

**THERAPY FOR SANE HALLUCINATIONS, Part II**

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*Abstract: At last year's Annual Conference entitled, "Beyond the Veil: Evidence for Life after Death" this author reported on spiritual experiences of mental health, allied healing professionals and their clients (Herrick, K.E., 2008, pp. 84-96) and those of the clients in her practice. Spiritual Experiences (SEs) such as examples of communication with someone who has died were discussed. These experiences can also be described using an 1800's term "sane hallucinations." Since William James and his colleagues found these "sane hallucinations" to be true and clients are experiencing them now in their lives, the author, in 2008-2009, asked other clients to actively seek the aide of mediums to help rid themselves of some negative issues with dead relatives. Also, clients were taught to use the vibrational science of Numerology to aide in their movement through therapy. Carl Jung stated that numbers behave in a certain way and are "discovered" to be in our unconscious similar to archetypes. This author found that having clients use both medium visits and Numerology increased the intent of the clients. Intent must be expressed before change can be manifested.*

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**MEDIUMSHIP**

"A medium is a person who communicates with alleged non-physical entities." (Morse, 2009). This communication is sometimes accompanied by paranormal physical phenomena such as rapping's or noises from the spirit/s, levitation of a table in the room, etc. There are two main categories of Mediumship. The first is the mental category, which was shown in the movie *The Sixth Sense* (2001) and the second is physical Mediumship.

Physical Mediumship is characterized by movement of objects and other paranormal phenomena. "Mediumship is an ancient and universal practice, undertaken to commune with the divine, receive prophesy, communicate with spirits of the dead, perform paranormal feats and channel the universal life force for healing." (Guiley, 1991, p. 358). A spirit can also communicate through automatic writing. Mediumship seems to run along bloodlines. Some popular mediums of today are John Edwards and Sylvia Brown.

From a scientific or quantum physics perspective, why send clients to a medium? This author wanted the mechanics of intent and synchronicity to help produce a more positive sense in the client's life. Fred Alan Wolf, a famous physicist, has been known to say that intent and synchronicity coax something to happen and increases the probability of something happening. At least, this seemed to be what happened many times in the stories that have been collected by this author.

**CLIENTS' VISITS TO MEDIUMS**

**Client went to a medium out of curiosity**

“I went to see the medium out of curiosity. Two members of my group had already gone and they had positive experiences with the spirits that were reported by the medium so I decided to take the plunge and go. The medium told me that she “saw” my family. She physically described my mother and father and the clothes they were wearing. She “saw” them sitting in an audience. She said they were learning about love and that abuse was not the way.

My mother told the medium that she had wanted to be soft when she was raising us but that she didn’t know how. She told me she knew I had a very difficult time growing up and that she is learning that abuse is not the way. My father also said he was very sorry about my childhood. He said he knew his gambling had been destructive to me and my sisters and if he had to do it again, because of what he’s learned, he would not have gambled when we were kids. I felt validated for the first time in my life about the abuse I had experienced. This visit increased the loving feelings I have for my parents when I remember growing up.”

### **Client went to a medium for her grief issues**

“My husband died in 1997 and I went to my first medium to, hopefully, give me some closure into my husband’s death. My husband “came in” at this time; however, I could not understand why he had to leave me with two young children to raise alone. It was helpful, however, to feel his presence and know I could contact him in this way again if I felt it was necessary.

Then in 2005, when he had been gone for eight years, I went to my second medium and asked the same question: ‘Why did you die so soon and leave me to raise two children alone?’ He said, ‘It was my time to go.’ He answered any other questions that I had. I still could not accept his explanation that it had just been his time. During this medium session, my mother and father came through and both of them asked for my forgiveness due to the way they had raised me. Because of the emotions of this visit, I told them both that I forgave them. But then, maybe a month later, I decided that I didn’t forgive my mother.

At this medium visit, the medium had told me that I had to deal with the issue of my mother. That even if I forgave her, I still had work to do from all the pain I had lived through with her. My father had been the alcoholic but he had also been the parent that gave me the most love. My mother had terrible mood swings and I was the child she verbally abused and intimidated all my life. She favored my sister and was extremely cruel to me.

