

My Personal Road Map (Numerology)

Balance Number

(This number highlights what is the “secret” to balancing how you react & deal with conflicts in your life. For your **Personal Road Map**, knowing it *AHEAD* of time might be helpful, but it will become evident just how critical this number is *AFTER* a critical event or emotional meltdown. Being able to reflect on (it/the conflict) with the knowledge of your **BN** will then be beneficial to your growth and maturity. To use a (light) version of a **Road Trip** example: You might not know *why* you had to pull over and scream until you cried because someone flipped you off when they passed you, *BUT* knowing your **BN** would/will shed light onto the *WHY* you reacted the way you did as well as *HOW* to *LEARN* to *BALANCE* your *FUTURE* reactions.)

*For this exercise, we will be using (for the most part) sunsigns.org

*To find your **Balance Number**, the process is simple; you just need to use the values of the FIRST INITIALS of the names in your FULL NAME given at birth.

*Let's use the name example we've been using, Graham Wilbur Boxworth

Graham Wilbur Boxworth

Using the chart from Lesson #2, we get:

791814 593239 26656928

1. Using ONLY the FIRST LETTERS, **G**(7), **W**(5), & **B**(2)
2. Add them together: $7+5+2=14$
3. Break it down again to a single digit. Add the 1 and 4: $1+4=5$

From the chart, our Fictional Mr. Boxworth has a **BN of #5**

Use this space to do your calculations

My Balance Number is: _____

Now, go to sunsigns.org using the link provided in the online lesson; **First link** for Balance Numbers 1-4, **Second link** for Balance Numbers 5-9, and find your particular **Balance Number**.

Now, just like how with the previous lesson (Hidden Passion Number), we're going to start off with the “I am” type statements; where you will be changing the sentences within your **BN** description by changing them into “I am”, “I do”, “I tend to”, etc., statements.

For example, the website says, “You have a strong drive to stand out”, you will write, “I have a strong drive to stand out”. Then, check off the box that applies, whether you Agree or Disagree with the statement.

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Here's the FUN, MEATY PART, you've been WAITING FOR!

Crossover, Shadow Work Lesson

If, perhaps, you've recently gone through a complete death/rebirth event, where you can *finally* (kind of) see clearly how you survived (it) via your Balance Number (after reading its description, of course), then by all means, use that "event/experience" for this exercise.

If you haven't had a recent upheaval, or, for whatever other valid reason you would rather use an event you've already reflected upon, now would be a good time to pick one from Lesson #1 of Shadow Work. (If you haven't done that lesson yet, click on the icon at the bottom of this blog post's page that is labeled, "Shadow Work Lesson#1")

Copy down what you wrote down for the event you've chosen to work with

*Remember, over our lifetimes, we grow as individuals. Maybe you used to be "that way" or, maybe you haven't yet become "that way". These are all possibilities of your potential.

*And, lastly... before you start this last part, now is a good time to remind you of the Bonus Page "List Page of Labels"...

...within this lesson (along with all of the previous ones) there has been plenty of information (with labels) given to describe you. Go through this information and write down as many of those labels on that page, so you can begin to get a clearer picture of WHO you ARE. Consult the blog post for this lesson for links to that bonus lesson, if you don't have it already.

Example:

Event #1	I come from a broken home
Lesson #1	I can see the "BIG PICTURE"
Lesson #2	Learned I didn't want to repeat the same cycle as my parents
Lesson #3	Learned how to take care of myself (cook, clean, fend, etc)
Lesson #4	The abuse did NOT KILL ME
Lesson #5	I learned what I DIDN'T WANT in a relationship

Your Turn:

Event #1	
Lesson #1	
Lesson #2	
Lesson #3	
Lesson #4	
Lesson #5	

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Next, for each “lesson” you’ve written down, using your **BN “I AM” Statements**, find what trait(s)/ aspect(s) of this number is reflected and/or contributed *to* the learning of each particular lesson. (Side Note: If it’s a bit hard to see what traits of the **BN** are displayed based off of *JUST* your “I AM” statements, then consult the “personality of” the actual number itself, exercise, that you did on page 40 of this lesson)

Example:

Lesson #1: I can see the “BIG PICTURE”
BN Trait displayed: I Am compassionate and understanding by nature
BN Trait displayed: I have the ability to understand things and situations in a broader sense
BN Trait displayed: I like solitude but am always there to support and help others in their difficult times

Your Turn:

Lesson #1:
BN Trait displayed:
BN Trait displayed:
BN Trait displayed:
BN Trait displayed:
BN Trait displayed:

Lesson #2:
BN Trait displayed:
BN Trait displayed:
BN Trait displayed:
BN Trait displayed:
BN Trait displayed:

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Lesson #3:
BN Trait displayed:
BN Trait displayed:
BN Trait displayed:
BN Trait displayed:
BN Trait displayed:

Lesson #4:
BN Trait displayed:
BN Trait displayed:
BN Trait displayed:
BN Trait displayed:
BN Trait displayed:

Lesson #5:
BN Trait displayed:
BN Trait displayed:
BN Trait displayed:
BN Trait displayed:
BN Trait displayed: