

Language of the Soul
Understanding the Star Work



*we have a new moon rising in Virgo
:: sept 14 or 15th 2023 depending where we
are :::
and mercury going directly in Virgo a few
hours later...*

*So much of what has been in reflection and
incubation is readying to be enacted upon
and experienced...*

“Who we are emerging as has so much to do with how much we are willing to surrender to the greater flow and how adaptable we can be, finding a way through whatever setbacks we might encounter and allowing them to refine and re-route us into new creative choices, experiences and solutions

“There is always a way through, a golden thread that we can follow, but it requires our trust and our giving over in service to the greater flow so that we can be carried by the current that moves us”

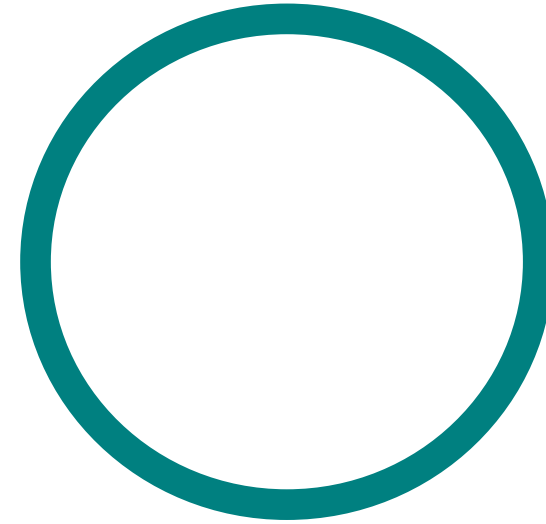
Mystic Mama

Sept 23

The Circle - The Macrocosm

Represents the notions of totality, wholeness, original perfection, the Self, the infinite, eternity, timelessness, all cyclic movement, God

'God is a circle whose centre is everywhere and whose circumference is nowhere' (Hermes Trismegistus).



Pentagram -The Five Elements

The Microcosm

Four of MATTER (earth, air, fire and water) and the quintessential - SPIRIT. (ether),

Earth and Fire are basal, fixed;
Air and Water are free, flowing.



YOUR PATH IS MAN'S SPIRITUAL JOURNEY THROUGH EVOLUTION.

1. **Spirit:** The spark of Life descending from God, the Divine source of life
2. **Earth:** To the simplest embryonic form
3. **Water:** Rising to flow of Emotions – Frequency on our plane of existence
4. **Air:** Levels of Consciousness that run along the level of frequency
5. **Fire:** descending to the fire of purification before again rising as a Divine Spark to find again his spiritual source.



The Journey Home

EACH OF THE STEPS ARE A NUMEROLOGICAL STRATEGY

Our reluctant, fearful, self finally hears the call for the Journey back to Self.

1st Step: To ground the truth of our Intention we must envision **CREATIVELY** – which means to speak out our desire and how we will achieve it (create the Spell) and then Act with **CONFIDENCE** on what we have intended to do.

2nd Step: We enter the dark wood (Heart) to discover the emotional pain that has not been discharged and creatively and confidentially transmute it to the Light by working in **CO-OPERATION** with our Soul. Resulting in the ability to set **BOUNDARIES** in our lives

3rd Step: We become **SENSITIVE** to the vibrations in our body and tune into our subconscious where the Brules are dictating our lives. We **EXPRESS** our power over these illusions by actioning the Truth of ourselves





4th Step FIRE - We repeatedly use a **PROCESS** of listening and action to stay the course of Spiritual Calcination. Here, we burn off the dross of illusionary or worn-out thoughts. We achieve **STABILITY** as our Spirit descends further into our body.

5th Step SPIRIT - The Heart of the Matter reveals all that weighs us down is now visible. We learn and use **DISCIPLINE** to look at life through the eyes of our Observer. To look at situations in our life with non-attachment. This gives us the **FREEDOM** to travel on Higher frequencies as we begin the ascent back to self.

6th Step CULMINATION – That which was hidden is now seen and can no longer be unseen. We create a **VISION** of an Internal Life that keeps us at Peace despite what is happening on the outside. This culminates in a deep compassion for self. Not as who we are becoming, but the **ACCEPTANCE** of who we are right now and where we are at any given moment in our Journey.

The Power of the Non-Dominant Hand

Moves your vibration from the Logical mind and accesses the Sub-conscious mind where your shadows, fears, Brules, beliefs, unrecognized parts of your personality and talents reside

When you write with your non-dominant hand, your Soul answers.

How do you know it's your Soul? Because your Soul speaks the language of emotions. It tells you how to FEEL, not how to think. Soul speaks to you with the Wisdom of the Universe because it hears and serves the Divine Utterance

Once you ignite a feeling, your Spirit – Higher Consciousness can run along that frequency to attract back the corresponding reality

When you become adept at switching your consciousness and know the voice of your Soul you can use either hand.