This is when I entered therapy. By going to the medium, she brought the issue of my childhood to the forefront and I could no longer ignore completing my “mother work”. My biggest question regarding why my husband was taken so early in his life was still unanswered and went on the back burner.

After two years in therapy, I was asked by my therapist to again visit a medium and try to get an answer from my husband. When I went to my third medium, my husband stated: ‘No one took me from you. Every soul comes into the world and is here for a specific amount of time. My death had nothing to do with you or the family. It was simply my time to go.’

Suddenly when I heard this from him for the third time, I could lay it to rest after 11 1/2 years. I had to hear it from him again. Nothing was done to hurt me or my children. It was his time to leave this world. I finally understood and I had peace about

so much that had happened to me. I feel much more complete and happy with my life today.”

### **One-half of life is Showing Up**

Besides the above cases, others have stated that there are “feelings of connection, openness and wonder that followed their medium visit. Some clients experienced coincidences that were viewed as “signs” from the universe. Some of these coincidences are:

- They have more meaningful dreams.
- They “see” names and/or symbols on license plates, trucks passing, signs along the road that remind them of loved ones who have died.
- They hear songs played in different places that were favorites of their dead relatives. These songs should not be playing in the year 2008 or 2009. They have been described as just “too old.”

As you can read from the above clients, events that happen after a visit to a medium usually give rise to statements, actions and tendencies that are more “spiritual” than situations were in their lives before the visit. Their feelings change as a result of this experience and become more positive. Some clients already know of a medium to visit before they begin therapy. Please Note: If this author recommends any paranormal professional, she has always personally visited the professional before recommending them.

### **The medium visit that never happened. A Spirit had the Medium call.**

This client came into therapy with the intent to handle her fear of death and also to work through the death of her older brother who “was sick for a short time and went too soon,” she stated. “I’m very sad about it. I have had a hard time moving on from this. I’m a very skeptical person. I don’t have a lot of faith in stuff. I’m trying to have an open mind.”

She stayed in therapy for over one year although for the last six months she only came to therapy once a month, which showed her resistance to the process. We agreed she was very “codependent,” which means having her identity tied up with caring and worrying about others. A codependent’s primary issue is that of control and the inability to “let go” in her relationships long enough to see what will happen when they, the codependent, attempts not to control a situation.

She called the medium one day from my office to set up an appointment. It was in December and the medium did not have her appointment book for the New Year. It was agreed that the client would call the medium back in January, which she did. About an hour after this client called the medium, the medium called the author to say that the client’s brother had “come in.” He asked the medium to call me and say that he did not believe his sister could go through with this meeting. He stated she was like “Jell-O inside.” He also stated that he had not been sick for a short time. His situation was quite the opposite.”

The spirit of the brother stated he was genuinely concerned about his sister and he wanted me to know that when she cancelled the appointment with the medium (and eventually therapy with me) that it would be due to nothing that I had done. It was her fear of going forward. The spirit also wanted me to know that he sometimes “brushes

like a feather” on his widow’s face. He had done this when she was brushing her teeth. (His *presence* with his widow had been discussed during my client’s therapy sessions. Nothing her sister-in-law told her of these positive “visits” quelled her fears of the unknown.) I told the medium to thank the brother’s spirit for asking her to call me. The client had two sessions with me after this phone call and decided her brother was correct. She did not call the medium and she has left therapy for the present time.

On a final note before we end our thinking on mediums and visits from deceased relatives, Sharon Begley, the Science Editor of *Newsweek*, in her November 3, 2008 article entitled, “ Why We Believe” stated that 90% of the population say they have experienced “these things” that science says do not exist. “These things” were: Feeling a ghostly presence behind you in an “empty” house, Hearing loved ones speak to you after they have passed away, That you can tell when a certain person is about to text or call you, That you can tell when someone unseen is looking at you, That you have a “lucky” shirt, and Reincarnation.

