorce itself is not terrible, but the way divorce is too often handled can be. Considering the story-book fairy tales of relationships and marriage, breaking up is the end of the world. Alternatively, if you perceive divorce as a natural part of a relationship that was destined to end, such a transition can be peaceful and tolerable. Since traditional marriage and divorce are man-made concepts rather than spiritual ones, negative karma isn't created from the act of divorce, but the through the negative ways people act before, during and after the process of divorce.

In case you're concerned that you've failed if you leave your marriage, consider the following excerpt we've included below from our book, [\*Your Love Life and Reincarnation\*](#), chapter 12, How Do You Know When to Leave:

When a relationship ends, it's often called a "failed relationship." This implies that it was supposed to last forever, no matter what, and if it ends before one partner dies, there is something wrong with one or both of them. This belief is unreasonable yet surprisingly common. Not all relationships are meant to last forever—or even six months, for that matter. When people try to force a relationship to meet their expectations instead of allowing it to be what it's meant to be, the result will be unhappiness and stress. *The length of time a relationship lasts is irrelevant. What really matters is how we treat and react to our partners and what is learned and accomplished in the process, which is why we, on a soul level, choose the relationships that we do.*

## **Marriage, Adultery & Soul Mates—It's Natural to be Attracted to Someone Other Than Your Spouse**

A client of ours told us that she is comfortable with not committing adultery. She says that the bible indicates that lusting after another is still considered adultery; the intent and interest is still there, so she'd feel guilty about doing even that. She feels that since she married her husband, she should be entirely focused on loving him and no one else.

However, she says that her twin soul mate is on the other side (deceased), and that she has a very strong connection to him and can't keep from thinking of him and wanting him sexually.

She asked us if we think her love for her twin soul mate would be considered adulterous, even though she says she has never even met him in person (in this life).

She said she's trying to train herself to focus strictly on platonic love with her twin soul mate, but it isn't easy as she keeps reverting back to wanting him romantically.

We recommended that she reassess her belief of "twin soul mates" (or "twin flames," etc. as some call them) as it's debatable whether or not it's a New Age myth. Although there are different kinds of soul mates, the concept of one, perfect, fulfilling, ultimate love interest for each person is rooted in distorted idealism rather than truth, as many in our field involving past life research have found.

A twin flame or twin soul is thought to be a soul who "completes" you, who is your "other half." We feel this concept is rooted in fear of being alone and a lack of self-love. It's an earthbound, fear-based concept. Self-love is the only true love and nobody can give you what you don't or can't give yourself.

A soul mate is defined as someone you have known in a prior life and everyone has many soul mates. Some are family, some are co-workers, some are enemies, and some are lovers. Some soul mate connections involve mostly challenge, and some (few) involve mostly reward.

Unfortunately, personal growth and shared goals are much more common in soul mate connections instead of exclusively blissful romance.

We told the client that it's unhealthy to suppress her true urges, and that we don't recommend trying to fool herself into thinking that she doesn't have sexual attraction to someone other than her husband.

It's natural to be attracted to and have fantasies about someone other than a spouse or partner. What may not be natural for many is strict, long-term monogamy. Once she accepts this, it may be easier for her to channel her love and lust to her husband. However, attraction is either there or it isn't; you can't create it if it's not there from the start.

Also, fantasizing about love for someone who is no longer living or who isn't available may be a way for her to express love without getting hurt or suffering other consequences. We told her to ask herself if that applies to her and whether or not leaving the past behind would serve her.

## **Love Relationships & Karma - The Good, Fair, and Impossible**

A good relationship bond is either there or it isn't and much of that is based on your past life karma with each other, level of self-awareness, personal timing, and degree of challenging or rewarding individual love karma.

By degree of love karma, we're referring to the type of romantic partnership experiences you are fated to have. We have found, through tracking thousands of people, that this can be discerned through comprehensive numerology and astrology.

Personal love karma can be viewed as a spectrum with one end representing unbearably challenging relationship experiences, and the other symbolizing extremely rewarding. Few people are at the far end of either side.

Despite appearances, a lot of people secretly feel a sense of lack regarding their relationships. Many are unhappy (as we encounter regularly), but have learned to "play the game" and mask the dissatisfaction through excessive busyness, food, anti-depressants, alcohol, denial, or self-deception.

The good news is that you can make the most of your situation through acceptance, forgiveness, and feeling grateful as often as possible for the things you like about your relationship, step kids, baby, home, etc.

You can't delete the negatives in your marriage/love connection, but you can learn to embrace them for the reasons they exist while also detaching from them. Seeing things as they truly are is the first step. Don't be afraid to acknowledge that adversity and challenge are necessary parts of life and that they serve a purpose.

Also, if a traditional marriage arrangement isn't working for you, you may want to consider something less traditional. As long as you agree and are respecting each other in the process, you're free to create a relationship that works for both of you.

## **Cheating Lover's Handwriting**

### **True Personality is Revealed Through Handwriting Analysis**

How do you know if your lover is telling the truth?

Perhaps the only way to know for sure is to catch him or her with another lover.

Alternatively, while graphology (handwriting analysis) provides insight about potential current and future behavior, it won't give you a definitive yes or no that he or she is cheating and being dishonest.

However, it's possible to get an extremely clear idea of a person's true personality, such as if they lack integrity. In order to do this, that person would need to write at least a 1/2-3/4 page of spontaneous writing about his or her current romantic situation. Indications such as insincerity and integrity issues showing up throughout the writing sample could give you a good idea about his or her actions.

Graphology is so informative because it reveals subconscious character, the real personality, not just the persona and the one seen when a person is at his or her best.

Relating to romantic relationships, a good handwriting analysis can tell you if a person fears commitment, avoids conflict, lacks a good sense of discernment (necessary to identify and understand personality and relationship issues), is emotionally mature or immature, is impulsive, fears intimacy, is restless, is self-conscious, lacks self-esteem and ego strength, has an excessive interest or disinterest in sex, fears success, fears trusting others, has a tendency to withdraw, and much more.

The topic of dishonest lovers brings up an important point about honesty in our society. Too many people think that if no one finds out that they lied, robbed, or cheated, they "got away with it."

In reality, the eyes of truth are always watching, so everything you do and say creates karma and comes back to you. We've seen it played out repeatedly through past life regression, and we are convinced that there exists an automatic accountability system in this universe; everyone really does reap what they sow.

## Compatibility, Love & Subconscious Mind - What a Handwriting Analyst Can Tell You About Your Lover

A well-trained graphologist (handwriting analyst) can certainly identify personality strengths, challenges, and potential relationship problems, but he/she won't tell you if you should marry or not. That decision is up to you.

Before committing to a life together (as with traditional marriage), two people would help themselves by also seriously considering who they really are (aside from all societal programming and conditioning), why they are here on Earth, and what it is that their higher-selves (souls) have chosen to experience. Graphology, meditation, and regression therapy are effective ways to know the who and comprehensive astrology and numerology open the door to the what and why.

It's rare for modern-day couples to give much thought to themselves and their relationships before committing, legally or otherwise. It's much more common to leap before looking in matters of the heart and we see this as "by design" so that we all put ourselves in the positions necessary to fulfill spiritual contracts, many of which include difficulties.

For those interested in and possibly fated for a more cautious approach, graphology (handwriting analysis) offers tremendous personality and relationship insight.

Comprehensive numerology and astrology are good for personality analysis, but our findings indicate that graphology offers a deeper look into subconscious personality.

A well-trained graphologist can indicate if a person is emotionally stable or volatile, honest or insincere, enthusiastic or depressed, in good health or unwell, intellectually sharp or slow-witted, artistic or analytical, sedentary or physically active, closed or open-minded, extroverted or introverted, tense or relaxed, immature or mature, and much more.

Some of the more important areas of interest a graphologist examines in relation to romantic compatibility are as follows: emotional maturity, integrity, honesty, sincerity, need for variety, level of interest in sex, communication skills (including listening skills), level of self-esteem, critical analysis/sense of discernment (effectiveness in identifying and understanding personality relationship issues), acquisitiveness (desire for money and material things), and financial extravagance/irresponsibility.



Since sex and money seem to be the root of many couple's problems, most certified graphologists apply complex protocols to efficiently identify core issues. For example, financial issues are frequently linked with some of the following graphologically discernable personality traits: impulsiveness, lack of discipline, lack of control, extreme sensuousness, and distorted generosity.

Furthermore, graphologists consider the following traits to be some of the more destructive common red flags that challenge personal relationships: argumentativeness, domineering/controlling disposition, evasiveness, intolerance, vanity, withdrawal, reticence, drug and alcohol problems, fear of intimacy, denial, self-deception, and rationalization.

Note that graphology assesses conscious and subconscious character, so the graphologist is able to outline the real, prevailing personality; the one that shows up while under stress, not only the one displayed when on one's best behavior.

A comprehensive handwriting analysis can indicate potential for future behavior, but in most cases, for instance, not that your mate is cheating right now. Still, it is possible to get a very good idea whether or not the subject is cheating if that person writes a reasonable sample (at least  $\frac{3}{4}$  of a page) of spontaneous handwriting, and writes specifically about his/her faithfulness/sincerity and his/her current relationship/partner. If he/she is in fact cheating, indications of integrity issues/insincerity would likely show up in the analysis.

When considering a long term commitment and/or marriage, it's also important to acknowledge that permanence does not exist when it comes to relationships here on Earth. All bonds must dissolve at some point and fate guarantees (as can be identified and tracked through comprehensive numerology and astrology) whether a connection is to last only a day, endure a lifetime, or some period of time in between. Almost everyone wants an ideal match with which to spend the rest of his/her life. Knowing this while accepting that not all relationships are meant to be long-term can help minimize disappointment and heartache.

We would advise anyone to follow their heart, yet squarely face the truth that higher-self (soul) plans are frequently in contrast with ego-self (conscious personality) plans. Becoming aware of and aligning yourself with your true self and highest path pay deep dividends in the long run, although it's not easy to give up many of those ego-self demands and expectations.

Our easy to use (even without a certified graphologist designation) Graphology Resource Keys and Graphology Trait-Based Guide offer tremendous personality and compatibility

insight.

## Radical Honesty in Relationships

### Long-term, Strict Monogamy is Unnatural For Some & How Responsible Non-monogamy Can Save a Relationship

It's difficult for many of us to see how *responsible* non-monogamy can save a relationship; fears and misconceptions about this emotionally touchy subject can interfere with understanding how it can be beneficial. Although non-monogamy is not for everyone and is not always appropriate, below is a comparison of monogamy and responsible non-monogamy. Note: cheating, lying, unsafe sex, and promiscuity are *not* part of responsible non-monogamy. Complete and radical honesty with your partner is, and that seems to be what's most threatening and challenging to many of us.

With the custom of monogamy, you own each other, sort of like how you own property. Your partner is yours and if they even look at someone else the wrong way anger and jealousy are common.

With responsible non-monogamy, a couple accepts that owning the rights to each other isn't love, but possessiveness. What about the possibility of one of them falling in love with someone else and abandoning the other? This can happen in any relationship because you don't need to sleep with someone to fall in love with them. Furthermore, it seems that when two people are destined to meet and fall in love they will, regardless of whether or not they are single or involved.

With the custom of a traditional commitment and monogamy, falling in love with someone means that fantasies (such as "together forever" and "you are mine for the rest of my life" and "grow old together") become expectations, and when they aren't met it results in disappointment, heartache, anger, and even divorce.

A responsibly non-monogamous couple tends to accept their relationship as it is rather than how they want it to be or how it's "supposed to be." They realize that if their relationship fades or their partner falls in love with someone else, that's the way it was likely destined to be. If your relationship ends, wouldn't you rather accept that there is a more appropriate match out there instead of pretending that your existing connection is "the one" forever?

With the custom of monogamy, when someone cheats it is kept secret. Because monogamy and honesty are often assumed in relationships, both the cheater and the person being cheated on are at risk for contracting STDs. According to statistics, over 50% of men and women in "committed" relationships cheat on their partners. Is *assumed monogamy* realistic or safe?

With responsible non-monogamy, because there are no sexual secrets, a couple is more likely to discuss and practice safe sex.

With the custom of monogamy, based on the above statistics, the illusion of monogamy is much more important to many people than honesty.

Responsibly non-monogamous couples, on the other hand, place more value on radical honesty because truthfulness brings them closer together. In light of this, responsible non-monogamy could potentially reduce the divorce rate and introduce a deeper level of honesty in relationships.

With the custom of monogamy, it's common to blame an ex-partner and their affair for the reason why the relationship didn't last. It's interesting to note that the policy of strict monogamy is never blamed in these situations, yet many who cheat appear better suited for non-monogamy. Truth be told, some people (both men and women) feel like caged animals in long-term monogamous relationships.

With the custom of monogamy, the topic of exclusive intimacy often is not discussed, but is usually expected. Is this always realistic or even reasonable, especially when you know the person has strayed in previous relationships or sense he or she isn't the kind of person who would be happy being sexually exclusive with one person for the rest of his or her life?

That brings us to related topics: Can we honestly expect sexual passion to last decades in all relationships? Also, what happens if one partner loses interest in sex or if one reveals, years later, that he or she really doesn't like sex and wants to avoid it? Masturbation is not a good long-term substitute for sexual intimacy.

With the custom of monogamy, you are supposed to be attracted to your partner and only your partner. If you have desires for or fantasies about someone else, even if you don't act on them, they are kept secret. This form of dishonesty can drive a wedge between couples.

With responsible non-monogamy, the couple acknowledges that we are all human and an attraction to someone else, especially during a long-term monogamous relationship, is natural.

A responsibly non-monogamous couple puts their commitment to each other and their relationship first so an attraction to someone else is less of a threat. It is natural to feel insecure or jealous if your partner is attracted to someone else, and it's going to happen

whether you're monogamous or not, but when a couple is open and honest with each other about the subject it's a lot less likely to cause a problem.

What about children, you ask? Some responsibly non-monogamous and progressive couples create a "commitment contract," where financial arrangements and planning covering possible scenarios (together for 5 years, 10 years, 20 years, etc.) are agreed upon prior to marriage and before children are conceived. A new concept? Hardly. Ancient Egyptians had 5 and 10 year marriage contracts. If mutually agreed upon, they would renew. Although it's not easy to address the subject like you would a business matter, it's much tougher to do so later in divorce court. If two people are unwilling to confront or unable to agree on these issues before marriage it's a red flag for their longevity as a couple.

With the custom of monogamy, sex is love, and if your partner has sex with someone else, they've betrayed you emotionally and it must mean they don't love you anymore.

Responsibly non-monogamous couples realize that while love can be expressed through sex, sex in itself with a secondary partner (if okay with all involved--including the primary partner) does not have to diminish the love already established with the primary partner, nor does it put the primary relationship at risk, *if* the primary connection is solid. Something real cannot be threatened. This idea is similar to having one best friend and many good friends; you don't expect your best friend to fulfill everything for you that many friends do.

With the custom of monogamy, often it's "No cheating or else!"

Responsibly non-monogamous couples realize that giving such an ultimatum is about as effective as telling your teenager never to drink alcohol. It's more effective to discuss the issue and to have a "no punishment policy" for your kids if they call you for a ride to avoid driving drunk or to avoid riding with someone who is drinking and driving. Similarly, such a policy for responsible non-monogamy will encourage honesty and can strengthen the commitment.

Lastly and most importantly, if we cheat, even if no one finds out, negative karma is incurred and we set ourselves up for a similar situation to "happen to" us in the future. Whatever action we take will, in time, come back to us, so even though radical honesty in relationships may be difficult it is often the best policy. The eyes of truth are always watching us.

## Gay Marriage – Karma, Past Lives, Spirituality, Numerology, and Astrology

Since the right to marry is denied to homosexual couples, according to the concept of karma, they *may* have denied equal rights to others in past lives. However, karma doesn't always work that simply; there could be other reasons their unions aren't legally recognized. For example, a gay person's soul may have chosen to be in a position to stand up for his or her rights and help progress human consciousness in doing so.

Homosexuals are using their free will, within the confines of their destinies, to acquire equal civil rights, including the right to get married. We'll have to wait and see if gay marriage is destined to be legal.

Regarding the love timing of homosexuals compared to heterosexuals, there is no difference. Everyone goes through their own unique time cycles, some wonderful for romantic involvement, some not so wonderful. Does the denial of the right to marry show up in a gay person's charts? No, it doesn't. However, denial of financial benefits or other rights (such as with the case of the death of a partner) would clearly be seen in the charts. Significant loss of collective net worth (involving inheritance/estate taxes, etc.) and the absence of other related benefits (those afforded to heterosexual married couples) greatly hindering standard of living are the types of challenging circumstances most definitely reflected in comprehensive numerology and astrology analyses.

According to human rights advocates, the issue of gay marriage is a civil rights issue and since gay couples are denied benefits that straight married couples enjoy, they are being discriminated against. Gay and civil rights advocates say proposed constitutional amendments go well beyond the DOMA (Defense of Marriage Act, signed by President Clinton in 1996) and marks a new level of discrimination.

Never has an amendment been passed to deny the rights of Americans. It seems reasonable to think that all those who put energy into passing this amendment would incur some negative karma in relation to human rights. Consequently, if this amendment passes (unlikely according to many political experts) this country (via its' leaders and public support of those leaders) would also undoubtedly adopt some negative karma. Under this philosophy, it's possible to envision a country far in the future, populated with the same characters, that is denied rewards and prosperity from a more powerful entity as a karmic backlash.

Since it's perfectly legal in America to be gay and in a committed relationship, denying the right to marry to homosexuals may eventually be seen by all as the same as racial or religious discrimination. Discrimination in any way, shape or form ultimately has

everything to do with intolerance.

Speaking of intolerance, religious leaders like Jerry Falwell have rigorously campaigned in America to permanently deny marriage and all the legal benefits (over 500 in all) to homosexuals who want a legal marital commitment. A few years ago, Falwell was interviewed on a national TV news show about the topic of gay marriage. His primary arguments against it were, "...it's against Christian tenants..." and "...if we open the door to gay marriage in this country, we'll have to deal with polygamy and bestiality too." Falwell may be creating a date with destiny in a future lifetime where he is denied his basic human rights...in the name of religion.

Maybe it's best to accept the resistance towards equality and fairness and see it as part of the necessary alignment of energies. Polarity is integral to our universe. There can't be cops without criminals and there can't be light without darkness. Everyone appears to be fulfilling their earthly mission, no matter how disrespectful, selfish, or intolerant they may seem. The best everyone can do is to compassionately and peacefully stand up for what they believe in and their basic human rights.

## Mini Guided Meditations

**Forgive and Release While You Sleep:** [5:52 minute audio recording](#). Let go of the anger, resentment, and guilt for good. Resentment and guilt (which most of us have) about experiences from the past blocks your energy and interferes with your goals. Many feel that anger and resentment can even cause disease. Forgive and release yourself and anyone who has ever hurt you.

Stop allowing guilt or resentment to sabotage your success. Forgive yourself or anyone else through simple visualizations. Use this short meditation exercise as you fall asleep at night to help forgive and release yourself or anyone who has ever hurt you. Background music by Michael Hammer.

**Express Unspoken Words:** [4:40 minute audio recording](#). Through a simple guided visualization meditation, say what you wanted to say. Express your true feelings to someone you didn't have the opportunity or courage to. This is psychic communication, expressed in your mind, which reaches your target on a subconscious level. Instructions are given to help you accomplish this assertively yet peacefully. Background music by Michael Hammer.

**Gain Awareness About a Potential or Existing Partnership:** [3:50 minute audio recording](#). Find out if he or she is for your highest good. This exercise is to be used as a tool of compassion and love, never to overstep boundaries or to pry. It can be used for any type of relationship to help understand another's feeling and perceptions. Background music by Michael Hammer.

**Gain Awareness About Another:** [5:59 minute audio recording](#). Learn about his or her perspective. This exercise is to be used as a tool of compassion and love, never to overstep boundaries or to pry. It can be used for any type of relationship to help understand another's feeling and perceptions. Background music by Michael Hammer.

**These Mini Guided Meditation MP3 audios are not part of this free introductory version of *Direct Your Destiny*.**

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## Chapter 6   Upgrading Your Passion

**What to do if you...**

**...feel like your s.e.x. life has seen better days**

**IMPORTANT NOTE:** A mystic understands that sex is nothing to feel guilty or shameful about, sex is very much a part of spirituality, and that there is nothing "wrong" or "bad" or "dirty" about sex when it's between mutually consenting adults who are respecting each other and not harming themselves or anyone else who is directly involved. A mystic takes control of and improves his or her sex life by letting go of any negative sexual programming.

Your s.e.x. life can be affected by many factors: energy level, diet, appearance, state of mind, guilt, shame, resentment, self-esteem and confidence levels, past life blocks, and more. Address all these issues with the following audio recording and improve your s.e.x. life from the inside out.

**Bring out your inner S.e.x. God/Goddess!**

[Incredible S.e.x. Hypno-Reiki audio meditation](#)

**Would you like to enhance your love-making?**

Just as the [Let Go™ audio](#) can induce a deeper meditative state, it can also be used to stimulate a more meaningful and passionate s.e.x.ual experience.

If you received this e-book from a friend and haven't yet subscribed to our email list for free updates, spiritual insights, tips, and helpful metaphysical advice, please do so here: [www.holisticmakeover.com](http://www.holisticmakeover.com).

## ***Incredible S.e.x. Hypno-Reiki Audio Meditation***

Bring out your inner Passion God/Goddess!

### **Why this special Hypno-Reiki audio meditation is more powerful than regular hypnosis recordings:**

- 1)** Are you "too strong willed to be hypnotized"? Perhaps for a hypnosis stage show, but this is different. It's made so you'll use your will to work *with* the audio, making it even more effective. All you have to do is listen and let go. That's it.
- 2)** This special Hypno-Reiki recording pulls out all the stops and uses hypnosis and relaxation techniques that will work for everyone.
- 3)** This is not another boring, shallow hypnosis audio that only scratches the surface of the issue. Instead, all bases are covered and you are taken deep within the subject in order to make positive changes you'll love.
- 4)** [Let Go™](#) is the background audio. This unique audio utilizes specific binaural beats that automatically put you into a trance. All you do is turn it on and *Let Go™*. (Do not listen in a moving vehicle.)
- 5)** [Reiki](#) symbols were used and Reiki energy was utilized during the recording of the entire script. You'll benefit from the relaxing and transformational energy of Reiki through sound each time you listen.
- 6)** Helps you ask for and utilize spiritual guidance and a White Light shield.
- 7)** Helps you realize and release any blocks that are interfering with incredible s.e.x..
- 8)** Helps you reframe wonderful s.e.x. as a gift and right, rather than as something "bad" or "dirty."
- 9)** Motivates your mind to help you do what works and to avoid what doesn't work in order to improve your s.e.x. life.
- 10)** Helps to empower you with positive suggestions for increasing self-confidence, respecting yourself and others, self-control, letting go, the importance of safe-s.e.x., and many other aspects that contribute to great s.e.x..
- 11)** Contains two deep relaxation inductions.
- 12)** Contains time and instructions for fantasy visualizing and explains why it's so important.
- 13)** You may listen at any time of day, but it's designed to be played at bedtime in order to save you time. Yes, it will still be effective if you fall asleep while listening!

**The *Incredible S.e.x. Hypno-Reiki* audio meditation MP3 is not part of this free introductory version of *Direct Your Destiny*.**

Purchase the *Incredible S.e.x. Hypno-Reiki* audio meditation MP3 for \$19.95:

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## Let Go™

Meditate Like a Mystic ● Relax ● Sleep Better

Many people have told us that they have trouble meditating, or don't have time to meditate. Here's our answer. We've created this recording and script that anyone can use to experience deeper meditation.

### **No effort required!**

The *Let Go™* recording is not a verbal, guided meditation, but instead utilizes specific [binaural beats](#) that automatically put you into a trance. All you do is turn it on and *Let Go™*.

### **Benefits of the *Let Go™* audio and the *Psychic/Meditative State Script*:**

- **Enter a meditative state with ease**

Relax and let go just by turning on and listening to the audio.

- **Easy meditation instruction**

Since the *Let Go™* audio recording is perfect to use while you meditate, we recommend using it with the [Psychic/Meditative State Script](#).

- **Many uses**

The *Let Go™* may be used with your eyes closed while relaxing or meditating. It may be used with your eyes open, playing in the background, while you do other things. You might feel more focused, lightly relaxed, deeply relaxed, or you may drift off to sleep if you're tired. Whether you realize it or not, you will be in an altered state of consciousness (because of this, never use *Let Go™* in a moving vehicle).

- **Detach from "mind chatter"**

Focus, and enter a more relaxed and centered state without side effects.

