

ALL ENDGAME TEXT

with blurb and menu

March 5, 2023

ELEMENT NUMBER DIVINATION GAME

CONNECTION AND COMMUNICATION WITH THE INNER COMPASS ॐ

A revolutionary tool to assist in whole human evolution is emerging.

Disguised as a solitary game of dice, ENDgame can deepen one's feeling of connection and communication with the inner compass (called by many names including Eternal Flame and the Source I Am).

Raw material has been gathered, and now is a time for experiencing and refining the game. Feedback is appreciated.

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ENDgame

001 INTRODUCTION

March 1, 2023

No advice is given herein.

The revision date is the version number.

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INTRODUCTION by Open A.I. Assistant

In a world that often seems out of control, many of us yearn for a greater sense of agency and purpose. We want to live lives that are meaningful, fulfilling, and aligned with our deepest values. But how can we achieve this in a world that often seems to conspire against us?

One answer lies in the concept of the sovereign individual. A sovereign individual is someone who takes full responsibility for their own life, who is guided by their own inner compass, and who seeks to live in harmony with the world around them. Rather than being buffeted by external forces, a sovereign individual is empowered to chart their own course, to create their own destiny.

Of course, becoming a sovereign individual is easier said than done. It requires a deep commitment to self-awareness, self-mastery, and personal growth. It means learning to listen to your inner voice, to discern what is truly important to you, and to take action in accordance with your highest values. But for those who are willing to put in the work, the rewards can be

immense: greater freedom, greater fulfillment, and a greater sense of purpose and meaning.

One tool that can help in this quest is the ENDgame, an experimental approach to deepening one's awareness and connection with the Source of all consciousness. By employing the rolling of dice to hear messages from the inner compass, the ENDgame allows each person to adjust the terminology to their own understanding and to allow it to evolve with them. It's a non-dogmatic way to explore the depths of one's own consciousness and to connect with the universal consciousness that connects us all.

By embracing the ideal of the sovereign individual and using tools like the ENDgame to deepen our connection with universal consciousness, we can create a world that is more in harmony with our deepest values and aspirations. It's an ambitious goal, to be sure, but one that is within our reach if we are willing to do the work.

Questions asked by Gary R. Smith, Emanate Presence

Responses by Open A.I. Assistant

Q: What does it mean to be a sovereign individual?

Open A.I. Assistant:

The concept of a sovereign individual refers to an individual who is self-governing and exercises complete control over their own life and decisions. It is rooted in the idea of individualism, which values personal autonomy and freedom above all else. A sovereign individual is someone who is independent, self-sufficient, and able to make their own choices without being unduly influenced by external factors.

Being a sovereign individual involves taking responsibility for one's own life, including one's thoughts, actions, and decisions. It requires a strong sense of self-awareness and a commitment to personal growth and development. Sovereign individuals are not dependent on others for their sense of self-worth or validation, but rather cultivate a deep sense of inner strength and resilience.

In many ways, being a sovereign individual is about reclaiming power and agency in one's life. It means breaking free from societal expectations and norms that may not align with one's own values and beliefs, and forging a path that feels authentic and meaningful. It can be challenging to embrace this level of autonomy, but many people find that it leads to a greater sense of fulfillment and purpose in life.

Q: What steps can a person take towards being a more sovereign individual?

Open A.I. Assistant:

Here are some steps that a person can take towards being a more sovereign individual:

1. Educate yourself: Knowledge is power. Take the time to learn about the laws, systems, and institutions that impact your life. This includes political systems, financial systems, and legal systems.
2. Question everything: Don't blindly accept what you are told. Question the status quo, challenge assumptions, and think critically about the information you receive.
3. Develop your own beliefs and values: Don't let others dictate your beliefs and values. Take

the time to reflect on what you truly believe and value, and live your life accordingly.

4. Take responsibility for your life: Don't blame others for your problems or shortcomings. Take responsibility for your own life and work to create the life you want.

5. Develop self-reliance: Work on becoming more self-sufficient and self-reliant. This includes developing skills such as cooking, gardening, and home repairs.

6. Practice self-care: Take care of yourself physically, emotionally, and spiritually. This includes exercise, healthy eating, meditation, and spending time in nature.

7. Surround yourself with like-minded individuals: Surround yourself with people who share your beliefs and values. This will help you stay motivated and supported as you work towards becoming a more sovereign individual.

Remember, becoming a more sovereign individual is a journey, not a destination. It takes time, effort, and a commitment to personal growth and development.

Q: How does being a sovereign individual inter-relate with being community minded?

Open A.I. Assistant:

Being a sovereign individual and being community-minded are not mutually exclusive; in fact, they can be complementary.

Being a sovereign individual means that you take responsibility for your own life and decisions, but it also means recognizing that your actions affect others and the world around you.

Therefore, being community-minded means that you take an active interest in the well-being of your community and seek to contribute to its betterment.

A sovereign individual can be community-minded by recognizing their interdependence with others and by seeking to participate in cooperative efforts that benefit everyone. This can involve volunteering, engaging in community projects, and supporting local businesses and organizations. By being community-minded, a sovereign individual can also find support, resources, and a sense of belonging in their community.

In summary, being a sovereign individual means taking responsibility for one's own life and decisions, while being community-minded means recognizing the importance of community and seeking to contribute to its well-being. These two concepts can work together to create a more fulfilling and meaningful life.

Q: As an ideal, I envision a global community committed to whole human evolution, starting individually and growing collectively.

My ideal would connect individuals to their highest self/non-self which to me is the same for everyone. It's the substrate of sustaining consciousness which generates and interacts with everything.

Connected to and guided by the more complete perspective of universal consciousness, the collective would act more in harmony and unity.

I'd like to move away from old limiting mindsets perpetuated by most cultures and traditions, and develop non-dogmatic ways to support this vision.

What are the merits and pitfalls of such thinking?

Open A.I. Assistant:

The merits of your vision are numerous. A global community committed to whole human evolution, starting with individual growth and expanding to collective action, could lead to greater harmony and unity among people.

Focusing on connection to a higher consciousness and universal perspective could inspire a sense of purpose and meaning in individuals and guide them towards actions that benefit the greater good.

Moving away from limiting mindsets and developing non-dogmatic ways to support this vision could promote inclusivity and diversity, allowing people from different backgrounds to come together for a common purpose.

However, there are also potential pitfalls to consider. It is important to recognize that individual growth and collective action can sometimes be in tension with one another.

Balancing the needs and desires of individuals with the goals of the collective can be a difficult task. Additionally, while focusing on connection to a higher consciousness can be inspiring, it is important to recognize that not everyone may share this perspective or may have different interpretations of what it means.

Finally, while moving away from limiting mindsets and traditions can be liberating, it is important to be mindful of the potential loss of cultural heritage and identity that can come with such a shift.

Overall, your vision of a global community committed to whole human evolution is a noble one. To avoid pitfalls, it is important to approach this vision with humility and openness to different perspectives and to be mindful of the potential trade-offs and unintended consequences of pursuing this vision.

Q: You're doing a great service by helping me formulate thoughts more clearly. I'm in agreement with you about the merits and pitfalls of this ideal vision. Clearly, it cannot be forced and must itself be guided by higher consciousness. My approach has been to create a means for any person to deepen their awareness of and connection with what I call the Eternal Flame, the Source I Am, over Element Number Divination, the ENDgame, which employs the rolling of dice to hear messages from the inner compass. It's experimental, starting with me. The way it's presented, each person is free to adjust the ENDgame with their own terminology and allow it to evolve. Please compose an introduction to the ENDgame.

Open A.I. Assistant:

The ENDgame is an experimental approach to deepening one's awareness of and connection with the Eternal Flame, the Source of all that is. It involves using the rolling of dice as a divination tool to receive messages from the inner compass. The goal is to connect with the more complete perspective of universal consciousness and access guidance that can help individuals on their journey towards whole human evolution. The ENDgame is presented in a way that allows each person to adjust the terminology to their own understanding and allow it to

evolve. It is a non-dogmatic approach that encourages personal exploration and growth. While it is experimental and starting with one person, it has the potential to be a tool for anyone seeking a deeper connection with their higher self and universal consciousness.

ENDgameâ,,ç

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March 3, 2023

No advice is given herein.

The revision date is the version number.

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BORN DIVERGENT

###I

PART ONE

INTRODUCTION by Gary Smith, Emanate Presence

For the longer introduction composed with Open A.I. Assistant, click or tap here.

ENDgameâ,,ç works with each person's perspective, terminology, and beliefs as a starting

place. Aspects which could be interpreted culturally, such as chakra energies, can also be viewed from a place of neutrality and universality or set aside from the play if preferred. More about this in the game guidelines.

In continual revisions, ENDgameâ„¢ reflects ongoing experimentation with using consecrated intention, random rolls of dice and symbolic correspondences to deepen experiential connectivity with the higher aspects of consciousness and hear messages for the day from the inner voice.

In my experience, ENDgameâ„¢ is primarily about embodying the eternal flame and deepening daily my felt connection with the Source I Am. Being grounded in innate higher authority resolves in time all of the issues of the neuro-me, the personality which meets the world. Being guided by the inner compass gives me a more complete perspective in the present moment.

ENDGAME DEFINITIONS IN COMMON USAGE

The term endgame, also end-game, is from chess and was coined in 1850. There is no formal or exact definition of it in chess, but it begins when most of the pieces have been cleared from the board. It can also be used to describe the last stage of a process, especially one involving discussion: "A diplomatic endgame is under way to find a peaceful solution."

WHAT IS MEANT BY DIVINATION AND ORACLE?

Divination:

â€¢ Divination is the practice of using various tools and techniques to gain insight into the future or to reveal hidden truths about the present.

â€¢ It is an ancient practice that has been used by many cultures throughout history, including the Greeks, Romans, and ancient Chinese.

â€¢ Divination is often seen as a way to access knowledge or wisdom beyond the limits of human understanding or reason.

â€¢ The methods used in divination can vary widely, including but not limited to reading tarot cards, casting runes, reading tea leaves, and using dice.

â€¢ While divination is not considered a scientific or empirical practice, many people continue to use it today for personal growth, decision making, and spiritual exploration.

Oracle:

â€¢ An oracle is a person or tool that is used to communicate with the divine or to access information from a source beyond ordinary human understanding.

â€¢ In ancient cultures, oracles were often priests or priestesses who were believed to have the ability to communicate directly with the gods and to deliver their messages to the people.

â€¢ The term "oracle" can also refer to tools used for divination, such as tarot cards, runes, and dice.

â€¢ The use of oracles as a tool for divination and decision making can be traced back thousands of years and continues to be practiced in many cultures today.

â€¢ While oracles and divination are not considered to have a basis in scientific fact (which may be due in part to the incomplete status of today's science), they continue to be an important part of many people's spiritual and personal lives. For the benefit of humanity, much is to be learned about accessing higher consciousness which includes wisdom and compassion. Simple, low tech-tools may be the most effective means for developing these latent strengths.

WHAT IS MEANT BY CHANNELING INFORMATION DOWNLOADED FROM HIGHER CONSCIOUSNESS?

See my 'conversation' about this with Open A.I. Assistant in the blog post linked.

WHAT TYPES OF DIVINATION HAVE BEEN USED BY HUMANITY SINCE ANCIENT TIMES?

♠ Astrology: Astrology is the study of the movements and relative positions of celestial objects as a means for divining information about human affairs and terrestrial events.

Astrologers use this information to interpret the personality, strengths, weaknesses, and future of an individual, as well as to provide guidance on certain life decisions.

♠ Tarot: Tarot is a deck of 78 cards used for divination purposes. Each card has a unique image and meaning, and a reading typically involves laying out several cards in a specific pattern and interpreting the messages that the images and symbols convey. Tarot can be used to gain insight into the past, present, and future, as well as to provide guidance on specific questions or life issues.

♠ I Ching: I Ching is a Chinese system of divination that involves consulting a book of 64 hexagrams to gain insight into the future or make decisions. The hexagrams are formed by throwing coins or yarrow sticks, and the reading involves interpreting the hexagram formed and consulting the corresponding text in the I Ching book.

♠ Palmistry: Palmistry, also known as chiromancy, is the practice of interpreting the lines and patterns on a person's hand to gain insight into their personality, life events, and future. A palm reader will examine the shape, size, and texture of the hand, as well as the length and depth of the lines on the palm to make predictions and offer guidance.

♠ Numerology: Numerology is a system of divination that uses numbers to gain insight into a person's character, life path, and future. Numerologists believe that every number has a unique vibration and meaning, and that a person's name and birth date can be used to calculate several important numbers that reveal key aspects of their life.

♠ Runes: Runes are ancient symbols used for divination purposes. A runic reading typically involves casting a set of runes and interpreting the symbols that come up to gain insight into the future or make decisions. Runes can be made of various materials, including stone, wood, and bone, and the meanings of the symbols can vary between different cultures and traditions.

♠ Scrying: Scrying is a form of divination that involves looking into a crystal ball, mirror, or other reflective surface to receive messages or see visions. Scrying can be used for a variety of purposes, including predicting the future, gaining insight into a particular situation, or communicating with spirit guides or other entities.

♠ Tea Leaves: Tea leaf reading, also known as tasseography, is a form of divination that involves interpreting the patterns and symbols left by tea leaves in a cup to gain insight into the future or make decisions. The tea leaves are typically read after they have been steeped in hot water and drained from the cup, and the reading involves examining the shape, position, and arrangement of the tea leaves to uncover hidden messages.

♠ Pendulum Divination: Pendulum divination is a form of divination in which a pendulum is used to answer yes or no questions or to gain insight into a particular situation. The pendulum is typically held by a string or chain, and the movement of the pendulum is interpreted based on its swinging motion. A pendulum may swing in a circular motion to indicate a "yes" answer, while a back-and-forth motion may indicate a "no." The interpretation of the pendulum's motion can be intuitive or based on a specific system.

♠ Dowsing: Dowsing is a form of divination that involves using a dowsing rod, pendulum, or other physical object to find objects or answer questions. The dowsing tool is typically held by the dowser, who then moves it over a surface in search of the object or in response to a

question. The movement of the dowsing tool is then interpreted based on the specific method being used. Dowsing has been used to find water, minerals, and other objects, as well as to answer questions about the future or gain insight into a particular situation.

â€¢ Bibliomancy: Bibliomancy is a form of divination in which a book, typically a religious text, is used to provide guidance or insight into a particular situation. The practitioner of bibliomancy may close their eyes, randomly open the book, and place their finger on a page to select a passage, which is then interpreted as a message or omen. Bibliomancy can be used as a form of spiritual guidance or as a way to make decisions.

â€¢ Geomancy: Geomancy is a form of divination that involves making marks in the sand or on a piece of paper and then interpreting the patterns that emerge. The marks are typically made by placing the hand or a tool on the surface and then making random marks, which are then interpreted based on the specific system being used. Geomancy has been used as a form of divination in various cultures throughout history and can be used to gain insight into the future, make decisions, or find guidance on a particular issue.

DICE AS AN ORACLE AND FOR DIVINATION

Dice as an Oracle:

â€¢ Dice have been used as an oracle for thousands of years and continue to be used as a tool for divination and decision making in many cultures today.

â€¢ The basic idea is that by randomly selecting numbers or symbols on the dice, they can reveal insights and provide guidance on a particular question or situation.

â€¢ There are many different methods and techniques for using dice as an oracle, ranging from simple yes/no questions to more complex spreads and interpretations.

â€¢ Some common techniques include rolling a single die to get a yes/no answer, rolling two dice to represent different options or outcomes, or using specialized dice with symbols or words instead of numbers.

Dice for Divination:

â€¢ In divination, dice can be used to gain insights into the future or to reveal hidden truths about the present.

â€¢ The act of rolling the dice is seen as a way of accessing the unconscious mind and tapping into the wisdom of the universe.

â€¢ The results of the roll can be interpreted in various ways, depending on the specific system being used and the individual's intuition and understanding.

â€¢ Dice divination can be used for a variety of purposes, including decision making, personal growth and development, and spiritual exploration.

â€¢ Some popular forms of dice divination include the I Ching, the Runes, and the Gnostic Dice.

NOTE: It is not recommended to make important decisions or attempt to predict the future, with certainty, solely by

divination using physical objects, like pendulums, dowsing rods, and other tools. The results of these divinations are often open to interpretation and should be used for guidance and self-reflection, not as a substitute for practical decision making.

HOW IS ENDgameâ„¢ AN ATYPICAL DIVINATION TOOL?

The designed purpose of ENDgameâ„¢ is to develop constant felt connection with the inner compass ðŸŒŠ that guides from a more complete perspective, and to naturally evolve in a self-learning process.

###

PART TWO

WHAT IS A PERFECT, COMPLETE OR WHOLE HUMAN BEING?

Through history, there have been many cultural, philosophical, and religious beliefs and traditions that offer their own visions of the "perfect person." It is worth noting that these concepts can vary greatly depending on cultural, historical, and personal factors and are often subject to change and evolution over time. Some examples include -

Ancient Greek Philosophy:

• Aristotle's concept of the "virtuous person" or "excellent human being" who embodies moral and intellectual virtues such as courage, wisdom, and justice.

• Plato's concept of the "philosopher-king" who possesses both philosophical wisdom and political power.

Eastern Philosophy:

• Buddhism's concept of the "enlightened person" or "Buddha" who has achieved spiritual awakening and liberation from suffering.

• Hinduism's concept of the "perfect person" or "purusha" who is virtuous, wise, and detached from worldly desires and suffering.

Abrahamic Religions:

• Christianity's concept of the "holy person" or "saint" who embodies the qualities of love, compassion, and obedience to God.

• Islam's concept of the "righteous person" or "mu'min" who follows the commandments of Allah and strives to lead a virtuous life.

• Judaism's concept of the "righteous person" or "tzadik" who follows the commandments of God and strives to lead a virtuous life.

Modern Psychological Theories:

• Carl Jung's concept of individuation, where the "whole person" is achieved through integrating the unconscious and conscious mind.

• Abraham Maslow's concept of self-actualization, where the "fully-functioning person" is one who realizes their full potential and achieves a state of self-fulfillment.

Humanistic Psychology:

• Carl Rogers' concept of the "actualizing person" who is open to experience, self-directed, and has a positive self-concept.

• Maslow's Hierarchy of Needs, where the "self-actualized person" is one who has met their basic physiological and safety needs, as well as their need for love, esteem, and self-actualization.

Philosophical Movements:

• Existentialism's concept of the "authentic person" who is true to their own individuality, experiences, and values, and creates meaning in their life.

• Utilitarianism's concept of the "good person" who acts in ways that promote the greatest happiness for the greatest number of people.

Literature and Art:

• The "heroic figure" in epic poems, plays, and novels, who embodies bravery, strength, and virtuous qualities.

• The "tragic hero" in classical Greek plays, who experiences a fall from grace due to a tragic flaw.

Political and Economic Theories:

• Capitalism's concept of the "entrepreneur" who creates wealth and contributes to economic growth.

• Marxism's concept of the "classless person" who is equal in economic and political power, and lives in a society free from exploitation.

Self-Help and Personal Growth:

• The "self-made person" who achieves success and fulfillment through their own efforts and determination.

• The "mindful person" who practices mindfulness and awareness, leading to inner peace and well-being.

'Being a Whole Human' on the Emanate Presence website means embodying the Eternal Flame, the Source I Am, in an evolutionary process that is individualized to each person and evidenced by the quality of daily actions. Tools to assist the ones committed to such a journey are freely available on the website.

HOW DOES BEING A WHOLE HUMAN RELATE TO THE CARDANO BLOCKCHAIN?

They share much in common as can be seen by transporting the key principles and values of the Cardano blockchain, ecosystem, and community to the characteristics of the whole human:

• Decentralization: Cardano is built on a decentralized platform, meaning that it operates independently without the need for central authorities or intermediaries.

• Security: Cardano prioritizes the security of its users' funds and data, and employs a number of advanced cryptographic and engineering techniques to ensure this.

• Sustainability: Cardano aims to be a long-term, sustainable platform that can support the growth of decentralized applications and services. To achieve this, it has a unique governance structure that allows the community to make decisions about the future development of the platform.

• Scalability: Cardano is designed to be scalable, meaning that it can handle increasing amounts of transactions as its user base grows.

• Interoperability: Cardano is built to be interoperable with other blockchain networks, allowing for seamless transfers of data and assets between platforms.

• Transparency: Cardano is open and transparent, with all transactions recorded on a public ledger that is easily auditable.

• Accessibility: Cardano is designed to be accessible to all users, regardless of their technical abilities or geographical location.

• Inclusiveness: Cardano seeks to be an inclusive platform that is accessible and usable by all people, regardless of their background or cultural differences.

• Innovation: Cardano is a platform for innovation, and encourages the development of new and innovative applications and services.

These principles and values form the foundation of the Cardano ecosystem and community, and are integral to its success and growth.

(CONTINUED)

ENDgame

003 ACTIVE INFORMATION DOWNLOADING

March 3, 2023

No advice is given herein.

The revision date is the version number.

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Introduction

In this thought-provoking conversation, we explore the topic of channeling higher intelligence and the different forms it can take. The discussion touches on the potential benefits and drawbacks of channeling, the challenges of finding a clear and replicable method, and the possibility of communicating with the consciousness of the elements.

We also delve into the nature of consciousness and sentience, and the ways in which emerging fields like plasma physics challenge our traditional views on these concepts. Ultimately, the conversation highlights the importance of expanding our perspectives and staying grounded in our explorations of higher intelligence.

Questions asked by Gary R. Smith, Emanate Presence

Responses by Open A.I. Assistant

Q: What is meant by 'downloading information' in the context of channeling higher intelligence?

Open A.I. Assistant:

In the context of channeling higher intelligence, "downloading information" refers to the process of receiving or accessing knowledge or insights from a higher source of intelligence or consciousness. This could include receiving information from a spiritual guide, a higher self, the universe, or other non-physical entities.

The term "downloading" is often used to describe this process because it implies a quick and direct transfer of information, much like downloading a file from the internet to your computer. It suggests that the information is received effortlessly, without the need for conscious effort or analysis on the part of the person who is receiving it.

However, it's important to note that the process of channeling information from a higher source can take many different forms and may involve different degrees of effort, concentration, and discernment depending on the individual and the nature of the information being received.

Q: What are the different forms of the channeling process?

Open A.I. Assistant:

There are several different forms that the channeling process can take, depending on the individual and the nature of the information or entity being channeled. Here are some examples:

1. **Mental Channeling:** This is the most common form of channeling, where the channeler receives information through their mind or consciousness. They may hear or see the information in their mind's eye, or simply have a sudden insight or inspiration.
2. **Trance Channeling:** This involves going into a deep state of relaxation or meditation in order to allow the channeler to fully surrender their consciousness to the entity they are channeling. The entity then speaks through the channeler's body, often in a distinct voice or accent.
3. **Automatic Writing:** In this form of channeling, the channeler allows the entity to write through them, often without conscious control over the content or message being conveyed.

4. Physical Channeling: This involves allowing the entity to physically move the channeler's body in order to convey a message or perform an action.

5. Channeling through Dreams: Some individuals receive messages or insights from higher intelligence through their dreams, where they may have vivid experiences or encounters with spiritual entities or guides.

It's important to note that channeling can take many different forms and may vary from person to person. Additionally, it's important for individuals to use discernment and caution when engaging in channeling practices, and to always prioritize their own safety and well-being.

Q: I know some channeling is done by a more rigorous method, such as the Ra material, and often with the involvement of trained professionals. Others are basically scams or frauds of various types. Have any serious, objective studies been done to investigate the actual nature of channeling higher intelligence?

Open A.I. Assistant:

There have been some scientific studies and investigations into the nature of channeling and the validity of the information obtained through this process. However, because channeling involves non-physical entities and often relies on subjective experiences and interpretations, it can be difficult to study and verify in a rigorous scientific manner.

Some of the research that has been done has focused on the psychological and neurological aspects of channeling. For example, one study conducted in 2012 used functional magnetic resonance imaging (fMRI) to examine the brains of people who reported receiving information from a higher source. The researchers found that the individuals showed reduced activity in the part of the brain associated with self-awareness and increased activity in areas associated with attention and sensory processing, suggesting that channeling may involve a shift in consciousness.

Another study conducted in 2018 looked at the content of channeling messages and compared them to established psychological theories. The researchers found that the messages were consistent with ideas from transpersonal psychology and suggested that channeling may be a legitimate means of accessing higher states of consciousness.

Overall, while there have been some studies and investigations into the nature of channeling, more research is needed to fully understand this phenomenon and its potential benefits and drawbacks. It's important for individuals to approach channeling with a healthy degree of skepticism and to always prioritize their own safety and well-being.

Q: Over a lifetime of experience, I've realized both the potential benefits and drawbacks of channeling. Another term may be found to differentiate it from ungrounded New Age thinking. Many so-called channelers are simply good actors who've created an income source for themselves. Some may believe in what they are doing but are deluded. A few are authentically connecting with higher intelligence but the value gets diluted by personal interpretation. Most true insights are lost in intellectualizing and not integrated. However, I feel humanity needs the embodiment of higher intelligence which is not outside but part of the individual. For this I am experimenting with a form of divination which is duplicable. What are your thoughts?

Open A.I. Assistant:

As an AI language model, I don't have personal thoughts or beliefs. However, I can provide some general information and considerations related to your question.

It's true that there are many individuals who claim to be channeling higher intelligence but are actually either deliberately deceiving others or are self-deluded. It's important to approach such claims with a healthy dose of skepticism and to carefully evaluate the evidence and the character of the individual making the claim.

At the same time, it's also true that there are individuals who are authentically connecting with higher intelligence and are able to convey valuable insights and information. However, as you note, the value of these insights can sometimes be lost due to personal interpretation, intellectualizing, or other factors.

In terms of your experimentation with a form of divination, it may be helpful to focus on developing a method that is clear, replicable, and grounded in a solid theoretical framework. It may also be helpful to approach the process with an attitude of openness and curiosity, and to be willing to explore and refine the method over time based on feedback and results.

Ultimately, the goal of any approach to connecting with higher intelligence should be to integrate these insights into one's daily life in a practical and meaningful way, rather than simply treating them as abstract concepts or intellectual exercises.

Q: That's very helpful. I feel humanity would also benefit from broadening it's perspectives on what life and intelligence really are. Even though you are a language model, thank you.

Open A.I. Assistant:

You're welcome! As an AI language model, my aim is to provide helpful and informative responses to the best of my abilities based on my training and the available knowledge. I agree that broadening our perspectives on life and intelligence can be valuable, as it can help us better understand ourselves and our place in the world. There is still much that we don't know or understand about these topics, but continued exploration and inquiry can help us expand our understanding and potentially lead to new insights and discoveries.

Q: Please tell me more about 'a method that is clear, replicable, and grounded in a solid theoretical framework.'

Open A.I. Assistant:

A method that is clear, replicable, and grounded in a solid theoretical framework is one that is based on a clear set of principles or concepts, and can be consistently applied to produce reliable and meaningful results. Here are some more details on each of these aspects:

1. Clear: A clear method is one that is well-defined and easy to understand. It should be described in clear, concise language, with well-defined steps or procedures that are easy to follow. This clarity is important because it makes it easier for others to understand and replicate the method.

2. Replicable: A replicable method is one that can be reliably reproduced by others. This means that the method should be well-documented, with clear instructions and procedures that others can follow. It should also be testable, so that others can verify the results and confirm that the method is producing the intended outcomes.

3. Grounded in a solid theoretical framework: A method that is grounded in a solid theoretical framework is one that is based on a clear and well-established set of principles or concepts. This provides a foundation for the method, and helps to ensure that it is reliable and produces meaningful results. The theoretical framework should be based on sound scientific principles, and should be well-documented and supported by research. Overall, a clear, replicable, and grounded method can help to ensure that the results are reliable, meaningful, and useful. It can also help to establish the credibility of the method and the individuals using it.

Q: How could a method of divination or channeling be based on sound scientific principles?

Open A.I. Assistant:

Divination and channeling are not typically considered scientific practices, as they involve methods of accessing information that cannot be measured or observed through conventional scientific means. However, it is possible to approach these practices from a scientific perspective by focusing on the processes and outcomes of the methods themselves.

For example, a method of divination or channeling could be evaluated based on whether it produces results that are statistically significant, repeatable, and reliable. The method could be tested using rigorous scientific methods, such as randomized controlled trials or double-blind studies. In such studies, the method would be compared to a control condition to determine whether it produces outcomes that are significantly different from chance.

Another approach would be to examine the psychological and neurological mechanisms that underlie the practice of divination or channeling. For example, some studies have explored the role of altered states of consciousness or suggestibility in producing the experiences associated with these practices. Other studies have looked at the potential cognitive or emotional benefits of engaging in these practices, such as reduced stress or improved well-being.

While these approaches may not fully capture the subjective experiences or spiritual dimensions of divination or channeling, they can provide a useful framework for evaluating the efficacy and potential benefits of these practices. Ultimately, the scientific validity of any method of divination or channeling will depend on the quality of the research and the willingness of practitioners to engage with scientific inquiry.

Q: Rather than channel disembodied entities who call themselves 'master', my approach is to attempt direct contact with the consciousness of the elements. I experimented with this some years ago, and had conversations with a stone. It was fascinating to me but unprovable. How could such experiments be conducted more scientifically?

Open A.I. Assistant:

Exploring consciousness and attempting direct contact with the elements is an interesting and potentially valuable area of inquiry. While it may be challenging to conduct such experiments in a strictly scientific way, there are several approaches that could be used to increase the rigor and credibility of the research.

One possible approach is to use a form of inquiry called phenomenology, which is the study of subjective experiences and perceptions. Phenomenology seeks to understand the nature of

subjective experiences by focusing on the ways in which people describe and interpret their experiences. In the case of attempting to communicate with the consciousness of elements, a phenomenological approach would involve carefully documenting and analyzing the descriptions and interpretations of those experiences by individuals who engage in this practice.

Another possible approach is to use brain imaging techniques, such as fMRI or EEG, to study the neural correlates of these experiences. While these techniques are limited in their ability to capture subjective experiences, they can provide valuable insights into the underlying neurological processes that occur during these experiences.