### **NUMEROLOGY with CLIENTS AND MEMBERS OF ASPSI**

During my talk at the 2008 conference, I mentioned the fact that I used Numerology with some clients who are open to it. I received some skeptical comments that added up to the thought that this “science” of Numerology was pretty “flakey.” A skeptic is a person who habitually doubts, questions or suspends judgment. This person usually doubts religious doctrines; however, this person is also thoughtful and inquiring.

I had tended to follow the advice of Dr. Raymond Moody who believes that a skeptic’s mind cannot be changed so don’t even bother (Moody, 1999). However, these ASPSI skeptics were my peers and friends. They supposedly understood that we live in a universe that is affected metaphysically and spiritually by an unseen order; however, Numerology was not part of their accepted order. I decided to try to help them better understand this “flakey” science.

At this point in the lecture, I introduced Bill who is a skeptic about “spiritual concepts.” He stated he has no interest in the afterlife or a spiritual journey; however, having gone through a Numerology lesson with me he found it really resonated with him. He also wanted to help end the theory that a skeptic is so negative he could not be thoughtful and inquiring. I thought Bill’s voice would echo some people’s thoughts that were in the audience.

Bill stated: “As I ponder the mysteries of my own existence I am prompted to expand my understanding of the physical universe in which I inhabit. At 50 years old, I am not convinced that there is anything more to life than basic biology that has yielded life intelligent enough to ponder its own existence and imaginative enough to credit a higher being for its own creation. That said I cannot discount the ‘mechanics of intention and synchronicity’ to help produce the story of my life”. I have two personal experiences to share with you today that have shaped my approach to understanding the meaning of my life – and the framework I use to ‘coax something to happen out of the infinite folds of probability’.

The first is a story about synchronicity.... I was a 20 year old enlisted airman stationed in Goldsboro NC. One afternoon I was driving home to my off base housing and noticed an old man in a tattered suit hitchhiking on the opposite side of the highway. On a whim, I made a U-turn and picked him up. He was heading down to the Salvation Army in La Grange so I offered to take him. We loaded his luggage and began the short 30 minute journey. We were making some small talk and I mentioned to him that he

reminded me of my grandfather. His eyes lit up and he launched into a lengthy monologue describing how proud my grandfather is that I was serving my country, and that this time spent in the Air Force was time well spent because it would help me to grow in ways that I would not have imagined. At this point I was a bit shocked because the things this man was saying exactly paralleled the content of the letters that my grandfather used to send me. My grandfather was a great one for staying in touch and I could always count on receiving letters from him that kept me abreast of the important things that were happening (the status of his dock rebuilding project, the process for winterizing our summer cottage on Lake Carey, any news that he had about the rest of the family, etc.).

Grandpa Charlie was the great communicator of our family, however, his health had deteriorated lately and he was unable to write his letters. It seemed that he was succumbing to a form of dementia that left him confused and unable to speak or write coherently. It was sad to watch and even sadder that he knew it was happening. We finally arrived at the Salvation Army and I asked him what he was going to be doing there. He said that he wasn't sure but thought it might be the "end of the line" for him. I didn't understand what that meant but bid him farewell and good luck, and returned to my home outside of Goldsboro. As I walked in the door to my house the phone was ringing – it was my sister calling to tell me that my Grandfather had just died.

After 30 years, I can still see that old man's face, his tattered suit, the luggage that contained all his worldly possessions. I can still remember our discussion and cannot help but feel that somehow my Grandfather made one last communication. The significance of this story for me is that it presented to me the possibility of there being something 'a bit more' to life than meets the eye. As a card carrying 'heathen' (as many of my fellow GIs from the Bible belt called me) I was (and am) not prone to belief in the idea of an omnipotent creator, however, this encounter with the old man gave me pause and caused me to consider this to be some type of synchronistic event being orchestrated outside of my realm of understanding. I have spent the ensuing years looking for (and finding!) the many synchronicities that occur in my life and trying to understand their meaning.