- **Experience the physiological effects of meditation**

Research supports the idea that intense focus or meditation for 15 minutes releases natural brain endorphins. These natural opiates released during regular meditation actually help reverse aging.

- **Power nap**

Since the *Let Go*<sup>TM</sup> audio recording induces states of mind you experience during sleep, some have found that a 20 minute nap while listening to the recording can feel like the equivalent of 4 hours of sleep.

- **Better sex**

Just as the *Let Go*<sup>TM</sup> recording can induce a deeper meditative state, it can also be used to stimulate a more meaningful and passionate s.e.x.ual experience.

**The *Let Go* audio MP3 is not part of this free introductory version of *Direct Your Destiny*.**

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## Chapter 7 Using Awareness for Career and Money

### What to do if you...

...would like to be more financially responsible

...would like to earn more money

You can't cheat fate and make billions if you're not meant to, but you can use your free will to make the most of your financial situation. Whether you're meant to make more money or just be smarter about your finances, using the Mystic's Magic Formula will help you bridge the gap from worry to peace of mind.

### Mystic's Magic Formula

- 1) **M**ake time to consider your situation from a spiritual perspective. Review your assumptions and expectations and let them go.
- 2) **A**ccept what has happened, what is, and where you are (essential in order to move on). Surrender to your inner wisdom. Establish and cultivate your goals after determining if they are relatively realistic.
- 3) **G**ratITUDE: express it for where you are, everything rewarding in your life that you have, and the good that will be, and strengthen your faith by continuing to emotionalize the desired, end result.
- 4) **I**nvite help from your higher-self, guides of the Light and, or God.
- 5) **C**alm your mind and fears and awaken your awareness through [meditation](#).
- 6) **W**hat's the next step? Ask this every step of the way and be open for clues.
- 7) **A**ssume responsibility for yourself and your situation (no blaming).
- 8) **N**avigate your path with the tools available to you: [numerology and astrology](#), [timing methods](#), [Moon Void of Course calendar](#), [meditation](#), [past life regression](#), and [graphology](#).
- 9) **D**o what you need to do, when you need to do it (and do "the right thing" in all situations).

Use the [meditation script](#) or [past life regression audio](#) to look for the root



cause of destructive money habits.

Use the [Success and Abundance Subliminal Audio](#) to train your mind for success.

**IMPORTANT NOTE:** You'll find that exercising self-honesty, following your intuition, and taking necessary risks to reach your career (and other) goals will sometimes totally clash with the expectations and demands of your family, friends and, or society. Doing what you feel you must do in striving to reach your goals, no matter how abnormal the path to others' standards, is the only way to go if you want fulfillment and happiness. As long as you're not hurting others and you're fulfilling all your other obligations and responsibilities, go for it. Although it won't be easy at times, be persistent, have faith, and trust yourself. In time you will be more comfortable courageously doing what you need to do.

## What to do if you...

### ...don't know what you want to do for a career

Apply all steps of the formula above, emphasizing gratitude, as often as possible, for the ideal career. Keep saying to yourself, "I'm so grateful I'm finding the ideal career!" In addition, write a long list about what that ideal career would be like. Be realistic about your abilities and ambition, and do any necessary research and homework so you know exactly what you need to do in order to reach your goals.

**IMPORTANT NOTE:** As a starting point in your search for the ideal career, think back to the classes or activities in school that you both enjoyed and excelled at. Did you really enjoy the school projects that allowed you to work with your hands? Or maybe you liked the ones that involved a lot of analysis, or the ones that included a lot of writing? Meditate on this!

Use the [past life regression audio](#) to go back to a lifetime where you excelled at and enjoyed a skill that you could develop and get paid for in this life.

Use the [Graphology Resource Key Subconscious Fears and Defense Mechanisms--Dealing With Conscious and Unconscious Apprehension](#) to identify career success blocks.

**IMPORTANT NOTE:** Don't feel frustrated if you don't know right away what type of work is best for you. It's very possible that you might be fated to try many different things before you settle into one, definitive career path later in

life. So enjoy your path in the meantime and have faith that you'll experience inner peace about your career and finances eventually.

## **What to do if you... ...would like to win the lottery**

As stated in the introduction, you can only achieve and keep that which is part of your karmic path, so if you're destined to win the lottery by using the Mystic's Magic Formula, you will.

### **[Numerology, Astrology, Psychic Prediction & the Lottery](#)**

#### **[Luck](#)**

Numerology, Astrology & Prediction - Indications to Know When You Might Get Lucky

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## Past Life Self-Regression

Explore your past lives safely, inexpensively, and privately

Are you skeptical about reincarnation and past life regression? A belief in these concepts is not necessary to benefit from the process. Also, past life regression therapists charge \$100-400 or more per session, and it can take more than one session for breakthroughs. We have carefully crafted this recording that you can use on your own to safely and privately explore your past lives.

**IMPORTANT NOTE:** Your experiences in life will make more sense if you view the soul and its progression in terms of lifetimes, not just one existence; each soul has an agenda and it stretches throughout time.

Watch this video about a police captain who experienced past life regression, found evidence of living a past life, and is now a believer in reincarnation.

## [Past Life Regression & Hypnosis – Why It's as Safe as Meditation & Why Some Don't Perceive Much](#)

**Past Life Self-Regression:** [23:18 minute audio recording](#). Find out how your past lives are affecting your current life. Review your past lives safely and privately with the Past Life Self-Regression audio recording. Explore for fun, to enhance your love life or to find the root cause of something. The introduction to this recording can also be used for meditation.

This regression includes a request for spiritual protection and assistance, a guided relaxing meditation, questions to help explore, time to reflect during and after the regression and background music by Michael Hammer.

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Read through the following information before using the Past Life Self-Regression audio.

**What would you like to accomplish with past life regression? Ask yourself the following questions and write down your answers to prepare for the regression process and for future reference.**

- 1) For what would you like to use past life self-regression?
- 2) What specifically do you want to accomplish through past life self-regression?
- 3) Why do you want to reach this goal?
- 4) Do you believe in reincarnation?
- 5) Do you believe that you've lived before?
- 6) What do you believe will happen to you after you die?
- 7) Do you believe that everything is karmic?
- 8) Do you have any experience with past-life regression? If yes, please describe.
- 9) What is your religious background?
- 10) Please answer the following questions if you are using this to solve a problem:

- A) What else have you tried to solve it? Have you solved it in the past?
- B) If you had to guess the root cause of the problem, what would you say that is?
- C) When did the problem first begin?
- D) When does it hit you the hardest?
- E) By when would you like to achieve your goal?
- F) Who else is involved?
- G) How would your life change if you reached your goal?
- H) Who would be pleased by you not reaching your goal?
- I) What will this goal allow you to do?
- J) How will you know you've achieved your goal (what will you see, feel, hear, know, when you achieve your goal?)

The following content is extracted from [Your Love Life and Reincarnation](#) Ó Copyright 2002, Stephen Petullo

## Reincarnation and Karmic Patterns

We choose, at the soul or spirit level, to reincarnate in this physical learning place to resolve or overcome all karma and fear which we have created for ourselves during current and past lifetimes, until we learn to love ourselves and everyone else *unconditionally*. Most everyone you know now you have known before, including lovers, partners, friends, enemies, bosses, coworkers, relatives, children, parents, and neighbors. The more significant a person is in your life, the stronger the connection. We often reincarnate in groups: families, companies, social circles, clubs, and so on. Indeed, certain patterns of incarnation characterize the journey of most souls as they work through all of their karma:

**Male and Female:** Each soul tends to reincarnate more often as one sex or the other. However, most have experienced life as both sexes. If masculinity, femininity, or being male or female are issues that cause stress in your life, there are reasons that relate back to experiences in your current life, a previous life, and often both.

**Sexual Orientation:** Experiencing life as a different sex than a soul is accustomed to may result in homosexuality or bisexuality. In addition, an attraction may continue when past-life male and female lovers return as the same sex. When we meet someone new, we are often attracted to or repelled by the connection we had with that person in the past.

**Material Wealth:** It is common to have had lifetimes on both sides of the track. The root cause of all prosperity issues can be traced back to childhood, previous lives, and usually both.

**Physical Sensitivities:** Someone with a weak digestive system may have had several lifetimes of gluttony. Someone with asthma may have died a heavy smoker in a past life. Someone born with a deformed leg may subconsciously feel guilty about accidentally running over someone's legs in a past life. Someone who died of alcoholism in a past life may be born into a family in which alcoholism is common, so they have a chance to finally learn to respect and love themselves enough to overcome the addiction.

**Punishment:** Nothing we experience in life is a punishment from a "judgmental God." We choose, on a soul level, all of our experiences out of love and compassion for others and ourselves. Sometimes past-life guilt may cause us to experience seemingly negative events in our current life. All of our experiences, including those that appear "negative," are opportunities for learning and growth. In fact, the "negative" experiences often provide us with the best opportunity for growth. We have the option of rising above what may seem like a punishment by finding the root cause and then forgiving and releasing the self and all involved.

**Dislikes:** Whatever you dislike in someone else is within you as well. Often this person is a mirror for what you are suppressing now or who you were and what you experienced in the recent or distant past. We are all teachers for

each other. The next time someone irritates you, stop and ask yourself how they are a mirror for you. For example, if someone ignores you, what or who is it that you are not listening to? Could it be your intuition? If someone lies to you, how are you not being honest with yourself?

## **Past-life Clues**

Your interests, likes, and dislikes, especially where there is no logical reason, can give you valuable clues about your past lives.

Countries, states or cities that you like or dislike may indicate happy or unhappy experiences and lifetimes in those places.

Groups—ethnic, race, religion, sexual orientation, or authority figures, for example—that you like or dislike may indicate positive or negative experiences with them in one or more past lives.

Any phobias or fears you have may indicate traumatic experiences relating to that fear in one or more past lives.

Anyone—lovers, friends, family, acquaintances, coworkers, neighbors, and so on—whom you immediately liked or disliked may indicate positive or negative experiences with that person in one or more past lives.

Any natural, unlearned talents you have may indicate you developed that particular skill in one or more past lives.

## **Meditation and Past Life Self-Regression**

Meditation can also be used for past life regression. Regression is the process of accessing memories of the past which are stored in your subconscious mind. Past life self-regression is the process of guiding your mind to access information from the past for fun or awareness. This process is easier when you are centered and relaxed, so it's best to meditate just before a regression.

## **Meditation and Regression Preparation**

Experience more productive and successful sessions by following these suggestions:

- Learn and practice meditation before attempting regression. Improving concentration through meditation will lead to more successful regressions.
- You'll perceive what you're ready for. If you view something traumatic, you decided on some level that it was time to face it rather than continuing to avoid it. Accept whatever comes up. Be willing to accept, even if only temporarily, that we have all been "good" and "bad" in past lives. Most of us have incarnated again and again to work through karma. It's okay if you perceive yourself as a "bad" person in a past-life regression or as someone who's being abused in some way as long as you forgive yourself and others for anything that happened, learn from your mistakes, and avoid repeating those mistakes. Don't take the actions of others personally. See them as helpers who assisted in what you chose, on a soul level, to learn about and grow from.
- Realize forgiveness of the self and others is a key part of regression when it's used to solve problems. When you or someone else has acted negatively in a past life, and if you're having a difficult time forgiving them, focus on the reasons for those negative actions. With awareness comes understanding; with understanding comes acceptance and forgiveness.

- Understand that your subconscious mind has a memory of all your experiences, both in this life and in past lives. You have the ability, through practice and perseverance, to access these memories.
- Don't expect a miracle cure in one or two sessions for a conflict that may have formed over many lifetimes. Let go of your expectations and be open to what you receive. Although answers can be discovered and some problems solved in one or two sessions, this isn't always the case. Past-life regression does work, but you must be willing to go deep enough to find the root cause of a conflict. Some processes require many sessions to be completed. It's helpful to think of meditation and past-life regression as part of an ongoing journey toward enlightenment. It will be more successful when that journey also includes reflection on or work with whatever emerges during each session. Remembering a single past life which seems to explain the cause of a current life problem may sometimes be enough, but it's necessary to follow through by taking responsibility for your life, forgiving yourself and anyone involved, and by taking appropriate actions that will help to solve the problem or reach the goal.
- Past-life regression compliments other forms of therapy, especially after you've found and released the root cause of the problem.
- You'll most likely feel as if you're making up some or most past-life recall. This is normal, for even those who have experienced many regressions. It can happen because information we receive from the subconscious mind has to be interpreted by our conscious mind, just as we interpret information we receive through our eyes from books and through our ears from the radio. This interpretation—made up of images, thoughts, smells, or sounds—may seem like make-believe since we can't validate the information we're receiving and/or we have been conditioned to believe that past lives are just our imagination. In spite of this, during the days, weeks, months, and years after a regression session, most people learn information or experience coincidences that seem to validate what they perceived during a regression.
- Don't expect to black out. Relaxing so deeply during mediation or regression that you don't remember what happened is unusual. If you do black out or fall asleep, you'll awaken shortly afterward, depending on how tired you were, just like you do from a nap.
- You'll be able to return to the present easily on your own by counting from one to five. Counting from one to five is not necessary, but it helps the process.
- Accept responsibility for yourself and your life. A victim mentality will block awareness. When you perceive through meditation and regression that past-life events have contributed to present life situations, it will be easier to accept that life really is fair.
- You must sincerely want to improve your life in order for the process of regression and meditation to successfully help you find answers and solve problems. If there are hidden benefits for you to hold onto a problem or conflict, your subconscious mind will not allow the process to help you reach and maintain your goal. Make a decision to improve your situation and then consider everything that would change in your life if you reached your goal. If, after honest self-appraisal, the goal is still important to you, accept the changes that would come with reaching it.
- Don't expect that what you perceive during meditation and regression will be like watching a movie. The images you see or sense may only be fragments. However, they'll become more clear as you make an effort to accept what comes and to suspend any doubt while doing so. Some people only hear information, some only feel it, some just know it, and others perceive in a combination of these methods. You'll perceive more as you relax and trust the process.
- Don't try to control it or make it happen; just let go and accept what you perceive.



- If you're naturally skeptical or religious, you may have difficulty allowing the process to work. Try to suspend your beliefs and temporarily act as if past lives are real, otherwise your doubt will cloud or block awareness.
- Be willing to accept, even if only temporarily, the law of karma and science which states that for every action there is an equal and opposite reaction. This means that everything you have done, said, thought, and intended in your past has contributed to your present life. You have the option of improving your present circumstances by finding and releasing the past cause.

**IMPORTANT NOTE:** If you have trouble perceiving past life information, read through the meditation section for tips.

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## Stephen's Soundless Subliminals™

We've enjoyed a lot of success from subliminals since 1984 and created these, using the methods we've found most effective, so you can experience the benefits too.

**IMPORTANT NOTE:** All the audios in this package contain carefully crafted affirmations to help boost the chances of success for many areas of your life. Affirmations are a powerful way to positively influence your reality. Just relax and listen--no need to memorize and recite any affirmations. You can even fall asleep when you're listening and your mind will do the work for you!

*"I have been running the Forgive and Let Go Silent Subliminal in my loft (where my 13 yr old spends most of his time). He has done a complete 180 in school. The teachers asked what I was doing differently and I told them, 'subliminal audios' (Stephen's Silent Subliminals) and they all laughed. (They don't believe me) They say he is the most improved student. I used that particular subliminal because he always acts angry. I believe that love and forgiveness heals all." L.P. Boulder, CO*

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### Benefits of Stephen's Soundless Subliminals™

#### • Use at any time

These audios deliver messages to your subconscious mind, yet you cannot consciously hear them, so they're not distracting. Play the recordings while watching TV, surfing the internet, sleeping, working, playing, driving, or at any other time. You won't consciously hear the suggestions, but the more you play the recording, the more your subconscious mind will follow them.

#### • More effective than audible hypnosis suggestions

Subliminals have been proven safe and effective for self-help purposes. It *is* possible to be influenced by words you can't consciously hear, but that your subconscious mind absorbs. In fact, subliminal persuasion is more powerful than if you just heard the words at a consciously audible level because your subconscious mind is not judging the words, just accepting them.

#### • You'll be able to test the effectiveness

One way to check on the effectiveness of the recording is to listen to it at home or work for a minimum of 3 hours per day, every day, for 3 weeks. Then, return to this page and look at the suggestions for that particular subliminal. You will likely find that your mind is following the directions without you even being consciously aware of them. This truly is effortless change.

### IMPORTANT NOTES:

• Just as the name says, these recordings are soundless, to your conscious mind. If you turn the volume way up, which is not necessary for them to be effective, you'll hear occasional chirping sounds. These are the subliminal suggestions that only your subconscious mind can hear.

- Each subliminal program must be used consistently (5-7 days per week, *at least* 3 hours per day) for at least 4 weeks for it to be most effective. The more often you listen, the more effective they will be for you.
- Anyone in the same listening area will also be affected by the suggestions.
- Remember, your subconscious takes in every detail in your environment, even the ones you can't consciously perceive. When creating these recordings, we did not add any background sounds or music (often called masking sounds) to the subliminals so that you could listen at work or at home all day and not be distracted; that's why they're called Soundless Subliminals.

**Click on titles below to read the subliminal suggestions contained on each recording.**

***Sense of Humor/Confidence/Relax*** Subliminal MP3 [\*Sense of Humor/Confidence/Relax\* subliminal suggestions](#)

***Improve Appearance and Become Sexier*** Subliminal MP3 [\*Improve Appearance and Become Sexier\* subliminal suggestions](#)

***Success and Abundance*** Subliminal MP3 [\*Success and Abundance\* subliminal suggestions](#)

***Enhance Love Life and Friendships*** Subliminal MP3 [\*Enhance Love Life and Friendships\* subliminal suggestions](#)

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**The Soundless Subliminal MP3 audios above are not part of this free introductory version of *Direct Your Destiny*.**

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## **Numerology, Astrology, Psychic Prediction & the Lottery**

Is winning the lottery pure chance or is it destined? Seasoned predictive numerologists and astrologers will tell you that no circumstance in anyone's life is completely random.

Auspicious times in people's lives are easily seen in numerology and astrology charts. The far less prosperous times are also visible. The collections of considerations comprising patterns in numerology and astrology charts represents all significant life circumstances.

At the same time, it's impossible to identify *exactly* how to win money during any specific time (what numbers to play, etc.) for any one person, but instead, it's possible to say when a person is most likely to win. There are definite times in everyone's life when more money comes in than goes out and other times when more money goes out than comes in. In fact, it's often easier to identify through the charts when a person will have financial challenges and when they won't be lucky.

Furthermore, everyone has their own unique periods of time throughout life when financial success is much more likely to manifest by taking the right action at the most opportune time. For example, ten different real-estate investors (all with similar experience, intelligence, etc.) in the same city are, at the same time, aggressively buying new properties to expand their companies. The tremendous success of three of them and the moderate success of the other seven has everything to do with individual timing and karma, and nothing to do with luck.

Generally, if the cause of a particular fortunate event is not clear, it's common for people to call it luck.

People get lucky because they make their own luck and the timing supports it.

Making one's luck may include placing the winning numbers in a lottery, spending many years in school to obtain a well paying job, or working tirelessly for 40 years to build a successful business.

What also may appear as luck are rewards ("good karma") from past lives, such as being born into a family with loving, supportive parents. Our lives are mostly what we, as souls, make them before incarnating; many key life events are predestined. How we, as personalities, deal with and embrace our individual life lessons is what life is all about.

In examining the numerology and astrology charts of people who have won large lottery

jackpots, the aspects reflect what their personal experiences will be with suddenly having a lot of cash. For example, if it's their karma to have "negative experiences", such as bankruptcy (common with lotto winners) or attracting many opportunists who are after their money, their charts will reflect this. Or, if it's their destiny to use the money wisely, retain their wealth, and to create charitable organizations, the charts will represent these probabilities.

Some people have asked us if it's possible to get the winning lottery numbers in meditation or through consulting with a psychic. If it were possible, many psychics would be multi-millionaires. Perhaps it's not possible because winning such a large sum of money would alter a person's life blueprint so drastically that they would miss the destined and karmic ("good" and "bad") experiences they're here for. It seems likely that it's only possible to get a glimpse of the winning numbers in meditation if it's your destiny and karma to win.

It's also interesting to note that handwriting analysis can identify if a person is blocking prosperity in their life. Although a person may feel that they consciously deserve more abundance, their subconscious (which rules over the consciousness) may feel like they don't deserve it, thus they sabotage circumstances in their lives that equate to having more money.

Comprehensive numerology and astrology allow us to identify the best times to be lucky. It's up to us to get to know ourselves well enough to know what type of plan is for our highest good and what is not. "Success" comes by taking the path most suited to us. All of us have our own unique key experiences in life to learn and understand; this is what matters most.

## Luck

### Numerology, Astrology & Prediction - Indications to Know When You Might Get Lucky

Someone once told us that she thinks she has the worst luck of anyone. She said she thinks she has been offered a "dark mysterious life," and asked if there is any way to change it. We relayed the following information to her.

It's time to disregard the idea that you have bad luck aspects in your charts. Good psychics, astrologers, and numerologists wouldn't tell you something like that because there's no such thing.

By saying "the worst luck," maybe you mean that you think you have challenging love or money karma, for instance. Is there a way to erase difficult karma? No, but you can make your life better by dealing with your karma from a higher perspective.

What is "luck," really? Some say it's successfully capitalizing on opportunities, some say it involves totally random gifts from above, and some even suggest it's because God likes or dislikes some people more than others.

The notion of luck implies chance but expert predictive numerologists and astrologers will tell you that no circumstance in anyone's life is completely random. It's not easy sometimes to identify the root cause of certain happenings, but there's a growing segment of the population that understands that what goes around comes around (karma). In other words, for every action (includes thought and intent) there is an equal and opposite action. Does this mean that energy carries over from previous lifetimes and that every action eventually catches up to you? Yes.

Without realizing that we all move through our own unique cycles of time (symbolized by the aspects in numerology and astrology charts), it may appear as if we are sometimes lucky and sometimes unlucky, and these episodes often seem unrelated to other circumstances.

However, if you look at someone's charts when they did very well financially, for example, they will have "lucky" patterns/ considerations constituting the framework of that period. If you look at the same person's charts when their spouse filed for divorce, they lost their job, and became ill; they have what could be considered "unlucky" patterns/considerations during that period.

Get an understanding of your "luck timing" by using our [numerology software](#) (additional fee).

There are certain numbers that are more commonly associated with rewarding experiences; some of these numbers are listed below. Also, each person resonates better with some numbers more than others due to the uniqueness of their charts.

The root numbers 3 and 5 are often associated with good fortune. People who take the right action at the right time under the 3 and, or 5 timing to capitalize on this fruitful energy most often experience success, if the natal configurations support it.

The number 7 also has a good reputation connected to prosperity and luck, but only when those linked to it are truly on the right path in life. 7 has a way of "taking people down" (happens often) if there are parts of their lives that go against what they must do here on Earth.

13 is "all or nothing," and can spell huge success, but it's too often connected to ruin.

Note: great accuracy with numerology and astrology results from examining all parts of the charts and discerning life events and character symbolized through patterns, instead of using only one or two, or a handful of calculations.

Dramatic shifts from "bad luck" to "good luck" or "good luck" to "bad luck" are some of the circumstances more obviously seen in the charts. For example, a subject was under several long and medium-term time cycles of 4, 1, and 7. During this period, she consistently did what she had to do to get where she wanted to be in her career and with her financial status. Then she transited from most of the 4, 1, and 7 to several 5 and 9 time cycles. Her sudden success from all the effort (in this life and past ones) was almost too much to handle. However, since she was aware of the coming changes, she happily worked them to her advantage and was able to deal with the craziness of sudden big success.

What you believe about your life, of course, also holds great importance. Thinking you are a lucky or unlucky person can turn into a self-fulfilling prophecy. Begin to think of yourself as "lucky" or fortunate, and repeat a mantra whenever you think of it, such as "I'm so grateful that I'm so lucky!" or "Luck follows me everywhere I go!" and see what happens.



# Notes

## Chapter 8 Finding the Root Cause of Problems and Other Helpful Insight

### What to do if you...

**...can't seem to overcome an unexplained fear or problem, no matter what you do**

Use the Mystic's Magic Formula, especially meditation and, or past life regression in the eighth step below, since it will help you discover and release the root cause.

### Mystic's Magic Formula

- 1) **Make** time to consider your situation from a spiritual perspective. Review your assumptions and expectations and let them go.
- 2) **Accept** what has happened, what is, and where you are (essential in order to move on). Surrender to your inner wisdom. Establish and cultivate your goals after determining if they are relatively realistic.
- 3) **Gratitude:** express it for where you are, everything rewarding in your life that you have, and the good that will be, and strengthen your faith by continuing to emotionalize the desired, end result.
- 4) **Invite** help from your higher-self, guides of the Light and, or God.
- 5) **Calm** your mind and fears and awaken your awareness through [meditation](#).
- 6) **What's** the next step? Ask this every step of the way and be open for clues.
- 7) **Assume** responsibility for yourself and your situation (no blaming).
- 8) **Navigate** your path with the tools available to you: [numerology and astrology](#), [timing methods](#), [Moon Void of Course calendar](#), [meditation](#), [past life regression](#), and [graphology](#).
- 9) **Do** what you need to do, when you need to do it (and do "the right thing" in all situations).

### What to do if you...

**...would like to explore your past lives (even if you're skeptical about their existence) for fun, to find the root cause of something, to find out how you knew someone, or to go back to a lifetime where you excelled at something**

## Go back to the "root cause" with the past life regression

Explore your past lives safely, inexpensively, and privately

Past life self-regression is not meant to replace conventional, in-person counseling or therapy, but it can be a powerful supplement to it. Past life regression therapists charge \$100-400 or more per session, and it can take

more than one session to make significant progress. Stephen has carefully crafted this recording that you can use on your own to safely explore your past lives.

Watch this video about a police captain who experienced a past life regression, found evidence of living a past life, and is now a believer in reincarnation.

This past life regression audio is a great tool to explore fears, blocks, or just to satiate your curiosity. There is also allotted time and directions for an effective forgiveness exercise at the end of the audio, since so many past lives have resulted in guilt, resentment, or fear that is carried over to this life.

As explained in the instructions, you won't see any past lives that you aren't ready to, and you may choose to perceive only happy lifetimes if you wish. You will be in complete control during the entire process, and what you perceive will be just remembering the past, not reliving it. This helps most people let go of any fears they may have about what they're going to perceive. Besides, it's better to face the past that is affecting you now so you can move beyond it rather than carry the negative effects around with you!

## **Here are some examples of how you can use past life regression:**

- Lifetime that your higher-self feels you would most benefit from at this time.
- Lifetime that relates to current problem/situation (back to root cause).
- First lifetime (on Earth or elsewhere).
- Most recent lifetime.
- Lifetime when you knew \_\_\_\_\_ (specific person).
- Lifetime where you were an expert at something (good when desiring a new and successful career direction).
- Lifetime when you developed an existing current-life talent/ability/skill.
- Lifetime where you were involved in a happy and harmonious love relationship (good for improving current love life).
- Lifetime where you were in extremely good health (good for improving health in current life).
- Lifetime where you were financially responsible and disciplined (good for improving personal money management skills).
- Lifetime in which you were incredibly self-confident/compassionate/powerful.
- Lifetime when feelings of lack/poverty began.
- Lifetime when need for control originated.
- Lifetime when fear of \_\_\_\_\_ began.
- Lifetime when your dislike of \_\_\_\_\_ began.
- Lifetime when you were happiest, healthiest, poorest, wealthiest, or most famous of all your lifetimes.

- Lifetime that took place in Atlantis or another lost civilization.
- Lifetime that took place on a different planet/dimension.
- Lifetime that took place during a certain era.
- Lifetime where certain physical symptoms originated.

**Past Life Self-Regression**: [23:18 minute audio recording](#). Find out how your past lives are affecting your current life. The introduction to this recording can also be used for meditation.

**Past Life Regression & Hypnosis – Why It's as Safe as Meditation & Why Some Don't Perceive Much**

## **What to do if you... ...are trying to deal with a difficult person**

Since the person isn't acting like a mature adult, you will have to assume that role and take the higher road.

The Mystic's Magic Formula contains several steps that will help you deal with difficult people, such as letting go of the expectation of them being who or what they are not, accepting the person as they are, being grateful for the experience and what you are learning from it, and asking for help from your higher-self and the other side.

You can also help the situation by expressing unconditional love and utilizing White Light. Meditate and send the person, in your mind, love and forgiveness as often as you can. This will disarm them and stop fueling the fire of conflict, but you must truly feel the love and forgiveness for it to be effective.

**IMPORTANT NOTE:** Remember, sometimes difficult people are ultimately very good for your highest path and sometimes a bad example is a very useful example!

## **Mystic's Magic Formula**

- 1) Make** time to consider your situation from a spiritual perspective. Review your assumptions and expectations and let them go.
- 2) Accept** what has happened, what is, and where you are (essential in order to move on). Surrender to your inner wisdom. Establish and cultivate your goals after determining if they are relatively realistic.
- 3) Gratitude:** express it for where you are, everything rewarding in your life that you have, and the good that will be, and strengthen your faith by continuing to emotionalize the desired, end result.
- 4) Invite** help from your higher-self, guides of the Light and, or God.
- 5) Calm** your mind and fears and awaken your awareness through [meditation](#).
- 6) What's** the next step? Ask this every step of the way and be open for clues.
- 7) Assume** responsibility for yourself and your situation (no blaming).
- 8) Navigate** your path with the tools available to you: [numerology and astrology](#), [timing methods](#), [Moon Void of Course calendar](#), [meditation](#), [past life regression](#), and [graphology](#).
- 9) Do** what you need to do, when you need to do it (and do "the right thing" in all situations).

## **What to do if you... ...would like to hire a psychic**

If you use the Let Go audio and meditation script regularly, you may find yourself becoming more intuitive and psychic. With practice, you'll perceive more insight to your questions.

But sometimes it's difficult to see a situation clearly because you're so emotionally involved in it. Or perhaps you'd just like confirmations about your intuitive hunches from an outside source. A good psychic can help in both of these circumstances.

**IMPORTANT NOTE:** Before we started doing readings many years ago, we visited many psychics. Based on those experiences and those of friends, we are now familiar with the qualities of a good psychic, and also those of the ones you are best avoiding.

## **Important Questions to Ask a Psychic**

Here are some specific questions you may want to ask a psychic, reader, or energy worker in order to get a better understanding of what they have to offer. Also, it's important to note that just because a reader is famous or very psychic, it doesn't mean they're honest or aware of spiritual truths.

### **1) What is your background in this field?**

Don't discount someone who doesn't have formal training as there are many good readers who are naturals or self-taught.

### **2) What tools do you use for readings?**

Each reader has their own style. Some use no tools except their intuition.

### **3) What is your personal spiritual/religious background?**

Too much religion (dogma) can cloud a reading. Lots of metaphysical study, application, analysis, and meditation is ideal.

### **4) Are you open to other religious paths?**

### **5) What type of energy do you work with?**

Caution, the answer should be Light or White or positive, never dark or "black magic", for example.

### **6) Do you use spells or spell casting?**

If yes, caution! This is a red flag. While Wicca spells, for example, can be very beneficial, they must be practiced for the highest good of all involved; it's not anyone's right to manipulate another person, and sometimes love spells encourage this.

### **7) Can you bring a lover back or stop divorce?**

Caution, it's not our right to control or manipulate someone else.

### **8) Do you guarantee 100% accuracy?**

No reader is 100% accurate.

### **9) Do you remove curses?**

Caution! if someone says that your problems are the result of a curse, and they can remove it for a (usually very high) fee, avoid them.

## **10) Do you believe in reincarnation and karma?**

The answer to both should be yes as you can't have one without the other. The understanding of these basic spiritual concepts is reflected in the readings of good psychics, thereby avoiding victim consciousness and supporting the idea of personal accountability.

## **11) Can you erase karma?**

Caution, it's not possible to erase someone else's karma without them having to directly balance it, and whether or not we can erase our own without any effort or without experiencing it is debatable.

### **Be Cautious of the Following When Hiring a Psychic:**

1) Readings done by astrologers and numerologists and psychics who over-emphasize memberships in professional organizations (that anyone can join if they simply pay the annual fees) and the awards they have received from those organizations that rarely, if ever have anything to do with accurate prediction.

2) Readings by those who mistakenly associate letting go and accepting what you can't change with unproductiveness or passiveness.

3) Readings by those who talk loosely about karma and dharma, but who, at the same time, deny the tenets of reincarnation and fate.

4) Readings by those who deny the fact that this universe includes polarities, which means that it is impossible to have, for example, light without darkness, peace without conflict, and success without failure.

5) Readings done by those who promote the misconception that there is one and only one "soul mate" on this planet for everyone (everyone has many "soul mates," and there is no such thing as a perfect match, or perfect relationship).

6) Readings done by those who ignore the truth that "soul mate" relationships are usually less about getting what one wants romantically, and much more about spiritual growth, important lessons, and achieving various shared goals.



- 7) Readings done by astrologers and numerologists who promote the myth that real astrology and numerology were never, or are not currently about predicting fate, but about "only possibilities."
- 8) Analyses using only psychologically-based, modern Western astrology or only modern, Western numerology.
- 9) Readings done by people who put more emphasis on creative writing (entertainment) than delineation and prediction.
- 10) Readers who deny that spiritual development is intimately connected to self-actualization (complete self-knowledge on all levels) instead of just being about "getting what you want" (which is sometimes contrary to one's fated path).

### **[Possible to Avoid a Psychic's Predictions?](#)**

If you received this e-book from a friend and haven't yet subscribed to our email list for free updates, spiritual insights, tips, and helpful metaphysical advice, please do so here: [www.holisticmakeover.com](http://www.holisticmakeover.com).

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## **Past Life Regression & Hypnosis – Why It's as Safe as Meditation & Why Some Don't Perceive Much**

Regression hypnosis and hypnosis are safe because just as in meditation, your mind will only allow you to perceive what you're ready to.

This is sometimes why some people don't perceive much in regression. Other reasons include select medications, other drugs, and excessive alcohol that cloud the mind and soul, fear of seeing anything negative, not trusting the process, themselves, or the therapist, and not being centered, focused, or relaxed enough for the process.

Hypnosis has gained a reputation of being about mind control or blacking out due in part because of movies and television, but in reality, it's simply a deep state of relaxation in which you have total control.

Also, it seems that those who are in favor of conflict avoidance, afraid of confrontation or dealing with the cold, hard facts, are often less likely to be in favor of regression therapy.

It could be said that stuffing the memories of traumatic events and not uncovering and dealing with the impressions is dangerous. Repression and unconsciously keeping uncomfortable or painful memories locked in the subconscious memory bank causes energy drain, and ignoring, denying, and not dealing with the unresolved past will cause problems in all areas of life.

Repression is like trying to hold a beach ball under water; eventually the memories from the subconscious mind will surface. It's better to get in touch with the impressions and emotions sooner rather than later, and in an appropriate environment, so you can move on and open up to your highest potential.

Though facing the memories may be unpleasant at first, welcome the opportunity to remember, and then, most importantly, accept and let go of the situation, and forgive all involved, if applicable. The past doesn't really matter, but how you react to it and how it affects the present in a karmic sense does, so forgiveness is key. Forgiveness for yourself or others is for your own healing; it doesn't let anyone off the hook.

Also, you don't need to tell someone you forgive them for forgiveness to have a positive effect in your life. Expressing forgiveness for that person to yourself is also effective.

Finally, how you face the truth is key. Aside from compassionately confronting any perpetrators involved, if you see yourself as a victim and place all your energy on

blaming, you will heal much more slowly.

Once you accept what happened and forgive (both of these won't be easy, but in time you'll be able to do it), you'll accelerate the healing process and be a stronger person too. After all that, think of all the strength you'll have available to reach your goals and dreams!

## Possible to Avoid a Psychic's Predictions?

You can react to your karma and fate, but you can't delete it.

Also, fate and destiny are the same thing. Some creative, modern astrologers suggest otherwise, but fate and destined events and circumstances in people's lives have always existed.

The good news is that you have free will to deal with it all and also to create as you see fit, as long as your desire is within your karmic blueprint.

How do you know what your fate is? As humans, we naturally set goals and take action in accordance with whatever feels the most "right." For example, if you're 5'3" tall, can't jump, and you don't like team sports, you are not going to try to become an NBA basketball player. Therefore, it's most likely not your destiny.

There are no windows of opportunity that we are aware of, while incarnated, in regards to altering your destiny and karma. You can't skip or add scenes and re-write the play of life while on "stage" acting it out. You (your soul) determines your karmic path - the "good" and the "bad"- before birth, and you (your personality) plays out that role after birth.

Why? Because your soul wants to grow and learn from specific lessons while incarnated. Just because your personality doesn't like something that's destined for you doesn't mean you can pass over it.

We have witnessed, however, psychic guidance playing a role in helping to avoid danger, especially if a person is not meant to experience the event. For example, a psychic consultant tells a client to avoid a flying on a particular day, the client consequently changes her flight and therefore avoids a plane crash. From our perspective she was fated to take the psychic's advice and avoid the flight, thus continue living.

Another example is how, in a spring 2001 predictive consultation, we recommended that a Manhattan entrepreneur client avoid opening a tentatively planned new NYC restaurant in September 2001. Since he followed our advice and didn't open the new place in September 2001, it appears as if, despite being fated for challenges in autumn 2001, he wasn't destined for business failure involving significant financial loss. We just happened to be part of the process by which he avoided disaster (9-11).

Also, no psychic is 100% accurate. Over the years, we've had a lot of readings with many different psychics, and a good number were very talented and accurate, but the

majority were less than 65% accurate in predicting future events and indicating the precise timing of those circumstances. If you want a higher degree of accuracy, we suggest numerology and pre-modern astrology in conjunction with psychic insight.

## Chapter 9 Two of the Mystic's Favorite Tools

Why are astrology and numerology a mystic's favorite tools? Because it's possible to determine volumes of personality characteristics and a person's past, present, and future circumstances just from their birth data (full date of birth, exact time, location, and full, legal birth name). Of course, it's important to realize that people have free will to make the most of their more challenging characteristics, so never assume just because someone is a Scorpio (Sun in Scorpio) that they're too secretive, for example.

**IMPORTANT NOTE:** For the skeptics, you may be basing your opinions on surface astrology or numerology readings or general horoscopes. And we don't blame you. A true mystic doesn't bother with trivial Sun sign horoscopes, other than for entertainment, because they're limiting. It's like basing someone's appearance on an analysis of their index finger. Instead, a mystic uses comprehensive astrology or numerology (preferably both, we're talking hundreds of indicators), which offer much more accuracy in personality and timing analysis.

**What to do if you...**

**...would like to know more about numerology and astrology**

**Myth:** Astrology isn't about fate or prediction, only possibilities.

Prediction of personal fate is a more than 2000 year-old tradition. The numerology and astrology charts, in ancient times, were used for prediction. Kings, queens, pharaohs, emperors, religious leaders, and other powerful, influential types wanted to capitalize on their fate and be prepared for challenging times ([read more](#)).

**Myth:** The Harmonic Convergence is an important event that changed lives forever.

The "Harmonic Convergence," (a label given, by *creative, subjective* astrologers, to a type of irrelevant astrological planetary alignment that has been occurring regularly for eons) and other "cosmic events" like it have been used by promoters who make bogus claims of "unparalleled times" in the Earth's history. They promote their web sites and sell the

related products, yet the only "unparalleled time" is for them to take advantage of the uneducated, misinformed, and those who are impressed by far-out, "spiritual" sounding, New Age notions. Other key phrases commonly used include, "now is a momentous time unlike any other," and "many facets of the Divine Plan are unfolding simultaneously."

## [Q & A About Fortune Telling](#)

## [Astrology & Numerology – Why a Comprehensive Approach With the Languages of Fate is Necessary](#)

## [Astrology, Numerology & Handwriting Analysis – Far From Being Pseudo Sciences](#)

## [Number Symbolism and Addresses](#)

## [Naming a Newborn - Numerology, Predestination & Synchronicity](#)

### [“Pisces Sun: older soul?”](#)

Pisces Sun, by Itself, Has Nothing to do With Being Spiritually Adept

## [Modern Astrology & Subjectivity – Twins Expose Major Flaws of Modern Astrological Methods](#)

## [Astrology, Numerology & Prediction – Approximate Time of Your Death is Destined](#)

## [Numerology, Astrology & Handwriting Analysis – Career Timing & Personal Strengths & Weaknesses](#)

**What to do if you...**

**...keep seeing the same numbers**

## [Numerology & Subconscious Mind – What it Means to Keep Seeing the Same Numbers Over and Over](#)

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## Q & A About Fortune Telling

### Psychic Prediction--The Inside Scoop From Two Professional Psychics

A young person wanting to be a professional psychic asked us a series of questions.

First she asked if one type of psychic prediction works better than another.

We answered that each psychic, medium, advisor, or intuitive uses his or her own unique form of psychic prediction. It's up to the individual to figure out what works best for them.

Some use pure psychic insight alone, but we've found those who offer consistently accurate prediction through this mode to be rare.

Others use tarot cards or tea leaves. Still others use palmistry, physiognomy (reading faces/bodies), and many other means.

We've found ancient (up through 1000 AD and even beyond into the 1500s) astrology and numerology to be the most accurate forms of delineation and prediction. Modern numerology is also good, but it's best, in our view, to use it in conjunction with ancient astrology and numerology.

In our experience, by itself, modern psychologically based Western astrology offers inadequate predictive accuracy. It is best used as a psychological personality analysis tool in conjunction with other modes.

We take our twin readings (<http://www.mystictwins.com>) a step further by using channeling and psychic insight to cross check our findings for the highest level of accuracy.

Her next question was if certain people are more suited than others to do psychic prediction.

We told her yes, we believe so. There are those who say everyone has psychic ability and that all you have to do is tap into it. While we agree this is true to a point, only some have the type of natural, consistent psychic ability that allow them to do this type of work professionally.

There are also those who claim to come from a long line of psychics in their family. While having a psychic parent or grandparent may help one to develop their abilities, we feel that psychic ability is a talent one develops over lifetimes, not a "gift" or strictly from one's

genetic makeup. Also, it's common for professional psychics to have family members who are psychic, but who don't make known or are unaware of their talents.

If someone doesn't have strong psychic ability, then at least a heightened intuitive sense helps if they are more of a chartist (e.g., using astrology and, or numerology) since higher-self guidance is necessary to identify the most effective methods. Regular meditation helps to maintain keen intuition.

Additionally, a sharp sense of discernment and a knack for objective analysis is necessary if someone is doing chart work. A lot of it can be learned, but it certainly helps to have a natural aptitude.

Beyond all of that, they must really enjoy it and have the desire and passion to do their best, as with any field.

We feel regular meditation is key if you want to help yourself and others through intuitive work.

All in all, becoming very proficient in this type of work demands an almost around the clock effort and leaves little time for anything else if you strive to deliver excellence to your clients.

She then asked us if it's possible to predict our own future.

We said yes, but those in our field are likely to tell you that when it comes to matters of the heart, for example, remaining objective isn't as easy as it is when you're doing the work for someone else.

She also asked us what we've found people's views to be about psychic prediction.

We told her that we've found them to be mixed, largely due to misconceptions or bad experiences. Every field has those who you are best avoiding, and prophecy is no exception.

However, clearly, there are many talented, well-meaning professionals doing the type of work that we do. The more objective and educated a person is about the psychic sciences and predicting personal fate in general, the more likely they are to choose a talented reader and be receptive to the forecasting and prediction of their personal destiny.

What has contributed to a negative view of prediction and metaphysical work? Since the

Age of Reason (1600's AD) astrology and numerology (and psychic work in general) have been in a state of decline in part due to a prevailing condemnation under the guise of "logic," a distorted redefinition of the meaning of science, all but relegating the sacred science of astrology and numerology to myth and pseudo science.

From that time forward, the science authorities dictated that astrology and numerology (referred to as number mysticism in pre-modern times) weren't sciences because they didn't hold up under the scientific method, which involves logically compiling observable, measurable data.

That judgment is unfounded because numerology and astrology are sciences by definition, since results are consistently and empirically drawn from the same sets of circumstances. Science is based on observation.

She was also wondering what is the most interesting thing about being a psychic.

We answered that serious, in-depth study of the ancient sciences of numerology, astrology and tarot (predicting personal fate) is literally a study of the meaning of life.

Regular meditation and becoming proficient with numerology, astrology, and tarot accelerates personal growth and understanding, and demands that one lets go of ego-self (personality) outlooks (everyone has them to some degree). Comprehensive, objective study of these mystic sciences reveal incredible insight about human character and past, present, and future circumstances, making it very difficult to deny a lot of life's cold, hard truths. Although potentially shocking at times, this raw perspective is ultimately a great asset.

## **Astrology & Numerology – Why a Comprehensive Approach With the Languages of Fate is Necessary**

While we agree that comprehensive numerology and astrology are very involved areas of study, we acknowledge that some, much lighter uses such as newspaper and magazine “horoscopes” serve the purpose of providing an introduction to these esoteric sciences.

Numerology, astrology, graphology, tarot, and other predictive and personality assessment sciences are like foreign languages. As you learn the rules defining the structure, meaning is extracted.

Accurate predictive, personality, and compatibility analysis work demands that every method and technique be continually and critically reviewed and reassessed. If it proves to be invalid, it must be abandoned.

Through discipline and consistent application in learning astrology and numerology, the languages of fate, patterns begin to emerge. Ultimately the student becomes proficient in quickly transmuting abstract patterns into intuitive, distinct understanding, which is accessed instantly and unreflectively, without calculation and consideration. The process of instantaneously translating configurations into pure insight is crucial to accurate delineation and prediction.

For example, you spot several distinct patterns in the comprehensive charts that, in your experience, have always symbolized wide-spread recognition and fame. You also see that the charts are void of any significant mitigating factors. These notions are brought to the forefront of your consciousness immediately, and since you also notice the bulk of the subject’s upcoming medium-term and long-term timing supporting this dynamic, you’re confident of her impending popularity and success.

Alternatively, you see patterns of infamy and disgrace (with an overall lack of patterns reflecting the opposite) in the charts of a different subject and know that he will be under supportive timing for that dynamic so you quickly conclude that he won’t be a fan favorite.

Someone might ask, “Doesn’t the second subject have a ‘choice’ to avoid relative obscurity?” No. You must look beyond mere conscious desire and consider the bigger picture: the soul chooses its fate for specific reasons relating to spiritual growth. The reasons may be rewarding or challenging, but since they are chosen by the soul, they are unavoidable by the personality; soul to personality or ego is analogous to a Nobel Laureate in Literature to a child who is learning the alphabet.

The possible patterns in the charts are infinite and relate to every area of life.

Worth mentioning also is the intuitive factor. These sciences are often appropriately called “intuitive arts.” A balance of reason and intuition combine to form a powerful force and allow for increased levels of accuracy.

This type of work leaves a person incapable of seeing things as they appear to be. When the analyst views birth data he or she sees not only the raw data, but the underlying energy that comprises the personality and personal time cycles of the comprehensive charts. The same is true of all people they meet and the life circumstances in which they find themselves; seeing things as they are, instead of how they appear to be, becomes the norm. This is only a curse if they insist on viewing life from a purely material, non-spiritual perspective.

Ultimately, astrology, numerology, and other metaphysical tools are a study of the meaning of life and are fantastic for self-discovery.

## Astrology, Numerology & Handwriting Analysis – Far From Being Pseudo Sciences

The modern mainstream scientific community often discredits sciences such as numerology, astrology and graphology and says that no proof exists of their validity. Traditional scientific “experts” sometimes even call these esoteric, empirically based sciences “pseudo sciences.”

Underwood Dudley, PhD in mathematics and author of “Numerology, or What Pythagoras Wrought,” calls numerology “folly” and says, “...there is nothing wrong with mysticism...on the other hand, everything is wrong with numerology...numbers do not control events...(numerology is) the belief that things happen because numbers make them happen...(e.g., 2 is wet and cold--if your number is 2, you tend to be wet and cold)...I maintain that Pythagoras was a successful cult leader, and that is essentially all that he was.”

It sounds as if Dr. Dudley may feel he's contributed more to the fields of math and science than Pythagoras. The great philosopher Plato was strongly influenced by Pythagoras' doctrines, so it's doubtful Plato would have agreed with Dr. Dudley. Pythagoras is known, among other things, for the hypotenuse theorem, or the Pythagorean Theorem. He's also known as the “father of number;” he established the scientific foundation for mathematics and the philosophy of numbers.

Aside from excluding from his book virtually all valued comprehensive numerology techniques, Dr. Dudley points out the superficiality of some modern numerologists' methods. This may be justified since too many published numerology books offer only a glimpse into the complex science and, or fail to put it in the best context. However, numerology (otherwise known as number mysticism) *is* a form of mysticism and anyone who has *objectively* studied the science comes to understand that events and personality traits are *represented* by numbers, not controlled by them.

