

# NUMEROLOGY FOR BEGINNERS

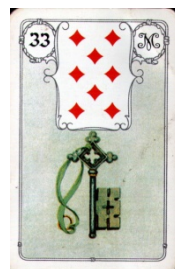
## INTRODUCTION

Please note that the following work is a mere introduction to the ancient sciences of Numerology and Astrology.  
This high and difficult art has been simplified in such a way that even beginners can use it to make simple and easy statements on people and their features and characteristics without having to make difficult and time-consuming calculations first. [.....]

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## THE SIGNS OF THE ZODIAC AND THEIR DECADES

**Aries 21 March – 20 April**



KEY

Positive:

Reliability  
Willpower  
Fighter  
Determination  
Fearlessness  
Activity

Negative:

„Sandcastle-syndrome“  
Destructive behaviour  
Dominating personality

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Aries are powerful, energetic and typical „men of action“. However, they are also extremely competitive people, who function best in a keen competitive situation. Their strong willpower, dominance and decisiveness are their most descriptive features, but their inability to collaborate, rather than compete, may sometimes be an obstacle in their own ways!

The „Sandcastle-Syndrome“ is not unusual among these people. Things and achievements, which have been worked on for a long time are no longer interesting or even destroyed when they are finished and no longer serve as a challenge.

Aries are very aware of their own inadequacies and failures. But instead of accepting their shortcomings, they tend to justify everything they do, thus sometimes making things worse rather than better.

A piece of advice:  
Self doubt, scrutiny and accepting your deficiencies are the first steps to corrective action!

Hint:

चक्रं

The word „Chakra“ originally means „wheel“ or „turn“. Personally, I therefore find it helpful to imagine these centres of energy as little „water wheels“. Tiny, spiritual „power stations“ where the energy can flow and be processed.  
It is constantly in motion!



Make sure your breathing is calm and regular:

Try to breathe „into“ the parts of your body, which are still a little restless.

Sit down. Choose a comfortable chair, which allows you to keep your spine relaxed. You may also lay down if it makes you feel better.

Take a few deep breaths and place your right hand on the top of your head and your left hand on your Root Chakra, which is situated between your legs.

Remain like that until you feel better and much calmer.

Now place your right hand on your forehead.

Your left hand should remain on your Root Chakra, until your right hand has settled on your forehead.

Make sure at least one of your hands keeps close contact to your body, if you move the other one.

Remove your left hand and rest it on your pubic bone.

Leave your hands in this position for a few minutes and focus on your breathing.

Try to exhale properly. If you want to relax you should always make sure your exhalation is at least as long as your inhalation.

When this is the case you can try to make it even longer.

Hint:

Imagine your breath as “coloured fog”, wind, or even whirlwinds (to help keep up the image of powerful, turning energy).

This will help you focus on how it enters and leaves your body. You can also imagine the fog changing colour, as the new, fresh air makes its way through your lungs and into your breast and stomach area, where it gives away its oxygen and fills with the old, used and unwanted remains of your day, which it then transports out of your body, making way for new energy.

The next place to place your right hand would be your throat.

This would be your Throat Chakra,

Your left hand should be placed on your solar plexus, which is located just above your navel area.



*Throat- or Vishudda-Chakra*

Again, take your time and focus on your breathing. Inhale, give yourself a second of rest, exhale, wait for another second before you breathe in again. Think of the free flowing energy- and breath cycle and keep breathing until you are calm and can feel the energy inside your chakras again.

Next, place both of your hands on your chest, where the heart is, but remember to move them one by one.

Can you feel the energy? Like a warm, spiritual light it develops underneath your hands and spreads all over your body! Repeat this little exercise whenever you feel stressed out or under pressure. After a little while it should be enough to activate your Heart Chakra only. This is particularly useful if you are at work or a public place.

### The Chakras at a glance