Star Point 1

EARTH

Physical Issue

- **Earth—The Physical Issue— to collapse it down into matter and anchor it in the Earth Star.**
- **To materialise what you want, you must see it as if it has already happened.**
- **We then have to earth our intention by taking ACTION. Without action, it is just fantasy**

Setting Intention



Earthing my Intention to Achieve “Self Care.” by taking ACTION

How will it look when I have it?

- I have a detailed inventory of where I am unbalanced in giving to others and giving to Self.
- I consciously choose where to expend my energy rather than letting circumstances control me.
- I use my attribute of “Balance” to communicate with my soul as to who and how I need to be in a situation, then take considered action.
- I generate energy by being mindful of connecting back with Grace and standing in its protection
- I act with curiosity and enthusiasm as I explore the energy-expanding energies of “Self-Care.”
- I invest my energy into creating greater and greater faith
- I build energy stores by expressing Gratitude
- I set up new strategies for appointments and payments
- I turn off my phone and emails after hours and over the weekend

**When you are ready to pull the card for Earth
The Physical Issue,**

Set your intention before you pull the card by saying

“Who or what will help me physically earth this desire?”

Write to the card and ask:

- 1. “What do I need to do to achieve this?”**
- 2. “How will you help me achieve this?”**

When I tried to create my desire in the past, what are some of the emotions that may have stopped me?

Check out the Negative Emotion List in the Needs exercise in your Basic Notes

List the emotions, then look at each one and ask - How am I reacting to this emotion? Write it down,

Step 2: Water

How the issue affects my feelings



EMOTIONS

Exhausted

Resentful

Cheated

Sad

HOW I REACT

I feel weak and find it difficult to get started on anything

I create sad fuck stories in my head

I feel I have to be responsible for everything to the detriment of having fun

I experience unbearable feelings of loss

Write to the emotions and ask, “What are you here to teach me?”

My dearest beloved “Sad” what are you here to teach me?

I come to show the devastating consequences of roles that remain buried in the subconscious mind. Your Surrogate Parent role has left you bereft of having a childhood. You learnt to be guilty when you had fun and would revert to the beliefs of “Should”. “Should” drives you to the point of exhaustion, and as a result, you become paralysed through a lack of joy within your energy fields. I overwhelm you with this deep sense of loss so that eventually, you will come across the answer as to what is missing from your life – FUN. Fun allows you to restore your Mind, Body Soul. Contribution finally made you see where you are not honouring yourself, and with that, you can now work with your first number and create the necessary balance you so desperately need.

See how this aligns with your numbers.

2. Co-operation through Balance

8. Influence through Authority

1. Creativity through Security

0. Inner Gifts through Universal Chaos

Sad

1

My Creative energy become stagnant. My internal reactions move in to “freeze” My Solar Plexus shuts down and I am incapable of taking action

0

Magnifies the vibration that I am on, so when depleted it doubles it

2

Instead of co-operating with my Soul, I withdraw into myself and want to remove myself from people and situations - it is exhausting to keep pushing through

8

The Role of Surrogate Parent is a voracious monster that sucks me dry of energy



Step 1. Creative Thought is future focused – seen through Your Imagination -

I N T E N T I O N

D E S I R E

Step 2. harnesses your Soul's deep, desire feelings – this creates the frequency



Now think about what you want to bring into being

- reimagine yourself through Step One.

What will it look like when I have it?

This is setting the intention – putting the Universe on notice **“We are about to Create.”**

1st Step is the Observer in you collapsing down a wave of possibility in the Quantum field – or Earthing the reality

This is done without Thought or Emotion



Then start to positively emote how you will feel when you have created this.

What will it feel like when I have this?

**You need to be able to
emote this on all levels**

**This is what is meant
when we talk about
being Holistic.**

**Emotions are the
expression of “Being”
“to Be” means to be
attuned to — congruent**

SPIRITUALLY

MENTALLY

EMOTIONALLY

ETHRIC

PHYSICALLY

Using the example of “SELF CARE”

Spiritually **I feel connected to the Universe**

Mentally **My mind is peaceful**

Emotionally **I feel joyful**

Physically **I feel energized**



“ What you are living
is the evidence of what you
are thinking and feeling,
every single time.