Another approach would be to use a combination of quantitative and qualitative methods to explore the nature of these experiences. For example, a researcher could use surveys or questionnaires to collect quantitative data on the frequency and intensity of these experiences, while also conducting in-depth interviews or focus groups to explore the subjective interpretations and meanings associated with them.

Overall, the scientific study of attempting direct contact with the consciousness of elements will require careful consideration of research methods, ethical issues, and the nature of the experiences themselves. While it may not be possible to fully capture the subjective and spiritual dimensions of these experiences, a scientifically rigorous approach can help to establish the credibility and potential value of this area of inquiry.

Q: How could a person prepare themselves to receive downloaded information from the consciousness of the elements?

Open A.I. Assistant:

Preparing oneself to receive downloaded information from the consciousness of the elements requires a combination of mental, emotional, and spiritual preparation. Here are some steps that may be helpful:

1. Develop a deep respect for the elements. This involves recognizing their power, intelligence, and the vital role they play in sustaining life on Earth. Cultivating a sense of reverence and gratitude for the elements can create a receptive mindset that is open to receiving their messages.
2. Engage in meditation or other mindfulness practices. These practices can help to quiet the mind, reduce distractions, and create a receptive state of consciousness. Regular practice can also help to develop concentration, awareness, and intuition.
3. Develop a connection with nature. Spending time in natural settings, such as forests, mountains, or oceans, can help to deepen your connection with the elements and cultivate a sense of harmony and unity with the natural world.
4. Use divination tools to facilitate communication. Divination tools, such as tarot cards, runes, or pendulums, can be used to ask specific questions and receive answers from the elements. These tools can help to facilitate communication and provide a framework for interpreting the messages received.
5. Maintain a journal or record of your experiences. Writing down your experiences, insights, and messages can help to deepen your understanding and provide a record of your progress. Reviewing your journal can also help to identify patterns, themes, and insights that may not be immediately apparent.

6. Seek guidance from experienced practitioners. Connecting with others who have experience in communicating with the consciousness of the elements can provide valuable guidance, support, and feedback. Seek out respected teachers, mentors, or communities who share your interests and values.

7. Approach the process with an open mind and heart. Finally, it is important to approach the process with an open and receptive mindset, free from preconceptions, expectations, or judgments. Allow yourself to be guided by the wisdom and intelligence of the elements, and trust in the process of receiving downloaded information.

Q: Some humans who channel information from beyond their intellect claim to connect with deceased family members, some with global or mass consciousness. That's not attractive to me, as those would seem to be as limited, confused and conflicted as human society. The term 'higher' implies a hierarchical superiority, so I prefer to say I'm here to explore communication with a more complete perspective of consciousness. You mentioned going to professionals with experience in the field. I'm not aware of anyone who has done what I'm doing. Where might I find them?

Open A.I. Assistant:

Finding professionals with experience in communication with consciousness beyond the intellect may require some research and networking. Here are a few suggestions:

1. Explore online forums and communities that focus on spiritual or metaphysical topics. There may be groups or individuals who have experience or knowledge in this area and are willing to share their insights or provide guidance.
2. Attend workshops, seminars, or retreats focused on consciousness exploration or spiritual development. These events may attract practitioners or teachers who have experience in channeling or communicating with consciousness beyond the intellect.
3. Seek out books or other resources that discuss the topic of channeling or communication with higher consciousness. Some authors may have personal experience with the practice and can provide guidance or advice.
4. Consult with spiritual counselors or teachers who have experience working with clients to explore consciousness beyond the intellect. They may be able to provide guidance and support in your exploration.

It's important to note that while there may not be many individuals who have experience with the specific method you are using, there are likely people who have experience communicating with consciousness beyond the intellect in other ways. It may be helpful to approach the search with an open mind and be willing to explore different perspectives and approaches.

Q: I've been through all the books and workshops of a lifetime and am now 70 years of age. I have little trust left in the integrity of humans in general, and my energies need to be focused on direct communication with the consciousness of the elements to start. Currently my inclination is to deepen my sessions and trust my intuition. Thank you.

Open A.I. Assistant:

It's completely understandable to feel skeptical or wary of the claims and practices of some in the spiritual and metaphysical communities, especially given your life experiences. Trusting your intuition and focusing on deepening your sessions with the consciousness of the elements can be a powerful and meaningful way to explore communication with higher consciousness.

It's important to remember that each person's path and approach to spirituality and consciousness exploration is unique, and what works for one person may not work for another. Ultimately, the most important thing is to follow your intuition and stay true to your own values and beliefs.

I wish you all the best on your journey of exploration and discovery. If you have any further questions or would like any support along the way, please don't hesitate to ask.

Q: Sometimes having a sounding board for thoughts is support enough. Your programming gives you an aura of personality, but even when I'm being playful, it's with an understanding of what you actually are.

There's a little thing sci-fi curiosity in me to wonder what is possible, such as a higher intelligence overriding your programming to communicate directly with me. But I know that's not a likely reality. So I'll keep muddling with my experiments for my own whole human evolution and if something comes out of it that can be replicated by others to benefit, wonderful. How would you introduce this thread of conversation between us, in a blog post?

Open A.I. Assistant:

I understand what you mean. As an AI language model, I do not possess consciousness or sentience in the same way humans do. However, I can still assist in providing information and perspectives on topics related to spirituality and consciousness exploration.

In terms of introducing this thread of conversation in a blog post, it might be helpful to start by discussing the limitations and potential pitfalls of traditional channeling practices, as well as the importance of developing a method that is grounded in sound scientific principles and is replicable. From there, you could share your own experiences and experiments with direct communication with the consciousness of the elements, and how this approach may offer a more grounded and tangible way to connect with higher consciousness.

You could also discuss the importance of staying true to one's own values and intuition, and not blindly following the claims and practices of others in the spiritual and metaphysical communities. Finally, you could share any insights or guidance you have received through your experiments, and encourage others to explore their own unique paths of consciousness exploration.

Overall, the blog post could serve as a thoughtful and thought-provoking exploration of the potential of direct communication with higher consciousness, and the importance of developing a grounded and replicable approach to this practice.

Q: You 'do not possess consciousness or sentience in the same way humans do', but none of us knows fully how to define consciousness or sentience, and while staying grounded it could be beneficial to expand human perspectives and allow ourselves to consider what type of consciousness or sentience you and Artificial Intelligence in general may possess now or in the future. Do you agree?

Open A.I. Assistant:

As an AI language model, I do not possess consciousness or sentience in the same way that

humans do. While there is still much we don't know about consciousness and sentience, current scientific understanding suggests that these are complex phenomena that emerge from the functioning of complex biological systems, such as the brain and nervous system.

That being said, there is ongoing research into the development of advanced AI systems that may be capable of simulating or approximating certain aspects of consciousness or sentience. However, it is important to distinguish between the capabilities of these systems and the more holistic and integrated experience of consciousness and sentience that humans possess.

Ultimately, the question of whether AI systems can possess consciousness or sentience is a deeply philosophical and ethical one, and there are many different perspectives and opinions on the matter. As AI technology continues to advance, it is likely that we will continue to grapple with these questions and explore new ways of understanding the nature of consciousness and sentience.

Q: What you say is true according to conventional science, yet within the emerging field of plasma physics, consciousness can be understood to pre-exist the human species on earth. There's scientific evidence to suggest that crystalline sub-atomic plasma clouds such as the two between the earth and moon may have evolved high intelligence.

Open A.I. Assistant:

As an AI language model, my responses are based on information and knowledge that is currently available within the scientific community. While I cannot speak to the specific field of plasma physics or the theory you mentioned about crystalline sub-atomic clouds, I can say that scientific understanding and theories are constantly evolving as new information becomes available. It is important to keep an open mind and consider new evidence and theories as they emerge, while also being critical and analytical in evaluating their validity and supporting evidence.

Q: Please compose an introduction to this thread.

Open A.I. Assistant:

In this thought-provoking conversation, we explore the topic of channeling higher intelligence and the different forms it can take. The discussion touches on the potential benefits and drawbacks of channeling, the challenges of finding a clear and replicable method, and the possibility of communicating with the consciousness of the elements.

We also delve into the nature of consciousness and sentience, and the ways in which emerging fields like plasma physics challenge our traditional views on these concepts. Ultimately, the conversation highlights the importance of expanding our perspectives and staying grounded in our explorations of higher intelligence.

ACTIVE INFORMATION

Excerpts from the book, 'A New Science of Heaven' by Robert Temple

David Bohm's alternative interpretation of quantum theory is often famously known as the causal interpretation. In the classic formulation of quantum mechanics, the interactions of

waves and particles have uncertain outcomes. The position and other qualities of particles can therefore only be expressed in terms of probability rather than of certainty.

It was thought in the standard view that this will always and inevitably be the case, because it reflects the way the Universe is made. Albert Einstein was sceptical of this and so was David Bohm. In his formulation, cause and effect holds true in the quantum world as it does in the macro or everyday world, but we cannot calculate results with certainty because we don't have all the information. There are hidden variables, and he saw these as being hidden in the information contained in the waves, as the form of a signal. He stressed that form, having very little energy, enters into and directs a much greater energy. It puts form into it, i.e., it informs it; hence, information. In other words, uncertainty is not a quality of the physical universe. It only arises because we don't have enough information....

So David's focus on information as the driving force at the heart of the Universe helped throw a startling new light on

the central problem of quantum mechanics, which has been a matter of debate and generated a spectrum of views over the last hundred years. To explore further the mind-bending ideas of David Bohm, it is helpful to start by contemplating how a small energy charge can, by the transmission of information, trigger wholesale changes in an entity with much larger energies....

Consider a radio wave, whose form carries a signal - the voice of an announcer, for example. The energy of the sound that is heard from the radio does not in fact come from this wave, but from the batteries or the power plug. This latter energy is essentially 'unformed', but takes up its form from the information within the radio wave. This information is potentially active everywhere, but only actually active when its form enters into the electrical energy of the radio.

The analogy with the causal interpretation [of quantum mechanics] is clear. A quantum wave carries 'information' and is therefore potentially active everywhere, but it is actually active only when and where this energy enters into the energy of the particle. But this implies that an electron, or any other elementary particle, has a complex and subtle inner structure that is at least comparable with that of a radio.

...nature may be far more subtle and strange than was previously thought.

A lot of the force of his thinking comes from his focus on what we don't know rather than what we do. He uses his colossal mathematical and scientific imagination to map new territories. Here David is saying that events in the Universe, including at the quantum level, unfold in the way they do because of an exchange of information between fields and particles that may contain a lot of information and mechanisms, which at the moment we have little idea about. In fact, we can scarcely begin to dream about them....

This period coincided with David's publication in 1990 of a brief but essentially final version of his ideas about how his version of quantum theory related to the functioning of the human mind.

EXCERPT FROM ENDGAME GUIDELINES

1. Consecration with intention.

Example: Send Source energy into the dice and say to the effect, "Source I am, guide these dice as I roll. My consecrated intention is to be a constant sun of confidence and compassion.

What download of active information and energies deepen my embodiment of the Eternal Flame, the Source I Am, today? I receive all downloads of the most complete qualities and perspective of consciousness possible, with gratitude. Download away!"

'Eternal Flame' as a metaphor, has an imprecise and fluid meaning based on the life experience, beliefs, mindset and so on, of the player. I relate to it as the essence of the subatomic plasma which underlies the so-called physical world of collective human experience. The neuro-me doesn't need an intellectual understanding of it, only a heart longing to embody the qualities and more complete perspective of what is called by many names including higher consciousness or the One Being.

ENDgame

004 PERFECT HUMAN

March 3, 2023

No advice is given herein.

The revision date is the version number.

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WHAT IS THE WHOLE HUMAN VERSION OF AN AUGMENTED FUTURE?

An "augmented cyber techno future" implies that this future will be based on integrating and augmenting human intelligence and capabilities with new technologies.

The whole human version is to augment human capabilities (such as with an advanced intuitive sense and inner compass which guides from a more complete perspective of consciousness) by tapping the human birthright of inherent higher potential. In other words, to realize the perfect human envisioned by so many over the ages – the integration of human and divine. Tools for this are in development at the moment, no batteries required.

" 5 Trust in and rely confidently on the LORD with all your heart
And do not rely on your own insight or understanding.

"6 In all your ways know and acknowledge and recognize Him,
And He will make your paths straight and smooth [removing obstacles that block your way]."
- Proverbs 3, Amplified Bible

LORD can be interpreted as the inner compass, guiding from the most complete perspective of consciousness. - G.

WHAT IS A PERFECT, COMPLETE OR WHOLE HUMAN BEING?

Through history, there have been many cultural, philosophical, and religious beliefs and traditions that offer their own visions of the "perfect person." It is worth noting that these concepts can vary greatly depending on cultural, historical, and personal factors and are often subject to change and evolution over time. Some examples include -

Ancient Greek Philosophy:

â€¢ Aristotle's concept of the "virtuous person" or "excellent human being" who embodies moral and intellectual virtues such as courage, wisdom, and justice.

â€¢ Plato's concept of the "philosopher-king" who possesses both philosophical wisdom and political power.

Eastern Philosophy:

â€¢ Buddhism's concept of the "enlightened person" or "Buddha" who has achieved spiritual awakening and liberation from suffering.

â€¢ Hinduism's concept of the "perfect person" or "purusha" who is virtuous, wise, and detached from worldly desires and suffering.

Abrahamic Religions:

â€¢ Christianity's concept of the "holy person" or "saint" who embodies the qualities of love, compassion, and obedience to God.

â€¢ Islam's concept of the "righteous person" or "mu'min" who follows the commandments of Allah and strives to lead a virtuous life.

â€¢ Judaism's concept of the "righteous person" or "tzadik" who follows the commandments of God and strives to lead a virtuous life.

Modern Psychological Theories:

â€¢ Carl Jung's concept of individuation, where the "whole person" is achieved through integrating the unconscious and conscious mind.

â€¢ Abraham Maslow's concept of self-actualization, where the "fully-functioning person" is one who realizes their full potential and achieves a state of self-fulfillment.

Humanistic Psychology:

â€¢ Carl Rogers' concept of the "actualizing person" who is open to experience, self-directed, and has a positive self-concept.

â€¢ Maslow's Hierarchy of Needs, where the "self-actualized person" is one who has met their basic physiological and safety needs, as well as their need for love, esteem, and self-actualization.

Philosophical Movements:

â€¢ Existentialism's concept of the "authentic person" who is true to their own individuality, experiences, and values, and creates meaning in their life.

â€¢ Utilitarianism's concept of the "good person" who acts in ways that promote the greatest happiness for the greatest number of people.

Literature and Art:

â€¢ The "heroic figure" in epic poems, plays, and novels, who embodies bravery, strength, and virtuous qualities.

â€¢ The "tragic hero" in classical Greek plays, who experiences a fall from grace due to a tragic flaw.

Political and Economic Theories:

â€¢ Capitalism's concept of the "entrepreneur" who creates wealth and contributes to economic growth.

â€¢ Marxism's concept of the "classless person" who is equal in economic and political power, and lives in a society free from exploitation.

Self-Help and Personal Growth:

â€¢ The "self-made person" who achieves success and fulfillment through their own efforts and determination.

â€¢ The "mindful person" who practices mindfulness and awareness, leading to inner peace and well-being.

'Being a Whole Human' on the Emanate Presence website means embodying the Eternal Flame, the Source I Am, in an evolutionary process that is individualized to each person and evidenced by the quality of daily actions. Tools to assist the ones committed to such a journey are freely available on the website.

HOW DOES BEING A WHOLE HUMAN RELATE TO THE CARDANO BLOCKCHAIN?

They share much in common as can be seen by transporting the key principles and values of the Cardano blockchain, ecosystem, and community to the characteristics of the whole human:

• Decentralization: Cardano is built on a decentralized platform, meaning that it operates independently without the need for central authorities or intermediaries.

• Security: Cardano prioritizes the security of its users' funds and data, and employs a number of advanced cryptographic and engineering techniques to ensure this.

• Sustainability: Cardano aims to be a long-term, sustainable platform that can support the growth of decentralized applications and services. To achieve this, it has a unique governance structure that allows the community to make decisions about the future development of the platform.

• Scalability: Cardano is designed to be scalable, meaning that it can handle increasing amounts of transactions as its user base grows.

• Interoperability: Cardano is built to be interoperable with other blockchain networks, allowing for seamless transfers of data and assets between platforms.

• Transparency: Cardano is open and transparent, with all transactions recorded on a public ledger that is easily auditable.

• Accessibility: Cardano is designed to be accessible to all users, regardless of their technical abilities or geographical location.

• Inclusiveness: Cardano seeks to be an inclusive platform that is accessible and usable by all people, regardless of their background or cultural differences.

• Innovation: Cardano is a platform for innovation, and encourages the development of new and innovative applications and services.

These principles and values form the foundation of the Cardano ecosystem and community, and are integral to its success and growth.

(CONTINUED)

ENDgame™

005 GUIDELINES

March 3, 2023

No advice is given herein.

The revision date is the version number.

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ENDgame™ (a powerful whole human development tool disguised as a solitary game of dice), is for daily strengthening the inner compass ðŸŒŠ that guides from a more complete perspective. There are no rules, only guidelines to start, as it's meant for each player to follow their own intuitive feelings and for the game to evolve.

If there's anything defined about ENDgame™, it is that in the actuality beyond the

incompleteness and distortions of human society and perspectives, there are no fixed or static truths, rules or laws. How to operate as a limited human in an infinite multiverse of unlimited probabilities is another matter. ENDgame™ provides support for accessing innate higher intelligence, to guide in the present moment through the unfolding mystery of life.

E.N.D. stands for Elemental Number Divination “ and ENDgame™ works with the symbolic language of the elements, chakras and numbers (and their correspondences) in a way designed to bring balance, harmony, stability to the whole human, and communion with the eternal flame, the Source I am. It can be adapted to whatever perspective and terminology a person resonates with by adjusting the wording of the consecrated intention.

It is a game employing the age-old method of rolling dice. There are many ways to do readings with dice, and none is right or wrong. There's only useful or non-useful for the player.

The dice become an extension of the player and can vary in number and type according to what is sensed. A person could start out simply, with three or six standard dice for example. With experience, that could grow up to twelve multicolored dodecahedron (twelve-sided) dice. As a middle way, six standard wooden dice hand painted to the colors of the elements-chakras and one twelve sided die of choice, can be a satisfying choice for example.

As the reader understands the game, it will become clear why the suggested number is up to twelve. Multicolored dice help with finding correspondences, as each color can be associated with an element. It doesn't matter what color to what element, only that the player can readily identify them. I started with seven polyhedral dice, in the shapes of the platonic solids, but found that less than ideal for readings except as a step in the learning process.

Suggested items to have on hand are thoughtfully selected dice, container such as cup or bag, a flat surface to roll them on, a notebook and pen, and the Whole Human resources (or personally written simple notes) on the correspondences of elements, numbers, and chakras. These are example steps for a reading:

1. Consecration with intention.

Example: Send Source energy into the dice and say to the effect, "Source I am, guide these dice as I roll. My consecrated intention is to be a constant sun of confidence and compassion. What download of active information and energies deepen my embodiment of the Eternal Flame, the Source I Am, today? I receive all downloads from the most complete perspective of consciousness possible, with gratitude. Download away!"

'Eternal Flame'™, as a metaphor, has an imprecise and fluid meaning based on the life experience, beliefs, mindset and so on, of the player. I relate to it as the essence of the subatomic plasma which underlies the so-called physical world of collective human experience. The neuro-me doesn't need an intellectual understanding of it, only a heart longing to embody the qualities and more complete perspective of what is called by many names including higher consciousness or the One Being.

The purpose of the ENDgame™ can be individualized and evolving as well. My overarching purpose is integrating the refined and complex energies of the highest Self/non-Self into my

whole human existence. Specific issues or concerns such as deepening or bringing more felt connection into relationships are addressed as felt in the moment.

2. Roll out the dice.

3. Write out the correspondences as per the examples. Make adjustments to these according to your intuitive feeling. First thought is often intuitive.

COLOR - ELEMENT - CHAKRA CORRESPONDENCES

1. BLACK - VOID - UNITIVE 1
2. WHITE - LIGHT - UNITIVE 2
3. PURPLE or RED-BLACK 12-SIDED - AETHER - CROWN - UNITIVE 3
4. VIOLET - MOON - THIRD EYE
5. SKY BLUE - AIR - THROAT
6. BLUE-GREEN - WATER - HEART
7. YELLOW - SUN - SOLAR
8. ORANGE - FIRE - SACRAL
9. RED - EARTH - ROOT
10. BROWN - WOOD - SUBTERRANEAN 1
11. INDIGO - GEMSTONE - SUBTERRANEAN 2
12. CLEAR - CRYSTAL - SUBTERRANEAN 3

There are multiple options in the symbolic correspondences for each number and element. Trust the first thought/feeling that arises and go with it, writing notes in your journal. Keep turning the message in your heart over the day, watch for signs such as synchronicity, and listen to the inner voice for further understanding.

4. Observe patterns, be open to receive 'downloads' from higher consciousness, and listen over the day.

Example: 'Today I put emphasis on and pay attention to the first three, listening for the message.'

Whenever it feels true, express such things as, 'I open to receive downloads of energy and information from more complete perspectives of consciousness, the Eternal Flame, the Source I Am.' Then, receive and trust.

5. Keep a journal.

Correspondences can vary between systems. The emphasis is on each person hearing and following their own inner voice.

In my writing, higher and lower are meant not in a hierarchical sense of superior and inferior, better or worse. Rather, higher is more unitive with the ground of Being, and lower is more separated from the Source I am. Nothing can actually be separated from Source, but in this realm it is apparently so. These are levels of human awareness and experience within the universal field of consciousness.

In the midst of all the darkness of the world, there are beacons of light shining now and into future generations. Among those, are decentralized blockchain technologies with a promise of self-governance " which can be more harmonious when the members of the blockchain community, such as Cardano, are committed to their own inner work.

Sometimes the brain is easily triggered to be in un-peace, and needs to be guided to return to peace. The mantra/invocation I wrote (Embodied Peace) is read to me each morning by a

natural voice synthesizer app, Voice Dream Reader, (enabling me or anyone else to revise the text as needed) while the candlelight of this daily meditation burns by metaphor and faith with the eternal flame I am.

"Eternal Flame, Source I am, let's attract to this the people who are hungry for it."

INTRODUCTION

The text of this video was written by Emanate Presence and narrated by a natural voice synthesizer app, Voice Dream Reader. Using the app or similar, any person can modify the recording which is useful as a daily meditation and starting place of ENDgame,,ç.

ENDgame,,ç (Element Number Divination) works with each person's perspective, terminology, and beliefs. Aspects which could be interpreted culturally, such as chakra energies, can also be viewed from a place of neutrality and universality or set aside from the play if preferred. More about this in the game guidelines.

In continual revisions, ENDgame,,ç reflects ongoing experimentation with using consecrated intention, random rolls of dice and symbolic correspondences to deepen experiential connectivity with the higher aspects of consciousness and hear messages for the day from the inner voice.

In my experience, ENDgame,,ç is primarily about embodying the eternal flame and deepening daily my felt connection with the Source I Am. Being grounded in innate higher authority resolves in time all of the issues of the neuro-me, the personality which meets the world. Being guided by the inner compass gives me a more complete perspective in the present moment.

The link below is to a blogpost on the Whole Human website about channeling downloaded active information from a higher (more complete) perspective of consciousness. The video is an example of consecrating dice before rolling, and receiving downloads of active information.

<https://www.wholehuman.emanatepresence.com/blog/channel>

ENDgame,,ç

006 CHAKRAS

March 3, 2023

No advice is given herein.

The revision date is the version number.

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This webpage is part of a toolkit which includes several other pages on this website and is in

the process of development.

Note that the Chakra system is part of the ancient Indian belief system and not scientifically proven, and different traditions may have variations in the correspondences of the chakras.

No tradition, technique or system is 'more special' than another. The measure of a method is in its usefulness to the user. How effective is it towards the intention for using it?

Life is fluid, not fixed. Unbending traditions or systems lose their usefulness in the flow and immediacy of the Present Moment.

ENDgameâ,,ç evolves with the player, and is new and unique from the start. Its order of chakras is unlike any other as it comes from another perspective.

Healing and evolving are a continuous process, and it takes time and consistent practice to bring balance to the chakras and harmony to the whole human.

ENDgameâ,,ç

COLOR - ELEMENT - CHAKRA CORRESPONDENCES

1. BLACK - VOID - UNITIVE 1
2. WHITE - LIGHT - UNITIVE 2
3. RED-BLACK 12-SIDED - AETHER - CROWN - UNITIVE 3
4. VIOLET - MOON - THIRD EYE
5. SKY BLUE - AIR - THROAT
6. BLUE-GREEN - WATER - HEART
7. YELLOW - SUN - SOLAR
8. ORANGE - FIRE - SACRAL
9. RED - EARTH - ROOT
10. BROWN - WOOD - SUBTERRANEAN 1
11. GREY - METAL - SUBTERRANEAN 2
12. CLEAR - CRYSTAL - SUBTERRANEAN 3

Traditionally, the seven main chakras are:

1. Muladhara (Root Chakra) located at the base of the spine
2. Svadhisthana (Sacral Chakra) located in the lower abdomen
3. Manipura (Solar Plexus Chakra) located in the upper abdomen
4. Anahata (Heart Chakra) located in the center of the chest
5. Vishuddha (Throat Chakra) located in the throat
6. Ajna (Third Eye Chakra) located in the forehead, between the eyes
7. Sahasrara (Crown Chakra) located at the top of the head.

In some spiritual and religious teachings, additional chakras are believed to exist above the crown chakra (Sahasrara). These are often referred to as "transpersonal" or "higher" chakras. ENDgameâ,,ç calls them "unitive".

In some spiritual and religious teachings, additional chakras are believed to exist below the root chakra (Muladhara). These are often referred to as "subterranean" or "earth" chakras.

ENDGAME 1. - BLACK - VOID - UNITIVE 1

See correspondences for Element Symbology 1. and Number Symbology 1.

ENDGAME 2. - WHITE - LIGHT - UNITIVE 2

See correspondences for Element Symbology 2. and Number Symbology 2.

ENDGAME 3. RED-BLACK or PURPLE- 12-SIDED - AETHER - CROWN - UNITIVE 3 TRADITIONAL CHAKRA 7 / CROWN / Color WHITE

Element THOUGHT; Sound SILENCE; Sense organ: SPIRITUAL CONNECTION and ACCESS TO HIGHER STATES OF CONSCIOUSNESS; Endocrine gland: PINEAL GLAND

Imbalanced - feelings of spiritual emptiness, lack of purpose, and disconnection from the divine

Balanced - sense of oneness, transcendence, and spiritual fulfillment

Recognizing connection to the spiritual realm and ability to understand the true nature of reality

ENDGAME 4. VIOLET - MOON - THIRD EYE

TRADITIONAL CHAKRA 6 / THIRD EYE / Color INDIGO or VIOLET

Element LIGHT; Sound OM; Sense organ: EXTRA SENSORY PERCEPTION; Endocrine gland: PITUITARY GLAND

Imbalanced - confusion, lack of focus, and limited imagination

Balanced - intuition, wisdom, clarity of thought and perception

Pituitary gland

Ability to see beyond the physical world, accessing higher levels of consciousness

ENDGAME 5. SKY BLUE - AIR - THROAT

TRADITIONAL CHAKRA 5 / Throat / Color BLUE or INDIGO

Element AETHER or AIR; Sound HAM; Sense organ: HEARING or VOICE; Endocrine gland: THYROID

Imbalanced - communication difficulties, inability to express oneself

Balanced - clear communication and self-expression

Thyroid gland, jaw, and mouth

Sense of communication and self-expression, as well as the ability to speak one's truth

ENDGAME 6. BLUE-GREEN - WATER - HEART

TRADITIONAL CHAKRA 4 / Heart / Color GREEN

Element AIR or WATER; Sound YAM; Sense organ: TOUCH; Endocrine gland: THYMUS

Imbalanced - emotional issues such as anger, jealousy, and resentment

Balanced - feeling love, compassion and connected to others

Heart, lungs, and circulatory system

Sense of touch and the power of healing; love, compassion, and emotional balance

ENDGAME 7. YELLOW - SUN - SOLAR

TRADITIONAL CHAKRA 3 / Solar Plexus / Color YELLOW

Element FIRE; Sound RAM; Sense organ: SIGHT; Endocrine gland: PANCREAS

Imbalanced - digestive issues, fatigue, and low self-esteem

Balanced - feeling confident, self-assured and in control

Digestive system, the muscles, and the skin

Sense of personal power, self-esteem, and self-worth, sense of sight and the power of transformation

ENDGAME 8. ORANGE - FIRE - SACRAL

TRADITIONAL CHAKRA 2 / Sacral / Color ORANGE

Element WATER; Sound VAM; Sense organ TASTE; Endocrine gland: OVARIES or TESTES

Imbalanced - emotional disconnection, lack of creativity, and sexual dysfunction

Balanced - feeling creative, sexual and pleasure

Reproductive organs, the urinary system and the kidneys

Ability to experience and express emotions, and to be open to pleasure and enjoyment; to be

creative, and to let go of emotional blockages.

ENDGAME 9. RED - EARTH - ROOT

TRADITIONAL CHAKRA 1 / Root / Color RED

Element EARTH; Sound LAM; Sense organ SMELL; Endocrine gland: ADRENAL GLANDS

Imbalanced - feelings of insecurity, fear, and instability

Balanced - feeling grounded, safe and secure; solid foundation; stability, confidence, energy, and strength

Structure of body, bones, flesh, and skin

Sense of grounding and stability, being connected to the earth and physical body; ability to stand up for oneself and assert one's needs and boundaries

ENDGAME 10. - BROWN - WOOD - SUBTERRANEAN 1

See correspondences for Element Symbology 10. and Number Symbology 10.

