

Universal Day Numbers

Each of the numbers 1 – 9 have unique characteristics that can be tapped into at any time. As humans, we interpret through our minds and then trigger the emotion of empowerment (safety, security, love) or the feeling of dis-empowerment (challenge, stress, fear). Being aware of the daily rhythm gives us the conscious awareness to choose our experience instead. When we choose to experience the empowered emotions of each number, we activate the parasympathetic nervous system. By activating (choosing) the parasympathetic, we activate well-being and healing.

Empowered:

- 1) new ideas, inspiration, curiosity, fresh potential, goal setting, planning, leadership
- 2) team player, sensitive, friendly, considerate, connection, making decisions, intuition
- 3) creative, social success, optimistic, adaptable, excitement, play, ideas/experiences
- 4) focused, persevering, practical, reliable, productive, physically motivated, earthy
- 5) wanderlust, curious, teaching, open to new ideas, looking for possibilities, centred
- 6) family, friends, expression, creativity, sharing, intimacy, collaboration, witty, compassionate
- 7) initiative, brave, intuition, making changes, efficiency, discovery, independent
- 8) momentum, commitment, personal mastery, cultivation, calm, patience, efficient
- 9) completion, initiation, release, introspection, breakthrough, rest, confidence, content

Challenges:

- over-thinking, attachment to past, confusion, laziness, isolation, complaints
- lazy, unfocused, sensitive, insecure, indecisive, procrastination, confusion, disconnected
- negligent, moody, indecisive, scattered, grief, anxiety, discouragement, overwhelmed
- stubborn, impatient, cautious, discouraged, dissatisfied, exhausted, avoidant, chaotic
- argumentative, stuck, burdened, resistant to change, unworthy, unreliable
- attachment, debauchery, anxious, wallowing, melancholy, victimized, emotionally unstable
- reckless, fixed mindset, stubborn, uncertain, hesitant, impatient, doubting, indecisive
- moving too quickly, anxiety, sabotage, depression, reactionary, impatient, stubborn
- resistance, isolation, complacent, overthink, discouraged, burnout, impulsive

NOTE: As noted, all numerology energy represented by numbers has positive and negative (challenges). This is general universal day energy that the collective can experience, and this is a tool to arm yourself with for a more aligned day for the energy you want to cultivate.



CORRESPONDANCES

Flower: Sunflower

Colours: Red and Orange (wear strong bright colours)

Herbs/Oils: St. Johns Wart
(drink as tea or place a piece under your pillow)

Chakra: Heart

ONE

idea-seed planted

Leader - Determined and independent with a strong personality.

SYNOPSIS OF ASPECTS

Positive

Self-sufficient, Independent, Exploration, Leadership

Challenges

Arrogance, Lazy, Unfocused, Feel Misunderstood.

SUGGESTED CRYSTALS

Crystal(s):

Carnelian (stabilization + voice + confidence) is a stabilizing crystal, perfect for anchoring in the present. Get riled up with Carnelian, one of the best crystals for confidence, to elevate your creativity and give a more memorable speech. Carnelian clarifies the voice; it is a great stone for speakers, singers, and teachers.

More Crystals:

Garnet, Tigers Iron, Fancy Jasper, Amber

EMPOWERMENT

Empowered:

New ideas, inspiration, curiosity, fresh potential, receiving or giving, intention, goal setting, planning, innovation, communication & conversation, action, saying yes.

Dis-Empowered:

Over-thinking, attachment to the past, confusion, laziness, isolation, complaints, self-centered.



CORRESPONDANCES

Flower: Lily, Jasmine

Colours: Sapphire, Blue, Silver
(wear soft colours and pastels)

Herbs/Oils: Lemon Balm (soak a sprig of this herb in wine or juice) is excellent for calming nerves.

Chakra: Solar Plexus

TWO

balance - connection

Negotiator - Diplomatic and persuasive with a charming wit; the peacemaking (harmony).

SYNOPSIS OF ASPECTS

Positive

team player, sensitive, friendly, considerate, connection, making decisions, intuition

Challenges

lazy, unfocused, sensitive, insecure, indecisive, procrastination, confusion, disconnected

SUGGESTED CRYSTALS

Crystal(s):

Moonstone (new beginnings + intuition), Moonstone is a stone of inner growth and strength. It soothes emotional instability and stress and stabilizes the emotions, providing calmness. Moonstones enhance intuition, promotes inspiration, success and good fortune in love and business matters. It is the stone of deep healing waters and sacred feminine energies.

More Crystals:

White Howlite, Rutland Quartz, Fire agate, Argonite, Carnelian, Sapphire

EMPOWERMENT

Empowered:

connection, compassion, making decisions, love, partnership, collaboration, sharing ideas, finding resources, activating passion, feeling purpose, intuition, mediation, inclusion, trust/faith, integration of ideas, stepping forward.