Abraham Hicks

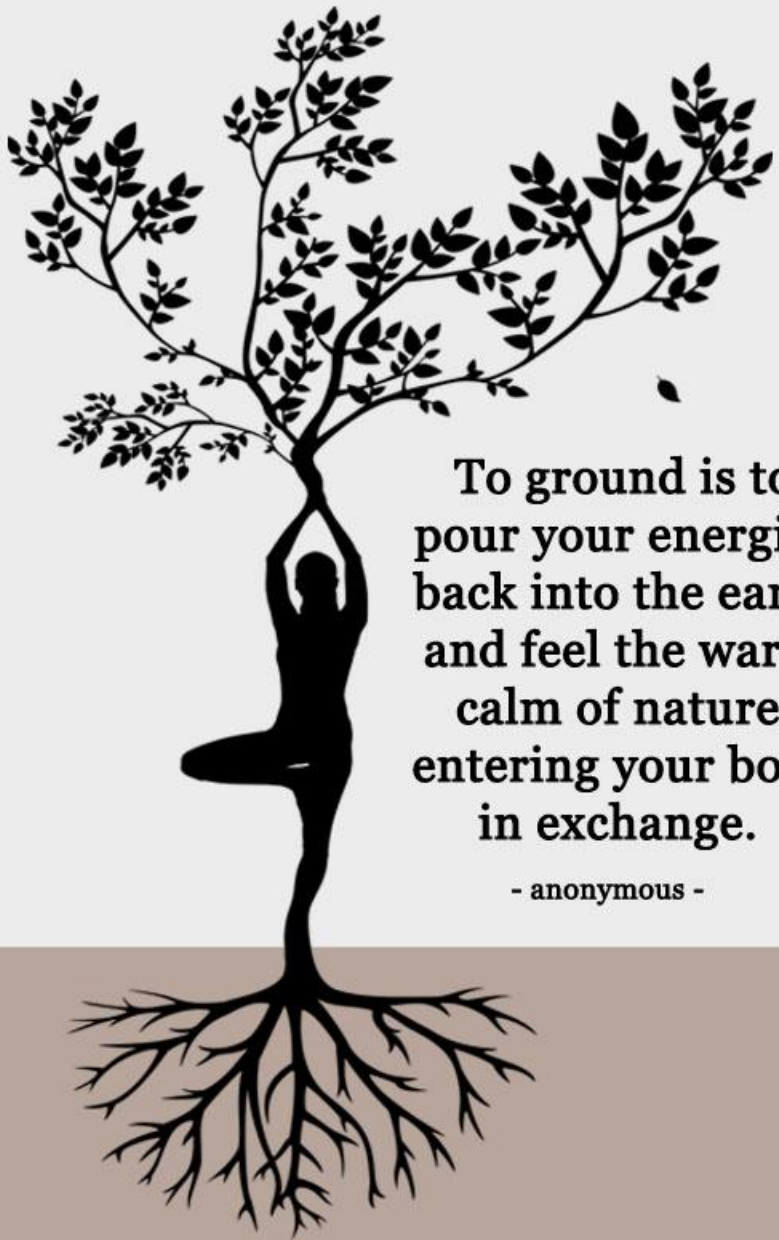
quotes at chi-nese.com

**When you are ready to pull the card for Water
The Emotional Issue,**

Set your intention before you pull the card by saying

“Who or what will help me feel these positive emotions on all levels?”

Remember, Emotions relay to you what level you are thinking on!



To ground is to pour your energies back into the earth and feel the warm calm of nature entering your body in exchange.

- anonymous -

To Re-earth This Step


Think about your behaviour again

- How will I act when.....

BODY	FEEL	ACT
SPIRITUALLY	I feel connected	I scan my energy to replenish any loss
MENTALLY	My mind feels peaceful	I make strategic decisions that ease my workload
EMOTIONALLY	I feel joyful	I choose how I will feel through a task
PHYSICALLY	I feel energized	I achieve more by taking action

Write to the card and ask:

- 1. “What do I need to do to achieve this State of Being?”**
- 2. “How will you help me achieve this State of Being?”**



Step 3: Air

How the Issue Affects My Thoughts

Head Issues

“Thoughts are atoms of matter
that create our reality”

.... Dr Rosemary McCallum

COGNITIVE DISSONANCE

**THIS IS WHY PEOPLE GET UPSET WHEN
THEIR BELIEFS ARE CHALLENGED**



A MENTAL CONFLICT OCCURS WHEN BELIEFS ARE CONTRADICTED BY NEW INFORMATION. THIS CONFLICT ACTIVATES AREAS OF THE BRAIN INVOLVED IN PERSONAL IDENTITY AND EMOTIONAL RESPONSE TO THREATS. THE BRAIN'S ALARMS GO OFF WHEN A PERSON FEELS THREATENED ON A DEEPLY PERSONAL AND EMOTIONAL LEVEL CAUSING THEM TO SHUT DOWN AND DISREGARD ANY RATIONAL EVIDENCE THAT CONTRADICTS WHAT THEY PREVIOUSLY REGARDED AS 'TRUTH'

There is only one reason why I haven't brought my desire into my life. That reason is because I have resistance on some level.