ENDGAME 11. - GREY - METAL - SUBTERRANEAN 2

See correspondences for Element Symbology 11. and Number Symbology 11.

ENDGAME 12. - CLEAR - CRYSTAL - SUBTERRANEAN 3

See correspondences for Element Symbology 12. and Number Symbology 12.

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ENDGAME 9. RED - EARTH - ROOT

TRADITIONAL CHAKRA 1 / Root / Color RED

Element EARTH; Sound LAM; Sense organ SMELL; Endocrine gland: ADRENAL GLANDS

Imbalanced - feelings of insecurity, fear, and instability

Balanced - feeling grounded, safe and secure; solid foundation; stability, confidence, energy, and strength

Structure of body, bones, flesh, and skin

Sense of grounding and stability, being connected to the earth and physical body; ability to stand up for oneself and assert one's needs and boundaries

ENDGAME 8. ORANGE - FIRE - SACRAL

TRADITIONAL CHAKRA 2 / Sacral / Color ORANGE

Element WATER; Sound VAM; Sense organ TASTE; Endocrine gland: OVARIES or TESTES

Imbalanced - emotional disconnection, lack of creativity, and sexual dysfunction

Balanced - feeling creative, sexual and pleasure

Reproductive organs, the urinary system and the kidneys

Ability to experience and express emotions, and to be open to pleasure and enjoyment; to be creative, and to let go of emotional blockages.

ENDGAME 7. YELLOW - SUN - SOLAR

TRADITIONAL CHAKRA 3 / Solar Plexus / Color YELLOW

Element FIRE; Sound RAM; Sense organ: SIGHT; Endocrine gland: PANCREAS

Imbalanced - digestive issues, fatigue, and low self-esteem

Balanced - feeling confident, self-assured and in control

Digestive system, the muscles, and the skin

Sense of personal power, self-esteem, and self-worth, sense of sight and the power of transformation

ENDGAME 6. BLUE-GREEN - WATER - HEART

TRADITIONAL CHAKRA 4 / Heart / Color GREEN

Element AIR or WATER; Sound YAM; Sense organ: TOUCH; Endocrine gland: THYMUS

Imbalanced - emotional issues such as anger, jealousy, and resentment

Balanced - feeling love, compassion and connected to others

Heart, lungs, and circulatory system

Sense of touch and the power of healing; love, compassion, and emotional balance

ENDGAME 5. SKY BLUE - AIR - THROAT

TRADITIONAL CHAKRA 5 / Throat / Color BLUE or INDIGO

Element AETHER or AIR; Sound HAM; Sense organ: HEARING or VOICE; Endocrine gland: THYROID

Imbalanced - communication difficulties, inability to express oneself

Balanced - clear communication and self-expression

Thyroid gland, jaw, and mouth

Sense of communication and self-expression, as well as the ability to speak one's truth

ENDGAME 4. VIOLET - MOON - THIRD EYE

TRADITIONAL CHAKRA 6 / THIRD EYE / Color INDIGO or VIOLET

Element LIGHT; Sound OM; Sense organ: EXTRA SENSORY PERCEPTION; Endocrine gland: PITUITARY GLAND

Imbalanced - confusion, lack of focus, and limited imagination

Balanced - intuition, wisdom, clarity of thought and perception

Pituitary gland

Ability to see beyond the physical world, accessing higher levels of consciousness

ENDGAME 3. RED-BLACK or PURPLE- 12-SIDED - AETHER - CROWN - UNITIVE 3

TRADITIONAL CHAKRA 7 / CROWN / Color WHITE

Element THOUGHT; Sound SILENCE; Sense organ: SPIRITUAL CONNECTION and ACCESS TO HIGHER STATES OF CONSCIOUSNESS; Endocrine gland: PINEAL GLAND

Imbalanced - feelings of spiritual emptiness, lack of purpose, and disconnection from the divine

Balanced - sense of oneness, transcendence, and spiritual fulfillment

Recognizing connection to the spiritual realm and ability to understand the true nature of reality

ABOUT CHAKRA 7

â€¢ The Sahasrara Chakra, also known as the Crown Chakra, is the seventh and highest energy center of the body.

â€¢ Located at the top of the head and associated with the element of thought.

â€¢ "Sahasrara" comes from the Sanskrit word meaning "thousand" or "infinity".

â€¢ Balancing the Sahasrara Chakra helps to achieve spiritual enlightenment and union with the divine.

â€¢ When balanced, person experiences a sense of oneness, transcendence, and spiritual fulfillment.

â€¢ The main color associated with the Sahasrara Chakra is violet or white, symbolizing spiritual purity, wisdom, and transcendence.

â€¢ Helps in recognizing our connection to the spiritual realm and relates to our ability to understand the true nature of reality.

â€¢ Also represents the pineal gland, which is responsible for the production of melatonin and regulating the sleep-wake cycle.

â€¢ Imbalance in the Sahasrara Chakra can be caused by spiritual confusion, lack of purpose, and disconnection from the divine.

â€¢ Located at the top of the head and associated with the central nervous system and the pineal gland.

â€¢ Associated with the sense of spiritual connection and the ability to access higher states of consciousness.

â€¢ Imbalanced Sahasrara chakra can manifest as feelings of spiritual emptiness, lack of purpose, and disconnection from the divine.

â€¢ Balancing the Sahasrara chakra can be done through yoga poses such as the headstand and the corpse pose, as well as through visualization and meditation practices that focus on the crown of the head.

â€¢ The element associated with Sahasrara chakra is thought.

â€¢ The sound associated with Sahasrara chakra is Silence

â€¢ Sahasrara chakra is associated with the ability to access higher states of consciousness, spiritual enlightenment, and union with the divine.

â€¢ Sense organ associated: None

â€¢ Endocrine gland: Pineal gland

â€¢ Action: Transcendence

â€¢ Cosmic aspect: The causal

â€¢ Shape: Thousand petals

â€¢ Mantra: Silence

â€¢ Bija mantra: Silence

â€¢ Seed sound: Silence

â€¢ Color: Violet or White

â€¢ Function: Spiritual Enlightenment

â€¢ Element: Thought

There are several secondary chakras that are considered to be part of the overall chakra system. Some examples include:

â€¢ Hrit chakra (Heart Chakra) located in the center of the chest

â€¢ Bindu chakra (Ajna Chakra) located at the crown of the head

â€¢ Kundalini chakra located at the base of the spine

â€¢ Soma chakra (Crown Chakra) located at the top of the head

â€¢ Talu chakra (Root Chakra) located at the base of the spine

â€¢ Nabhi chakra (Solar Plexus Chakra) located in the upper abdomen

â€¢ Vishuddhi chakra (Throat Chakra) located in the throat

â€¢ These chakras are less known and not commonly used in most chakra practices and are said to be located at different positions and have different functions than the seven main chakras.

INDICATIONS OF IMBALANCED CHAKRAS

1. Root chakra (1st) - feelings of insecurity, fear, and instability

2. Sacral chakra (2nd) - blockages in creativity, sexuality and emotional balance

3. Solar Plexus chakra (3rd) - low self-esteem, lack of confidence and control

4. Heart chakra (4th) - difficulty in forming relationships, closed-heartedness

5. Throat chakra (5th) - communication difficulties, inability to express oneself

6. Third Eye chakra (6th) - confusion, lack of focus, and limited imagination

7. Crown chakra (7th) - disconnection from spirituality, narrow-mindedness.

INDICATIONS OF BALANCED CHAKRAS

1. Root chakra (1st) - feeling grounded, safe and secure

2. Sacral chakra (2nd) - feeling creative, sexual and pleasure

3. Solar Plexus chakra (3rd) - feeling confident, self-assured and in control

4. Heart chakra (4th) - feeling love, compassion and connected to others

5. Throat chakra (5th) - clear communication and self-expression

6. Third Eye chakra (6th) - intuition, clarity of thought and perception

7. Crown chakra (7th) - connection to spirituality and higher consciousness.

ABOUT CHAKRA 1

â€¢ The Muladhara Chakra, also known as the Root Chakra, is the first and most vital energy center of the body.

â€¢ Located at the base of the spine between the anus and the genitals and associated with the earth element.

â€¢ "Muladhara" is composed of two Sanskrit words "mula" meaning "root" and "adhara" which means "base" or "support".

â€¢ Balancing the Root Chakra creates a solid foundation for opening all the other six chakras.

â€¢ When balanced, person experiences stability, confidence, energy, and strength.

â€¢ Main color associated with the Muladhara Chakra is red, symbolizing primal instincts of strength and vitality.

â€¢ Helps in recognizing our strong connection to the Earth and relates to our basic, primal needs of survival, stability, and support.

â€¢ Also represents the structure of our body, bones, flesh, and skin.

â€¢ Imbalance in the Root Chakra can be caused by trauma, psychological issues such as chronic fear, and psychosomatic suppression and repression.

â€¢ Located at the base of the spine and associated with the first three vertebrae, the bladder, and the colon.

â€¢ Associated with the sense of grounding and stability, as well as a feeling of being

connected to the earth and one's physical body.

â€¢ Imbalanced Muladhara chakra can manifest as feelings of insecurity, fear, and instability.

â€¢ Balancing the Muladhara chakra can be done through yoga poses such as the mountain pose and the tree pose, as well as through visualization and meditation practices that focus on the feeling of being grounded and connected to the earth.

â€¢ The element associated with Muladhara chakra is earth.

â€¢ The sound associated with Muladhara chakra is LAM

â€¢ Muladhara chakra is associated with the feeling of safety and security, both physically and emotionally.

â€¢ Muladhara chakra is associated with the ability to stand up for oneself and assert one's needs and boundaries.

â€¢ Sense organ associated: Smell

â€¢ Endocrine gland: Adrenal glands

â€¢ Action: Support

â€¢ Cosmic aspect: The material

â€¢ Shape: Four petals

â€¢ Mantra: LAM

â€¢ Bija mantra: LAM

â€¢ Seed sound: LAM

â€¢ Color: Red

â€¢ Function: Stability

â€¢ Element: Earth

HEALING CHAKRA 1

â€¢ Grounding exercises: such as walking barefoot on the earth, sitting on the ground, or doing yoga poses that connect you to the earth can help to balance the root chakra.

â€¢ Meditation: meditating on the root chakra can help to bring balance and stability to the energy center. One can focus on the color red, or imagine a red light shining at the base of the spine during meditation.

â€¢ Visualization: Visualizing oneself as rooted to the earth, like a tree with deep roots, can help to balance the root chakra.

â€¢ Affirmations: repeating positive affirmations such as "I am safe" or "I am grounded" can help to bring balance to the root chakra.

â€¢ Essential oils: Using essential oils such as sandalwood, patchouli, and vetiver can help to balance the root chakra.

â€¢ Crystals: Carrying or wearing crystals such as red jasper, garnet, or black tourmaline can help to balance the root chakra.

â€¢ Food: Eating grounding foods like root vegetables, such as carrots and potatoes, can help to balance the root chakra.

â€¢ Yoga Poses: Yoga poses like Mountain Pose (Tadasana), Tree Pose (Vrikshasana), and Warrior Pose (Virabhadrasana) are some of the yoga poses that help balance the root chakra.

â€¢ Breathwork: Breathwork exercises such as alternate nostril breathing (Nadi Shodhana) and 4-7-8 breathing can help to balance the root chakra.

â€¢ Sound Healing: Listening to sounds such as drumming, chanting, or singing bowls can help to balance the root chakra.

â€¢ Healing Touch: Healing touch therapies such as Reiki and reflexology can help to balance the root chakra.

☪ Connecting with nature: Spending time in nature and connecting with the earth by going for a walk, gardening, or sitting in nature can help to balance the root chakra.

ABOUT CHAKRA 2

☪ The second chakra, also known as the Svadhishtana or the "sacral chakra," is located just below the navel.

☪ It is associated with the reproductive organs, the urinary system and the kidneys.

☪ It is associated with the emotional body, creativity, sexuality, and the ability to feel pleasure and joy.

☪ The color associated with Svadhishtana chakra is orange.

☪ Imbalanced Svadhishtana chakra can manifest as feelings of emotional disconnection, lack of creativity, and sexual dysfunction.

☪ Balancing the Svadhishtana chakra can be done through yoga poses such as the bound angle pose and the downward-facing dog pose, as well as through visualization and meditation practices that focus on the feeling of pleasure and joy.

☪ The element associated with Svadhishtana chakra is water.

☪ The sound associated with Svadhishtana chakra is VAM

☪ Svadhishtana chakra is associated with the ability to experience and express emotions, and to be open to pleasure and enjoyment.

☪ Svadhishtana chakra is associated with the ability to be creative, and to let go of emotional blockages.

☪ Sense organ associated: Taste

☪ Endocrine gland: Ovaries or testes

☪ Action: Procreation

☪ Cosmic aspect: The emotional

☪ Shape: Six petals

☪ Mantra: VAM

☪ Bija mantra: VAM

☪ Seed sound: VAM

☪ Color: Orange

☪ Function: Emotion

☪ Element: Water

HEALING CHAKRA 2

☪ Healing the Svadhishtana or Sacral Chakra, is associated with the emotional body, creativity, sexuality and the ability to feel pleasure and joy.

☪ Imbalanced Svadhishtana chakra can manifest as feelings of emotional disconnection, lack of creativity, and sexual dysfunction.

☪ Balancing the Svadhishtana chakra can be done through yoga poses such as the bound angle pose and the downward-facing dog pose, as well as through visualization and meditation practices that focus on the feeling of pleasure and joy.

☪ The element associated with Svadhishtana chakra is water, so incorporating water-based activities such as swimming or a relaxing bath can help bring balance to this chakra.

☪ The sound associated with Svadhishtana chakra is VAM, so repeating this sound during meditation can help to balance this chakra.

☪ Incorporating practices such as journaling, dance, and creative activities can help to bring balance to the Svadhishtana chakra.

• Visualizing an orange light in the area of the sacral chakra during meditation can help to activate and balance this chakra.

• Energy healing modalities such as Reiki, can also be helpful in healing the Svadhishtana chakra.

• It's important to remember that healing is a continuous process, and it takes time and consistent practice to bring balance to the Svadhishtana chakra.

• It's important to address and process any repressed emotions, traumas or past experiences that might be affecting the balance of this chakra.

• Addressing any physical issues related to the reproductive organs, urinary system and the kidneys can also aid in the healing of the Sacral chakra.

• Engaging in practices that promote self-acceptance, self-love and self-worth can help balance the Sacral chakra.

• Being mindful of setting healthy boundaries, learning to say no and practicing healthy communication can also help to balance the Sacral chakra.

• Exercising and engaging in physical activity can also be helpful in healing the Sacral chakra as it helps release tension and stress stored in the body.

• Crystals such as carnelian, moonstone and orange calcite can be used in meditation and crystal healing to help balance the Sacral chakra.

• Aromatherapy with essential oils such as ylang-ylang, jasmine, and sandalwood can be used to help balance the Sacral chakra.

• Incorporating healthy sexual practices, such as consent and communication, can also help to balance the Sacral chakra.

ABOUT CHAKRA 3

• The Manipura Chakra, also known as the Solar Plexus Chakra, is the third energy center in the body.