My second experience is a story about intent... Many years later I found myself involved in a study group that focused on the teachings of the modern day prophet Edgar Cayce. Being the group skeptic (which I like to believe is someone who suspends judgment while in search of fact), I would often challenge the group to create experiments that we could use to try to uncover some hidden truths, or validate some difficult (for me) to believe claims. One evening we were discussing the idea of angels, in which many people in the group had a strong belief. As the lone dissenter, I asked that we create an experiment that would allow us (me!) to experience the existence of an angel. My friends had made the claim that we all have guardian angels and that they are with us all the time. Hmmmmm.....ok – prove it!

They told me that if I was open to a message from my guardian angel than it would come. All I needed to do was put me in a meditative state and focus on welcoming my guardian angel in to my life. Since I was already in the habit of regular meditation this seemed like an easy experiment so I agreed to attempt this for a week and report back my findings. The next day I was riding the PATH train from Newark NJ to downtown Manhattan and decided to give the experiment a try. I turned and faced the outside of the train, closed my eyes, and spent the next couple of minutes in mediation – maintaining a welcoming attitude towards any angels that might be around, and asking for some type of sign that would let me know they were there. For anyone who has not ridden the PATH to Manhattan let me tell you that it is always very crowded and there are usually people crammed into the PATH car standing in every possible space. As I emerged from my

short meditation I was a bit disappointed that nothing happened – no bright lights, or winged people, or ghostly figures. I was somewhat amused with myself for even thinking in those terms and spent the next couple of minutes looking out the window and pondering the outcome of this first experiment attempt. As we approached my stop, I turned back toward the inside of the PATH car where I discovered there was a person standing up reading the Wall St. Journal. He was facing me and holding the paper up very high in order to not disturb the people standing near him. He was displaying the headline to me as if it were some type of a sign (Get it? I was ‘looking for a sign’) – the headline read “In Search of an Angel”! On the front page of the Wall St Journal! A message from my Guardian Angel? If so, then they certainly have a sense of humor. While I’m not convinced of the existence of angels, I have certainly become aware of the importance of creating “intention” in my life. If I intend to encounter hardship and misery, then I should not be surprised if that is exactly what I find. If I intend to see the goodness (or the God) in others, then I’m always rewarded with relationships rich with caring and goodness. It’s all about intention.

As I finish up, I want to spend a minute talking about why I’m here with Karen today. It’s essentially the intersection of a series of synchronistic events and a set of intentions around which I structure my life. To make a long story short, I’m pretty skeptical about the idea of Numerology. I could probably spend hours up here making a case for not believing, but I won’t. As a skeptic I am setting aside judgment and opening myself to the possibility that Numerology can provide me with something positive (INTENTION!!) and help me to better understand myself.

You see, at the end of the day I do not really care about an afterlife, a judgment day, heaven, hell, or spiritual immortality. I care about increasing the quality of my life and my relationships right now! After some experimentation with Numerology I have found that there seems to be some synchronicity between my Soul Urge and the numbers that represent the vowels in my name; and between my Life Path and the numbers of my birth date. Coincidence perhaps, but only further experimentation will tell. For now, I will use the things I learn to establish my intention of living this day with purpose and knowing that the things I do today are very important – they must be since it’s costing me a day of my life to do them. Thank you.”

### **Numerology**

Numerology “is the practice of using numbers to analyze character and to foretell the future. It is based on the belief that the universe is governed by numerical laws and that each number has special powers and qualities. Most scientists believe that Numerology has no scientific basis but many people throughout the world practice it”. (The World Book Encyclopedia, 2002, p 607).

Numerology began with Pythagoras, a Greek philosopher and spiritual teacher who lived in 580 BC. He is known as the Father of Mathematics and he created the fundamental laws of opposites. These laws are: Limited/Unlimited, Odd/Even, One/Many, Right/Left, Masculine/Feminine, Rest/Motion, Crooked/Straight, Light/Darkness, and Good/Evil.

Carl Jung stated that Pythagoras’s teachings of good vs. evil “percolated through to all strata of the population and that the teachings of Pythagoreans were something like a state religion throughout the Greek world.” He also stated that “Plato used an example of black horses and white horses to illustrate the polarity of the human psyche and that this fundamental law of these opposites of good vs. evil led to the beginnings of Christianity as a world religion” (Jung, 1969, Vol. 6, pp. 544-545).