Since his statements against numerology are so strong, one expects Dr. Dudley to decisively invalidate the science. Yet, he fails to do this.

It's important to note that hypothesis or theory cannot be proven, it can only be invalidated. Graphology, numerology and astrology have never been scientifically shown to be invalid. Seasoned numerologists and astrologers consistently predict fated circumstances and accurately identify personality traits.

Although there are few or no documented cases of *accredited* researchers supporting the

science of astrology or numerology, the field of graphology has been investigated by academic investigators (click and scroll down for a partial listing: <http://www.decadcorp.com/Graphology.html>). In order for money to be available to fund research in accredited institutions, a donor or corporation has to make a contribution. Do most benefactors indirectly or directly control and dictate what the funds are used for? Yes. In today's world it is unlikely an individual or corporate donor will designate funds towards numerology or astrology research; they are not areas that help to directly cure disease or support the marketing of corporate promotional efforts.

Contrary to popular opinion, traditional scientific theories are not unshakable. That which is discarded by the orthodox scientific community today may very well be embraced by the world tomorrow. The history of science is full of widely held notions refuted by overlooked data. Established scientific standards and belief systems today are constantly being challenged by new discoveries. Old paradigms are shattered, and exciting new platforms are established. Some of these new discoveries and data are publicized, but many are suppressed.

The 9,000 year-old Caucasian skeleton found in Washington state crushes countless modern-day anthropological ideals. The Egyptian monuments and hieroglyphics found on South Pacific Islands deeply threaten many modern-day celebrated notions as do the discoveries of tops of pyramids and other ancient man-made edifices that rise up through the sea beds in the depths of some of the world's oceans. Many of modern science's cherished ideals are regularly trounced by overwhelming evidence of more valid concepts. Remember the theory that the world is flat or the theory that the sun revolves around the Earth?

Unfortunately, there is a herd mentality developed in any esteemed group and the general population usually places the "science authorities" on pedestals. If a researcher varies from the accepted philosophies (*or those that are dictated to them indirectly by their funding sources*), they risk becoming an outcast; there's too much at stake to vary from the customary standards.

How do we "validate" the sciences of numerology, astrology and graphology? For that matter, how do we prove that unconditional love, intuition, or happiness exist? The inability to see the stars during the day does not mean they don't exist. We are unable to see water evaporating, yet this does not disprove the cycle of evaporation and precipitation. One must view the sciences of numerology, astrology and graphology from an intuitive, unconventional perspective to begin to understand their inherent validity. Yes, newspaper horoscopes are like poetry--meant to be amusing, and applying only a few numerological aspects towards personality analysis or prediction is like expecting to

get in shape with one minute of exercise each week; a more thorough approach is necessary for results.



## Number Symbolism and Addresses

The science of numerology supports the notion that address numbers of buildings have great symbolic meaning.

First, you must consider that the address and unit numbers of residences or offices don't make things happen, nor do they hold direct power over anything.

The application of numerology to figure out, for example, if a possible home will enhance your life is pre-destined, in our view. You're just carrying out your destiny, despite it possibly appearing as manipulation of your life circumstances (previewing the energy associated with possible residences) through number symbolism.

A soul selects a specific time to incarnate. That point of origin (birth) as indicated by a date and time reflects its qualities and its past, present, and future through the science of numerology. Numerology can be used in virtually every area of life and some people are fated to capitalize on the wisdom found through it and some aren't.

Although calendars appear to start at arbitrary times, everything in this universe is interrelated, including systems used to track time. We say this to emphasize our conviction that little in this universe occurs by chance.

Even though unit numbers may seem to be randomly assigned, they too, like everything else in the world, are part of the cosmic universal cohesiveness.

The numbers of any residence, no matter which one you decide to inhabit, always reflect what is and what is to be.

You can't just select a "good" unit number and then "create your reality" to satisfy all your ego-self desires, but you can use numerology to help intensify your awareness.

Key life opportunities and probabilities are hidden within the *qualities* of numbers. Note that numbers reflect quantity, such as party of five, and quality, as in he's number one.

It's good to consider the building number, but the unit number carries more importance in the case of an apartment, condominium, office, or other separate unit within a building.

Most people want stability in a home. The root numbers 4 and 6 are most fitting toward that desire, and there are other numbers that are more appropriate for other conditions.

There aren't bad or good numbers, but there are rewarding and challenging energies associated with every number. The Number Symbolism list below can assist you in your understanding of the distinct energies behind the root numbers 1 through 9. The Number Symbolism list can also be applied toward any person, place, or thing and is best used in conjunction with our numerology software.

Use fadic addition to reduce all building, house, and unit numbers to a single digit. For example,  $7736 = 7+7+3+6 = 23 = 2+3 = 5$ .

At this time, don't concern yourself with translating the street name, city, or any other part of the address to numbers. Just focus on the numbers directly connected to the building, house, and unit.

The remaining parts of the address including the individual numbers of the original multiple-digit number also have relative representation, but those are topics for advanced study. Master Numbers (11, 22, 33, 44, 55, 66, 77, 88, and 99) and Karmic Debt Numbers (13, 14, 16, and 19) are also more involved subjects, as is viewing the building or unit number in conjunction with the individual's comprehensive numerology charts.

With no numerology background, it's easy to miss the importance of number symbolism. But once you begin to pay attention to and correctly interpret the energy behind numbers, you begin to realize the incredible insight available to anyone willing to take a closer look.

## Number Symbolism

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**1:** The number 1 is connected with new starts, independence, new opportunity, inspiration, originality, standing alone, concentration, leadership, determination, self-employment, courage and isolation.

**Balanced 1 energy:** initiative, energetic, persistent, creative, confident, ambitious, self-reliant, dynamic, bold, forward looking, assertive.

**Over-balanced 1 energy:** selfish, impatient, elitist, intolerant, addicted, aggressive, self-important, unyielding, headstrong, defiant, dictatorial, self-at-all-cost attitude, arrogant, domineering, possessive, greedy.

**Under-balanced 1 energy:** passive, weak will, cowardly, dependent, insecure, subservient, helpless, lack of self-respect, changeable, weary.

**2:** The number 2 is linked to sensitivity, teamwork, partnerships, marriage, love, divorce, friendships, details, public recognition, tolerance, modesty, receptivity, behind the scenes work, cooperation, rhythm, harmony, and slow growth.

**Balanced 2 energy:** tactful, sensitive, harmonizing, flexible, diplomatic, helpful, patient, sincere, modest, cautious, courteous, receptive.

**Over-balanced 2 energy:** scheming, deceitful, manipulative, faultfinding, resentfully resisting, devious, condescending, disapproving, interfering.

**Under-balanced 2 energy:** unresponsive, cowardly, self-deprecating, dependent, inactive, self-deprecating, indecisive, vacillating, overly sensitive, uncaring.

**3:** The number 3 is related to laughter, amusement, pleasure, making new friends, self-improvement, attracting love, sexual expression, artistic creativity, writing, good times, quick recoveries, dramatic emotional ups and downs, easy money and instability.

**Balanced 3 energy:** honest emotional expression, optimistic, literary talent, vivacious, cultivated, amusing, imaginative, well liked, magnetic.

**Over-balanced 3 energy:** lacks concentration, scatters energy, overconfident, emotionally volatile, irresponsible, gossipy, exaggerating, superficial.

**Under-balanced 3 energy:** insincere emotional expression, temperamental, petty, depressed, jealous, unsociable, self-doubting, bored, inarticulate, unthinking, indecisive, unenthusiastic, apprehensive.

**4:** The number 4 is associated with material interests, structure, managing finances, creating foundations that last, work, business success, stable finances, routine, organization, putting ideas into form, efficiency, physical activity, health matters, limitation and lack of fun and excitement.

**Balanced 4 energy:** productive, reliable, thrifty, cautious, disciplined, integrity, methodical, analysis, serious, balanced, loyal, sensible, persevering.

**Over-balanced 4 energy:** rigid, narrow-minded, inflexible, rough, dreary, numb emotions, uncompromising, provincial, too frank, lost in detail.

**Under-balanced 4 energy:** apathetic, disorganized, lack of integrity, impractical, plodding, careless, inefficient, distracted, idle, neglectful.

**5:** The number 5 is related to advertising, promotion, sales, sensuality, sex, freedom, travel, communication, changes, fluctuation, flexibility, excitement, adventure, transmutation.

**Balanced 5 energy:** multifaceted, broadminded, healthy limits, appropriately dissolving career or personal relationships at the right time, forward-thinking, charming, curious, adaptable, independent, clever, resourceful, liberated.

**Over-balanced 5 energy:** over-indulgent, mercurial, over-sexed, reckless, ending relationships too soon, impatient, thrill-seeking, erratic, extreme independence, insatiable, restless.

**Under-balanced 5 energy:** fear of change, stagnant, dependent, hanging on to associations that have expired, conforming, fear of freedom, dull, ineffective,

expressionless.

**6:** The number 6 is linked to domestic issues, home and family, relationships, marriage, divorce, romance, responsibility, friendships, karma, emotions, slow moving energy, harmony, teaching, healthy balanced living.

**Balanced 6 energy:** domestic, advising, friendly, tolerant, supportive, appreciative, peace-making, protective, humanitarian, responsible, devoted, loving, stable, sensible.

**Over-balanced 6 energy:** distorted idealism, critical, interfering, opinionated, possessive, stubborn, sacrificing, unreasonable obstinate, unforgiving, disheartened.

**Under-balanced 6 energy:** uncaring, uncooperative, biased, unconcerned, indulgent, lethargic, unwelcoming, non-committal, disconsolate.

**7:** The number 7 is connected to mysticism, intuition, inner growth, examination, study, analysis, reflection, lowered physical vitality, increased mental activity, conserving assets, planning, attracting unsolicited help, specialization, solitude, health issues, travel.

**Balanced 7 energy:** metaphysical interests, different wavelength, intellectual, clairvoyant, analytical, perceptive, scientific, exact, meditative, mystical, expert, bookish, poised, telepathic, visionary, deep, dreamer, instinctive, reflective, truth-seeker, studious, wise.

**Over-balanced 7 energy:** fearful, nervous, critical, paranoid, indecisive, secretive, repressed emotions, distrustful, guarded, intimidating, fussy, evasive, fanatic, self-conscious, secretive, perfectionist, impersonal, pessimistic.

**Under-balanced 7 energy:** lack of depth, naïve, ignorant, too trusting, empty-headed, mystified, superficial, lack of faith, undeveloped, uninformed, unsure.

**8:** The number 8 is tied to influence, money, karma, action, business success, business failure, control, material objects, status, loss, gain, administration, management, ego, leadership, power.

**Balanced 8 energy:** prosperous, high-powered, commanding, stamina, self-confident, persuasive, financial awareness, effective, ambitious, businesslike, clear-headed, disciplined, material freedom, honorable, enterprising.

**Over-balanced 8 energy:** abuses power, cold-blooded, egotistical, overreaction to money, scheming, aggressive, materialistic, corrupt, demanding, domineering, preoccupied with power and money, unsympathetic, over-ambitious, confrontational, rebellious, coarse.

**Under-balanced 8 energy:** passive, vulnerable, fearful, insecure, avoids power and money, poor judgment, gives personal power away, shortsighted.

**9:** The number 9 is associated with unconditional love, reward, leadership by example, dramatic endings, emotional love, emotional crisis, the finest life has to offer,

conclusions, deep love, compassion, magnetism, travel, idealism, charity, artistic and creative matters, developing spirituality, romance, forgiveness.

**Balanced 9 energy:** artistic, philanthropic, affectionate, creative, forgiving, passionate, benevolent, warm, tolerant, sentimental, loving, liberal, generous, enthusiastic, trustworthy, hospitable, humane.

**Over-balanced 9 energy:** deceiving, self-centered, hedonistic, lacking integrity, over-emotional, prejudiced, resentful, bad example, irresolute, dejected, vindictive, hateful, hostile.

**Under-balanced 9 energy:** ultraconservative, impersonal, distant, unemotional, elusive, submissive, drifting, faint-hearted, victimized, disloyal, hazy.

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

## Naming a Newborn - Numerology, Predestination & Synchronicity

In our opinion, the best way to select the most appropriate name for a baby is to remove any ego-self from the equation. What we mean is that you need to “get out of the way,” and let the name come to you. Whatever name feels best is the most fitting name.

If you are expecting, and if you haven't been already, soon you'll be inspired with a wonderful name. After you decide on the name, then perhaps you can get into the name numerology to learn more about the soul that you are welcoming.

At the same time, according to the theory of predestination, whatever method you decide on in selecting the baby's name and whatever you decide to name it, the baby will always have the most most appropriate name. This means that nobody misnames a baby, even if a “mistake” is made on the birth certificate.

Some people don't like their birth names. From numerologists' point of view, this is a subtle form of self-hate. Some people who don't like their names may have hidden self-rejection having to do with past life circumstances, as reflected in the charts.

How does each soul go to the right body? According to life-between-life research by Dr Michael Newton, there exists a synchronicity in our Universe and there are no accidents or mistakes. In other words, a soul is always born into the most appropriate body for the lessons and karma it needs to experience. This is all planned out by our higher-selves long before we incarnate.

Two schools of thought exist in naming a baby: naming the baby whatever feels most right, or attempting to attract a soul that matches what you want in a name. We feel the first method is best, but perhaps whatever method used is predestined, no matter how it may unfold.

Translations for letters to numbers are below:

ajs = 1  
bkt = 2  
clu = 3  
dmv = 4  
enw = 5  
fox = 6  
gpy = 7  
hqz = 8  
ir = 9

Example: Jon Allen Smith =>

$j/1 + o/6 + n/5 = 12/3$  (fadic addition:  $12/3 \Rightarrow 1+2 = 3$ )  $a/1 + l/3 + l/3 + e/5 + n/5 = 17/8$   
 $s/1 + m/4 + i/9 + t/2 + h/8 = 24/6$

Adding the totals from each part of the full name =>

$3 + 8 + 6 = 17/8$

The Full Name Total is 8.

The Full Name Total is one of many important aspects in the numerology charts. It's associated with, among other things, a person's abilities.

Which number is best? There is no best number. Each number represents sets of distinct energies; energies that are balanced, over-balanced, or under-balanced.

Each position in the numerology charts represents different personality or predictive features. Some are linked more strongly with personality challenges, some with talent, some with innate desires, some with persona, some with timing, etc.

## **“Pisces Sun: older soul?”**

Pisces Sun, by Itself, Has Nothing to do With Being Spiritually Adept

A person born with a Pisces Sun sign was born approximately February 18th to March 20th. The times and days that the Sun changes signs varies each year.

The idea that all Pisces Sun people are “older souls,” or “advanced souls” is popular, but based on our past life regression and astrology findings, it’s completely invalid.

A Pisces Sun has nothing to do with whether or not a person is here for his or her last incarnation or that they have “gone around the zodiac,” experiencing each of the Sun signs in previous incarnations.

One Pisces Sun person might be a spiritual novice and another could be close to being a spiritual master, and just looking at the Sun sign won’t tell you which or what degree in between. The sign in which the Sun resides is a very obvious part of the horoscope, but only a fraction of the comprehensive charts.

Yes, the sign of Pisces could be considered the most developed water sign (the others being Scorpio and Cancer) in connection to the qualities associated with water, but comprehensive astrology is much more than just water, earth (Taurus, Virgo, and Capricorn), air (Gemini, Libra, and Aquarius), and fire (Aries, Leo, and Sagittarius) signs.

By highly developed or most advanced, someone might say, “In relation to what?” In this case (Pisces) it’s compassion, and emotional understanding, if you want to simplify things and take a surface approach. But the sign of Pisces is not often linked to, for instance, assertiveness and drive, so it’s not the most developed sign in that sense.

The topic of the sign the Sun is in and how it relates to being more spiritually advanced than other Sun signs is fairly common. It’s important to understand that each planet rules one or more signs and the energy symbolized by a planet is more potent when it’s in the sign it rules. The Sun in Pisces doesn’t do anything to boost the Sun’s symbolic greatness, thereby making someone more “advanced,” not considering the rest of the information in the comprehensive charts.

If you want to focus only on the Sun sign for advantage look to Aries or Leo Sun (Sun rules Leo and Aries, is dignified in Leo and exalted in Aries). Sun in Aquarius and Libra are opposites to Sun in Leo and Aries, respectively, and are considered afflictions in the charts.



The sign of Pisces is ruled by Jupiter and Venus (and Neptune in modern astrology). Hence, if a person has either of those planets in Pisces, the sign of Pisces could be considered to have heightened significance in that person's charts.

When considering how spiritually adept someone is, there are many, many astrological and numerological aspects and patterns to consider while doing a comprehensive analysis.

A good place to start is the 9th house of the natal astrology figure. Begin by looking at the planets in that house, the characteristics associated with those planets, the cusp sign ruler, the qualities relating to that sign, the planet or planets that rule that sign, the aspects to the planets in that house and to the cusp of that house, and at the relative health of all planets involved.

As an example, if a person has the Sun in Pisces on the cusp of Aquarius, and that Sun is in a weak house, is harshly aspected by malific planets, and their 9th house is a mess, signifying a warped sense of spirituality, this person won't fit the "Pisces is the most advanced sign" concept at all.

To sum up, just as we cannot judge how spiritually advanced a person is by their physical appearance, we cannot assume someone is more or less spiritually aware or wise simply based on their Sun sign. A soul playing the role of a homeless person may be making her last appearance in physical form on Earth. Likewise, a "guru" who dresses the part and teaches spiritual principles, yet who doesn't consistently follow those principles and lacks integrity privately, may be creating plenty of karma for himself to balance in future lifetimes.

## **Modern Astrology & Subjectivity – Twins Expose Major Flaws of Modern Astrological Methods**

Why is it that twins who have almost identical astrology charts can be so different, or that people born within a few minutes of each other in the same area (also having almost identical basic charts) appear to be such different souls?

The last two words of the above paragraph hold the key: Every person has a unique soul.

Astrology is only one way to outline the uniqueness of personality. Unfortunately, modern, psychologically-based Western astrology is far less exact than other forms of personality analysis in accurately discerning differences between twins and people who were born within a few minutes of each other in the same area.

This is one of the newer types of astrology (also known as "pop astrology") and has been around for about 100 years. It's the form most people are familiar with since it's the basis of the vast majority of mainstream astrology books, web sites, magazine articles, and newspaper horoscopes.

In contrast, ancient forms of astrology (such as Egyptian, Hindu, Greek, and Arabic) offer far more accuracy than modern astrology in most ways, yet we haven't found them to be the best means to clearly outline differences between twins and those born in the same city at about the same time.

There's a popular theory that twins divide up their horoscope charts and that one chooses some of the energy and the other twin acts out the rest of the energy symbolized by the charts. There could be some validity to this idea, but as identical twins, we don't feel there is much. While we find modern astrology useful, the lack of significant astrological differences in the charts of those born within minutes of each other in the same general location represents a significant flaw of the science.

Fortunately, there are much more accurate metaphysical delineation and predictive tools available; comprehensive numerology and handwriting analysis have proven to be very accurate, even in delineating differences between twins.

Comprehensive numerology as a character delineation and predictive tool, and handwriting analysis as a means to discern subconscious and conscious personality are invaluable for the following: predicting the probabilities and likelihoods of love, family, career and money issues; identification of personality strengths and challenges; identifying romantic or workplace compatibility; identifying periods of heightened spiritual

growth; event analysis; political strategy and probabilities; financial trend forecasting; business negotiations and acquisitions; legal issues; investigations; duration potential involving events and partnerships; career guidance; child development; and any other area of life involving personality, compatibility or predictive analysis.

Although modern psychologically-based western astrology is a useful tool for *generalized* personality and timing analysis, it is best used in conjunction with other methods to assure a reasonable level of precision.

## **Astrology, Numerology & Prediction – Approximate Time of Your Death is Destined**

A client told us that he's had at least seven bad accidents throughout his life. At the scene of the last one (a car roll-over), after walking away without a scratch, a stranger told him "God has something special for you." He asked us if those accidents could have been his possible destined times of death and what God might have in store for him. Our answer to him is below.

According to expert astrologers, numerologists, past life regression therapists, and life between life researchers, we all have several potential destined times of departing Earth, with the actual time of departure holding the highest probability. Therefore, all of the accidents you experienced may not have been your time to leave.

We don't know what the special thing is that God has for you. The stranger's comment may be just their perception of the situation; many people are under the impression that if you survive an accident God must have "spared" you. According to the experts in the fields listed above, God doesn't determine when you die, you (your soul, not your personality) have already established this before incarnating.

Perhaps you set up (on a soul level) these accidents to cherish life more or for some other reasons.

By the way, although we don't specialize in death timing, through our predictive numerology and astrology work, we are capable of determining probable dates of death, but we choose instead to focus on less morbid topics.

Some say that when it's your time to move into the afterlife, it's your time and nothing changes that. This must be considered in relation to the soul's journey through many lifetimes, and in between those lifetimes, when souls often do important work on the other side, as our past life regression findings indicate.

## **Numerology, Astrology & Handwriting Analysis – Career Timing & Personal Strengths & Weaknesses**

An anxious client asked us if he would get a new job soon and if he was destined to be out of work for a while. He wanted to know when he would find a great new job. We told him the following and it will give you an idea of the mechanics of predictive work, along with some insight about handwriting analysis.

We can't tell you the exact hour you will accept a good job offer, but we can tell you when things are more in your favor. Knowing when your timing is challenging or rewarding in relation to obtaining a new job gives you heightened perspective, as well as an edge in your job search.

The numerology and astrology timing charts don't make things happen, but they do represent what is predestined; the types of circumstances, events, challenges and rewards that your soul sets up for your earthly personality.

Your timing for career and money success gets much better in the near future, so it looks as if you are destined to have a decent job. Six to eight months from now you'll likely be securely employed. Just remember that it's important to consistently take action (exercise free will) to manifest this strong probability; do what you have to do to get where you'd like to be.

Despite your numerology and astrology timing in most of the first quarter of the year being very challenging for acquiring a new job, you've already experienced the most trying energy and your career aspects throughout the rest of the year steadily improve. The best months for your career this year are July and September. In fact, we see dynamite career and money aspects for you in late summer of this year. Now, even if you knew nothing of your timing charts, you would have still encountered the same challenging energy during the first quarter and more rewarding energy during the rest of the year--that's just "what is." Being centered, detached and tapping into your intuition will help confirm the energy represented in your timing charts.

Based on the birth data you provided, it looks as if you were destined to experience a period without steady employment. There are reasons for everything; maybe this seemingly unfortunate period allowed you to more greatly value being employed, or perhaps you were supposed to focus on a different part of your life for a while. A change of career direction at this time looks to be part of your earthly plan as well. Meditate on the reasons for your current circumstances until you receive answers that feel right. The tools we offer on our web site can further assist you in getting your own answers.

Based on the handwriting sample you submitted (using the science of graphology and covering only some of your more relevant personality traits), you're understandably fearful of the future, somewhat anxious, and currently frustrated about material interests.

It would also help you to know this about your subconscious personality: you're not entirely comfortable with accepting abundance in your life. In other words, you sometimes (subconsciously) block yourself from acquiring money and material things. Although you consciously want more money in your life, your subconscious is consistently saying, "...I'll pass, I don't deserve it."

It would be wise to get in touch with this energy in order to open the door to more prosperity in your life. Simply knowing about it is a great start. Searching for clues about the root cause in meditation and past life regression could help resolve the issue.

On the positive side, your handwriting indicates remarkable stamina, determination and powerful analytical abilities, which will help you accomplish your career goals.

## **Numerology & Subconscious Mind – What it Means to Keep Seeing the Same Numbers Over and Over**

Many, many people have told us about having the experience of repeatedly seeing the same number, or number pattern. Perhaps they look at the clock and see 11:34, then glance at a store receipt total of \$11.34, then hear of a historical event happening in the year 1134 BC, all in the same day. Or they keep seeing the same number or numbers for months, even years.

We feel it's often a subconscious, even super-conscious, attachment to the energy behind the numbers. Along with indicating quantity, as we've mentioned before, each number represents a specific type of energy, or quality.

Since we believe, based on our research, that all things happen for a reason and that order (as numerologically represented by numbers), instead of chaos or randomness, exists in this universe, you noticing select numbers again and again holds meaning.

In a heightened state of mind, positive or negative (e.g., joy or trauma), a person sees a particular number and that number may be burned into their subconscious.

Or, a person consciously, “randomly” chooses a certain number one day for whatever reason and that choice proves to be beneficial, and they stick with it, calling it “lucky.”

Or, a person reads somewhere that the number 943, for example, equals prosperity and divine assistance (even if it doesn't), so they embrace that number and subjectively view it as fortunate.

