



# More than just a number

Numerologist Frea O'Brien reveals the hidden karmic messages in your birth date

Numbers are everywhere in our lives, from the miles between cities, to the recipes we cook. The first numbers given to you are your date of birth and, according to experts who work with numbers, called numerologists, these simple digits can reveal insights into your personality.

But *karmic* numerology takes things a step further.

'All numbers carry a specific energy, and by looking at a birth date, a numerologist can discover the karmic lessons a soul has for this lifetime,' says Frea O'Brien, who specialises in discovering people's soul missions, or karmic life path.

'For example, the karmic life path six is about learning to receive and give love,' explains Frea. 'While someone with a master life path 11 is here to share a spiritual message that inspires and uplifts others.'

In numerology, 11, 22 and 33 are known as master numbers and reveal that someone has a special gift, a karmic path to follow. Their soul mission, should they choose to embrace it, will have a big impact on those around them, perhaps on society as a whole.

Some numerologists ignore these special numbers or reduce them to a single digit, yet Frea says, 'Master numbers reveal that a soul has spiritual gifts to help society heal, grow and move forwards. This is why master numbers must never be reduced or ignored.'

'Even if you're not a master number, discovering your karmic life path can help you understand yourself better, the soul mission you're here to fulfil, and the destined rewards that are possible. In short, having this karmic knowledge can help your soul progress.'

## What's your karmic life path?

It's not as complicated as you think to find your karmic life path, your soul mission. Simply add up the numbers of your day, month and year of birth separately and reduce them to a single digit – *unless*, that is, you have one of the master numbers: 11, 22 or 33.

### How to work it out

#### EXAMPLE ONE:

Date of birth  
31/12/1988  
3+1 = 4  
1+2 = 3  
1+9+8+8 = 26  
2+6 = 8  
4+3+8 = 15  
1+5 = 6

So, this person's karmic life path is six.

#### EXAMPLE TWO:

Date of birth 23/11/1969  
2+3 = 5  
11 = 11 (not reduced because it's a master number)  
1+9+6+9 = 25  
2+5 = 7  
5+11+7 = 33  
3+8 = 11

The karmic life path is 11. The number 11 is not reduced because it's a master number.

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## It's all adding up

Read on to discover what your digits say about you

**LIFE PATH ONE:** Independence and leadership.  
**Karmic lessons:** You have the perfect energy to bring something new into the world, but you're not always right. If things get tough, don't forget you can turn a new page, something you find easier than most people.

**LIFE PATH TWO:** Intuition and supporting those around you.  
**Karmic lessons:** You have the ability to see straight to the heart of the matter – trust your instincts. Remember boundaries, and take care of yourself before helping others or you could lose yourself in their problems.

**LIFE PATH THREE:** The talent of creation and inspiring others with your optimism.  
**Karmic lessons:** You have the Midas touch and find it easy to create the wow factor – use this magic wisely. In hard times, you also have the gift of communication, and the imagination to come out on top, so believe in yourself.

**LIFE PATH FOUR:** A focus on organisation and commitment.  
**Karmic lessons:** Embrace your powers and stamina, and make dreams happen. If things start to unravel, take a step back and pull together plan B. Just be wary of acting like a control freak!

**LIFE PATH FIVE:** Embracing change and freedom.  
**Karmic lessons:** You have the special ability to manifest change in the world. Use this gift to make others feel heard and spread the joy of friendship, but don't exhaust yourself, take time to retreat.

**LIFE PATH SIX:** To bring comfort and love to friends and family.  
**Karmic lessons:** You know love moves mountains, so help those around you, but don't give so much that you're taken advantage of, and don't become a martyr. Practise self-care, too – when you're in balance everyone benefits.

**LIFE PATH SEVEN:** Finding new ways forward.  
**Karmic lessons:** Ultimately, your soul mission is to improve people's lives. If a task or goal feels overwhelming, take a moment to find perspective. Your special insight means you risk becoming a bit of a know-it-all, so keep this in mind!

**LIFE PATH EIGHT:** Power and generating wealth.  
**Karmic lessons:** You will make even more money when you learn the power of generosity – what goes around comes around. Another lesson is not to become obsessed with work and money, leaving loved ones on the side.

**LIFE PATH NINE:** Wisdom and guiding others from your experience.  
**Karmic lessons:** You're a wise soul, here to share what you've learned. Your mission is to add value to your community. Volunteer, mentor, join a board, others always listen to what you have to say.

**MASTER LIFE PATH 11:** Vision and psychic abilities.  
**Karmic lessons:** As a master spiritual messenger, you have illuminating insights people need to hear. If things get tough, tune into your inner knowing for what needs to be said, have the courage to speak up and get out of the spiritual closet!

**MASTER LIFE PATH 22:** Making dreams a reality for the greater good.  
**Karmic lessons:** As a master builder, and manifestor, you have the energy and spiritual power to overcome any obstacle. Just don't become too conceited with all your amazing success.

**MASTER LIFE PATH 33:** A rare master number, 33 is about altruism and being a beacon of hope.  
**Karmic lessons:** As a master teacher, you have the ability to touch the hearts of many with your lessons in love. If life feels overwhelming, remember your overall soul mission, rise above mundane worries and lead by example.

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