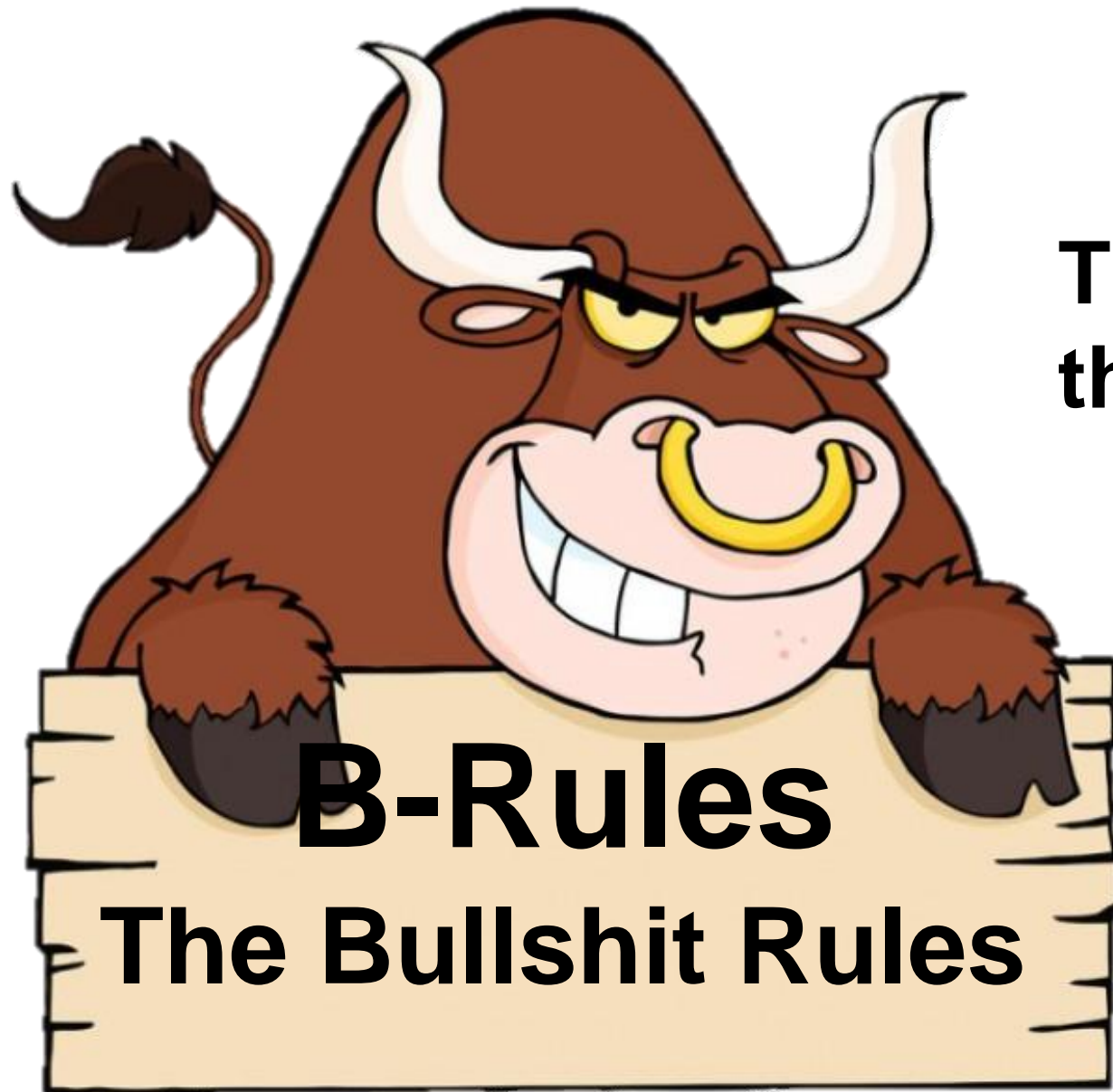
**This is known as:
Cognitive Dissonance**

Step 1

Your thoughts become your beliefs, and then your beliefs become your thoughts. So, the loops in your neocortex become firmly rooted and become your behaviours, and your repeated behaviours become your destiny.

When I tried to create my desire for Self-care in the past, what were some of the thoughts that kept playing in my mind?