It's also common for a person to have a fixation with certain numbers that are significant in his/her personal numerology charts, before even knowing anything about his/her charts. This too could be considered an unconscious attachment.

For example, a person has potent “3” energy in the positions of the charts representing inner desire, motivation, and that with which they are most comfortable. That person says “...whenever I see ‘3’ (or  $111 <1+1+1=3>$ , or  $12 <1+2=3>$ , etc.) I know it's a good sign, I've always liked the number 3...”

In many cases, it appears to us that the subject's subconscious, even higher-self, might be trying to make them consciously aware of something.

If you want more clarity, it would require you to decipher the energy behind the numbers.

Use the Number Symbolism guide below. It is absolutely consistent with the most reliable sources.

Keep in mind that the energy symbolism behind specific numbers has remained the same for eons; it's a solid and reliable tradition, rooted in objective empirical observation. We make this point so that you avoid wasting time with new, creative, subjective (and false) interpretations, such as those in some modern New Age publications.

It's unfortunate to see numerological misinformation published by popular New Age authors. Most mean well, but they are in a position where a lot of people believe everything they say and write, so shallow and false interpretations do nothing more than mislead, confuse, and tarnish the image of the science of numerology. As has been said, the New Age has a bad name for a good reason.

When interpreting multiple-digit numbers, use fadic addition to reduce all numbers to a single digit. The single digit, the root number, is the most important number. For example,  $7556 = 7+5+5+6 = 23 = 2+3 = 5$ .

Also, an individual number's potency in a multiple-digit number is based on its position. In the number 7556, 7 is strongest, then 5, then the next 5, and 6 carries the weakest energy force in this multiple-digit number.

At this time, don't concern yourself with translating the remaining parts of a multiple-digit number after reducing it to a single digit. The individual numbers (along with the 7000, 500, and 50, comprising 7556, for example) of the original multiple-digit number also have relative representation, but those are topics for advanced study/interpretation. Master Numbers (11, 22, 33, 44, 55, 66, 77, 88, and 99) and Karmic Debt numbers (13, 14, 16, and 19) are also more involved subjects.

Please note that when you get into advanced interpretation beyond reducing all multiple-digit numbers to a single number, avoid erroneously chopping up multiple-digit numbers in such a fashion: deriving 84, 32, and 415, for instance, from 8432415, or extracting 11, or 311 from 3113.

We say erroneous because through our many years of empirical research this style has proven to be invalid. Besides, every treasured, workable, numerical kabala (or *cabala*-sacred number and/or letter codes used to derive meaning/truth) throughout history, including the sacred ancient Hebrew Kabbalah, instead uses the following method: 8432415, for example, is comprised of 8000000, 400000, 30000, 2000, 400,



10, and 5; and then 27 (through fadic addition adding up all the numbers), and 9 (the root number, adding 2+7 of 27).

The exception to this rule is if you glance at a numerical sequence and only “see” part of it. For example, you look at 1338 and only “see” the 33 (your subconscious or higher-self is fixed on those two numbers only). Therefore, you accept it and disregard the other numbers.  $33 = 3+3=6$ . See below for more information about the number 6.

Still, the numbers, no matter how they are encountered, always represent the same types of energy. For instance, just as progressiveness isn't associated with the root number 4, gregariousness isn't linked to the root number 7.

We've also encountered people who have an uncommon connection to other dimensions (as represented by the unique patterns in their comprehensive numerology and astrology charts) and they “get information” through numerical signs and through other ways, much more freely than most people, whether they want to or not. Often, the receiving of these “messages” can be unsettling and dramatic, until they become comfortable with it.

Once you move beyond any fear and get in touch with your subconscious, align yourself more firmly with your higher-self/super-conscious, and/or embrace a possible uncommon “connection,” you'll be in a position to decipher the messages more easily.

## Number Symbolism

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**1:** The number 1 is connected with new starts, independence, new opportunity, inspiration, originality, standing alone, concentration, leadership, determination, self-employment, courage and isolation.

**Balanced 1 energy:** initiative, energetic, persistent, creative, confident, ambitious, self-reliant, dynamic, bold, forward looking, assertive.

**Over-balanced 1 energy:** selfish, impatient, elitist, intolerant, addicted, aggressive, self-important, unyielding, headstrong, defiant, dictatorial, self-at-all-cost attitude, arrogant, domineering, possessive, greedy.

**Under-balanced 1 energy:** passive, weak will, cowardly, dependent, insecure, subservient, helpless, lack of self-respect, changeable, weary.

**2:** The number 2 is linked to sensitivity, teamwork, partnerships, marriage, love, divorce, friendships, details, public recognition, tolerance, modesty, receptivity, behind the scenes work, cooperation, rhythm, harmony, and slow growth.

**Balanced 2 energy:** tactful, sensitive, harmonizing, flexible, diplomatic, helpful, patient, sincere, modest, cautious, courteous, receptive.

**Over-balanced 2 energy:** scheming, deceitful, manipulative, faultfinding, resentfully resisting, devious, condescending, disapproving, interfering.

**Under-balanced 2 energy:** unresponsive, cowardly, self-deprecating, dependent, inactive, self-deprecating, indecisive, vacillating, overly sensitive, uncaring.

**3:** The number 3 is related to laughter, amusement, pleasure, making new friends, self-improvement, attracting love, sexual expression, artistic creativity, writing, good times, quick recoveries, dramatic emotional ups and downs, easy money and instability.

**Balanced 3 energy:** honest emotional expression, optimistic, literary talent, vivacious, cultivated, amusing, imaginative, well liked, magnetic.

**Over-balanced 3 energy:** lacks concentration, scatters energy, overconfident, emotionally volatile, irresponsible, gossipy, exaggerating, superficial.

**Under-balanced 3 energy:** insincere emotional expression, temperamental, petty, depressed, jealous, unsociable, self-doubting, bored, inarticulate, unthinking, indecisive, unenthusiastic, apprehensive.

**4:** The number 4 is associated with material interests, structure, managing finances, creating foundations that last, work, business success, stable finances, routine, organization, putting ideas into form, efficiency, physical activity, health matters, limitation and lack of fun and excitement.

**Balanced 4 energy:** productive, reliable, thrifty, cautious, disciplined, integrity, methodical, analysis, serious, balanced, loyal, sensible, persevering.

**Over-balanced 4 energy:** rigid, narrow-minded, inflexible, rough, dreary, numb emotions, uncompromising, provincial, too frank, lost in detail.

**Under-balanced 4 energy:** apathetic, disorganized, lack of integrity, impractical, plodding, careless, inefficient, distracted, idle, neglectful.

**5:** The number 5 is related to advertising, promotion, sales, sensuality, sex, freedom, travel, communication, changes, fluctuation, flexibility, excitement, adventure, transmutation.

**Balanced 5 energy:** multifaceted, broadminded, healthy limits, appropriately dissolving career or personal relationships at the right time, forward-thinking, charming, curious, adaptable, independent, clever, resourceful, liberated.

**Over-balanced 5 energy:** over-indulgent, mercurial, over-sexed, reckless, ending relationships too soon, impatient, thrill-seeking, erratic, extreme independence, insatiable, restless.

**Under-balanced 5 energy:** fear of change, stagnant, dependent, hanging on to associations that have expired, conforming, fear of freedom, dull, ineffective,

expressionless.

**6:** The number 6 is linked to domestic issues, home and family, relationships, marriage, divorce, romance, responsibility, friendships, karma, emotions, slow moving energy, harmony, teaching, healthy balanced living.

**Balanced 6 energy:** domestic, advising, friendly, tolerant, supportive, appreciative, peace-making, protective, humanitarian, responsible, devoted, loving, stable, sensible.

**Over-balanced 6 energy:** distorted idealism, critical, interfering, opinionated, possessive, stubborn, sacrificing, unreasonable obstinate, unforgiving, disheartened.

**Under-balanced 6 energy:** uncaring, uncooperative, biased, unconcerned, indulgent, lethargic, unwelcoming, non-committal, disconsolate.

**7:** The number 7 is connected to mysticism, intuition, inner growth, examination, study, analysis, reflection, lowered physical vitality, increased mental activity, conserving assets, planning, attracting unsolicited help, specialization, solitude, health issues, travel.

**Balanced 7 energy:** metaphysical interests, different wavelength, intellectual, clairvoyant, analytical, perceptive, scientific, exact, meditative, mystical, expert, bookish, poised, telepathic, visionary, deep, dreamer, instinctive, reflective, truth-seeker, studious, wise.

**Over-balanced 7 energy:** fearful, nervous, critical, paranoid, indecisive, secretive, repressed emotions, distrustful, guarded, intimidating, fussy, evasive, fanatic, self-conscious, secretive, perfectionist, impersonal, pessimistic.

**Under-balanced 7 energy:** lack of depth, naïve, ignorant, too trusting, empty-headed, mystified, superficial, lack of faith, undeveloped, uninformed, unsure.

**8:** The number 8 is tied to influence, money, karma, action, business success, business failure, control, material objects, status, loss, gain, administration, management, ego, leadership, power.

**Balanced 8 energy:** prosperous, high-powered, commanding, stamina, self-confident, persuasive, financial awareness, effective, ambitious, businesslike, clear-headed, disciplined, material freedom, honorable, enterprising.

**Over-balanced 8 energy:** abuses power, cold-blooded, egotistical, overreaction to money, scheming, aggressive, materialistic, corrupt, demanding, domineering, preoccupied with power and money, unsympathetic, over-ambitious, confrontational, rebellious, coarse.

**Under-balanced 8 energy:** passive, vulnerable, fearful, insecure, avoids power and money, poor judgment, gives personal power away, shortsighted.

**9:** The number 9 is associated with unconditional love, reward, leadership by example, dramatic endings, emotional love, emotional crisis, the finest life has to offer,

conclusions, deep love, compassion, magnetism, travel, idealism, charity, artistic and creative matters, developing spirituality, romance, forgiveness.

**Balanced 9 energy:** artistic, philanthropic, affectionate, creative, forgiving, passionate, benevolent, warm, tolerant, sentimental, loving, liberal, generous, enthusiastic, trustworthy, hospitable, humane.

**Over-balanced 9 energy:** deceiving, self-centered, hedonistic, lacking integrity, over-emotional, prejudiced, resentful, bad example, irresolute, dejected, vindictive, hateful, hostile.

**Under-balanced 9 energy:** ultraconservative, impersonal, distant, unemotional, elusive, submissive, drifting, faint-hearted, victimized, disloyal, hazy.

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

## Chapter 10 Holistic Health and Wellness

**IMPORTANT NOTE:** Some may criticize others for wanting to look and feel healthy, even saying that it's not "spiritual" to want to look their best. A mystic realizes that everyone assesses and forms an opinion about everyone, at least initially to some degree, based on physical appearance. Plus, looking your best helps you feel better about yourself and more self-confident. Making the most of your appearance will also help you experience more joy and might make just enough of a difference to help you accomplish your important goals and live your highest potential.

### What to do if you...

#### ...feel that drugs offer you a "spiritual experience"

It's certainly possible that the ritual of smoking dope reminds you subconsciously of your Native American lifetime when you used a pipe for ceremonies, or that your interest in harder drugs stems from your lifetime during the prohibition 1920s when you had money, power and a lust for the high life, but these are different times. If you use drugs, it's time for you to clean up your act if you want to live your highest potential.

### Why It's Important to Avoid Drugs

Do you want to live your highest path? If so, avoid *all* street drugs and learn how to feel good without them. If possible, seek out effective natural alternatives to prescription medications. Getting to the root cause of a health problem can sometimes eliminate the need for them.

- Drugs keep you in a haze and disconnect you from your intuition, making it impossible to see clearly.
- Drugs make life's problems seem ten times worse and cause imbalance—physically, mentally, emotionally, and spiritually.
- Drugs lower your energy level, which enables spiritual parasites to feed off you and interfere with your life.
- Drugs create blocks to true spiritual awareness and understanding.
- For every action, there is an equal and opposite reaction: what goes up by artificial means, such as drugs, must come down.
- Private acts have public consequences.

**If you want to have a spiritual experience, learn to meditate. Alternatively, experiment with music, exercise, healthy risk-taking or other means of intensifying your feelings of inspiration.**

## [Spirituality, Souls, Drugs & Suicide – It's Your Responsibility to Help Yourself](#)

### **What to do if you...**

#### **...want to lose weight and keep it off**

In many cases, no diets will help you shed and keep the weight off until you become aware of, acknowledge, or release the root cause. There may be a subconscious benefit to keeping the weight on that you're not aware of. Explore the situation with [meditation](#) or [past life regression](#).

### **What to do if you...**

#### **...would like to optimize your health and look your best**

#### **...want to look more attractive and feel healthier**

**Stephen's Holistic Health and Makeover Tips & Myths** (for the full version of these tips and much more information to help you look your best, visit [www.holisticmakeover.com](http://www.holisticmakeover.com))

**Look and feel 10 years younger with the best of Stephen's collection that includes cutting edge information, tips, and resources derived from empirical research, trial and error, and from many helpful experts.**

*"I'm frequently thought to be at least 10 years younger than my real age. Many have asked if I've had lipo on my jaw or [abs](#), my eyes done, a brow lift, or a face lift, and when I say I haven't and that it's possible to dramatically slow and even reverse the aging process through natural means, people don't believe me. Try these tips and believe it when you see the results on yourself." Stephen Petullo*

You may already get enough sleep and know how to eat healthfully and exercise properly. But maybe you need more motivation and inspiration in order to take enough action to see lasting results. Also, being attractive and sexy is a combination of the following qualities: self-love, self-confidence, looking your best, compassion and openness. The [Improve Appearance and Become Sexier](#) subliminal audio will help with all of this.

**Disclaimer:** The following information is provided for educational purposes only, and isn't to be interpreted as an endorsement, recommendation or approval of anyone, any product, or any treatment. This information isn't to be considered complete, nor does it contain all medical resource information that may be relevant, and therefore isn't intended as a prescription, replacement or substitute for anyone seeking medical treatment and/or appropriate care. The information isn't meant to replace the advice of a qualified medical practitioner. Consult with your physician or other health care provider.

**Why do people who've had a lot of cosmetic surgery, in an attempt to look younger, usually look like an older person who's had a lot of work done instead? Because they don't address the fact that aging starts internally. The information below addresses these**

**issues so you can look and feel your best, with or without cosmetic surgery.**

**IMPORTANT NOTE:** In the early 1990s, I began to experience severe digestive and assimilation difficulties. I was unable to tolerate most foods, had no appetite, experienced insomnia and depression, and dropped from an already thin 155lbs. to a skeletal 125lbs. Seven different medical doctors over a period of seven years could not pinpoint the cause of my health problems or offer any relief. I was forced to take my health into my own hands and through empirical research, trial and error, and many helpful experts in the field of holistic health, I was able to break free of my health problems. Using my intuitive abilities, I became good at determining whether a process or product was as good as claimed. During this time, I learned about many methods, ideas, and approaches, both related and unrelated to my conditions, that may not be mainstream or traditional but that greatly improve health with no side effects. As I became older and healthier, more and more people commented that I looked far younger than my age. Also, during my years as owner of a matchmaking service for relationships, I interviewed thousands of people and would always ask those who looked much younger and healthier what they did (or didn't do) to look so good.

**IMPORTANT NOTE:** We are not linked in any way to the manufacturers or marketers of any of the products or sources listed below, nor do we profit in any way from the products or sources; we just want to share what we have found really works.

**Myth:** Surgery and drugs are the only alternative for health problems and disease.

**Truth:** [www.drclark.net](http://www.drclark.net) (information) and [www.drclark.com](http://www.drclark.com) (products and books) offer a safer alternative in many instances. Dr. Hulda Clark has written several controversial books that explain, step-by-step, how to overcome most diseases, including cancer, through internal cleansing, cleaning up your environment, and making changes to your diet and lifestyle. Clark, Hulda Regehr, Ph.D., N.D. *The Cure For All Diseases*. San Diego, CA: New Century Press, 1995.

**IMPORTANT NOTE:** Some of Dr. Clark's ideas may seem outrageous if you have a lot of faith in the medical and pharmaceutical industries, but we know from experience that they work, with no harmful side effects.

Consider alternative options to stay healthy and avoid disease. Conventional/traditional medicine and health care is just one approach. Another is holistic/alternative medicine and health care, which addresses all levels of the body: physical, mental, emotional, and spiritual. Find and treat the cause of disease, not just the symptoms. To find a physician who uses the best of conventional and alternative medicine, contact the American Holistic Medical Association, (919) 787-5181, <http://www.holisticmedicine.org> or the American Association of Naturopathic Physicians, (206) 323-7610 <http://www.naturopathic.org>.

**Myth:** A slow metabolism is part of getting older and there's nothing you can do about it.

Phil Kaplan and Jorge Cruise are two of the most respected fitness trainers and nutrition experts in the country. Their basic premise is to do moderate exercise and eat many smaller, balanced

meals (*not* high protein/low carb, but small, balanced meals- carbohydrate, protein, vegetable- every three to four hours) throughout the day to increase your metabolism. It works. Visit Phil's website for a wealth of information and the truth about Atkins, other fad diets, popular supplements, and much more: [www.philkaplan.com](http://www.philkaplan.com). Visit Jorge's website for more information about his diet and exercise plans and how you can lose two pounds a week: [www.jorgecruise.com](http://www.jorgecruise.com).

**Myth:** Body lotions and oils (which can be toxic) are the only way to treat dry skin.

**Truth:** Dry skin brushing is a better alternative. Scrubbing the skin when it's wet will make it sag. Brushing the skin when it's dry will plump and firm. Dry skin brushing does all this: removes dead skin layers; tightens skin; reduces wrinkles; stimulates circulation; removes cellulite; encourages cell renewal; supports digestion; cleans the lymphatic system. Here's how to dry brush: Use a natural bristle brush (not plastic) and a separate, softer brush for your face.

The brushes from health food stores usually aren't firm enough for the body, but may work well for the face. Small, natural bristle floor scrub brushes available at hardware stores work well for the body. Looftas (used dry, not wet) from health food stores can work okay for the body if you cannot find a stiff scrub brush. Shower first and use a non-moisturizing body soap or cleanser. Wait about 15 minutes after showering until your skin is dry and tight. Always brush towards the heart. If the bristles are firm enough, you'll be able to scrape off dead skin cells revealing fresh and healthy skin. Dry brushing may scratch a little before the brush is broken in. You'll be surrounded by a cloud of tiny skin particles afterwards, and your skin will look very dry, but after a quick rinse off in the shower or spraying your body with water, your skin will glow. If you live in a dry climate you may need a little moisturizer, but you'll only need a fraction of what you needed before.

**Myth:** All good beauty products have potentially harmful chemicals and there's no way to avoid them.

There are many good, natural, and non-toxic beauty products available in health food stores, especially those with aloe, jojoba oil and few artificial additives. You can even make your own food-based beauty products: <http://www.janicecox.com>.

**Myth:** Cosmetic Surgery, aside from sensible diet and exercise, is the only option for looking younger and healthier.

**Truth:** Juice fasts, herbal cleanses, enemas and colonics, when used carefully and correctly, can dramatically reverse and slow the aging process. Many Hollywood stars use these ancient methods to look their best before photo and movie shoots. More importantly, they often lessen and sometimes eliminate the need for cosmetic/medical surgery, stomach stapling, and medications. Holistic, detoxification and rejuvenation spas such as Hippocrates Health Institute (1443 Palmdale Court, West Palm Beach, FL 33411. 305-471-8876. 800-842-2125. <http://www.hippocratesinst.com>) are becoming more popular for healing, rejuvenating, or just feeling and looking better.



**There's a lot you can do on your own too. Here are some sources and tips that will help you look and feel younger:**

Airola, Dr. Paavo. *How To Keep Slim, Healthy and Young With Juice Fasting*. Health Plus, Sherwood Oregon, 1971.

Anderson, Richard N.D., N.M.D. *Cleanse and Purify Thyself*. Part of the Arise and Shine Herbal Cleanse program, 1988.

D'Adamo, Dr Peter J. with Catherine Whitney. *Eat Right For Your Blood Type*. G.P. Putnam's Sons, N.Y., 1996.

Meyerowitz, Steve ("Sproutman"). *Food Combining and Digestion*. Great Barrington, MA: The Sprout House, Inc., 1987.

Meyerowitz, Steve ("Sproutman"). *Juice Fasting and Detoxification*. Great Barrington, MA: The Sprout House, Inc., 1984.

- **Avoid refined white sugar** and notice how much better you feel.
  
- **Enjoy what you eat.** How you feel about what you're eating is important. Even if the food is not your favorite, embrace its nutritious qualities and energy. Eat slowly and make sure you are at least somewhat centered. Try not to eat when you're angry or stressed because you'll be eating the anger and stress.
  
- **Eat organic** whenever possible. You're worth the extra cost!
  
- **Help your digestion:** Try a few food grade 5% hydrochloric acid (offered through Dr Hulda Clark's web site) drops on meals that you don't prepare yourself to aid digestion and kill negative bacteria. Also look into enzyme supplements.
  
- **Everything in moderation** is fine if you want to be moderate but not if you want to be the best you can be. Don't use this as an excuse to consume what works against you and your body.
  
- **Eat to live** more often than you live to eat.
  
- **Eat for fuel** and what works for your body rather than only for taste: When you're used to "normal" food (I call it "colon fill," like land fill), you're probably not going to like the taste of raw leafy greens and broccoli juice, for example. Forget about the taste and focus on how much it will help you feel and look your best. Also, make sure to make the most of healthy flavor enhancing options such as olive oil, lemon juice, agave, raw honey, spices, and many others! When you eat more for FUEL and less for taste, guess what happens eventually? Truly healthy food, without all the salt, sugar, and unhealthy sauces, will begin to taste incredible. Really!

- **Fight Gravity with a slant board.** Great for circulation, skin, scalp, and hair. Buy a sturdy board from a hardware store long and wide enough to lie on. Cover the board with a towel and prop it up at a 45 degree or so angle so it's slanted enough for you to feel the blood rush to you head, but not so slanted that you slide off. Relax and meditate while listening to soothing music for 10-30 minutes, several days per week.
- **Drink water in morning** to kick start your body. Immediately after waking up, drink one or two large glasses of water, or as much as you can comfortably stomach. Wait about an hour, until you're hungry, and then eat breakfast.
- **Avoid drinking too much water** with or near meals as it interferes with digestion.
- **Breathe!** Yoga is wonderful for the body, mind, and soul and will also slow the aging process. If you can't afford or commit to a class there are many great yoga videos available. I started with Ali McGraw - *Yoga Mind & Body*.

**Myth:** Mainstream and holistic dentists are the same.

**Truth:** What you don't know about "safe" mainstream dental procedures can hurt you. Read *Tooth Truth* by Frank Jerome, D.D.S. "No tooth is worth damaging your immune system." Learn about alternative non-metal dentistry. If you have metal fillings in your teeth or are having a lot of dental work done, read this book to help make informed decisions regarding dentistry. Also check out *Uninformed Consent* by Hal A. Huggins, Thomas E. Levy, *It's All in Your Head* by Hal A., Dr. Huggins, and *Elements of Danger* by Julian Whitaker.

**Myth:** Cosmetic surgery is for people who have low self-esteem and the results are usually detectable.

**Truth:** The right procedure with the right doctor, even if minor, can make a big difference and it's becoming more and more popular each year. Note: It's usually better to repair or slightly alter rather than to do drastic changes. Make sure you get referrals and see plenty of before and after pictures (that are the work of that doctor); you need to find a doctor who's also artistic for the most natural looking results. Visit [www.yestheyrefake.net](http://www.yestheyrefake.net) for lots of free information about cosmetic surgery including procedures, cost, excellent tips and recommendations for success, and much more. If you can't find the answer to your question try the popular message boards on this site.

**Myth:** "The only way to increase bust size is by surgery."

**Truth:** Hypnosis, especially audio recordings from a reputable source, has been proven effective for many things, including this.

**Nice Butt!** A round, firm butt is an indication of youthfulness. What makes your butt flat and flabby: excessive alcohol consumption, any drug that relaxes your body, and inactivity of the upper leg and butt muscles. Best ways to build or firm your butt: free-weight close stance squats (good for building muscle), squat machine, recumbent stationary bike (ride *hard* for at least 15 minutes with seat pushed forward so pressure is mostly on upper legs and butt), Stairmaster (weight on heels, *not* arms), walking uphill on treadmill (don't walk too fast; concentrate on and *feel* your legs and butt as you walk). Note: for best results, alternate the above exercises (you don't need to do all of them), do one every few days, and do not do the same one more than once a week.

