



BE THANKFUL



HAVE AN ATTITUDE
OF GRATITUDE.

#SENTIMENTALGEMS



HOW TO USE THE PLANNER

Your Ruling Number is the primary influence on your personality. This is the number that is reflective of your specific birthdate. Your Ruling Number never changes, as is a map to your life experience.

Each of the numbers 1 — 9 has 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 emotion of dis-empowerment (anxiety, stress, fear). We can learn to use our minds to direct our focus on the frequency of empowering thoughts, consciously and intentionally. Our experience is up to us.

The Universal numbers are frequencies available all around us in the physical environment and the collective. Being aware of the rhythms 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. The more we activate this aspect of our nervous system, we create a momentum of body responses that aid to improve our immunity, organ function, brain function, reproduction, hormone production, better sleep, better physical performance, and so much more. The most noticeable side-effect is a sense of calm, peace, ease, and regular bouts of happiness.

Your personal year number helps us forecast the lessons, challenges and blessings that we will experience. This planner is broken down into universal and personal year, month, and day numbers for you to align with the energies to evolve your manifestations and intentions.

Note: We can go further into learning about your influences and personality through navigating your chart of influences to identify your different characters, using that for alignment with your Ruling Number. This will help you to flow with life more easily. It is an even more in-depth understanding of yourself.

S E N T I M E N T A L G E M S



Additional Services To Consider:

Seasons: This is an additional reading; seasons are for if you like to plan. Seasons happen every nine years after living here for 36 years. Our personal seasons are a map to our Karma and Dharma in this lifetime. When we navigate our seasons consciously, it empowers us to live a fully engaged, purposeful, and meaningful life now and in future lifetimes. To do this, we learn to embrace our Karma and to accept our Dharma. Everyone has a unique seasonal path, although we do see trends at different times in history. Right now, in the 2000s, we see an increased appearance of spiritually focused charts.

Our Karma is the specific learning agenda that we carry in this lifetime that is believed by many traditions to be related to our past life experiences. Our Karma may be associated with a specific debt we came to repay during this time, supporting others through our personal or professional losses. Financial losses and gains may be related to actions from our past that make little sense to us now. However, the experience of the loss, challenge or triumph can be experienced consciously, through the lens of awareness and love, which will enable us to integrate the wisdom and clear these experiences now and in the future.

Our Dharma is the unique work we came here to do. Work is not meant as a term for servitude or subjugation. Work is a term used to describe the mental, emotional and physical impact we are intended to have during our lifetime. Dharma is different for each of us and can manifest through career, family, health, or love. Our Dharma is specific in nature but not manifestation. This is where free will is given to us to decide the vehicle of our expression. We are given guidelines for how we will best express our purpose, but ultimately that creative decision is up to each of us. That is where our Dharma takes on the human role of co-creation.

Ultimately, we are creators. We came here to learn, to grow, and to create what has never been created before. It is up to us to remember who we are and to surrender to the knowledge of the power that is within each of us. When we do, we can come together collectively to create worlds beyond our current level of awareness. Understanding and actively engaging in our seasons is the tool we gave ourselves to make this life easier and to unlock our personal power together.

Relationship Contracts/Soul Contracts: These are spiritual contracts we are assigned to fulfill a purpose. All through our lives, we come across different types of people. While you tend to forget some of them quite easily, others leave a profound impact on your life. But most of the people you come across in life may not have a significant role to play.

A few leave a strong impression and have a powerful impact on several aspects of your existence, challenging your rational and emotional selves, thus triggering a change in your destiny. People who believe in numerology suggest that any person who meets them has a particular reason to do so. A reason can be unknown during the first meeting. At times, the purpose is not discovered even after a relationship has been developed. Instead, it appears as if you were destined to come in touch with that person in this lifetime.

In numerology, we can navigate numbers and see how they all align and work together.



SENTIMENTALGEMS.COM

Note: Any future purchases for planners are at 50% off, you can order premarked Happy Planners based on your numbers, as you have already had a reading. Plus this admits you to any future "Limitless" workshops or Planner Lessons for life. Planners can be purchased individually direct through kerri@kerridawn.com, prices will vary on options. Thank you for choosing me to create this for you.

S E N T I M E N T A L G E M S