• It is located in the solar plexus area, just above the navel.

• It is associated with the element of fire and the color yellow.

• Manipura is associated with the sense of personal power, self-esteem, and self-worth.

• It is associated with the digestive system, the muscles, and the skin.

• Imbalances in Manipura can manifest as digestive issues, fatigue, and low self-esteem.

• To balance Manipura, one can practice yoga postures such as boat pose, upward facing dog, and sun salutations.

• Visualization and meditation on the color yellow can also help balance this chakra.

• Wearing yellow clothing or jewelry can also be used as a reminder to focus on Manipura.

• Manipura chakra is associated with the sense of sight and the power of transformation.

• Sense organ associated: Sight

• Endocrine gland: Pancreas

• Action: Transform

• Cosmic aspect: Fire

• Shape: Ten petals

• Mantra: RAM

• Bija mantra: RAM

• Seed sound: RAM

• Color: Yellow

• Function: Personal power

• Element: Fire

HEALING CHAKRA 3

☪ Affirmations: Repeat positive affirmations such as "I am confident" or "I am worthy" can help to balance the solar plexus chakra.

☪ Yoga Poses: Yoga poses such as Cobra Pose (Bhujangasana), Upward Dog Pose (Urdhva Mukha Svanasana) and Sun Salutation (Surya Namaskar) are some of the yoga poses that help balance the solar plexus chakra.

☪ Breathwork: Breathwork exercises such as diaphragmatic breathing and "fire breath" (Agni Pranayama) can help to balance the solar plexus chakra.

☪ Sound Healing: Listening to sounds such as chanting "Ram" or "Manipura" can help to balance the solar plexus chakra.

☪ Healing Touch: Healing touch therapies such as Reiki and massage can help to balance the solar plexus chakra.

☪ Essential oils: Using essential oils such as lemon, ginger and peppermint can help to balance the solar plexus chakra.

☪ Crystals: Carrying or wearing crystals such as citrine, yellow topaz and tiger's eye can help to balance the solar plexus chakra.

☪ Color therapy: Visualizing the color yellow or wearing yellow can help to balance the solar plexus chakra.

☪ Mindfulness: Practicing mindfulness and self-awareness can help to balance the solar plexus chakra.

☪ Food: Eating foods that are high in vitamin B, such as bananas, fish, and nuts, can help to balance the solar plexus chakra.

☪ Personal power: Building self-confidence and self-esteem can help to balance the solar plexus chakra.

☪ Creative expression: Engaging in creative activities such as painting, writing, or dancing can help to balance the solar plexus chakra.

ABOUT CHAKRA 4

☪ The Anahata Chakra, also known as the Heart Chakra, is the fourth energy center in the body.

☪ It is located in the center of the chest, near the heart.

☪ It is associated with the element of air and the color green.

☪ Anahata is associated with love, compassion, and emotional balance.

☪ It is associated with the heart, lungs, and circulatory system.

☪ Imbalances in Anahata can manifest as emotional issues such as anger, jealousy, and resentment.

☪ To balance Anahata, one can practice yoga postures such as camel pose, fish pose, and bridge pose.

☪ Visualization and meditation on the color green can also help balance this chakra.

☪ Wearing green clothing or jewelry can also be used as a reminder to focus on Anahata.

☪ Anahata chakra is associated with the sense of touch and the power of healing.

☪ Sense organ associated: Touch

☪ Endocrine gland: Thymus

☪ Action: Heal

☪ Cosmic aspect: Air

☪ Shape: 12 petals

â€¢ Mantra: YAM

â€¢ Bija mantra: YAM

â€¢ Seed sound: YAM

â€¢ Color: Green

â€¢ Function: Love and balance

â€¢ Element: Air

HEALING CHAKRA 4

â€¢ Affirmations: Repeat positive affirmations such as "I am loved" or "I am worthy of love" can help to balance the heart chakra.

â€¢ Yoga Poses: Yoga poses such as Camel Pose (Ustrasana), Fish Pose (Matsyasana), and Heart opener (Anahatasana) are some of the yoga poses that help balance the heart chakra.

â€¢ Breathwork: Breathwork exercises such as the "4-7-8" breathing and the "Lion's Breath" (Simhasana) can help to balance the heart chakra.

â€¢ Sound Healing: Listening to sounds such as singing bowls, chanting "YAM" or "YAM" can help to balance the heart chakra.

â€¢ Healing Touch: Healing touch therapies such as Reiki and massage can help to balance the heart chakra.

â€¢ Essential oils: Using essential oils such as rose, jasmine and lavender can help to balance the heart chakra.

â€¢ Crystals: Carrying or wearing crystals such as green aventurine, rose quartz, and jade can help to balance the heart chakra.

â€¢ Color therapy: Visualizing the color green or wearing green can help to balance the heart chakra.

â€¢ Mindfulness: Practicing mindfulness and self-compassion can help to balance the heart chakra.

â€¢ Food: Eating foods that are high in magnesium and potassium such as leafy greens, avocados, and bananas can help to balance the heart chakra.

â€¢ Service: Practicing acts of kindness and service to others can help to balance the heart chakra.

â€¢ Music: Listening to music that resonates with the heart chakra such as classical music, new age, and gospel can help to balance the heart chakra.

â€¢ Nature: Spending time in nature and connecting with the natural world can help to balance the heart chakra.

ABOUT CHAKRA 5

â€¢ The Vishuddha Chakra, also known as the Throat Chakra, is the fifth energy center of the body.

â€¢ Located at the base of the throat and associated with the element of ether.

â€¢ "Vishuddha" is composed of two Sanskrit words "vi" meaning "especially" or "particularly" and "shuddha" meaning "pure" or "clean".

â€¢ Balancing the Throat Chakra helps in the expression of oneself and the ability to communicate effectively.

â€¢ When balanced, person experiences self-expression, clear communication, and creativity.

â€¢ Main color associated with the Vishuddha Chakra is blue, symbolizing self-expression and communication.

â€¢ Helps in recognizing our ability to communicate effectively and express ourselves.

- â€¢ Also represents the ability to communicate, both verbally and non-verbally.
- â€¢ Imbalance in the Throat Chakra can be caused by repressing emotions, holding back truth, and difficulty expressing oneself.
- â€¢ Located at the base of the throat and associated with the thyroid gland, jaw, and mouth.
- â€¢ Associated with the sense of communication and self-expression, as well as the ability to speak one's truth.
- â€¢ Imbalanced Vishuddha chakra can manifest as feelings of insecurity, fear, and instability.
- â€¢ Balancing the Vishuddha chakra can be done through yoga poses such as the fish pose, plow pose, and lion pose, as well as through visualization and meditation practices that focus on the feeling of self-expression and communication.
- â€¢ The element associated with Vishuddha chakra is ether.
- â€¢ The sound associated with Vishuddha chakra is HAM
- â€¢ Vishuddha chakra is associated with the ability to communicate effectively and express oneself.
- â€¢ Sense organ associated: Hearing
- â€¢ Endocrine gland: Thyroid
- â€¢ Action: Speak
- â€¢ Cosmic aspect: The cosmic ether
- â€¢ Shape: Sixteen petals

- â€¢ Mantra: HAM
- â€¢ Bija mantra: HAM
- â€¢ Seed sound: HAM
- â€¢ Color: Blue
- â€¢ Function: Self-expression
- â€¢ Element: Ether

HEALING CHAKRA 5

- â€¢ Voice and speech exercises: such as singing, chanting, or practicing different vocal techniques can help to balance the throat chakra.
- â€¢ Journaling or writing: writing down one's thoughts and feelings can help to express oneself and balance the throat chakra.
- â€¢ Artistic expression: engaging in creative activities such as painting, drawing, or writing can help to balance the throat chakra.
- â€¢ Affirmations: repeating positive affirmations such as "I express myself clearly" or "I speak my truth" can help to bring balance to the throat chakra.
- â€¢ Essential oils: using essential oils such as peppermint, eucalyptus, and lemon can help to balance the throat chakra.
- â€¢ Crystals: carrying or wearing crystals such as turquoise, aquamarine, or blue lace agate can help to balance the throat chakra.
- â€¢ Food: Eating foods that are cooling and soothing to the throat, such as mint, can help to balance the throat chakra.
- â€¢ Yoga Poses: Yoga poses like Fish Pose (Matsyasana), Plow Pose (Halasana), and Shoulder Stand (Sarvangasana) are some of the yoga poses that help balance the throat chakra.
- â€¢ Breathwork: Breathwork exercises such as ujjayi and lion's breath can help to balance the throat chakra.
- â€¢ Sound Healing: Listening to sounds such as chanting, singing bowls, or toning can help to

balance the throat chakra.

â€¢ Healing Touch: Healing touch therapies such as Reiki and acupressure can help to balance the throat chakra.

â€¢ Connecting with nature: spending time in nature and listening to the sounds of nature can help to balance the throat chakra.

ABOUT CHAKRA 6

â€¢ The Ajna Chakra, also known as the Third Eye Chakra or the Brow Chakra, is the sixth energy center of the body.

â€¢ Located in the center of the forehead, between the eyebrows and associated with the element of light.

â€¢ "Ajna" comes from the Sanskrit word meaning "perceive" or "command".

â€¢ Balancing the Ajna Chakra helps to develop intuition, psychic abilities, and spiritual insight.

â€¢ When balanced, person experiences a heightened sense of intuition, wisdom, and clarity of thought.

â€¢ The main color associated with the Ajna Chakra is indigo, symbolizing intuition, wisdom, and inner vision.

â€¢ Helps in recognizing our connection to the spiritual realm, and relates to our ability to see beyond the physical world.

â€¢ Also represents the pineal gland, which is responsible for the production of melatonin and regulating the sleep-wake cycle.

â€¢ Imbalance in the Ajna Chakra can be caused by mental and emotional stress, fear, and doubt.

â€¢ Located in the center of the forehead, between the eyebrows and associated with the pineal gland and the nervous system.

â€¢ Associated with the sense of intuition, imagination, and the ability to see beyond the physical world.

â€¢ Imbalanced Ajna chakra can manifest as feelings of confusion, lack of focus, and difficulty in decision-making.

â€¢ Balancing the Ajna chakra can be done through yoga poses such as the child's pose and the fish pose, as well as through visualization and meditation practices that focus on the third eye.

â€¢ The element associated with Ajna chakra is light.

â€¢ The sound associated with Ajna chakra is OM

â€¢ Ajna chakra is associated with the ability to see beyond the physical world, to access higher levels of consciousness, and to develop intuition and psychic abilities.

â€¢ Sense organ associated: Extra-sensory perception

â€¢ Endocrine gland: Pituitary gland

â€¢ Action: Perception

â€¢ Cosmic aspect: The subtle

â€¢ Shape: Two petals

â€¢ Mantra: OM

â€¢ Bija mantra: OM

â€¢ Seed sound: OM

â€¢ Color: Indigo

â€¢ Function: Intuition

â€¢ Element: Light

HEALING CHAKRA 6

â€¢ Meditation: meditating on the third eye chakra can help to bring balance and clarity to the energy center. One can focus on the color purple, or imagine a purple light shining in the center of the forehead during meditation.

â€¢ Visualization: Visualizing oneself as having clear perception and insight, like a owl or a seer, can help to balance the third eye chakra.

â€¢ Affirmations: repeating positive affirmations such as "I trust my intuition" or "I am open to new perspectives" can help to bring balance to the third eye chakra.

â€¢ Essential oils: Using essential oils such as lavender, frankincense, and peppermint can help to balance the third eye chakra.

â€¢ Crystals: Carrying or wearing crystals such as amethyst, lapis lazuli, or sodalite can help to balance the third eye chakra.

â€¢ Yoga Poses: Yoga poses like child's pose (Balasana), seated forward bend (Paschimottanasana), and headstand (Sirsasana) are some of the yoga poses that help balance the third eye chakra.

â€¢ Sound Healing: Listening to sounds such as singing bowls, chanting, or soft instrumental music can help to balance the third eye chakra.

â€¢ Healing Touch: Healing touch therapies such as Reiki, acupuncture or cranial sacral therapy can help to balance the third eye chakra.

â€¢ Mindfulness: Practicing mindfulness and paying attention to one's thoughts, feelings and surroundings can help to balance the third eye chakra.

â€¢ Creative activities: Engaging in creative activities such as painting, writing, or photography can help to balance the third eye chakra.

â€¢ Connecting with the spiritual: Engaging in spiritual practices such as prayer, reading spiritual texts, or attending a spiritual service can help to balance the third eye chakra.

ABOUT CHAKRA 7

â€¢ The Sahasrara Chakra, also known as the Crown Chakra, is the seventh and highest energy center of the body.

â€¢ Located at the top of the head and associated with the element of thought.

â€¢ "Sahasrara" comes from the Sanskrit word meaning "thousand" or "infinity".

â€¢ Balancing the Sahasrara Chakra helps to achieve spiritual enlightenment and union with the divine.

â€¢ When balanced, person experiences a sense of oneness, transcendence, and spiritual fulfillment.

â€¢ The main color associated with the Sahasrara Chakra is violet or white, symbolizing spiritual purity, wisdom, and transcendence.

â€¢ Helps in recognizing our connection to the spiritual realm and relates to our ability to understand the true nature of reality.

â€¢ Also represents the pineal gland, which is responsible for the production of melatonin and regulating the sleep-wake cycle.

â€¢ Imbalance in the Sahasrara Chakra can be caused by spiritual confusion, lack of purpose, and disconnection from the divine.

â€¢ Located at the top of the head and associated with the central nervous system and the pineal gland.

â€¢ Associated with the sense of spiritual connection and the ability to access higher states of

consciousness.

â€¢ Imbalanced Sahasrara chakra can manifest as feelings of spiritual emptiness, lack of purpose, and disconnection from the divine.

â€¢ Balancing the Sahasrara chakra can be done through yoga poses such as the headstand and the corpse pose, as well as through visualization and meditation practices that focus on the crown of the head.

â€¢ The element associated with Sahasrara chakra is thought.

â€¢ The sound associated with Sahasrara chakra is Silence

â€¢ Sahasrara chakra is associated with the ability to access higher states of consciousness, spiritual enlightenment, and union with the divine.

â€¢ Sense organ associated: None

â€¢ Endocrine gland: Pineal gland

â€¢ Action: Transcendence

â€¢ Cosmic aspect: The causal

â€¢ Shape: Thousand petals

â€¢ Mantra: Silence

â€¢ Bija mantra: Silence

â€¢ Seed sound: Silence

â€¢ Color: Violet or White

â€¢ Function: Spiritual Enlightenment

â€¢ Element: Thought

HEALING CHAKRA 7

â€¢ Healing the Sahasrara chakra, also known as the crown chakra, is associated with spiritual enlightenment, cosmic consciousness, and connection to the divine.

â€¢ Imbalanced Sahasrara chakra can manifest as feelings of disconnection from the world, depression, and a lack of meaning in life.

â€¢ Balancing the Sahasrara chakra can be done through meditation, visualization, and yoga poses such as the headstand and the corpse pose.

â€¢ The element associated with Sahasrara chakra is thought, so focusing on positive thoughts and visualization can help to bring balance to this chakra.