**Save your jaw line:** large pillows gradually soften the jaw line. Use a small, thin pillow or none at all instead. Hold a hand mirror up to your face and neck when your head is propped up by a large pillow vs. a small pillow and you'll see the difference.

**Myth:** All nutritional supplements are the same.

In our quest for better health, Scott and I have tried hundreds of nutritional supplements. *Garden of Life*, formulated by Jordan Rubin, N.M.D., C.N.C., is one of our favorites. I don't have any ties to the company; I just believe in their supplements and am grateful they're available: <http://www.gardenoflifeusa.com>. If you only purchase one of his many quality products, try the *Primal Defense*, *Perfect Food*, and the coconut oil (which is raw or virgin, not processed) are also favorites. They're much cheaper through a comparative search online than in retail stores.

**Get enough quality sleep:**

- Go to bed somewhat hungry. When you go to bed several hours or more after your last meal, your body will have the energy to restore and revitalize. There's a reason why the morning meal is called break-fast.
- Turn in early. New research says that an hour of sleep before midnight could be equal to two after.
- Use your bedroom only for sleep and sex.
- Take the time to relax before bed to de-stress and calm your mind with a good book, meditation, or both.

**Myth:** Mainstream media always offers up to date information about health and wellness.

Take most of what you read or hear about health in the mainstream media with a grain of salt. The information is often years, sometimes decades, behind cutting edge health and wellness.

**Myth:** Acne medications and antibiotics are the best defense against acne.

The manufactures of a certain very popular acne drug have been sued because of side effects from this very toxic medication that may include depression, liver damage, kidney damage, suicide, and more. Antibiotics can help kill harmful bacteria that may cause acne, but they also destroy beneficial bacterial that is required for good health. Explore at alternatives such as changing your diet, internal and herbal cleansing, probiotics, and better skin products.

**Myth:** There are no proven benefits to meditation.

Meditation is more effective for relaxation than medication and alcohol and there are no side effects. It's extremely beneficial for your overall physiological health and helps you detach from "mind chatter." Research supports that intense focus or meditation for 15 minutes releases natural brain endorphins. *These natural opiates during regular meditation actually help reverse aging.* It may take a little while to learn meditation, but you'll want to do it regularly once you experience it. [Psychic/Meditative State Script Let Go™](#)

**Myth:** Some people just don't deserve to be forgiven.

**Truth:** Forgiveness is for you, not them. Anger and resentment doesn't encourage physical beauty. You need to let go of the past before you can fully welcome the future and reach your goals. Use the [forgiveness audio](#) to let go and be free.

**Try herbs for reversing gray hair.** I've been told by two different herbalists that there are Chinese herbs available that have been used for centuries to reverse gray hair. I've not tried them myself, but if I had any gray hair I'd locate the herbs through a reputable herbalist or a store that specializes in herbs. There are also herbs available for eliminating sugar cravings, strengthening immunity, and much more. Another alternative is Silver to Gold, a natural product that turns gray hair to blonde.

**Try natural products for thinning hair:** If it's genetic you can slow it, but I'm not aware of a way to stop it. If it's from diet, medications, stress, or other, look for the cause and eliminate it. My choices for more natural products for thinning hair are Folligen, Energizer Hair Follicle Stimulator, jojoba oil, Aubrey Men's Scalp Treatment, and Nioxin Actives Treatment. I've noticed that I lose more hair when I stop using Folligen and then when I start again, I lose less. Using shampoos and conditioners with fewer chemicals also seems to help. I like Aubrey, Burt's Bees, and Giovanni brands. Check your local health food store for other good natural brands. Some of these brands may be cheaper at [www.vitacost.com](http://www.vitacost.com).

**Do-It-Yourself Acupressure Facelift: 15 minutes a day will tighten and firm your skin the ancient way:** Two books about toning the face through exercises and acupressure are *Timeless Face* by Ellae Elinwood and *Facercise* by Carole Maggio. I have not used either of these

systems, but there are a lot of positive testimonials for both on [www.amazon.com](http://www.amazon.com). Be careful about stretching the skin too much, however, especially any exercises that affect the lines/depressions between your nose and corners of the mouth; stretching could make these lines/depressions more visible.

Based on some of the acupressure points of the face, the following is the 10-15 minute facial acupressure session I do on myself once or twice a day. Within 4 weeks of using this, the fine lines under my eyes looked about 35% less visible, my eyes looked more open, the depressions/lines between my nose and corner of my mouth looked less visible, and my lips looked fuller: **1)** Using the pads of your middle fingers or the pads of your index fingers with the pads of the middle fingers on top of the index finger nails, press firmly but not forcefully on the point at the hairline directly above the eyes and circle inward for 60-90 seconds. **2)** Halfway between the hairline and eyebrows, circle inward. **3)** Outside end of the eyebrows, circle outward. **4)** Outside corner of eyes, circle outward (don't press too firmly here). **5)** Under eyes, in the middle, on top of the cheekbone, circle outward. **6)** Inside corner of eye sockets, on either side of the nose, rest thumbs in corner, rotate and push up lightly on bone beneath eyebrows without touching your eyes. **7)** In line with the bottom of your nostrils, on the cheekbone, circle outward. **8)** Halfway between the bottom of your nose and the top of your upper lip, circle firmly clockwise. **9)** Halfway between your lower lip and chin, circle clockwise. **10)** At the depression on the muscle on the jaw hinge, open your mouth slightly and circle backwards.

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## **Spirituality, Souls, Drugs & Suicide – It's Your Responsibility to Help Yourself**

We recently heard of a friend's significant other who committed suicide due to drug addiction. We offered much compassion and hope that he finds the strength to forgive, accept, and heal.

We believe that souls who have passed on under similar circumstances can be helped by asking your guides and angels *of the Light*, and calling in Archangels *of the Light*, to assist the soul in healing and rehabilitation. Meditate and explain the situation out loud for the guides and ask for assistance. Also, think of the good times shared together and send the person love and forgiveness. You'll meet again and that soul will be doing much better at that time.

A channeler claimed that our friend sent the recently departed soul "...to a very high level in the afterworld..." Based on our research with the afterworld, that channeler is mistaken. You cannot "send" someone to high or low levels in the afterworld.

Where a soul goes, and what happens to them while living in body on Earth, depends upon them. Also, suicides and drug addicts do not go to high levels in the afterworld, according to experts on life after life, such as Michael Newton.

As a side note, we are not judging her for her addiction. We feel a lot of compassion for her and others who are influenced by addiction. In our opinion, based on objective observation, drugs *always* lead to a dead end street and halt and reverse personal and spiritual progress. They also attract negative entities and spiritual parasites.

Although we certainly recognize that the only option at times for many individuals is to take select medications, more and more health professionals today are recommending safer alternatives to prescription drugs.

Also, we understand that some people are prone to depression and that suicide may seem like the only escape. We urge people in this position to explore options such as diet changes, like avoiding all sugars and maintaining a suitable, healthful diet tailored to their body type, exercise, alternative medicine, meditation, yoga, deep breathing, and finding the spiritual causes of depression through meditation and past life regression.

A psychic told our friend that the recently departed soul is "stuck." This may be correct, in our professional opinion. Souls involved in suicides and drug overdoses, according to life between life and past life regression research, sometimes do not go to "the Light" as other souls do when the body dies. They may wander around in spirit form on Earth or

get stuck in a lower energy plane.

However, in this case, we do feel that she will be okay, and we feel she is now receiving assistance from her spiritual guides. But in the meantime, she is learning the hard way that drugs as a permanent escape never work and suicide isn't a way out. She will likely have to come back and live through similar trying times until she passes her earthly tests.

On the other side she will learn or is also learning that drug addiction, not getting what she wants from family or friends or partners, and everything else in life, is her responsibility. She's learning that taking responsibility for everything that happens "to" you and avoiding victim consciousness sets you free. Most past life regression and life between life researchers agree that everyone (our souls, not our personalities) chooses life situations before incarnating. There is no one to blame.

## **Psychic/Meditative State Script**

With practice you will perceive more insight.

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### **Included below:**

- Introduction to the Psychic/Meditative State
- Preparation
- Instruction
- Trigger Questions
- 13 Challenges to Successful Sessions and how to overcome them
- “What if I still can't seem to focus well or get much insight?” 19 additional tricks to experience successful meditation

### **Introduction to the Psychic/Meditative State**

Meditation is the process of becoming calm, focused, and centered through deep breathing, relaxing the body, and emptying the mind of (and detaching from) thoughts and worries. The goal of mediation is to be in the moment. It is a useful technique to rise above stress and become more aware of your body, your surroundings, and your inner guidance. When you're centered from meditation, you instinctively know how to help yourself.

Meditation can be used to enter a psychic state to discover the cause of a problem or the answer to a question. All our answers are within us, but they are not often obvious because of the many distractions in our busy lives. Meditation calms our mind and body and allows us to access the subconscious, the part of us that is aware of all aspects of our lives, and the super-conscious, our link to all that is.

**Never use this meditation in a moving vehicle or at any time when you need to remain completely awake and alert.**



## Preparation

Experience more productive and successful sessions by following these suggestions.

- You'll perceive what you're ready for.
- With awareness comes responsibility. If you become aware of information about someone else it is not your right to use that information against that person or share it with others. Remember the law of karma; whatever you put out will come back to you. Also, remember to have compassion for others as we are all in this together.
- Don't expect results right away. Let go of your expectations and be open to what you receive. It's helpful to think of meditation as part of an ongoing journey toward enlightenment. It will be more successful when that journey also includes reflection on or work with whatever emerges during each session.
- Don't expect to black out. Relaxing so deeply during mediation that you don't remember what happened is unusual. If you do black out or fall asleep, you'll awaken shortly afterward, depending on how tired you were, just like you do from a nap.
- Don't expect that what you perceive during meditation will be like watching a movie. The images you see or sense may only be fragments. However, they'll become more clear as you make an effort to accept what comes. Some people only hear information, some only feel it, some just know it, and others perceive in a combination of these methods. You'll perceive more as you relax and trust the process.
- Don't try to control it or make it happen; just let go and accept what you perceive.
- If you're naturally skeptical or feel it may be against your religion, you may have difficulty allowing the process to work. Try to suspend your beliefs or your doubt will cloud or block awareness.

## Instruction

### **A Step-by-Step Guide to Entering a Psychic/Meditative State, Finding Answers, and Gaining Awareness**

Everything you need to know is within you. You'll find answers to your questions by following the steps below.

- 1) Write out your question.** Be specific. Writing out your question not only clarifies what you want to know, it sends a clear message to your mind and the universe that you're asking for help. If you don't have a specific question, ask what you would most benefit from being aware of at this time.
- 2) Write out a conscious, "logical" answer.** This helps get your left-brain out of the way and makes room for right-brain intuitive guidance to enter your consciousness. This answer you "think" may be different from the one you "know" or "feel" in meditation.
- 3) Center yourself and then meditate.**
  - a.** If you're alone and you feel comfortable doing so, explain the situation and state the question out loud. This helps you clarify what you're seeking.

- b.** Ask for protection and guidance from God, your guides, angels of the Light, and/or from your Higher Self and be grateful for their help in advance. Repeat the following, or something similar, either out loud or to yourself: “God, guides, angels of the Light and Higher Self, please allow me to gain the awareness I need through this meditation and through my dreams and insight. Assist me to forgive and release myself and everyone else so that I can lead a more productive and happy life. Please make your guidance clear and concise so that I may easily receive, understand, and interpret it.”
- c.** Mentally surround yourself with white light. Imagine yourself protected and being cleansed of all stress and worry. Feel the light repairing and restoring you on every level: physical, emotional, mental, and spiritual. Take a moment to bask in this light. Imagine a gentle wave of relaxation washing over you. Cut any unnecessary ties between you and anyone you have interacted with recently.
- d.** Close your eyes, breath in deeply through your nose, and bring the air to the pit of your stomach. Exhale slowly through your mouth. Mentally relax your body, beginning with your feet and working your way up to your scalp.
- e.** Now that you’re ready, there are many ways to meditate. Three methods are described below. Notice that with each one, there is a focus point. This will help you reach a deeper state.
- Method 1: Breathe in to the slow count of five, hold to the slow count of five, breathe out through your mouth to the slow count of five, then pause to the slow count of five. Repeat. Concentrate on the rhythm of your breathing.
  - Method 2: Count in your mind from one to one hundred. Breathe deeply, and on each exhale picture the number in your mind. Feel yourself going deeper and deeper with the count of each number.
  - Method 3: If you prefer to keep your eyes open or if you fall asleep easily, focus your attention and your eyes, slightly closed, on the flame of a candle. As you do so, keep your mind in the present by either visualizing yourself within the flame, counting, closing your eyes and visualizing the flame as vividly as possible, or a combination of these.
- f.** Since you’re focusing on breathing and counting or visualizing, your mind is occupied, which allows you to get out of your own way. If thoughts and worries of the day should enter, dismiss them for the time being. Visualize them as clouds crossing effortlessly across the sky.
- g.** After about 10 to 20 minutes, more or less, depending upon your ability to focus, you’ll feel more relaxed and it will be easier to focus and remain open for guidance and answers. You may feel your mind expanding to fill the entire room, a slight floating sensation, or a wave of peace and calmness. This is our natural state, when we’re able to access our subconscious and superconscious minds where all our answers reside.
- h.** Focus on your question. Try asking your question or stating your intent out loud if you have trouble focusing. Trust the impressions that enter your mind, no matter how unrelated they may seem. Everyone “receives” differently. You may see vivid pictures or fleeting glimpses. Images may come as symbols—what does the symbol mean to you? You may see words. You might hear, feel, or simply “know” the answer. You’ll know if it’s correct when it feels right. Follow all the images you receive. Ask out loud or to yourself, “What does

this mean?" or say "It will become more clear on the count of three. One, two, three." Don't answer "I don't know." This will close the door to your awareness. It's impossible to ask a question if you don't, on some level, already know the answer. Keep asking in and out of meditation until you get an answer or are guided to another image. With intent, you'll become aware of the answer at the right time.

- i. Give thanks again to God, your guides, angels of the Light, or your Higher Self for their guidance and for the discipline to meditate *every day*.
- j. When you feel you're finished, count yourself up from one to five telling yourself that you'll be wide awake and feeling good on the count of five.
- k. Write about your experience and any answers you receive.

**4) Be patient.** You may not receive answers right away, but stay confident and believe that you will eventually. When you receive the answer to your question you'll know. It may be in the form of a dream, an announcer's words on the radio, or an article you find in a magazine. Sometimes it may feel like the message was specifically meant for you.

**5) Practice.** If you have a hard time turning off your racing mind, don't worry. It will get easier with practice. The more you meditate, the more you'll want to do it and the more you'll get out of it. Eventually you'll wonder how you ever survived without it!

**6) Meditation can also come in the form of** writing, drawing, painting, running, walking or biking, any repetitive activity that occupies your mind and body so your higher consciousness (Higher Self) can shine through.

**7) No excuses!** Everyone's favorite excuse for not meditating is not having enough time. When you make time to meditate, especially first thing in the morning, your day will seem easier and less stressful. You'll react to everything in a more relaxed way, with calm and detachment, intuitively navigating through your day. Making time to meditate in the morning will actually make you more productive, which will give you more time to concentrate on what is really important to you. You can also meditate before bed, which is particularly beneficial for those who experience insomnia. By relaxing and emptying your mind of all the day's activity, you'll sleep better and may dream more vividly.

**8) Expanding your awareness through meditation makes the following become more obvious:**

- Messages, symbols, and signs: The answers to our questions can be found anywhere: overheard words within a conversation; a TV program that you just happen to turn to; a billboard on the freeway. Ask for assistance, then trust and follow your intuition. Remain open for guidance and realize there are no coincidences.
- Dreams: Which is more real, our waking or dreaming state? Ask for answers before going to sleep. Be specific about what you want to know and be grateful in advance for clear concise guidance.
- Astrology, numerology, tarot, or palm readings: These metaphysical sciences can be much more accurate than they may seem from the general newspaper or magazine horoscopes and articles. Studying on your own or receiving an in-depth reading from someone who truly knows their craft can confirm your intuition

and give you helpful guidance and insight.

## Trigger Questions

### Ask the Right Questions to Discover the Cause of Conflicts

The following questions can be used in conjunction with meditation, past-life regression, or intuitive readings. After each question or statement, ask who, when, where, why, or how for more clarification. Also, inquire about any of the following that may be interfering: fears, baggage from past-life traumas, baggage from unresolved childhood issues, false beliefs, a lack of self love/worth/respect, guilt, anger, or resentment.

### Love and Relationships

- What is blocking me from being happily involved with a compatible partner?
- Am I currently learning any karmic lessons about love and relationships? How can I resolve these issues and move on?
- What will be with my love life?
- Is there a future love I am predestined to meet? What is the time frame? What might this person look like?
- What could I stop or start doing now to help create a compatible, loving relationship in the future?
- Have \_\_\_\_\_ and I lived past lives together? Were they harmonious experiences or did we come together again to resolve unfinished business? What main issues are we working out? What can I do to help myself/\_\_\_\_\_ in this situation?

### Sexuality

- What is blocking me from completely enjoying and experiencing my sexual self?
- Why can't I enjoy sex with \_\_\_\_\_?

### Health

- What could I do to feel and be healthier?
- What is blocking me from achieving my ideal body shape and weight goals?
- Are there any potential health problems I need to be aware of?

- Which chakras (energy centers of the body) need attention or repairing?

**First chakra:** red. Located in the upper thigh area. Corresponds to the adrenals, spinal column, kidneys; physical senses; manifesting; initiating instead of just reacting; trying new things; becoming sensitive to other's feelings; living in the present moment; how you create.

**Second chakra:** orange. Located in the area below navel and above upper thighs. Corresponds to the gonads, reproductive system; how you relate to people; creativity; sexual expression.

**Third chakra:** yellow. Located in the area above navel and below heart. Corresponds to the pancreas, stomach, liver, gall bladder, nervous system; ego and power center; self confidence; ambition; being your own authority; using power effectively; learning to link the soul-self with the ego.

**Fourth chakra:** pink/green. Located in the heart area. Corresponds to the thymus, heart, blood, circulatory system; love; trust; faith; self belief; attachment/detachment; the need to feel secure, validated, and loved; going inward to fill the gap instead of turning to others; trusting the universe and yourself; self-esteem; the ability to allow love in.

**Fifth chakra:** sky blue. Located in the throat area. Corresponds to the thyroid, bronchial and vocal apparatus, lungs, alimentary canal; expression of self through voice and mind; ideals, philosophy, psychology; the ability to focus on the present instead of the past or future.

**Sixth chakra:** indigo. Located in the third eye area. Corresponds to the pituitary, lower brain, left eye, ears, nose, nervous system; intuition; visions; symbols; psychic abilities; awareness of your guides; ability to think abstractly.

**Seventh chakra:** violet. Located in the top of head area. Corresponds to the pineal, upper brain, right eye; ability to receive light; connection to your Higher Self; astral travel; imagination.

### Prosperity and Career Success

- What do I most need to know at this time regarding my finances?
- What will be with my financial situation/career if I continue on the same path)?
- What is blocking me from achieving my prosperity and career goals?
- What kind of career would I feel most fulfilled and happiest with?

### General

- What do I most need to know at this time?
- Which past life is effecting my current reality the most?

## Challenges to Successful Meditations or Past Life Self-Regression

- Laziness. While meditation and past-life regression can become, through practice, as easy as watching TV, it takes patience and perseverance to reach this stage. By following directions and through discipline and preparation, you'll gain far more than from any TV program. Turn off the TV and transform your life.
- Rigid views about the way things are supposed to be. This often becomes more true as we get older. An openness to the possibility of new ideas and viewpoints will help. A realization that age has little to do with spiritual awareness also helps.
- Failure to trust the process. If you need to, suspend all skepticism and pretend you believe. Make it okay with yourself to feel like you're making up whatever you perceive. If you feel strong emotions during a regression, it may indicate a higher possibility of validity.
- No specific goal in mind. Even if the goal is simply to experience a happy past life or what you would most benefit from perceiving at this time, it's important to give the mind some direction.
- Uncomfortable with the person assisting the regression or with disclosing private information during the process. Find someone with whom you feel relaxed and who accepts and loves you unconditionally, or try the process alone with a recording.
- Reason for using meditation or past-life regression isn't clear enough. What do you really want to know? Is that the real problem? Do you really want to reach the goal? What would happen if you did reach your goal? Would you like it?
- Can't focus long enough to perceive anything of value. The discipline of daily meditation will help.
- Closed off to the truth. You must be willing to consider whatever comes up, even if it's unpleasant. It's helpful to remember that you aren't reliving whatever you perceive, only recalling and observing it. There is no danger of getting stuck in the past.
- Trying to avoid responsibility for current life situations. You must accept that only you are responsible for your life situations and that there are no victims when you look at the big picture.
- Violent past-life death. Once you explore and release this experience, you'll usually be able to more easily explore other past lives. It's sometimes helpful to explore these situations from a detached viewpoint by telling yourself to perceive any traumatic events as an observer and to rise above any uncomfortable emotions.
- Fear of losing control. This may be the result of a death in a past life from drowning, drugs, alcohol, or anesthesia, or from being manipulated or controlled in either the current or a past life. You may have better results by using past life self-regression recordings on your own.
- Out of touch with emotions or body. The discipline of daily meditation will help you get in touch with yourself and your true feelings.

- Addictions to or use of drugs or alcohol. Recreational drugs can block meditation and prevent regression insight and awareness, even if the drug was last used weeks or even months earlier. Some prescription drugs, especially if they are mood altering, can also block awareness. Use of recreational drugs and alcohol may also allow spiritual parasites to cloud insight, intuition, and awareness.
- Food allergies or intolerances can have the same affect as drugs.
- Lack of interest in or fear of awareness. Ironically, these can be remedied by finding the root cause of them through regression therapy.
- Awareness through past-life regression about a particular conflict may not be appropriate now. If not, keep asking for help and you'll know what needs to be done at the right time.

### **“What if I’ve followed the advice above and I still can’t seem to focus well or go very deep in meditation or past life self-regression?”**

- Try meditating on an empty stomach or at a different time of day.
- Try it after a hot bath or shower.
- Try it after exercise.
- Try it after sex or instead of sex when in the mood.
- Try relaxing music. Experiment with different kinds to test which works best for you.
- Try no music.
- Try aromatherapy. Open a window when burning incense or candles indoors to vent any toxic fumes. Try rubbing a dab of a pure scented oil on the back of your hands or on your neck. The scent will relax you and help you focus.
- Try meditating with someone you love or with a group of friends. The combined energy will help you go deeper.
- You may be sensitive to something you’re eating or drinking. Pick a day and eat lightly, perhaps about half of what you usually do. Consume what you know will be easy to digest, such as lightly steamed vegetables. You should be able to focus more easily provided you feel lighter and more alert.
- Avoid sugar, including fruit sugar if you have sugar sensitivities.
- Watch the caffeine. Don’t go without it if you know you’ll have withdrawal symptoms, but don’t overdo it either.
- Certain supplements, herbs, and medications, especially if they affect your mood, may be disagreeing with your system and causing you to be scattered. Ask your doctor or health professional for alternative recommendations or if you can do without them for a while.
- Try deep breathing rapidly in and out through your mouth or nose for at least five minutes. Ten is better.

- Roll your closed eyes up to your third eye area, between and just above your eyes. Keep them focused there at a comfortable position without straining them.
- Close your eyes, breathe gently, and fantasize about your dreams and goals. What would your life be like if your dreams came true? These fantasies will help you become relaxed and may allow you to focus more.
- Patience and practice. Sooner or later something will click.
- Ask for help. If you keep asking God or your guides or angels of the Light how you can be more successful with meditation or past life self-regression, you'll eventually become aware of effective ways to go deeper and focus better. You'll be a pro in no time!
- If you're still having trouble perceiving anything, jump start the process by using your imagination. Tell yourself you'll perceive the first image, thought, or feeling, in response to any of the questions or instructions in the script, on the count of three. Then count one, two, three and provide a picture or thought from your imagination or memory. Continue this process until other images that feel more related to the issue you are exploring start filtering into your mind.
- For past life self-regressions, if you have trouble perceiving information, begin with small steps. First try a regression back to an event which took place a few years ago in your current life. Then, after you're successful with this, try an event 10 years ago. Keep going back until you feel you're ready for a simple past-life review, such as a lifetime where you were happy. After success with that, you should be ready to view a lifetime that will explain how you knew someone in your current life or reveal the cause of a problem.
- If you have tried everything and you still can't seem to have successful meditations or past life self-regressions, there may be two other reasons: First, your expectations may be interfering. You may be expecting to see something when you might be more successful perceiving in a different way, such as sound, feeling, or simply knowing. Try not to think during the process. Stay open and try visualizing white light around you. Second, you may be blocked emotionally, mentally, or spiritually. Keep asking for help, continue practicing while utilizing the white light, and stay open for clues.