Dis-Empowered:

co-Dependent, insecure, indecisive, needy, clingy, hesitant, procrastination, confusion, disconnected from self and others, lonely

THREE

fun - creativity

Communicator - Outgoing and talkative with an optimistic nature, love of people.



SYNOPSIS OF ASPECTS

Positive

Self-sufficient, Independent, Exploration, Leadership

Challenges

Arrogance, Lazy, Unfocused, Feel Misunderstood.

SUGGESTED CRYSTALS

Crystal(s):

Citrine (joy + success + fortune) Citrine is a joyful stone with a bright energy that lights up many aspects of the lives of those who work with it. It has energies of good fortune and good luck, though these may appear in unexpected ways. Citrine is well known in crystal work as a success and prosperity stone to the point that it is called the "Success Stone." It is said to promote and manifest success and abundance in all areas and many ways.

More Crystals:

Amazonite, Lapis Lazuli, Yellow Jasper, Sunstone, Moonstone and Ruby.

EMPOWERMENT

Empowered:

creative, social success, optimistic, adaptable, excitement, play, ideas/experiences

Dis-Empowered:

negligent, moody, indecisive, scattered, grief, anxiety, discouragement, overwhelmed

CORRESPONDANCES

Flower: Dandelions, Honeysuckle

Colours: Yellow, turquoise (wear anything that sparkles or shimmers)

Herbs/Oils: Sage, Clove

Chakra: Crown



FOUR

ndurance - logic

Teacher - Hardworking and diligent with high moral standards; the builders.

SYNOPSIS OF ASPECTS

Positive

focused, persevering, practical, reliable, productive, physically motivated, earthy

Challenges

stubborn, impatient, cautious, discouraged, dissatisfied, exhausted, avoidant, chaotic

SUGGESTED CRYSTALS

Crystal(s):

Obsidian (protection + positive + grounding) a psychic protection stone. Shields, you from negative energies and psychic attacks. Removes and absorbs negativity from the environment.

More Crystals:

Moonstone, Jade, Garnet, Ametrine, Jaspers.

EMPOWERMENT

Empowered:

New ideas, inspiration, curiosity, fresh potential, receiving or giving, intention, goal setting, planning, innovation, communication & conversation, action, saying yes.

Dis-Empowered:

Over-thinking, attachment to the past, confusion, laziness, isolation, complaints, self-centered.

CORRESPONDANCES

Flower: Pansy, Mimosa

Colours: Browns, greens (wear darker colours with accents of a lighter shade to lift spirits.)

Herbs/Oils: Patchouli, Cypress

Chakra: Turiya (above the crown)



CORRESPONDANCES

Flower: Lavender, Lily of the Valley

Colours: blue, yellow (wear shiny fabrics)

Herbs/Oils: Fennel, Peppermint

Chakra: Brow

FIVE

pleasure - adventure

Freedom Seeker - Unconventional and adventurous with a curious personality; living for today.

SYNOPSIS OF ASPECTS

Positive

wanderlust, curious, teaching, open to new ideas, looking for possibilities, centred

Challenges

argumentative, stuck, burdened, resistant to change, unworthy, unreliable

SUGGESTED CRYSTALS

Crystal(s):

Aventurine (leadership + new ventures + success) is one of the best money crystals because it is fortunate to manifest wealth. It is also the stone of opportunity, opening doors to new ventures. Aventurine is a very positive stone for prosperity. Aventurine reinforces leadership qualities and decisiveness; it encourages compassion, empathy and reinforces perseverance.

More Crystals:

Aquamarine, Moss Agate, Onyx, Agates

EMPOWERMENT

Empowered:

wanderlust, learning, teaching, open to new ideas, welcoming change, looking for possibilities, learning from experiences

Dis-Empowered:

argumentative, stuck, burdened, resistant to change, lack, loss, unsupported, forgotten, clinging to the past our outworn ideas, feeling small or insignificant, unworthy of your dreams or desires, isolated, unaware, excluded.



CORRESPONDANCES

Flower: Rose, Cowslip

Colours: rose, pink, soft blue
(wear coordinated colours)

Fruit: Orange

Herbs/Oils: Thyme, Vanilla

Chakra: Navel

SIX

love - relationship

Nurturer - Compassionate and loving with a knack for giving good advice, very domestic.

SYNOPSIS OF ASPECTS

Positive

family, friends, expression, creativity, sharing, intimacy, collaboration, witty, compassionate

Challenges

attachment, debauchery, anxious, wallowing, melancholy, victimized, emotionally unstable

SUGGESTED CRYSTALS

Crystal(s):

Rose Quartz (love + harmony + mothering) is calming, reassuring, and gives one an appreciation and love of self; it encourages one to mother thy self. It will strengthen empathy, open the door to sensitivity, and restores trust. Rose quartz shows you the power of your emotions and the ability of Love to "Conquer All."