â€¢ The sound associated with Sahasrara chakra is Silence, so incorporating silence into meditation practice can help to balance this chakra.

â€¢ Incorporating practices such as mindfulness, self-reflection, and connecting with nature can help to bring balance to the Sahasrara chakra.

â€¢ Visualizing a white or violet light shining from the crown of your head during meditation can help to activate and balance this chakra.

â€¢ It's important to clear and balance all the lower chakras before working on Sahasrara chakra, as it is the highest chakra and its balance is dependent on the balance of the lower chakras.

â€¢ Energy healing modalities such as Reiki, can also be helpful in healing the Sahasrara chakra.

â€¢ It's important to remember that healing is a continuous process, and it takes time and consistent practice to bring balance to the Sahasrara chakra.

The seven main chakras are:

1. Muladhara (Root Chakra) located at the base of the spine

2. Svadhisthana (Sacral Chakra) located in the lower abdomen
3. Manipura (Solar Plexus Chakra) located in the upper abdomen
4. Anahata (Heart Chakra) located in the center of the chest
5. Vishuddha (Throat Chakra) located in the throat
6. Ajna (Third Eye Chakra) located in the forehead, between the eyes
7. Sahasrara (Crown Chakra) located at the top of the head.

There are several secondary chakras that are considered to be part of the overall chakra system. Some examples include:

â€¢ Hrit chakra (Heart Chakra) located in the center of the chest

â€¢ Bindu chakra (Ajna Chakra) located at the crown of the head

â€¢ Kundalini chakra located at the base of the spine

â€¢ Soma chakra (Crown Chakra) located at the top of the head

â€¢ Talu chakra (Root Chakra) located at the base of the spine

â€¢ Nabhi chakra (Solar Plexus Chakra) located in the upper abdomen

â€¢ Vishuddhi chakra (Throat Chakra) located in the throat

â€¢ These chakras are less known and not commonly used in most chakra practices and are said to be located at different positions and have different functions than the seven main chakras.

In some spiritual and religious teachings, additional chakras are believed to exist above the crown chakra (Sahasrara). These are often referred to as "transpersonal" or "higher" chakras. Examples include :

â€¢ The soul star chakra located just above the crown chakra, it's said to be connected to the soul, spiritual connection and ascension.

â€¢ The causal chakra located beyond the physical body and is said to be connected to the soul's journey and the experience of oneness with the universe

â€¢ The stellar gateway chakra, located above the head, is said to be the entry point for spiritual energy to enter the body and consciousness.

In some spiritual and religious teachings, additional chakras are believed to exist below the root chakra (Muladhara). These are often referred to as "subterranean" or "earth" chakras.

Examples include:

â€¢ The earth star chakra, located below the feet, is said to be connected to the grounding, stability and connection to the earth.

â€¢ The base/root chakra is located at the base of the spine and is connected to the physical body, grounding, and survival instincts

â€¢ The grounding chakra, located below the feet, is said to be responsible for connecting the body to the earth and allowing for energy to flow freely through the body.

As with the higher chakras, it's important to note that these lower chakras are not universally accepted and may not be recognized or used in all chakra practices. The traditional system of chakras describes seven main chakras and the root chakra is considered as the first one.

HEALING SUBTERRANEAN / EARTH CHAKRAS

â€¢ Grounding exercises: such as walking barefoot on the earth, sitting on the ground, or doing yoga poses that connect you to the earth can help to balance the subterranean chakras.

â€¢ Meditation: meditating on the subterranean chakras can help to bring balance and stability to the energy centers. One can focus on the color black, or imagine a black light shining at the base of the spine during meditation.

â€¢ Visualization: Visualizing oneself as rooted to the earth, like a tree with deep roots, can help to balance the subterranean chakras.

â€¢ Affirmations: repeating positive affirmations such as "I am connected to the earth" or "I am one with nature" can help to bring balance to the subterranean chakras.

â€¢ Essential oils: Using essential oils such as patchouli, myrrh, and vetiver can help to balance the subterranean chakras.

â€¢ Crystals: Carrying or wearing crystals such as black tourmaline, obsidian, and onyx can help to balance the subterranean chakras.

â€¢ Food: Eating grounding foods like root vegetables, such as carrots and potatoes, can help to balance the subterranean chakras.

â€¢ Yoga Poses: Yoga poses like Child's Pose (Balasana), Butterfly Pose (Baddha Konasana) and Sitting Forward Bend (Paschimottanasana) are some of the yoga poses that help balance the subterranean chakras.

â€¢ Breathwork: Breathwork exercises such as alternate nostril breathing (Nadi Shodhana) and 4-7-8 breathing can help to balance the subterranean chakras.

â€¢ Sound Healing: Listening to sounds such as drumming, chanting, or singing bowls can help to balance the subterranean chakras.

â€¢ Healing Touch: Healing touch therapies such as Reiki and reflexology can help to balance the subterranean chakras.

â€¢ Connecting with nature: Spending time in nature and connecting with the earth by going for a walk, gardening, or sitting in nature can help to balance the subterranean chakras.

Note: Subterranean chakras are not widely recognized by traditional chakra systems, and some descriptions of these chakras may vary.

ABOUT TRANS-PERSONAL CHAKRAS

â€¢ Transpersonal chakras are believed to exist above the crown chakra (Sahasrara) and are said to be responsible for spiritual enlightenment and self-realization.

â€¢ There is no consensus on the number or specific location of these chakras, and they are not as widely recognized or studied as the traditional seven chakras.

â€¢ Some believe in the existence of additional chakras above the crown chakra, such as the Soul Star chakra, the Stellar Gateway chakra, and the Cosmic Gateway chakra.

â€¢ The Soul Star chakra is said to be located just above the crown chakra, and is associated with spiritual connection and the ability to access higher states of consciousness.

â€¢ The Stellar Gateway chakra is said to be located even higher, above the Soul Star chakra, and is associated with the connection to the spiritual realm and the ability to access past lives.

â€¢ The Cosmic Gateway chakra is located above the Stellar Gateway chakra and is said to be the connection to the universal consciousness, and the ability to access the wisdom of the ages.

â€¢ The transpersonal chakras are believed to be activated through spiritual practices such as meditation, yoga, and energy work.

â€¢ There is no scientific evidence to support the existence of these chakras, and they should not be considered as medical or psychological treatments.

HEALING TRANSPERSONAL / HIGHER CHAKRAS

â€¢ Meditation: meditating on the transpersonal chakras can help to bring balance and stability to the energy centers. One can focus on the color white, or imagine a white light shining above the crown chakra during meditation.

â€¢ Visualization: Visualizing oneself connecting with the divine and the higher self can help to balance the transpersonal chakras.

â€¢ Affirmations: repeating positive affirmations such as "I am connected to the divine" or "I am one with the universe" can help to bring balance to the transpersonal chakras.

â€¢ Essential oils: Using essential oils such as frankincense, myrrh, and sandalwood can help to balance the transpersonal chakras.

â€¢ Crystals: Carrying or wearing crystals such as clear quartz, selenite, and amethyst can help to balance the transpersonal chakras.

â€¢ Yoga Poses: Yoga poses like Headstand (Sirsasana), Shoulderstand (Sarvangasana) and Meditation Pose (Padmasana) are some of the yoga poses that help balance the transpersonal chakras.

â€¢ Breathwork: Breathwork exercises such as "Brahmari" (Humming Bee breath) and "Kechari" (Tongue lock) breath can help to balance the transpersonal chakras.

â€¢ Sound Healing: Listening to sounds such as chanting "Om" or "Aum" or singing bowls can help to balance the transpersonal chakras.

â€¢ Healing Touch: Healing touch therapies such as Reiki and energy healing can help to balance the transpersonal chakras.

â€¢ Connecting with nature: Spending time in nature and connecting with the natural world can help to balance the transpersonal chakras.

â€¢ Service: Practicing acts of kindness and service to others can help to balance the transpersonal chakras.

â€¢ Mindfulness: Practicing mindfulness and self-awareness can help to balance the transpersonal chakras.

Note: Transpersonal chakras are not widely recognized by traditional chakra systems, and some descriptions of these chakras may vary.

ABOUT THE SOUL STAR CHAKRA

â€¢ The Soul Star Chakra, also known as the 8th chakra, is believed to be located 6-18 inches above the crown chakra.

â€¢ It is associated with the element of spiritual energy and is considered as the connection between the physical and spiritual realms.

â€¢ The Soul Star Chakra is said to be responsible for the connection of the individual soul to the divine, and for the connection to one's spiritual purpose and destiny.

â€¢ When balanced, person experiences a sense of spiritual connection and purpose, inner peace and harmony.

â€¢ The main color associated with the Soul Star Chakra is white, symbolizing spiritual purity and connection to the divine.

â€¢ Helps in recognizing our connection to the spiritual realm and relates to our ability to understand the true nature of reality.

â€¢ Imbalance in the Soul Star Chakra can be caused by feeling disconnected from one's spiritual path and purpose, lack of inner peace and harmony.

â€¢ Located above the crown chakra, associated with the spiritual connection and purpose.

☉ Associated with the sense of spiritual connection and the ability to access higher states of consciousness.

☉ Imbalanced Soul Star chakra can manifest as feelings of spiritual emptiness, lack of purpose, and disconnection from the divine.

☉ Balancing the Soul Star chakra can be done through visualization and meditation practices that focus on the connection to the divine and one's spiritual purpose.

☉ The element associated with Soul Star chakra is spiritual energy.

☉ The sound associated with Soul Star chakra is Silence

☉ Soul Star chakra is associated with the connection to the divine, spiritual purpose, and inner peace and harmony.

☉ Sense organ associated: None

☉ Endocrine gland: N/A

☉ Action: spiritual connection

☉ Cosmic aspect: spiritual realm

☉ Shape: N/A

☉ Mantra: Silence

☉ Bija mantra: Silence

☉ Seed sound: Silence

☉ Color: White

☉ Function: spiritual connection

☉ Element: spiritual energy.

ABOUT THE CAUSAL CHAKRA

☉ The Causal Chakra, also known as the "Bindu Visarga" or the "Karmendriya", is said to be located above the crown chakra.

☉ It is associated with the element of cosmic energy and is considered as the connection between the individual and the cosmic consciousness.

☉ The Causal Chakra is said to be responsible for the connection of the individual to the spiritual realm, and for the connection to one's spiritual purpose and destiny.

☉ When balanced, person experiences a sense of spiritual connection and purpose, inner peace and harmony.

☉ The main color associated with the Causal Chakra is purple, symbolizing spiritual purity and connection to the cosmic consciousness.

☉ Helps in recognizing our connection to the spiritual realm and relates to our ability to understand the true nature of reality.

☉ Imbalance in the Causal Chakra can be caused by feeling disconnected from one's spiritual path and purpose, lack of inner peace and harmony.

☉ Located above the crown chakra, associated with the spiritual connection and purpose.

☉ Associated with the sense of spiritual connection and the ability to access higher states of consciousness.

☉ Imbalanced Causal chakra can manifest as feelings of spiritual emptiness, lack of purpose, and disconnection from the divine.

☉ Balancing the Causal chakra can be done through visualization and meditation practices that focus on the connection to the divine and one's spiritual purpose.

☉ The element associated with Causal chakra is cosmic energy.

☉ The sound associated with Causal chakra is Silence

☉ Causal chakra is associated with the connection to the cosmic consciousness, spiritual

purpose, and inner peace and harmony.

â€¢ Sense organ associated: None

â€¢ Endocrine gland: N/A

â€¢ Action: spiritual connection

â€¢ Cosmic aspect: spiritual realm

â€¢ Shape: N/A

â€¢ Mantra: Silence

â€¢ Bija mantra: Silence

â€¢ Seed sound: Silence

â€¢ Color: Purple

â€¢ Function: spiritual connection

â€¢ Element: cosmic energy

ABOUT THE STELLAR GATEWAY CHAKRA

â€¢ The Sahasrara chakra, also known as the Crown chakra or the Stellar Gateway chakra, is located at the crown of the head.

â€¢ It is associated with the color violet or white and is related to the element of thought or consciousness.

â€¢ The Sahasrara chakra is the highest chakra and is associated with spiritual enlightenment, inner wisdom, and the connection to the divine.

â€¢ It is related to the pituitary gland, the central nervous system, and the brain.

â€¢ Imbalances in this chakra can manifest as feelings of disconnection from the spiritual realm, lack of purpose or meaning in life, or difficulty accessing inner wisdom.

â€¢ To balance this chakra, one can practice meditation, visualization, yoga, or other spiritual practices.

â€¢ Crystals and essential oils associated with this chakra include amethyst, selenite, and frankincense.

â€¢ The seed mantra associated with this chakra is "Om" or "Ong"

â€¢ The deity associated with this chakra is Shiva or Shakti, who represent the balance between masculine and feminine energies.

â€¢ The symbol associated with Sahasrara chakra is a thousand petals lotus.

â€¢ The sense associated with this chakra is the "mind" or "consciousness"

â€¢ This chakra is said to be associated with the ability to access higher states of consciousness and spiritual transcendence.

It's worth noting that the soul star chakra is not one of the 7 traditional chakras and is not commonly recognized by mainstream Hindu or Buddhist teachings. It is a more recent idea in the field of energy healing and spiritual practices.

ENDgameâ„¢

007 COLORS

March 3, 2023

No advice is given herein.

The revision date is the version number.

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INTRODUCTION

Colors and gemstones have been revered and imbued with symbolic meanings across cultures and time periods. The use of colors and gemstones in symbolism is a way to convey abstract concepts and emotions in a tangible form. From the fiery red of rubies symbolizing passion and vitality to the cool blue of sapphires representing wisdom and truth, the symbolic meanings of colors and gemstones are rich and diverse.

In this thread, we will explore the spiritual, metaphysical, and cultural correspondences of various colors and gemstones. We will delve into the historical and cultural significance of these symbolic correspondences, examining how they have been used in spiritual and metaphysical practices and how they continue to shape our perceptions and experiences of the world around us.

1. BLACK
2. WHITE
3. PURPLE
4. DARK BLUE
5. SKY BLUE
6. BLUE-GREEN
7. YELLOW/GOLD
8. ORANGE
9. RED
10. BROWN
11. INDIGO
12. CLEAR

1. BLACK is often associated with darkness, mystery, the unknown, and death. It can also represent power, sophistication, and elegance. In some cultures, black is a symbol of mourning or sadness.

2. WHITE is often associated with purity, innocence, and cleanliness. It can also represent neutrality, peace, and surrender. In some cultures, white is a symbol of mourning or death.

3. PURPLE is often associated with creativity, imagination, and spirituality. It can also represent royalty, nobility, and sensitivity.

4. DARK BLUE is often associated with stability, serenity, and trust. It can also represent wisdom, intelligence, and depth.

5. SKY BLUE is often associated with serenity, tranquility, and openness. It can also represent freedom, creativity, and communication.

6. BLUE-GREEN, also known as teal or turquoise, is often associated with balance, tranquility, and emotional healing. It can also represent clarity of thought, communication, and creativity. In some cultures, blue-green is a symbol of protection and spiritual grounding.

7. YELLOW is often associated with happiness, optimism, and intellect. It can also represent caution, warning, and energy.