**Go deeper with our *Let Go*<sup>TM</sup> audio MP3!**

The *Let Go*<sup>TM</sup> recording is not a verbal, guided meditation, but instead utilizes specific binaural beats that automatically put you into a trance. All you do is turn it on and *Let Go*<sup>TM</sup>. For more information, visit <http://www.holisticmakeover.com/LetGo.htm>.

Purchase the *Let Go*<sup>TM</sup> audio MP3 for \$18.95:

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## Spiritual Cleansing and Protection Script

### What's blocking you?

Our energy work with Reiki has made us aware that just as you need to wash your skin to remove dirt, it's also important to remove harmful spiritual energy from your non-physical body, home, and office. We've created this special script so you can clear and protect yourself whenever and wherever you need to.

Use the spiritual cleansing and protection script below whenever you feel the need to be more centered, or if you feel that energy other than your own is interfering with your well being. Burning some dried sage before reading the script will also help to clear yourself and your environment.

### Common signs of unwanted, uninvited energy:

Signs of needing a spiritual cleansing and protection include negative emotional or physical reactions to the idea of spiritual cleansing and protection (such as “part of you” wanting to do it and “part of you” not wanting to do it), physical, emotional, mental, or spiritual feelings of being blocked, abuse of alcohol or drugs, sudden onset of alcohol or drug abuse (especially if there are distinct personality changes while under the influence), addiction to sex, sudden unexplainable onset of sadness, depression, anger fears, guilt or anxiety, reckless behavior, poor memory and concentration, hearing inner voices (especially with negative messages), sudden change in personality, feelings of being followed, feeling drained, sudden unexplainable physical problems, and recurring dreams or nightmares.

### Is spiritual cleansing and protection the same as a depossession?

Upon hearing about the concept of entity possession or attachment, many people think of the movie The Exorcist. While the subject of possession was exaggerated in the movie for dramatic effect, entity possession or attachment can and does happen. Sometimes the symptoms of entity attachment are very subtle and go unnoticed, and sometimes a person can literally be taken over by one or more entities, sometimes dark, even from or before birth. The spiritual cleansing and protection script is one way to help remove

unwanted entities. Depossession with an experienced therapist is another way that is recommended for more stubborn entities.

## **What is entity attachment or possession?**

There are several books written about this subject, such as *The Unquiet Dead*, by Dr. Edith Fiore. In her book, Dr. Fiore explains that after people die, they usually go to “the Light”, as written about in many life after death books. Sometimes, however, souls don’t go to the Light for various reasons and instead remain earthbound. This is especially true in certain cases where someone dies angry, an addict of sex or any substance, or if they die a violent or sudden death. These souls resist going into the Light for various reasons and instead seek out and merge with someone in a physical body who can feed their addiction, have similar feelings of anger, depression, or other fears, or they may stay in close proximity to loved ones they knew while in a physical body. Often the intense feelings at the time of death are held onto and then felt by whomever the entity attaches to or merges with. Even entities who don’t mean any harm may be draining, causing tiredness or depression, and confuse their thoughts and desires with those of the host.

Other books on the subject include *Spirit Releasement Therapy* by William J. Baldwin, D.D.S, Ph.D., *Remarkable Healings* by Shakuntala Modi, M.D., and *Remote Depossession* by Irene Hickman, D.O.

Some experts and therapists who help clients release entities believe that 85% or more of the population may have entities around them or within them who are interfering with their lives.

The subject of entity attachment may seem frightening, but there’s really nothing to fear. It is simply energy that needs to be firmly directed to the proper place.

**"I once visited a psychic who wanted to charge me \$1000 per session to 'clear my aura of negative energy.' Is spiritual cleansing and protection the same thing?"**

That is a popular scam used by dishonest psychics. Many people do need to cleanse their aura of negative energy, but some psychics try to capitalize on the fear surrounding the issue. Too often, the unscrupulous psychics who attempt to charge such high rates don’t fully understand the issue of possession and how to successfully remove negative energy, let alone the basic principle of karma (what goes around comes around). These types of psychics are best avoided.

**IMPORTANT NOTE:** The following script is based on the full Spiritual Detox guided audio meditation, which is available for purchase on our site <http://www.holisticmakeover.com>. The script below is a shorter, yet still powerful version of the more comprehensive script used for the Spiritual Detox audio, which utilizes the help of advanced spiritual guides of the Light to help cleanse and protect you, your family, and your home.

**IMPORTANT NOTE:** You won't fully realize the benefits of this script until you try it, and even then, it may take you several times (more if you're skeptical) of use until you understand the importance of clearing yourself and your environment of negative energy and "lost souls." You'll greatly benefit even if you only use it as an exercise to get centered.

**IMPORTANT NOTE:** This is a powerful script. I created it in 2003 and had not personally used it for a while. Recently, while putting together this package, I moved into a new home and decided to clear out the old energy by burning sage. That helped, but a few days later, when I read this script aloud after meditating for a few minutes on my intent, I remembered how potent it is. Soon after I started reciting the script I "saw" (I often have clairvoyant visions) two spiritual beings dressed as policemen (likely for my benefit, as the policemen "uniforms" were symbolic of their helpful presence) escort a drunk and belligerent lost soul out of my living room! He looked about 32 years old, wore the clothing and longer hair of a musician, and I had the distinct feeling he had died in an alcohol related DUI accident. At some point after the death of his physical body, he had followed the previous occupants home (which is now my new home). After I read the script, due to the spiritual debris being cleansed from my home and myself, I felt a sense of peace that I had not experienced in quite a while. Try it! You may not "see" guides or "ghosts" like I do, but you should feel calm and spiritually "cleaner" after the clearing. Use the script as often as you feel the need.

## Spiritual Cleansing and Protection Script

Begin by taking a deep breath through your nose, holding the breath for a moment, and then exhaling through your mouth. (pause) Again, take another deep breath... hold... and as you release the breath, feel your body and mind relaxing. As you take another deep breath, close your eyes and focus your attention within. Imagine your body being filled with a bright, White Light. If you can't imagine it, simply feel it, sense it, and know it's there. It's filling your entire body and mind; your feet... legs... arms... hands... chest... stomach... back... neck... face... scalp... filling

every cell of your body. Imagine this bright, protective, White Light now completely surrounding you, several feet around you, in a bubble of Golden White, protective Light.

Focus on your intent to spiritually clear yourself, your home and/or office, and your vehicle.

**Together now, you and I are going to call upon spiritual help for this spiritual cleansing and protection process. These powerful, helpful, and kind beings are happy to help when asked, and they are now going to help you.**

**Please repeat the following out loud or quietly to yourself...**

**This script contains 1.5 pages (924 words) of detailed, step-by-step information to help you spiritually cleanse and protect yourself. This script is not part of this free introductory version of *Direct Your Destiny* and it is not sold separately.**

Purchase the audio MP3 version of this script for \$19.95:

<http://www.holisticmakeover.com/SpiritualDetox.htm>

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## Learn and Track Your Personal Timing and Love Cycles With Numerology

**“When will my love life get better?”**

**“Why does it seem like I’m invisible to those I’d like to meet?”**

**“Why is it feast or famine in my love life?”**

**“Why is my love life so much better now than it was 3 years ago?”**

You can gain a cursory idea of some of your basic personal numerology, including some love timing and some key predictive cycles, through this section, but it’s best to consult an expert (one who uses a comprehensive approach) if you want the most accurate analysis. You may also use our [Numerology Software](#) (available for an additional fee) to get a better idea about your personal numerology.

The following information is extracted from [\*Your Love Life and Reincarnation; Why the Past is Affecting Your Present and How to Fix it\*](#) which includes additional numerology calculations.

At first glance, numerology may not seem related to your love life or reincarnation. But when you understand that we all move through predictable cycles created in part from our past life karma, and that these cycles can be determined by metaphysical sciences such as numerology, the connection becomes clear. By using the below calculations and then applying them to different periods of your life, you will gain more understanding about your past and present life circumstances. The calculations can also be applied to the future to help you know in advance what potentials your love life may have in store for you. You’ll then be able to prepare for and more easily accept change and opportunities.

**Be more aware with ancient practical knowledge**

Have you ever felt that you were making a lot of effort to meet potential partners but getting little or no results in return? Have there been other times when relationship possibilities were plentiful without your even trying? These things happen in part because we all have cycles in our lives, just as there are seasons of the earth. By knowing when change and transition are more likely, when the high and low points of your love life may occur, you'll be better prepared to respond out of love instead of fear. You'll be able to ride the waves of opportunity instead of being submersed by them.

## **Learn and Track Your Love and Time Cycles**

Following your intuition is one way to be aware of your cycles. But to achieve the optimum level of awareness, you need the discipline to meditate regularly. "Psychic" readings and other forms of divination and personality analysis can offer additional insights into your timing cycles—although such information is only as good as the psychic or analyst. Some people possess a talent that allows them to see events before they occur; they can unveil the overall course of your life and the general tendency of your fate. More specific information can be found if the analyst or psychic is familiar with your behavior patterns, such as through handwriting analysis.

Numerology and astrology are two metaphysical sciences that can accurately outline your personal love and life cycles and the cycles of your relationships. They have been used for guidance since ancient times by scientists, mathematicians, astronomers, philosophers, and even by the founders of the United States of America. Unfortunately, these sciences have been criticized and discredited during more recent times by those who fear the truth or who don't understand how truly valuable this information can be. Horoscope "sound bites" in newspapers and magazines have contributed to a belief that this information is too general and vague to be used for anything more than fun, but even information from supposedly credible sources can be misleading, incomplete or inaccurate if the author has failed to thoroughly study the subject and relay enough information to the reader.

In truth, these ancient sciences are accurate when used correctly and can be incredibly useful tools in our daily lives.

## **Numeric Analysis**



## Understanding Human Character and Identifying Cycles of Time

When I tell people I'm a numerologist, those familiar with numerology may say "Oh, I'm a five" (or some other number). The number they usually refer to is their Life Path number, the most important aspect of the several hundred in an advanced numerology chart. What they usually don't know is that this number only gives a glimpse of the overall personality and timing energy. It's similar to trying to describe a person's looks from a picture of the eyes alone. A study of one aspect gives a few insights; a thorough analysis of the whole numerology chart provides much more. How can numbers describe personality or even future events? The "why" and "how" of numerology is a mystery. A numerologist can't explain why certain types of events transpire time and time again under identical numerological aspects. A numerologist also can't explain how matching patterns of numerological personality aspects (in different charts) repeatedly and accurately reflect human motivations, abilities, or challenges—they just do. The only reasonable explanation as to why numerologists can make predictions and discern personality through numbers relates to the idea that there exists a divine order in the universe and that we are all intimately connected to it.

Numerology is by definition a science, since results are consistently drawn from the same sets of circumstances. Science is based on observation, not theory. Science also has nothing to do with common sense. Much of today's cutting-edge scientific thought appears unusual to the average person. For example, physicists suspect that the universe is somewhat oval in shape, so it's faster to travel in space on a curved line. Psychologists believe that we attract those who have qualities we need for balance or who exhibit our own repressed undesirable personality traits. Their theory is that we are all mirrors for each other to help us resolve our personal issues. How do we "prove" the validity of these types of observations? It's difficult to do, but it's easy to see the truth in them through objective analysis.

Numerology allows you to know more about the meaning of your life, to understand the various levels of your personality, and to identify the why, how, what and when of your relationships. It also allows you to have one of the keys to relationship success: timing. Quantum physicists have long hypothesized that there exists a harmony between all things and that there is order rather than chaos in the universe. We witness the order every single day in how we can predict when the tides will rise and fall, how many months a woman will carry a child in pregnancy, how an apple tree will bear apples

and not oranges, and when changes of season are expected to happen.

You don't have to be a quantum physicist, though, to identify the strengths and weaknesses of your character or to know about the best times for beginnings and endings. All you have to understand is how numbers symbolize our existence.

## **Definition of Numerology**

Numerology is the philosophical and scientific study of numbers and their connection to human personality and time cycles. It is based on the idea that numbers reflect a divine order in the universe and that everything that is named or numbered is cyclical in nature. Numerology uses the energy of the qualities and characteristics of each of the numbers one through 10: all numbers are made up of these 10 numbers. All dates and times are numbered. Names and places are also numbered through *gematria*, the science of relating words to numbers (each letter of every alphabet is numbered) where words with the same number totals have equal or similar meanings. One of the more well-known and ancient forms of gematria is the Hebraic number system called Qabala (QBLH). Other ancient forms of the science of numbers include Chaldean, Pythagorean (not to be confused with modern or Western numerology), Phonetic and Hindu numerology. Modern numerology is a direct descendent of these sacred codes. The Chinese "Circle of The Heavens," the Indian "Vedas," ancient Egyptian texts and records from Sumeria—this planet's first recorded civilization—all feature coded number systems. The term numerology was created in the early 1900s in response to growing interest in this ancient science.

## **Advanced Numerology**

Numeric analysis—better known as advanced modern numerology—is a body of work that includes most published and many unpublished deeper aspects of modern numerology. These aspects are validated by numeric analysts over years of applying this scientific approach to many subjects. Numerology is a science based on empirical rules; observation is the key to understanding. The majority of published numerology books in the Western world only scratch the surface of the topic, leaving readers with a nice introduction but failing to provide any thorough depth of understanding. Part

of the reason is that advanced numerology isn't considered a best-selling topic—most readers demand lighter subject matter. Perhaps such simplifying contributes to numerology being falsely considered as merely entertainment.

Another reason for the lack of thorough information about numerology is that it takes a certain type of aptitude and desire, perhaps even obsession, to dig deeper into the hundreds of numeric timing and personality aspects in an advanced chart. It then takes months and years to discern which are essential and how to effectively use them. Because of the limited amount of published advanced numerology information, very few people have explored the deeper side of the science, or at least have wanted to make public their findings. Many analysts who have studied numerology in depth realize that there is a responsibility that goes with the extraordinary knowledge gained.

Regardless of how numerology is presented, any sort of insight can be helpful to the beginning student or lay client. However, it needs to be understood that the shorter the reading, the more incomplete is the information, and therefore the more likely the possibility of someone being misled or misinformed. A short reading may include two or three different timing or personality aspects, while an extensive analysis can include hundreds of aspects and require hours of interpretation. Additionally, the accuracy of any numerology reading depends on the depth of understanding of the analyst.

## **Numerology and Reincarnation**

The more we know ourselves and the more we understand timing opportunities and challenges in relation to character, the more likely success and goal attainment becomes. Most numerologists believe in reincarnation; they recognize the cyclical nature of life and time and understand how numbers represent universal truths. Numerology, like other metaphysical sciences, indicates that we reincarnate over and over again until we learn and experience all that we need to for our highest growth. According to this philosophy, most of us will be coming back again and again to get it right—if we're here on Earth, it means we still have some lessons to learn.

The key to understanding reincarnation is that a person must take full responsibility for everything that happens in his or her life, and that means eliminating the concept of blame. We can embrace the circumstances of our

lives with compassion and gratitude, or reject them with misery. Karma is our teacher, not our punisher. Reincarnation research indicates that many circumstances in life are predestined, such as who our parents and family members will be, the type of environment in which we begin life, the kinds of personality traits that will likely emerge or be repressed, and the kinds of people we will attract to learn our lessons. Numerology informs us about these and other conditions. It symbolizes the orderly rhythm of the mathematical exactness that permeates all creation. It's unnecessary to believe in reincarnation to benefit from numerology, but the concept does help to explain the why and how of this science. The following information includes some of the more important personality and timing aspects that numerologists use today.

## **Qualities and Fadic Addition**

In order to simplify this introduction to numerology, only the numbers one through nine are covered here. For the sake of simplicity, double and multiple digit numbers will not be discussed nor will master numbers (11, 22, 33) or karmic numbers (13, 14, 16, 19). In modern numerology, all numbers other than master numbers and karmic numbers are ultimately reduced to a single digit through fadic addition. This is known as Jaffar, the system of numbers reduction (for example, reducing 17 to 8 by adding the 1 and the 7) that was shared by the Chaldeans, Egyptians, Arabians, Hebrews and by Moses. Pythagoras then gave this technique of "final digitting" to the Greeks, and it's used today in modern numerology. The single reduced number of any double or multiple digit number is more important than the other numbers, but it's the sequence and the order of the original numbers (from left to right in importance) that makes the full number unique and provides for advanced understanding.

## **The Personal Years, Personal Months and Personal Days**

Use these calculations and the definitions of each number below to learn more about your love relationship cycles. More accurate timing interpretation through numerology begins with the long-term cycles such as the Life Path Periods and Pinnacles (see below). However, some of the medium and shorter term cycles shown below will give you insight about your own relationship cycles.

● **The Personal Year** is figured by adding the month and day of birth to the Universal Year. The Universal Year is the current year. Let's say that the current year is 2013. Using the 12.5.1955 birthday, add the 3 ( $1 + 2 = 3$ ), 5, and 6 ( $2 + 0 + 1 + 3 = 6$ ) gives you 14 which is reduced to 5. In 2013, this person is in a five Personal Year. At birth, everyone is in the Personal Year that matches his or her Life Path number. Personal Years move in nine year cycles; a one Personal Year always follows a nine Personal Year. The Personal Year spans from January 1 through December 31 for everyone, and is one of the more popular and important medium length cycles.

● **Personal Months** occurring within the Personal Year are figured by adding the Personal Year to the current month. In October (the tenth month) of 2013, the person with the 12.5.1955 birthday is in a six Personal Month (five Personal Year + 1 ( $1 + 0 = 1$ ) = 6).

● **The Personal Day** is a useful short-term aspect that is just as easy to calculate. As the following example shows, add the Personal Year, current month, and current day for the same date of birth used above (five Personal Year + 1 (October  $1 + 0 = 1$ ) + 7 = 13,  $1 + 3 = 4$ ). This person will be in a four Personal Day, a six Personal Month and a five Personal Year on October 7, 2013.

### **The Numbers One Through Nine Defined: Love and Time Cycles**

First of all, there is no such thing as a bad number. All numbers have positive energy behind them. The problem is when there is too much (over-balanced ) or too little (under-balanced ) of a particular energy. Ultimately, in a spiritual sense, nothing symbolized by numerics is viewed as unpleasant; all situations allow for growth and development. Then again, many occurrences are justifiably interpreted as negative due to the earthly truth that pain—physical, mental and emotional—is unpleasant.

Every number has three main sides: balanced, under-balanced and over-balanced. Each number also has a distinctive set of vibrations linked to it, as described in the following definitions.

In addition to information about the various forms of each number one

through nine, insight about how each number relates to time cycles in regards to love and relationships is provided below.

Even though a seasoned analyst must carefully weigh and scrutinize hundreds of numeric aspects to yield an accurate personality profile and overall direction of present and future time cycles, you will be able to gain at least some important insight by applying the calculations and definitions provided in this chapter. The balanced, over-balanced and under-balanced descriptions of each number relate mainly to the personality aspects, but they can also be connected to time cycles.

## **The Number One**

One is connected with new beginnings, independence, new opportunity, inspiration, freedom, originality, success, birth, self employment, and standing alone.

Balanced one energy: initiative, energetic, authoritative, inventive, persistent, creative, confident, ambitious, self-reliant, dynamic, bold, forward looking, assertive.

Over-balanced one energy: selfish, vain, impatient, elitist, intolerant, addicted, aggressive, egocentric, self-important, unyielding, impulsive, headstrong, defiant, coercive, self-at-all-cost attitude, arrogant, domineering, possessive, greedy.

Under-balanced one energy: passive, weak, fearful, cowardly, dependent, insecure, inferior, submissive, helpless, lack of self-respect, reluctant, changeable, lethargic.

## **The Number One and Love**

Beginning a love affair or getting married during a one time cycle (such as a one Personal Year) is advantageous, especially if you want a long-term relationship. Of course, both partners' time cycles must be considered; if you meet your new love interest while they are in a nine Personal Year, the long-term potential is diminished, at least from their perspective. Also, relationships started under a one cycle can sometimes include a partner struggling with over-balanced one energy. Time alone frequently falls under this number. It can also be a time of new beginnings for existing

relationships, such as conception or the birth of a child.

## **The Number Two**

Two is linked to partnerships, marriage, love, divorce, friendships, teamwork, details, public recognition, tolerance, modesty, sensitivity, receptivity and slow growth.

Balanced two energy: tactful, sensitive, flexible, diplomatic, helpful, patient, devoted, sincere, supportive, adaptable, modest, cautious, harmonizing, receptive.

Over-balanced two energy: scheming, manipulative, faultfinding, resentfully resisting, devious, condescending, unsupportive, sly, disapproving, interfering.

Under-balanced two energy: spiritless, unresponsive, cowardly, mentally off-balance, self-depreciating, dependent, inactive, indecisive, unconcerned, overly sensitive, vacillating, disinterested, indifferent, uncaring.

## **The Number Two and Love**

Two is almost always connected to love, or at least friendship. Relationships begun under a two time cycle are usually deep and lasting. This is one of the best numbers for romance. However, if one or both partners enter a two time cycle (such as a two Personal Year) after the relationship is underway, the two has a tendency to symbolize one of two extremes: either strengthening or dissolving the existing relationship.

## **The Number Three**

Three is related to fun, laughter, making new friends, self-improvement, imagination, attracting love, travel, sexual expression, literary and artistic ability, inspiration, emotional expression, good fortune, creativity.

Balanced three energy: optimistic, happy, lively, cultivated, amusing, imaginative, tasteful, popular, good taste, gracious, sociable, enthusiastic.

Over-balanced three energy: lacks concentration, scatters energy, overconfident, emotionally volatile, temperamental, irresponsible, gossipy,

exaggerating, ostentatious, shallow, superficial, boastful, wasteful.

Under-balanced three energy: moody, petty, depressed, jealous, unsociable, self-doubting, bored, downcast, envious, fussy, inarticulate, indiscreet, gloomy, melancholy, indecisive, pessimistic, touchy, worrying, dejected, reticent.

### **The Number Three and Love**

Three is one of the luckiest numbers in love matters. Attraction of potential love interests happens in abundance during three time cycles. Unfortunately, indecision is also strongly represented by this number. A person may have more than one option and therefore will have to make a decision. Although fortunate, the three has a tendency to be transitory; love started under a three time cycle (such as a three Personal Year or Month) may not be there next month. Again, several hundred aspects must be considered for the most accurate interpretation.

### **The Number Four**

Four is associated with managing money, security, creating foundations that last, work, business success, stable finances, routine, organization, putting ideas into form, efficiency, physical activity, health matters, structure.

Balanced four energy: productive, reliable, frugal, cautious, disciplined, economical, integrity, methodical, analysis, serious, constructive, balanced, loyal, patriotic, endurance, prudent, sensible, persevering.

Over-balanced four energy: dogmatic, rigid, narrow-minded, pedantic, stubborn, crude, dull, numb emotions, fixed, uncompromising, vulgar, resistant, provincial, obstinate, blunt, lost in detail, straitlaced, contradictory, argumentative.

Under-balanced four energy: uncommitted, weak-willed, disorganized, lack of integrity, dishonest, impractical, lethargic, plodding, careless, inefficient, slipshod, uncertain, unfocused, lazy, negligent.

### **The Number Four and Love**

Four is solid and long lasting. Commitment or marriage are very stable when



started under the four time cycle. Physical and sexual activity is common under a four time cycle. Existing bonds entering a four time cycle stabilize, but a search for new love under a four time cycle can be limiting; opportunity is often scarce under the four.

## **The Number Five**

Five is related to original enterprises, research, promotion, sales, sensuality, sex, freedom, travel, communication, changes, transformation, flexibility, excitement, marketing, adventure.

Balanced five energy: many-sided, free-thinking, questioning, versatile, healthy limits, appropriately dissolving career or personal relationships at the right time, unconventional, charming, curious, adaptable, independent, inventive, original, forward-looking, clever, resourceful, talented, gifted, free, expansive, unprejudiced, natural.

Over-balanced five energy: over-indulgent, mercurial, over-sexed, reckless, ending relationships too soon, impatient, thrill-seeking, unpredictable, erratic, inconsistent, extreme independence, insatiable, restless, dissatisfied, outlandish.

Under-balanced five energy: fear of change, stagnant, dependent, hanging on to associations that have expired, inactive, conforming, hesitant, fear of risk, out of date, undecided, purposeless, fear of freedom, dull, ineffective, unresponsive.