More Crystals:

Carnelian, Aquamarine, Hematite, Lapis Lazuli

EMPOWERMENT

Empowered:

family, friends, expression, creativity, artistic, loving, speaking, writing, sharing, intimacy, collaboration, love, witty, decorating, designing, attention to details, reminiscent, preparing for the new, recovery, anticipation, excitement, trust, victory, completions, rewards, activating transformation, karmic balance

Dis-Empowered:

attachment, debauchery, greed, betrayal, dependence, material focus, anxious, wallowing, sorrowful, victimized, emotionally unstable, cruel to self or others, paying for past words or actions



SEVEN

spirituality - seek

Seeker of knowledge - philosophical and thoughtful with an inquisitive mind.

SYNOPSIS OF ASPECTS

Positive

initiative, brave, intuition, making changes, efficiency, discovery, independent

Challenges

reckless, fixed mindset, stubborn, uncertain, hesitant, impatient, doubting, indecisive

SUGGESTED CRYSTALS

Crystal(s):

Clear Quartz (energy + creativity + clarity) "Master Healer" will amplify energy and thought, as well as the effect of other crystals. It absorbs, stores, releases and regulates energy. It is said to increase spiritual wisdom, promote clarity of the mind and increases insight.

More Crystals:

Peridot, Amethyst, Peacock, Iolite

EMPOWERMENT

Empowered:

taking action, brave, trusting in self, intuitive, luck, learning through action, showing others what is possible, making changes, converging ideas, clarity through action, nature, diversity, speed, discovery, confidence, independence, everything happens for a reason

Dis-Empowered:

proving, reckless, loss, endings, tragedy, challenges, fixed mindset, closed off from support, stubborn, uncertain, focused on the "how," fearful of change, hesitant, arrogant, life is happening to me, impatient for results

CORRESPONDANCES

Flower: Poppy, Lotus

Colours: Red and Orange (wear strong bright colours)

Herbs/Oils: Eucalyptus, Myrrh

Chakra: Sacral



CORRESPONDANCES

Flower: Marigold, Snapdragon

Colours: golds, beige, grey, caramel (wear dark or muted colours and accent with expensive jewellery).

Herbs/Oils: Ivy, Comfrey

Chakra: Throat

EIGHT

ambition - enterprise

Dominant Ambitious and driven with an ability to judge character (workaholic).

SYNOPSIS OF ASPECTS

Positive

momentum, commitment, personal mastery, cultivation, calm, patience, efficient

Challenges

moving too quickly, anxiety, sabotage, depression, reactionary, impatient, stubborn

SUGGESTED CRYSTALS

Crystal(s):

Black Onyx (guarding + protection + soothing) is said a soothing stone, especially during times of emotional turmoil. It is known to help release negativity and guard the wearer against the 'evil eye.' Black Onyx is a protection stone. Its purpose is to help prevent the drain of personal energy while at the same time absorbing and transforming negative energy.

More Crystals:

citrine, tigers iron, bloodstone

EMPOWERMENT

Empowered:

momentum, commitment, mental mastery, emotional mastery, physical mastery, development, preparation, cultivation, wealth, legacy, fortitude, strength, calm, patience, virtue, integrity, precise, deliberate, allowing, ready for more

Dis-Empowered:

out of control, events moving too quickly, anxiety, life reaching a breaking point, trapped by circumstances, destruction, sabotage, depressed, angry, giving up, reactionary



NINE

wisdom - activism

Humanitarian - Generous and helpful with an urge to fight injustice and selflessness.

SYNOPSIS OF ASPECTS

Positive

completion, initiation, release, introspection, breakthrough, rest, confidence, content

Challenges

resistance, isolation, complacent, overthink, discouraged, burnout, impulsive

SUGGESTED CRYSTALS

Crystal(s):

is a stone of spiritual protection and purification, cleansing one's energy field of negative influences and attachments and creating a resonant shield of spiritual Light around the body. It acts as a barrier against lower energies, psychic attack, geopathic stress and unhealthy environments. An excellent stone for mediation, as it helps one to connect with their intuition.

More Crystals:

Rose Quartz, Jaspers, Amazonite, Picture Jasper, Labradorite

EMPOWERMENT

Empowered:

completion, graduation, initiation, release, introspection, end of a cycle, breakthrough, self-awareness, focused on higher purpose, meditation, rest, confident, spiritual, happy, content, knowing, commitment to self and to what feels right

Dis-Empowered:

resistance, isolation, separation, bored, complacent, avoidant, habitual, worried, overthinking, discouraged, burned out, giving up, grief, shock, denial

CORRESPONDANCES

Flower: Marigold, Iris

Colours: purple, deep red (wear flamboyant colours)

Herbs/Oils: Frankincense, Nutmeg

Chakra: Root