One of the rules of Numerology is that zero is not a number. A zero, which is also known as the cosmic egg or circle, has God or the Universal Force in the center of the circle. “God is a circle whose centre is everywhere and the circumference nowhere” (Jung, 1969, Vol. 11, p. 155). The Greeks believed that this Oneness or God connected the universe.

The Greeks also believed that the *number one* came from a dot in the center of a circle and/or the universe. This dot stood for God. The dot grew into a one as it elongated and God produced an individual. A *number one* grew from the dot. Some constructive qualities of an individual who is a *number one* are that they are independent and usually stand alone, as does their number. They are usually ambitious and forceful if they choose the constructive vibration of their number. Some negative qualities of this number are that of being lazy, dependent, selfish, and egotistical. Two destructive qualities are to be a tyrant and bullying others.

The *number two* has the essence of the pair. The Greeks saw the *number one* as dividing the circle that was God thereby producing two halves of the circle which equaled two individuals and created the *number two*. Constructive aspects of the *number two* are harmony, love, service, and cooperation. Some negative aspects of the *number two* are vacillation, indifference, shyness, sensitivity, and discontent. Some destructive aspects of this number are sullenness, cruelty, and lying.

*Number three* stands for the act of creating. The *two* produces the *three* and the essence of this number is expression and creativity. Some constructive qualities of this number are optimism, inspiration, talent and imagination. Some negative qualities are worry, whining, gossip, and exaggeration. Some destructive qualities are jealousy, wastefulness and intolerance.

As you can see from above, characteristics are applied because of the essence of the number, and so it goes until we reach the *number nine* which Pythagoras said was the cycle of man since it takes nine months to create a human being. An essence is a fundamental nature of something. How did numbers get an essence? Carl Jung stated that numbers were like archetypes (original models and thoughts). He said that numbers are pre-existent to consciousness. Therefore, they are discovered in as much as one did not know of their unconscious, independent existence and it would seem that numbers have an archetypal character...that they show a tendency to behave in a special way. (Jung, 1969, Vol. 8, pp. 457-458)

Now what does all this have to do with you? How do you know what numbers are yours? *Believe it or Not*, you were given your first number from your date of birth. This is called your Life Path number. Your Life Path is found from adding your birth date – the sum of the month, which are numbered according to their position in the calendar, the day and year you were born. Your birth date simply becomes an addition problem and gives you your “Essence” (Campbell, 1931, p. 43). This Life Path indicates the type of opportunity that you are given in this life.

### **Examples of the Life Path Numbers of William James and Carl Jung**

William James was born on January 11, 1842. Carl Jung was born on July 26, 1875. Do the addition yourself for these two dates: (Remember the digits Pythagoras used were the numbers 1 – 9 so any number larger than 9 must be added again to get an answer that’s from 1-9):

- $1 + 1 + 1 + 1 + 8 + 4 + 2 = 18$  ( $1 + 8 = 9$ ) William James is a 9.

- $7 + 2 + 6 + 1 + 8 + 7 + 5 = 36$  ( $3 + 6 = 9$ ) Carl Jung is a 9.

Some constructive qualities of a *number nine* are:

- To have universal love
- To learn the “Higher Law”
- To be a humanitarian
- To be magnetic
- To have artistic genius
- To have breadth of viewpoint.

Some negative qualities of a *number nine* are:

- To give in to emotionalism
- To be egocentric
- To give in to aimless dreaming.

Some destructive qualities of a *number nine* are:

- To be bitter
- To be depressed
- To dissipate one’s energy or time.

Simply stated, we know that both men lived the destructive qualities of their number by suffering from depression during their lives. They lived the positive attributes of their number by both adding constructively to the field of psychology in their own individual theories and practice.

It was here in the lecture, that attendees were asked to add up their own birthdates and to sit in groups with the other numbered attendees from 1-9. Discussion of the qualities of the nine numbers were discussed and the groups learned that Pythagoras stated that life is subject to predictable, orderly and progressive cycles which can be measured by these numbers.