List them all down



**The Sabotaging beliefs
that run our lives**

B-Rules

The Bullshit Rules

Example – the desire for Self Care and the thoughts around it

- I have so much work to do as the CEO & the Dunny Cleaner
- I am overwhelmed with the demands of people
- I can't get everything done
- Why am I putting myself under this pressure to do this?
- I am too exhausted to put the time into myself
- If I don't keep on top of the emails, it becomes overwhelming
- I am tired of working 16 hours a day
- I am tired of wanting it more for the person than the person themselves
- I may as well do it myself a least it will be done right



What does the **C-Rules**
“Committee Of They- Rules”
whisper to you?

- the voices in your head

Some of what “The Committee of They” whispers to me! Example

**You care too much about people just work
with those who really want it**

Colleagues

**You are the major breadwinner; if you don't
keep expanding, you will be left with “nothing.”**

Mother

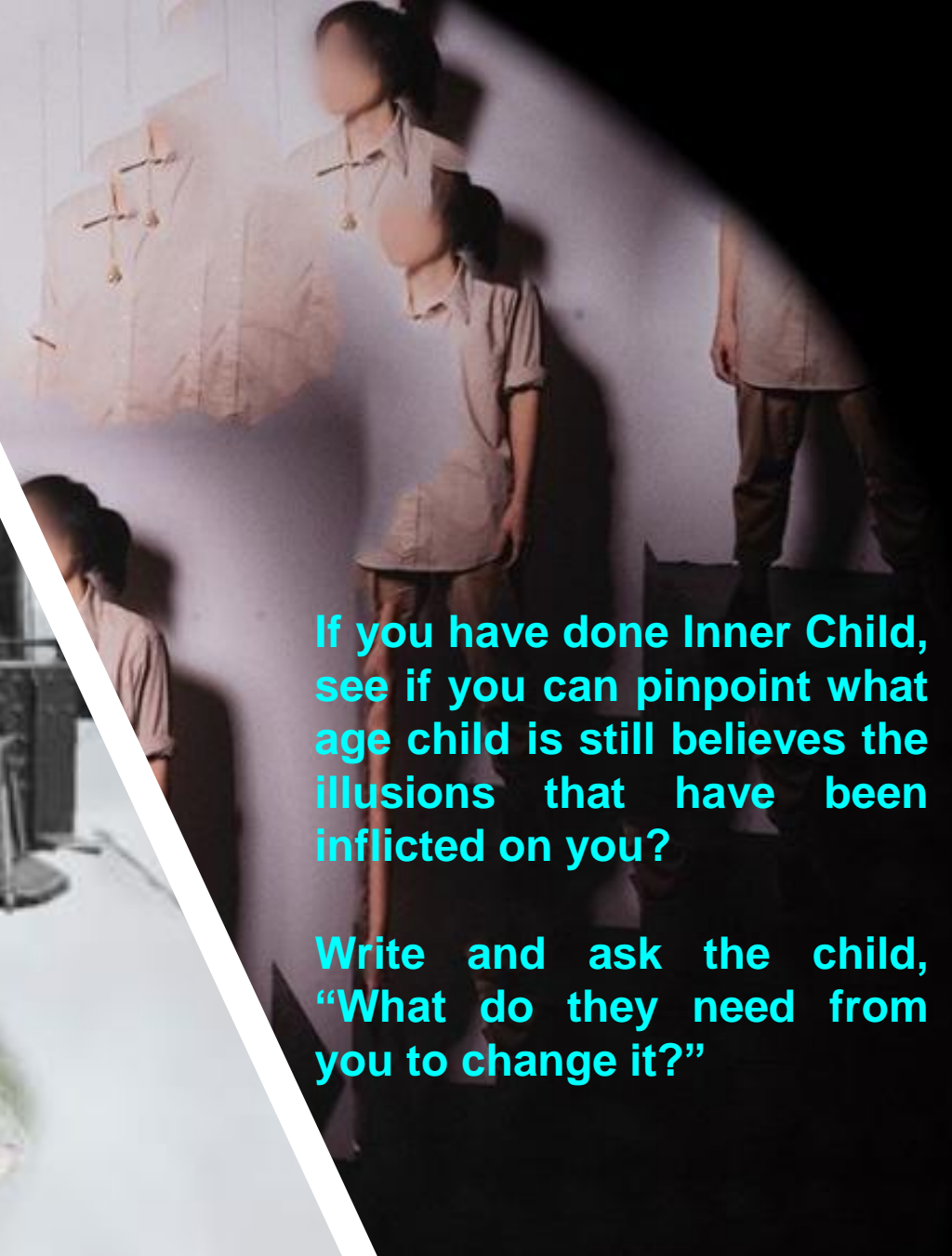
**You don't devote enough time to caring for
Jasper**

Jasper's incapable mother

**I no longer trust that people are genuine
when they say they can help me and then
don't deliver**

My head

D.I.D
Dissociated Identity Disorder
WOUNDED INNER CHILD



If you have done Inner Child, see if you can pinpoint what age child is still believes the illusions that have been inflicted on you?