## **The Number Five and Love**

Attraction of possible love matches is likely during a five time cycle, as is too much of a good thing. Many opportunities will present themselves and the person under the five must use some discretion in decision-making. Like the three, the five isn't stable. However, he or she might just attract a compatible long-term possibility. Chances to enjoy sensuality are high under the five vibration. It also demands healthy limits.

## **The Number Six**

Six is linked to home and family, relationships, marriage, divorce, romance, responsibility, artistic matters, friendships, karma, emotions, slow moving

energy, harmony, teaching, healthy balanced living.

Balanced six energy: domestic, charitable, advising, friendly, idealistic, tolerant, supportive, appreciative, ethical, peace-making, protective, humanitarian, accountable, faithful, loving, stable, understanding, judicious.

Over-balanced six energy: distorted idealism, critical, interfering, opinionated, possessive, stubborn, sacrificing, faultfinding, smothering, over-involvement, martyr-complex, disappointment, complaining, obstinate, unforgiving, disheartened.

Under-balanced six energy: uncaring, uncooperative, biased, cynical, unconcerned, disinterested, distant, indulgent, listless, tactless, inhospitable, non-committal, insensitive, inattentive, disillusioned.

## **The Number Six and Love**

The number six is one of the strongest love time cycles. It is the cosmic mother or father energy and, under this number, commitment or marriage is favorable. Like the four, it is solid. The downside of the six in relation to love is that it has a tendency to attract karmic situations. A romance or love initiated under the six time cycle often relates to important lessons, and the lessons are often difficult. At the same time, this hinges on the personality charts of both partners, as well as on the other timing aspects. A relationship begun before a six time cycle will either get stronger or fall apart during this vibration, (at least on the emotional level), similar to what happens in the two vibration.

## **The Number Seven**

Seven is connected to spirituality, intuition, inner growth, analysis, introspection, lowered physical vitality, increased mental activity, conserving assets, planning, attracting unsolicited help, psychic matters, specialization, research, ritual, solitary matters, health issues, travel.

Balanced seven energy: metaphysical interests, different wavelength, intellectual, clairaudient, clairvoyant, analytical, perceptive, scientific, faithful, exact, meditative, mystical, occult interests, expert, bookish, poised, telepathic, visionary, deep, dreamer, instinctive, reflective, truth-seeker, studious, technical, wise.

Over-balanced seven energy: fearful, nervous, fear of betrayal, non-committal, spineless, critical, paranoid, indecisive, secretive, suppressed feelings, lacking trust in self and others, insecure, hesitant, controlled, guarded, intimidating, fussy, evasive, fanatic, suspicious, self-conscious, secretive, perfectionist, distrustful, impersonal, joyless, pessimistic.

Under-balanced seven energy: lack of depth, naïve, ignorant, too trusting, empty-headed, mystified, superficial, unenlightened, lack of faith, inexperienced, undeveloped, uninformed, dense, immature, uncertain.

## **The Number Seven and Love**

Most of the time, seven relates to spiritual and mental matters. It has almost nothing to do with emotional love unless the two who begin a love bond under this time cycle (considering they are both in a seven time cycle) have an abundance of seven in their personality charts and they are living a completely spiritual lifestyle, one where unconditional love dominates. Since this is usually not the case, the person (or both partners) who begins the relationship under the seven vibration ends up with a material or emotional loss—or both. However, if the bond is already established upon entering the seven time cycle, this can be a good number to conserve the love of the relationship if faith is maintained. At the same time, over-sensitivity and a desire to spend time alone may hamper existing relationships. Those looking for love under a seven time cycle may feel as if they are engaged in an uphill struggle; prospects are usually in short supply.

## **The Number Eight**

Eight is tied to power, money, karma, action, business success, business failure, control, material objects, status, influence, loss, gain, administration, management, ego, leadership.

Balanced eight energy: prosperous, high-powered, commanding, stamina, self-confident, persuasive, financial awareness, effective, capable, ambitious, businesslike, clear-headed, disciplined, material freedom, systematic, principled, forceful, enterprising, discriminating, authoritative.

Over-balanced eight energy: abuses power, cold-blooded, egotistical, overreaction to money, scheming, aggressive, materialistic, corrupt,

demanding, lacking trust, militant, threatening, preoccupied with power and money, unsympathetic, bullying, contrary, fraudulent, over-ambitious, lawless, quarrelsome, one-track-mind, undignified, thoughtless, rebellious, coarse.

Under-balanced eight energy: timid, passive, vulnerable, fearful, insecure, avoids power and money, poor judgment, gives personal power away, misdirected, inept, non-observant, oblivious, illogical, short-sighted.

## **The Number Eight and Love**

Eight possesses little relationship potential, unless the person under the eight time cycle is looking for status and/or material security through a love bond; people can and do “marry well” under this number. In this way, it does represent “payback.” However, the connection frequently lacks the benefits of a close emotional link. At the same time, it is a karmic number, like the six, and the individual often finds that the relationship is costly in more ways than one. This is especially so if the person who enters this bond during the eight time cycle lacks eight energy in his or her personality chart. Divorce can be expensive for those who are learning about the balanced use of the energy behind the number eight. It can also represent a lot of physical activity, like the number four.

## **The Number Nine**

Nine is associated with reward, leadership by example, dramatic endings, emotions, emotional crisis, attracting money, the finest life has to offer, short term matters, conclusions, deep love, compassion, magnetism, travel, idealism, charity, artistic and creative matters, developing spirituality, romance, forgiveness.

Balanced nine energy: impassioned, philanthropic, broadminded, affectionate, creative, forgiving, passionate, benevolent, warm, tolerant, sentimental, loving, liberal, generous, enthusiastic, trustworthy, welcoming, devoted, considerate, hospitable, humane.

Over-balanced nine energy: deceiving, self-centered, hedonistic, lacking integrity, over-emotional, prejudiced, resentful, bigoted, bad example, wavering, gloomy, depressed, dejected, unbending, vindictive, hateful, forbidding.

Under-balanced nine energy: ultraconservative, impersonal, puritanical, detached, blocks intuition, distant, unemotional, mournful, elusive, submissive, drifting, unstable, limited, faint-hearted, victimized, disloyal, vague.

## **The Number Nine and Love**

Nine is the number of unconditional love. No attachments, conditions, or expectations are in order during the nine time cycle because relationships formed during one are often short-lived. Attraction of foreign love is common under this number, as is attraction of deep past-life love. Unfinished business is resolved while transiting the nine time cycle and the person learns to live and let live. Compassion and understanding are necessary under this vibration. Romance has the potential to be wonderful in existing relationships for those entering this time cycle. While it can symbolize a final conclusion for some partnerships, it can also signal the end to problematic issues in others.

## **Finding a Balance**

Until a person reaches maturity (or even much later in life), they often fluctuate between the over-balanced and under-balanced traits as represented by the numbers in their numeric chart. Learning to balance one's personal energy along with appropriate use of willpower is something that comes with age.

## **Relationship Compatibility**

One of the most beneficial uses of numerology is determining relationship compatibility. The timing and personality aspects of people's numerology charts symbolize the duration and meaning of their bonds with others; all personal bonds have time limits. Some relationships are destined to last a lifetime and some for only a day. Two people may still remain in a relationship or friendship long after the emotional or mental connection has dissolved. Although most people would like to find their "perfect partner" for life, their karmic blueprint and level of self-awareness often dictate otherwise. Relationship compatibility and timing is an area of study in advanced

numerology. Hundreds of aspects must be considered in relation to the advanced charts for complete accuracy. For a complete and extensive numerology reading, it's best to consult an expert.

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## Love Potion Recordings

Ever since our first experiences with guided meditation, hypnosis, and past life regression back in the 1980s, we've been fascinated by the great benefits and lack of side effects. We've put our experience, awareness, and talents into the audios below so you too can transform yourself by tapping your inner guidance.

These powerful recordings do the work for you by targeting your subconscious mind through repetition. Let go of what isn't working. Know what to do at the right time. Choose the people who are good for you and avoid the ones who aren't. Accept your partner as they are.

**IMPORTANT NOTE:** The affirmations and suggestions contained on these audios are crucial to a successful love life. If you don't want to take the time daily to listen to either audio, listen once, write the suggestions down, post them on your bathroom mirror, and recite them often until you begin to accept them.

**Love Potion Singles:** [26:49 minute audio recording](#). Use the Love Potion recordings to enhance your love life with no effort on your part besides pressing "play," relaxing, and letting go. You don't even need to be awake for them to work because, through repetition, your subconscious mind will hear and follow the suggestions. This meditation consists of many helpful directions and suggestions for your conscious and subconscious minds that will help you prepare for and attract compatible love relationship possibilities. Repetitive use as you fall asleep at night or at any other time during the day will help you let go of your thoughts, beliefs, and actions that are not serving you and replace them with those that will help you reach your love life goals. It can be used by itself or in conjunction with discovering and releasing love life blocks through past life self-regression.

Includes a request for spiritual protection and assistance, a guided relaxing meditation, positive affirmations to help bridge the gap to love life success, and background music by Michael Hammer.

**Love Potion Couples:** [25:42 minute audio recording](#). This meditation consists of many helpful directions and suggestions for your conscious and subconscious minds that will help improve your relationship. Repetitive use as you fall asleep at night or at any other time during the day will help you let go of your thoughts, beliefs, and actions that are not serving you and replace them with those that will help you reach your love life goals. It can be used by itself or in conjunction with discovering and releasing love life blocks through past life self-regression.

Includes a request for spiritual protection and assistance, a guided relaxing meditation, positive affirmations to help bridge the gap to love life success, and background music by Michael Hammer. Your partner doesn't need to listen to it for it to be effective for you.

**The *Love Potion Singles* and *Love Potion Couples* MP3 audios  
are  
not part of this free introductory version of *Direct Your  
Destiny*.**

Purchase the *Love Potion Singles* audio MP3 for \$18.99:

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Purchase the *Love Potion Couples* audio MP3 for \$18.99:

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**OR**

Purchase the full version of *Direct Your Destiny* for  
\$99.95 and get full access  
to both these audios and [all the e-products](#) in *Direct  
Your Destiny*:

[click here to download your copy of the full  
version of \*Direct Your Destiny\*™!](#)

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## Moon Void-of-Course Report

Astrology is a complex science, but here's one important indicator you can track easily – Moon VOC

A client told us that even after he followed the advice of a very respected astrologer and a well known psychic, the date they chose for him to officially begin his business didn't result in success. He said he never saw the success they foretold and sold the business two years later.

Along with his personal numerology charts representing challenging timing, the date and times of his business's official beginning happened to be during a Moon Void of Course (VOC). The Wall Street Journal published an article years ago about business incorporated under Moon VOC and, astonishingly, the majority of them never lasted more than a few years. Failure was the common thread.

Unfortunately, many seasoned astrologers overlook this extremely important astrological aspect.

The client's business didn't fail because of the Moon VOC, it never reached the expectations prophesized because it was most likely his fate to go through that challenging experience. The Moon VOC at the start of his business simply represented what was destined.

Below is information about Moon VOC to help you gain an edge in any area of life.

**IMPORTANT NOTE:** We strongly recommend that you avoid relying on only one or a few astrological or numerological considerations, as a comprehensive approach involving patterns of considerations is necessary for consistent levels of accuracy in delineation and prediction.

However, since the Moon Void of Course is an important affliction, you will benefit greatly even if it's the only astrological information you follow, as long as you realize that there are many other astrological and numerological indicators to keep in mind.

### Moon Void of Course Report

Following the Moon Void of Course cycles is easy and can save you time and money, yet few people are aware of this phenomenon and even many experienced astrologers overlook it. Since the moon is intimately connected to our intuition and instincts, following Moon VOC will help you make better choices in life. It's been said that VOC is like driving through a tunnel where your antenna is unable to pick up the radio signals, or like being in a temporary vacuum, where perception is distorted.

### Moon Void of Course introduction:

The following introduction about Moon VOC is extracted from pages 245-246 of [Your Love Life and Reincarnation](#) by Stephen Petullo.

The Moon travels around the earth in about 28 days, spending about two and a half days in each of the 12 zodiac signs. After the Moon leaves a sign and before it enters the next sign, it is called Void of Course. The

Moon rules instinct and intuition. When the Moon is VOC, the energy flow available to all living things seems to slow down and our intuition is temporarily clouded. During a VOC it's easy to be unrealistic or to perceive things differently than they really are. During this time people tend to feel scattered and unfocused. Time seems to drag on forever.

Knowing when the moon is Void of Course by checking the times in an astrological calendar can save you a lot of time, money, and effort. Follow them for a couple weeks, then don't look at the calendar for a few days, then look back at those times later. You'll find that even when you didn't consciously know it was a VOC, things were still typical of a VOC. Moon VOC seem to affect everyone. Moon VOC can last from as little as 10 minutes to as long as two days. Moon VOC comprise, on average, about eight percent of the standard eight-to-five work week. Of course, it's not always possible to schedule around these times, but it helps to be aware of the difficulties you may encounter.

### **During a Moon Void of Course, DO:**

- Routine work.
- Meditate—this is a great time to go inward. You'll be even more centered after the VOC.
- Break bad habits—if you can refrain during a VOC, it will be easier to do so afterward.
- Creative hobbies.
- Routine cleaning.
- Exercise.
- Relax.

### **During a Moon Void of Course, DON'T:**

- Make important plans—they'll never happen or will happen differently than expected.
- Brainstorm—new ideas never manifest or will backfire.
- Start anything new—things initiated are never finished or take much longer than expected to complete. New acquaintances made are short-lived. If you meet someone during a VOC, the interaction will not be meaningless, but probably different than you expected.
- Buy anything of importance—purchases made will never be used, will break down, or will have to be returned for unforeseen reasons.
- Do anything that requires a lot of concentration—it will require a lot more of your energy. If you have no choice, meditate beforehand so you'll be as centered as possible.

- Schedule appointments: they will have to be changed or rescheduled—or you may get “stood up!”

People who were born during a VOC may not be as affected or may be affected differently. Follow the cycles and observe for yourself.

### **More about Moon Void of Course:**

We have observed and experimented with Moon VOC since the early 1990s. Below is some additional insight based on our experience:

- We are always surprised when we talk with seasoned astrologer friends who ignore Moon VOC. To make any forecasting and planning advice from astrologers more valuable, such as when to begin something important, make sure you factor in Moon VOC. For example, if your advisor tells you to start a business on a certain day, make sure there isn't a VOC when you plan to initiate things.
- If you want to view the VOC phenomenon more clearly and test to see how accurate our claims are, observe other people's actions during VOC. Without telling them about VOC, notice what they purchase, decisions they make, people they meet, plans they make, and things they start under a VOC. This is exactly the type of objective empirical research we've had success with.
- Routine purchases during a VOC, such as weekly purchases at the grocery store, seem to be fine.
- When you meet someone new during a VOC, even if you realize it's a VOC, your judgment about who they are will usually be off, and sometimes way off.
- Perception of reality is skewed during a VOC.
- Fears you have during a VOC often turn out to be unfounded.
- Sunburn, over-eating, over-drinking, and over-spending are common.
- Dreams, especially fearful ones, seem to have no real significance relating to our lives during VOC. For example, if your dream during a VOC featured signs that a friend is in danger, chances are that he or she is not.
- We still test Moon VOC occasionally. For example, if we meet someone new during a VOC, we temporarily ignore the VOC, allow events to unfold naturally, and observe what happens. But we find that almost always VOC situations will yield VOC results, even when we didn't realize it was a VOC.

### **Moon Void of Course examples:**

You meet a new friend during a VOC. Even though you realize it's a VOC, there seems to be nothing wrong with the connection and you can see a lot of potential between the two of you. After the VOC, you attempt to get together several times but your schedules never match and then a few weeks later your new friend tells you she's moving out of town.

In meditation during a VOC you get a great new idea for your business. After attempting to implement it several times, it just never works out and you realize that it may not be as good of an idea as you had originally thought.

During a VOC you consider certain physical symptoms you've had recently and fear that you could have a serious illness. After a thorough check-up and tests with your doctor, you realize that your fears were unfounded; it was merely stress and a reaction to something you were eating.

During a VOC you eat dinner at a restaurant and order something you usually don't. Though it seemed like a good idea at the time, you experience indigestion.

During a VOC you decide to get your hair cut in a new style. Later you realize it doesn't look as good as you thought it would.

You get dressed in the morning during a VOC and realize later what seemed like a great fashion choice was actually a fashion crime.

The power goes out during a VOC after a major storm and you're worried it could last for days. The power goes back on hour later.

### **Attempting to work around a Moon Void of Course:**

If you decide during a non-void time to purchase a new sweater, for example, and then realize the time on the day you had planned to buy a sweater is during a VOC, changing the purchase day or time may not fix the problem of an ill-fated purchase. Even if you attempt to purchase the sweater on a different day, they will not have your size or the right color, it will turn out to be poorly made, you will lose it, or some other unknown factor will cause you to realize it was not in your best interest to purchase the sweater.

On the other hand, if you follow Moon VOC and would like to schedule an important meeting, for example, simply chose a time and day that's good for you and VOC-free. However, if someone you're meeting for the important meeting wants to (unknowingly) schedule during a Moon Void of Course time, consider what this could mean: the meeting isn't for your or their highest good, it will have to be rescheduled, or it will be unproductive and/or turn out differently than expected.

### **Moon Void Information Sources:**

Many astrological calendars feature easy to follow moon void of course information. The American Federation of Astrologers is one source for accurate astrological information. They sell calendars that provide the exact days and times for moon Void of Course, retrogrades, and other astrological information. Other astrological calendars are available in metaphysical bookstores and online. Many astrological software programs also list Moon void-of-course, and other astrological information.

**We list the Moon Void of Course times for you in the documents below.**

### **Moon Void of Course Calendars**

**The Moon Void of Course  
Calendars are not part of  
this free  
introductory version of  
*Direct Your Destiny* and are  
not sold separately.**

Purchase the full version of  
*Direct Your Destiny* for  
\$99.95 and get full access  
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in your life, and  
if you are not  
delighted with  
the results,  
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## Other Products Available From Scott and Stephen

All products in this package are available for sale individually.

Check our site periodically for new additions: <http://www.holisticmakeover.com>.

**Numerology Decoder Software** [http://www.holisticmakeover.com/num\\_dcdr\\_software.htm](http://www.holisticmakeover.com/num_dcdr_software.htm)

Our Numerology Decoder and Time Cycle Decoder software can help you understand how numbers symbolize your personality and personal timing (i.e., forecasting and prediction). This easy to use software is ideal for novices or experts.

**Spiritual Detox™** <http://www.holisticmakeover.com/SpiritualDetox.htm>

What's blocking you? This audio is a more thorough and extended version of the Spiritual Cleansing and Protection Script included in this package and has our *Let Go™* meditation as background music for a more powerful effect.

**Other audio meditations** <http://www.holisticmakeover.com/Allaudios.htm>

**Singles Past Life Self-Regression:** Find out if any past life baggage is blocking you from experiencing a compatible, love relationship. Or use it to return to a past life where you experienced a happy, harmonious, love relationship to help draw the same into your current life. The introduction to this recording can also be used for meditation.

**Couples Past Life Self-Regression:** Find out the details of a previous lifetime(s) together and the karma between you. Or use it to return to a happy past life you shared together to help create more harmony in your present-day relationship (your partner doesn't also need to listen to this audio for it to be effective for your relationship). The introduction to this recording can also be used for meditation.

**Forgive/Release Meditation:** Let go of the anger, resentment, and guilt for good. Resentment and guilt (which most of us have) about experiences from the past blocks your energy and interferes with your goals. Many feel that anger and resentment can even cause disease. Forgive and release yourself



and anyone who has ever hurt you.

This meditation is longer and more in-depth than the Forgive and Release While You Sleep and different than a regression in that you will be consciously creating scenes in your mind that will be symbolic of letting go and forgiving. It can be used for forgiving yourself or others for current-life situations or after a past life self-regression. This exercise will help you to release negative emotions between you and another person and can be used for any kind of relationship. It will help you to love and accept people as they are.

**All 30 Soundless Subliminal titles:** <http://www.holisticmakeover.com/soundlessSubliminals.htm>

**Other handwriting analysis/graphology tools**

[http://www.holisticmakeover.com/GraphKeys\\_TraitGuide.htm](http://www.holisticmakeover.com/GraphKeys_TraitGuide.htm)

**Drug and Alcohol Abuse--Warning Signs** (16 related personality traits listed!)

**Dishonesty and Integrity--Important Areas of Concern** (16 related personality traits listed!)

**The Graphology Trait-Based Guide** includes comprehensive information about dozens and dozens of handwriting traits (more than 170 graphology traits listed in all!) and displays illustrations for hard-to visualize aspects. Instant access PDF file.

**The book** [http://www.holisticmakeover.com/about\\_the\\_book.htm](http://www.holisticmakeover.com/about_the_book.htm)



***Your Love Life and  
Reincarnation:  
Why The Past Is Affecting Your  
Present and How To Fix It***

Stephen Petullo with Scott A.  
Petullo

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life.”*

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- Many examples of how past lives have influenced the present, even for those who didn't believe in past lives.
- Boldly yet compassionately confronts controversial love life issues such as divorce, abuse, responsible non-monogamy as an alternative to dishonesty, and sexual orientation, and shows how they all have past-life ties.
- Shows why it's not possible to ignore love life baggage and have a happy, fulfilling, and lasting relationship and how to identify and release that baggage.
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## About Us



**Twin brothers Scott and Stephen Petullo,**  
also known as the Mystic Twins and "Cosmic Cops,"  
protect universal truths and dispel New Age and spiritual myths.

### About Scott

Scott Petullo has a Bachelor of Arts degree from University of Arizona and has been exploring metaphysics since the early 1980s. Scott has been informally studying astrology since the late 1980s and has been a student of advanced numerology since 1992.

Although Scott enjoys reviewing the methods of all numerologists and astrologers, his unique charting systems involve mainly ancient and modern numerology (Hindu, Chinese, Pythagorean, Chaldean, Hebraic, Phonetic, and Western), and ancient astrology (Egyptian, Greek, and Arabic), with a prudent amount of modern astrology.

Well respected as a top expert in the field of delineation and prediction using cyclical timing methods, he uses comprehensive numerology and astrology to determine fated events and circumstances, personality traits, and compatibility. He has analyzed over 5000 people's basic charts and has worked with select aspects of the charts of more than 20,000 additional people.

Scott is also a handwriting analyst, and received his Certified Master Graphologist designation from the Institute of Graphological Science in Dallas, Texas, a state-licensed and accredited institution. The most important thing to know while selecting a qualified graphologist is whether or not the handwriting analyst is certified by a respected organization.

### About Stephen

Stephen Petullo has studied metaphysical concepts since the early 1980s and earned a Bachelor of Arts degree with a minor in psychology from the University of Arizona.

During the 1990s, Stephen owned and operated an upscale introduction service and matched over 3000 people for love relationships. The experience of directly observing the successes and trials of countless singles and couples greatly expanded his awareness about human character and love life realities.

He is a natural medium and channel and possesses the ability to simply "know" and discern truth as it relates to spirituality and people's lives. He sometimes uses tarot, a person's birthday, or a picture as a touch stone for his clairvoyant, clairaudient, and clairsentient abilities and often "sees" or simply "knows" their relevant past lives. He has been doing intuitive readings professionally since 1997.

He is a Reiki Master-teacher, past-life regressionist, metaphysical consultant, the author of a book and over 30 audio recordings and has regressed over 2000 people into their past lives.

Stephen's strong attraction to the spiritual and metaphysical, beginning in his early teens over 25 years ago, led him study and read many books about the subjects of meditation, reincarnation, karma, channeling, Reiki, spirit possession, spiritual protection, tarot, basic astrology and numerology, healing, crystals, hypnosis, and regression therapy. He has always felt as if he was remembering the wisdom rather than learning it.

It was through these explorations, along with many

*Scott's philosophy is based upon the belief that free will exists, yet only within the confines of personal fate.*

Scott's work has shown him that karma dictates that many circumstances and events in life are predestined. They are impossible to change or avoid. At the same time, everyone also has the freedom to react positively and make the most of their lives.

Success, goal attainment, and fulfillment become easier to achieve knowing the depth and scope of one's personal power, and one's timing.

Scott maintains a private practice and provides personality, compatibility, and cyclical timing analyses for individuals and businesses.

[email Scott](#)

[www.scottpetullo.com](http://www.scottpetullo.com)

classes, seminars, retreats, and experiencing and sharing many readings and sessions with other metaphysicians and mystics over the years that fostered his own healing, strengthened his natural abilities, and expanded his wisdom.

Stephen combines his experience, knowledge, and awareness to help others fulfill their potential.

[email Stephen](#)

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