Another “rule” of Numerology was discovered at this point of the lecture. Some people had the *numbers eleven* or *twenty-two*. These two numbers are beyond the cycle of the *number nine* and are not reduced in Numerology. “These are called the Master Numbers. People with these numbers are usually endowed with qualities of leadership and inspiration that are not given to the majority of people. The mission of these two numbers is selfless service to mankind. They are given only to the ‘old souls’ whose experiences have fitted them to be leaders and masters” (Campbell, 1931, p. 13).

### **In Numerology, more insight comes from analyzing your given name**

Pythagoras took the *nine* digits and divided the alphabet into *nine* parts:

1	2	3	4	5	6	7	8	9
A	B	C	D	E	F	G	H	I
J	K	L	M	N	O	P	Q	R
S	T	U	V	W	X	Y	Z	

Each letter has its own number and each number has its own meaning. This is called Gematria. These Gematria numbers would come from applying this alphabet chart

according to your given name on your birth certificate. This is one reason why no two people are ever exactly alike. You may be given a name like your mother's or your father's but your birth date will not be the same. Or, if your birth date is the same, your name will be different.

Onomancy is the name Pythagoreans gave to the art of predicting the future and the characteristics of a person by his or her personal name. Attendees were educated by the author about this process of numbering the vowels and consonants of their birth names during lunch time.

For the purpose of this paper, Gematria is done below, using the alphabet chart above, on the names of William James and Carl Gustav Jung. Simple explanations of the positive, negative and destructive aspects of their numbers are given. "Mrs. L. Dow Balliett, the first teacher of Numerology in the Western world, made the valuable contribution of adding the vowels of the name, apart from the consonants, to discover the vibration of the Soul.

Please note that the letter "W" is a vowel when united to another vowel and sounded as one" (Campbell, 1931, p. 16). The numbers are placed on top of the name to show the numeric value of the vowels (Soul Urge number) and they are placed underneath the name to show the numeric value of the consonants (Latent Self number, which is the self you are when you are alone).

6	6	=	12/3 Soul Urge for James
24			
5 9 9 1	1 5		
W I L L I A M	J A M E S		
3 3 4	1 4 1		
10	6		
1	6	=	+ 7 Latent Self for James
			10/1 Expression # for James

(The Expression number is the addition of the Soul Urge and Latent Self numbers. Again, please remember that zeroes do not count in Numerology as a number. Zeroes are ignored when they come up at any time as an answer.)

The Soul Urge number shows the vibration for which your soul decided to enter this life. The *number three* would show that James came into this lifetime to have artistic expression and talent. The negative aspects of this number are to be prone to worry, be superficial and to exaggerate. The destructive side of this number is to be jealous and intolerant.

His Latent Self is to use mental analysis, do scientific research and to learn the theories and fundamentals of a subject. The negative side of a *number seven* is to be melancholy, aloof and skeptical. The destructive side of this number is to be prone to alcoholism, to live in turbulence and to suppress feelings.

His Expression number is just that. It's how he would express himself in this life, which would be in a creative, original and independent line of work. The negative of this number is to be lazy, dependent and egotistical. The destructive side of this number is to be a tyrant and to bully others.



- Discovering a new hobby because of learning about their personal numbers that makes a meaningless career more palatable since the person's off hours, spent on their new hobby, are now more meaningful.

### **Author's Comments**

I use Numerology only with clients who express an interest in the paranormal and sometimes with those who do not have their time of birth and can then not have an accurate Astrology chart read. I also have a professional Numerologist to recommend if they wish to see one. With some, they cannot identify with many of the positive characteristics that their numbers express and for them. They learn how to use the positive numbers in order to be more creative and fulfilled in the world. We work on the negative and/or destructive side of their numbers, which they usually can identify more quickly especially in early recovery.

Mrs. L. Dow Balliett in 1913 in Atlantic City, New Jersey is credited with publishing information on this divination practice, which she named "The Balliett System of Number Vibration". She states "The Bible, as well as the works of Pythagoras, Plato and other philosophers, has been used to develop the system" (p. vii). From her writings, one can truly understand how spiritual this method was meant to be.