Write and ask the child, "What do they need from you to change it?"

What made you pick the weaknesses you did in your personality profiles?

Example: PERSONALITY PROFILE – WEAKNESSES

	Popular Sanguine	Powerful Choleric	Perfect Melancholy	Peaceful Phlegmatic
1	Brassy	X Bossy	Bashful	Blank
2	X Undisciplined	Unsympathetic	Unforgiving	Unenthusiastic
3	Repetitious	X Resistant	Resentful	Reticent
4	Forgetful	x Frank	Fussy	Fearful
5	Interrupts	X Impatient	Insecure	Indecisive
6	X Unpredictable	Unaffectionate	Unpopular	Uninvolved
7	Haphazard	X Headstrong	Hard to please	Hesitant
8	X Permissive	Proud	Pessimistic	Plain
9	X Angered easily	Argumentative	Alienated	Aimless
10	X Naïve	Nervy	Negative attitude	Nonchalant

Example: Why I picked the weaknesses I did in my Personality Profile in regard to not achieving my need for Self-Care

The Subconscious Reactions of my Surrogate Parent

Weakness	Thoughts
Naive	Someone will recognize my efforts
Angered Easily	When is it ever going to be my turn?
Resistant	You have to get everything done before you can have you time
Headstrong	My needs don't matter
Permissive	I allow others to take my time because I have no energy or nurturing to know what I want or that I deserve it.

How do your thoughts align with the negative polarity of your numbers?

Example:

2. Co-operation and Balance

**Feels overwhelmed, resistant and reactive;
Starts out overly helpful and then suddenly
withdraws, co-dependent, resentment**

Thoughts that can dominate here

Exhausted, Resentment, Boundaryless

Write to your negative thoughts and ask them, “What are you here to teach me?”

Example:

“Exhausted”, please share with me what you are here to teach me.

Finally, you have come seeking the answer. I am here to pull you away from DOING, which has the underlying fear of being controlled and a prisoner of the thoughts of others. The energy loss leaked through your Surrogate Parent's fears has seen you push yourself all your life. Whilst your energy can be used for this, it steals it from the physical body. When you are working at one with the Universe, your energy is boundless. But when you are separating and just doing what you call the things of life that "have to be done by me because no one else is going to do it", that is when you are igniting the "Surrogate Parent" with all of her over responsibility and duty. The lesson here is that nothing ever should be done outside of working with your Soul and Spirit. There is no mundane work; Spirit and Soul should be at the front of all you do – you nurture the task with your Soul, and your action the "Doing" through the Higher understanding of your Spirit.

**Think about the ways you have sabotaged yourself in the past
– e.g., thoughts, behaviour, actions.**

Example:

B-RULES:

The Bullshit Rules

- If its going to be, its up to me
- I must have everything completed to have time off
- I am too tired to do anything else

C-RULES:

Critical Voices Rules

- You are not going to get that now
- You won't ever amount to anything
- When you are the right weight, you can have fun

SP-RULES:

Sabotaging Pattern Rules

- I reach for food for comfort
- I would attract people who rip me off financially
- I put others needs way before my desires

What situations did I draw into my life that confirmed that I could not have it?

Example:

- Took over the house at 9 years due to a mother who was constantly ill
- Mother constantly said, “ you are not going to get that now,” so I learnt better not to want anything then you can’t be disappointed
- Found it difficult to create “me” time, and on the odd occasion I did, I was too lacking in energy to do anything
- When I left home, mum would ring me in the middle of the night and say dad was being mean to her and I needed to come and do something
- Sister constantly rang and dumped all her woes on me
- People would routinely book sessions and promise to pay and then had to spend endless hours chasing up invoices
- Constantly told what a problem I was to my poor parents when growing up – nothing was ok about me

**Thoughts are an expression
of “Doing”**

“to Do” means to take action.

**Whether we think positively
or negatively we are actively
creating our life.**



Step 2: Do -Think how to Be

Example: Thoughts of being Self Caring

SPIRITUALLY	I honour my Highest Truth – I am an expression of the Universes expansion. I am a unique and important thread in the tapestry of life
MENTALLY	I consciously choose to honour myself
EMOTIONALLY	I deserve to give myself the care I need to stay in an expanded state
PHYSICALLY	I put parameters in my life about how much energy I give out

When you are ready to pull the card for Air The Mental Issue,

Set your intention before you pull the card by saying

“Who or what will help me change my thoughts?”

Write to the card and ask:

1. “What must I do to achieve a State of Higher Being?”
2. “How will you help me achieve this State of Higher Being?”