In Numerology, each number stands for a certain color. These colors and numbers are:

"1 – Red  
 2 – Orange  
 3 – Yellow  
 4 – Green  
 5 – Blue  
 6 – Indigo  
 7 – Violet  
 8 – Rose  
 9 – Yellow-gold  
 11 – Silver  
 22 – Red-gold" (Campbell, 1931, pp. 219-220)

In a simple explanation of how and why different colors appeal to us Mrs. Balliett states: "Mineralogists teach that storms are caused by different planets which approach each other in high heaven. Some are classed as friendly, others as malevolent and still others as neutral. Each planet is loaded with its own kind of minerals and is revolving at its own rate of vibration...So each mineral in a planet has its course, fine and finer part. When a planet approaches another the mineral that predominates in that world it is sending out its colors filling full the surrounding atmosphere with its tint.

The first breath the child breathes into its little body in the objective world is the breath that is filled with the color of the atmosphere. It absorbs its rays and breathes from center to circumference, from circumference to center. The thousands of individual cells in its body take up this breath and claim it as its own. The purity of the color depends the spiritual development of the individual" (Balliett, 1913, p. 23-24).

She further states that "When a soul is born into the world it has almost the strength of the grown man or woman but it is badly equipped to express itself in earth life...The helplessness of the child's weak body is a type of our own relation to our

higher selves...The spirit force started the lungs before they could begin to act. So two persons may be born at the same instant and each will select or attract of the colors about him and the tones he finds himself attuned to” (p. 25).

She asked on p. 81 of her book “*How to Attain Success through the Strength of Vibration*” that other teachers using her method should not use other names than the ones she used so as not to confuse others. Unfortunately, this is what has been done if one visits a local book store to see how many Numerology books there are now in print. In this author’s opinion, these books also lack the spiritual aspect of Numerology that was originally intended.

Paul O’Brien in his book “*Divination Sacred Tools for Reading the Mind of God*” (2007), states “There is archeological evidence that a need to know and deep spiritual seeking are universal human traits, and that some form of divination has been used since the earliest of times, to support this quest” (p.87). I find that clients are usually attracted to different types such as Astrology and the I Ching, which were used by Carl Jung personally, and for and with his clients. It has been said that Freud used Tarot cards.

Paul O’Brien (2007) discussed that “The Tarot, I Ching and Runes help people derive insights or decision-making support for something that is happening now, based on the action you do in the present” (p. 144) because these systems lend themselves “to the executive function of decision making” (p. 146) . Astrology can help us to look at patterns and connections in different parts of our lives such as “for the ideal time to get married, change jobs, buy a house, sell a car, or move to a new state” (p. 144). “Numerology is especially useful for career and life-style questions because it can deliver a blueprint of your talents, shortcomings, and temperament from birth to death” (p. 143).

### **In Conclusion:**

A scientific belief is that we, the observer, create our own reality by observing it. It is how we perceive and observe the world and our place in it that creates the reality that we see. Using both of these aides, seeking mediums to speak to dead loved ones and understanding that Numerology helps direct our lives, we are better able to understand that the universe is made up of vibrational energy. We access these layers of energy or vibrations through altered states of consciousness.

A medium goes into an altered state of consciousness to talk to our dead loved ones. Using Numerology increases our intent to change something about ourselves and as we consciously work into new behaviors this conscious intent increases synchronicity. Synchronicity has a numinous quality and means “the simultaneous occurrence of a certain psychic state with one or more external or physical events which appear as having meaningful parallels” (Jung, 1969, Vol 8, p. 441).

Therefore, we can program our life in a more positive way by increasing our intent to do something different, such as visiting a medium, in order to discover something new about ourselves and our deceased relatives. As we do this, allowing ourselves to show up in new places to obtain new directions or insights, I have found that more synchronicistic events happen to show us we are on our spiritual path because the mechanics of intent and synchronicity coax actual events to precipitate out of the infinite space of probability. Our life then becomes more meaningful.

“The secret of success is human effort merged with Divine Power”  
(Ramsey, 2008, p. 87)

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