Step 4. Fire



**WHAT YOU MAY NEED TO
SURRENDER TO MOVE FORWARD**

Negative Habits Are Formed Through Behaviour

—they are the personas we use to get energy from others. We have to use our persona as our negative thoughts have built walls around our authentic self, disconnecting us from pure Source energy. These include the Roles we took on when we were children

Your answers come from looking through your;

“Clues That A Pattern Is Operating” (Masterclass Basic Notes)

“Patterns and Characteristics of Co-dependency (Masterclass Basic Notes)

Patterns from “Inner Child Roles” that are still operating (Masterclass notes)

This exercise helps you see which one of these may be involved in you not being able to materialize the desire you have put down.

Example:

Lower Mental Body

Clues that a Pattern is Operating

Pattern 7: Saying “Yes’ when I don’t really want to

Patterns of Behaviour from Co-dependence Test

No. 6 I can take care of myself without any help from others

No. 22 I have trouble setting healthy priorities

Patterns from Inner Child Roles that are still operating

Surrogate Spouse

- Walls or no boundaries

Caretaker/Surrogate Parent

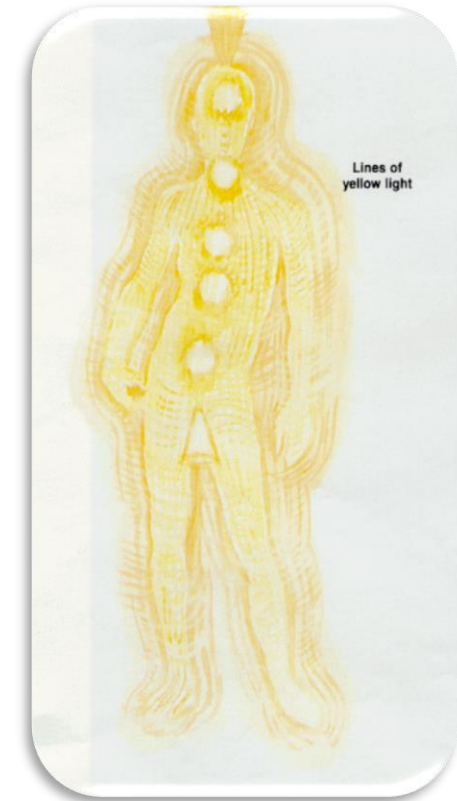
- Denies personal needs

Hero

- Inflexible- unwilling to ask for help

Scapegoat

- Inappropriate expression of anger



What are the negative patterns related to your numbers that you are playing out?

Example:

Negative patterns from my numbers

2 - Co- operation and Balance

- **Withdraws because I feel drained**
- **Can put up walls which shuts off my Life Force**
- **Can withdraw if I feel/find out the other person is not trustworthy**
- **When I am unsure about what is required, I can go into overwhelm**



In your list of Values and Needs, there is a page after the needs that lists how we feel when our needs are not being met.

Go through them and list how you feel when your desire you want to create is not met

Example:

How I feel when I do not meet my need for “Self Care”

Sad	Tired	Grief
Worn out	Apathetic	Exhausted
Lethargic	Detached	Burnt out
Alone	Dispirited	Overwhelmed
Remorseful	Withdrawn	Reclusive
Stressed	Discombobulated	Disheartened

Control Drama that is involved with not purifying the 4 Lower Bodies

Example:

ALOOF

- Want to withdraw from everything when I feel my energy is below par

INTIMIDATOR

- I lose energy arguing with myself
- I shut down from discussing how I am feeling when I hear my mind say, “get over yourself.”

INTERREGATOR

- Constantly question myself about why I am dragging my tail
- Can become exhausted by the barrage of questions my head can fire at me

Step 2

Habits are the action stage of Thought and Feeling

— they play out the frequencies we are emitting and are controlled by the 4 Major Archetypes and your 8 other archetypes that rule your 12 houses

What could you do

Mentally — Emotionally — Spiritually — Physically to create new habits out of the ones that sabotage your efforts to get what you desire?

Example:

Sabotaging Habit	Firming A New Habit
Mentally	
From Clues that a Pattern is Operating Saying “Yes” When I don’t really want to.	All appointments are online now and must be paid for in advance When people contact me over the weekend instead of saying “yes I will answer them” in my mind – take a breath and remember to stand firm that I am only contactable during business hours I set firm boundaries in regard to how much energy I give out to others

When you are ready to pull the card for Fire The Purification Issue,

Set your intention before you pull the card by saying

“Who or what will help me break my old sabotaging habits?”

Write to the card and ask:

- 1. “What do I need to do to change this habit?”**
- 2. “How will you help me bring in and stabilize my new habit?”**

Do Park Bench Meditation to bring in a new polarity to an old habit

The 
Heart of
the **Matter**

Step 5. Spirit

What lies in your heart



Spirit is your Higher Self—when you are connected to your Higher Self, your heart chakra is open, and you have access to Divine energy. The Divine Energy will sustain you instead of you trying to steal energies from others.

The Intention here is to discover

“What is at the heart of the matter?”

Write to your Higher self and ask,

“Why is this important to me?”

Look at the answer and discover how this works in with the purpose of your numbers

Based on the purpose of my numbers, how can I make a difference in the world by achieving this desire of Self-care?

Example: *The Purpose of the Number 28/10*

Those on the 28/10 path are here to work through issues combining material success and creative energy, applying their creative energy and intuitive gifts to serve others, guiding with authority and compassion.

28/10's shine when they become self-sufficient and take control of their own life

When these gifted, inspiring people come into their full confidence and authority, they share gifts and energy to lead and uplift others through the power of attunement to their own Self-care

“I empower people to access their creative ability to seek out and create their own powerful lives while maintaining my own connection to my own empowerment through Self Care.”

When you are ready to pull the card for Spirit The Heart of the Matter Issue,

Set your intention before you pull the card by saying

“Who or what will help me find The Heart of the Matter?”

Write to the card and ask:

- 1. “What do I need to do to integrate this in my heart?”**
- 2. “How will you help me to integrate this in my heart?”**

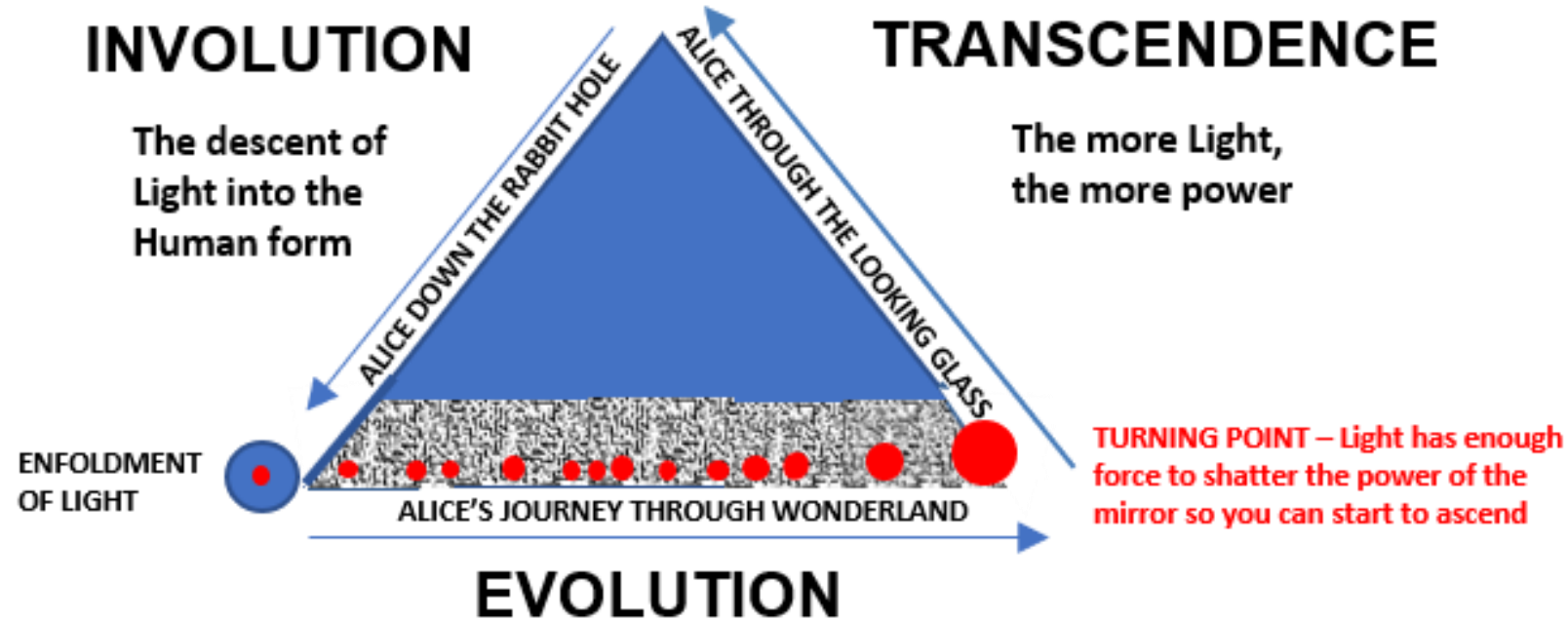


Step 6

OUTCOME

Culmination





THE REMEMBERING.
The Expansion of Light

Gifted to Abundant Life 2019