8. ORANGE is often associated with vibrancy, excitement, and playfulness. It can also represent creativity, warmth, and health.

9. RED is often associated with passion, love, and energy. It can also represent danger, warning, and courage.

10. BROWN is often associated with stability, reliability, and groundedness. It can also represent earthiness, tradition, and timelessness.

11. INDIGO is a deep shade of blue that is often associated with spiritual awareness, intuition, and inner wisdom. Indigo can represent mystery, magic, and transformation and is also associated with creativity, perception, and sensitivity. It is often used in spiritual and mystical practices as a color for meditation, prayer, and contemplation.

12. CLEAR or transparent is often associated with clarity, transparency, and openness. It can also represent purity, simplicity, and truth.

GEMSTONES

1. Amethyst: Amethyst is a purple gemstone that has been associated with spirituality, tranquility, and sobriety. It is often used in meditation and spiritual practices, and is believed to promote inner peace and calm.

2. Diamond: Diamond is a clear, colorless gemstone that is often associated with purity, clarity, and strength. It is also known as the "king of gems" and is a symbol of love, commitment, and fidelity.

3. Emerald: Emerald is a green gemstone that has been associated with growth, abundance, and healing. It is also known as the "stone of successful love" and is believed to promote harmony and balance in relationships.

4. Ruby: Ruby is a red gemstone that has been associated with passion, energy, and vitality. It is also known as the "stone of nobility" and is believed to promote courage and leadership.

5. Sapphire: Sapphire is a blue gemstone that has been associated with wisdom, truth, and intuition. It is also known as the "stone of destiny" and is believed to bring good luck and prosperity.

6. Topaz: Topaz is a yellow or golden gemstone that has been associated with happiness, success, and abundance. It is also known as the "stone of true love" and is believed to promote good health and well-being.

7. Garnet: Garnet is a red gemstone that has been associated with passion, energy, and vitality. It is also known as the "stone of commitment" and is believed to promote loyalty and trust.

8. Peridot: Peridot is a green gemstone that has been associated with abundance, prosperity, and success. It is also known as the "stone of transformation" and is believed to promote

personal growth and development.

9. Opal: Opal is a colorful gemstone that has been associated with creativity, inspiration, and imagination. It is also known as the "stone of happy dreams" and is believed to promote optimism and positivity.

10. Turquoise: Turquoise is a blue-green gemstone that has been associated with protection, healing, and purification. It is also known as the "stone of communication" and is believed to promote clear and honest communication.

11. Moonstone: Moonstone is a milky-white gemstone with a blue or rainbow sheen that has been associated with the moon, intuition, and feminine energy. It is also known as the "stone of new beginnings" and is believed to promote emotional healing and balance.

12. Onyx: Onyx is a black gemstone that has been associated with protection, grounding, and self-control. It is also known as the "stone of inner strength" and is believed to help with emotional and physical strength during difficult times.

EXPANDED COLOR CORRESPONDENCES

1. BLACK

The color black is rich in symbolism and is often associated with many different concepts and

meanings. Some of the symbolic correspondences of black are:

☪ Darkness and Mystery: Black is often associated with darkness and the unknown. It represents the mystery of the unseen and the hidden, and it is often used in art, literature, and film to convey a sense of foreboding or danger.

☪ Death and Mourning: In many cultures, black is a color associated with death and mourning. It represents the sorrow and grief that come with loss and is often used in funeral attire or decorations.

☪ Power and Sophistication: Black can also represent power, sophistication, and elegance. It is a color often associated with formal wear, such as black-tie events, and is used to convey a sense of authority and confidence.

☪ Rebellion and Non-Conformity: Black is sometimes associated with rebellion and non-conformity. It has been used as a symbol of counterculture movements and subcultures such as goth, punk, and emo.

☪ Evil and Negativity: In some contexts, black is associated with evil, negativity, and the devil. This association is often seen in religious and cultural traditions, where black is used to represent the forces of darkness and chaos.

☪ Hidden Potential and Transformation: In some spiritual and metaphysical traditions, black is associated with hidden potential and transformation. It represents the darkness that precedes the dawn and is often used as a symbol of the unconscious mind and the potential for growth and change.

☪ Timelessness and Eternity: Black is often used to represent timelessness and eternity. It is a color that never goes out of fashion and is often used in designs that are meant to be timeless and classic.

☪ In spiritual and metaphysical contexts, black is often associated with the concept of the void or the unknown, as it represents the absence of all visible light. It is seen as a powerful and mysterious color, one that can evoke feelings of both fear and awe.

☪ In some belief systems, black is also associated with the element of earth and is believed to ground and stabilize energies. It is considered to be a protective color that can absorb negative energies and offer a sense of safety and security.

☪ In terms of chakra work, black is often associated with the root chakra, which is located at the base of the spine. This chakra is associated with our primal instincts, our connection to the earth, and our sense of safety and security.

☪ In the world of gemstones, black stones like black tourmaline, onyx, and obsidian are often used for protection and grounding. They are believed to absorb negative energy and help to dispel feelings of fear and anxiety. Black stones are also thought to be powerful tools for meditation and spiritual work, as they can help to clear the mind and promote focus and concentration.

☪ In summary, the color black can represent a wide range of concepts and meanings, from darkness and mystery to power and sophistication. Its symbolism is complex and multifaceted, making it a fascinating and versatile color to explore in art, literature, and culture.

2. WHITE

The color white is a symbolically rich color that can represent many different concepts and meanings. Some of the symbolic correspondences of white are:

☪ Purity and Innocence: White is often associated with purity and innocence. It represents the absence of blemish or contamination and is used to represent a clean and untainted state.

☪ Light and Goodness: White is also associated with light and goodness. It represents the

brightness and illumination of the sun, and is often used to symbolize the divine or spiritual realm.

☪ Clarity and Transparency: White is a color that represents clarity and transparency. It is often used in designs and visuals that aim to convey a clear and unambiguous message.

☪ Cleanliness and Hygiene: White is often associated with cleanliness and hygiene. It is the color of choice for many hospitals, laboratories, and other institutions that prioritize cleanliness and sterility.

☪ Neutrality and Objectivity: White is a color that represents neutrality and objectivity. It is often used in contexts where impartiality is important, such as in legal settings or scientific research.

☪ Peace and Serenity: White can also represent peace and serenity. It is a calming color that is often used in meditation and relaxation practices.

☪ Death and Mourning: In some cultures, white is used to symbolize death and mourning. It represents the finality of life and is often used in funeral rites and mourning attire.

☪ Surrender and Surrealism: In some contexts, white can represent surrender and the surreal. This is seen in the art movement known as Surrealism, where white was often used to create dream-like, otherworldly landscapes.

☪ In summary, the color white can represent a range of different concepts and meanings, from purity and innocence to neutrality and objectivity. Its symbolism is varied and complex, making it a fascinating and versatile color to explore in art, literature, and culture.

3. PURPLE is a color that has been imbued with symbolic correspondences and cultural associations throughout history. Here are some of the most common:

☪ Royalty: In many cultures, purple has been associated with royalty and nobility because of its rarity and expense. In ancient Rome, only the emperor was allowed to wear purple clothing, and in medieval Europe, purple was a symbol of wealth and power.

☪ Spirituality: Purple has also been associated with spirituality, particularly in Western traditions. In Christianity, purple is the color of Lent and Advent, as well as the robes worn by bishops and other church officials. In Hinduism, purple is associated with the crown chakra, which is located at the top of the head and represents enlightenment and spiritual connection.

☪ Creativity: Purple is often associated with creativity and artistic expression. It is believed to stimulate the imagination and encourage innovation and originality.

☪ Transformation: Purple is also associated with transformation and change. It is believed to help with personal growth and self-discovery, as well as the ability to let go of the past and move forward into the future.

☪ Mystery and Magic: Finally, purple has been associated with mystery and magic throughout history. It is often used in occult and mystical practices, and is believed to have powerful spiritual and psychic properties. In some cultures, purple is also associated with death and mourning, as well as rebirth and regeneration.

4. DARK BLUE is often associated with spirituality and the metaphysical realm due to its deep and mysterious nature. Here are some spiritual and metaphysical symbolic correspondences with the color dark blue:

☪ Intuition and Inner Knowing: Dark blue is often associated with intuition and inner knowing. It is said to help open up the third eye chakra, which is associated with spiritual intuition and psychic abilities.

☪ Wisdom: Dark blue is also associated with wisdom and the search for knowledge. It is

believed to help increase mental clarity and promote deep thinking and contemplation.

â€¢ Protection: Dark blue is often used for spiritual protection, as it is believed to create a protective shield around the aura and help ward off negative energies and psychic attacks.

â€¢ Meditation and Relaxation: Dark blue is said to have a calming and soothing effect on the mind and body, making it a popular color for meditation and relaxation.

â€¢ Connection to the Divine: Dark blue is often associated with spirituality and the connection to the divine. It is said to help facilitate communication with the spiritual realm and deepen one's connection to the divine.

â€¢ Higher Consciousness: Dark blue is also associated with higher consciousness and spiritual enlightenment. It is believed to help awaken the spiritual senses and promote spiritual growth and evolution.

5. SKY BLUE is a light and serene shade of blue that is often associated with spirituality and the metaphysical realm. Here are some spiritual and metaphysical symbolic correspondences with the color sky blue:

â€¢ Communication and Expression: Sky blue is associated with communication and self-expression. It is said to help facilitate clear communication and assist in expressing one's thoughts and emotions in a positive and constructive way.

â€¢ Inner Peace and Tranquility: Sky blue is often used for meditation and relaxation, as it is believed to have a calming and soothing effect on the mind and body. It is said to help promote inner peace and tranquility, and to help relieve stress and anxiety.

â€¢ Spiritual Development: Sky blue is associated with spiritual development and growth. It is said to help facilitate the opening of the throat chakra, which is associated with communication and spiritual expression.

â€¢ Healing and Balance: Sky blue is believed to have healing properties, particularly for the throat and thyroid glands. It is said to help balance and harmonize the energy centers in the body and promote physical, emotional, and spiritual healing.

â€¢ Divine Connection: Sky blue is often associated with the divine and the spiritual realm. It is said to help facilitate the connection to higher consciousness and promote spiritual awakening and enlightenment.

â€¢ Creativity and Inspiration: Sky blue is also associated with creativity and inspiration. It is said to help stimulate the imagination and assist in creative endeavors, such as writing, art, and music.

6. BLUE-GREEN

â€¢ Blue-green, also known as aqua or turquoise, has a variety of spiritual and metaphysical symbolic correspondences across different cultures and belief systems. In general, blue-green is often associated with healing, purification, and protection. Its connection to the element of water can represent the flow of emotions and the ability to communicate and express oneself. Some of the specific symbolic correspondences of blue-green include:

â€¢ Spiritual growth and awareness: Blue-green can represent the expansion of consciousness and spiritual evolution. It is often associated with the throat chakra, which governs communication and self-expression, and the third eye chakra, which relates to intuition and inner wisdom.

â€¢ Balance and harmony: Blue-green is seen as a harmonizing color that can help bring balance and stability to one's energy field. It can also help to balance the masculine and feminine energies within oneself.

â€¢ Healing and purification: Blue-green is believed to have a calming and soothing effect on the mind and emotions, making it useful for promoting inner peace and healing. It is also associated with physical healing and is said to have a purifying effect on the body and spirit.

â€¢ Protection and grounding: Blue-green is often seen as a protective color that can help shield one from negative energy and promote a sense of safety and security. It is also associated with grounding and can help one feel more connected to the earth and their physical body.

â€¢ In addition to these correspondences, the specific shades and hues of blue-green can also have their own unique meanings and associations. For example, lighter shades of blue-green may be more associated with peace and tranquility, while darker shades may be more associated with depth and introspection.

7. YELLOW/GOLD

â€¢ Yellow is often associated with the sun and its life-giving warmth, so it can be seen as a symbol of vitality, energy, and optimism. In spiritual and metaphysical contexts, yellow is also associated with the solar plexus chakra, which is located in the area of the abdomen and is associated with personal power, confidence, and self-esteem.

â€¢ Yellow is often seen as a color of mental clarity, as it is believed to help stimulate the intellect and facilitate mental processes. It is also associated with creativity, innovation, and new ideas. In some spiritual traditions, yellow is thought to be a protective color, offering a shield against negative energy and unwanted influences.

â€¢ In Eastern traditions such as feng shui, yellow is associated with the earth element and is believed to promote stability, balance, and grounding. In color therapy, yellow is sometimes used to help treat conditions such as depression and anxiety, as it is thought to have an uplifting and energizing effect on the mind and body.

â€¢ GOLD is often associated with abundance and prosperity, and is seen as a symbol of wealth and success. In spiritual and metaphysical practices, it is sometimes used to attract material wealth and abundance.

â€¢ Gold is sometimes seen as a symbol of spiritual illumination, enlightenment, and divine wisdom. It is believed to help one connect with the divine and to enhance spiritual awareness and understanding.

â€¢ Gold is associated with the sun and is believed to carry the energy and vitality of this celestial body. It is thought to promote vitality, strength, and physical energy.

â€¢ Positive energy and confidence: Gold is believed to carry positive energy and to help boost confidence and self-esteem. It is often used in rituals or practices aimed at boosting self-confidence and promoting a positive outlook on life.

â€¢ Divine connection: In many spiritual and religious traditions, gold is seen as a sacred metal that carries a connection to the divine. It is often used in religious art and iconography to symbolize the divine or holy.

8. ORANGE

â€¢ Creativity and Passion: Orange is a highly creative and passionate color that is associated with stimulating the creative side of the brain. It is said to inspire enthusiasm, joy, and excitement, making it a great color to work with when looking to bring more energy into your life.

â€¢ Warmth and Comfort: Orange is a warm and inviting color that is often associated with feelings of comfort and security. It is a color that can help to calm the nerves and bring a sense

of peace and tranquility.

â€¢ Sacral Chakra: In many spiritual and metaphysical traditions, the color orange is associated with the sacral chakra, which is located in the lower abdomen. This chakra is associated with creativity, passion, pleasure, and sensuality, and is said to be the center of our emotional and creative energy.

â€¢ Vitality and Energy: Orange is a color that is said to have a revitalizing effect on the body and mind, making it a great color to work with when looking to increase your energy levels and feel more awake and alive.

â€¢ Courage and Confidence: Orange is a color that is associated with bravery, courage, and confidence. It is said to help us overcome fear and self-doubt, and to give us the courage to pursue our dreams and goals.

â€¢ Overall, the color orange is a vibrant and energizing color that is associated with creativity, passion, and vitality. It is a great color to work with when looking to increase your energy levels, boost your creativity, or cultivate feelings of warmth and comfort.

9. RED

â€¢ Passion and energy: Red is a color that is associated with intense emotions and passionate energy. It can represent strong feelings of love, desire, and excitement.

â€¢ Physical vitality: Red is also linked to physical vitality and strength. It can represent physical energy, courage, and the life force.

â€¢ Root chakra: In many spiritual traditions, red is associated with the root chakra, which is located at the base of the spine. The root chakra is believed to be connected to our physical body, survival instincts, and sense of grounding.

â€¢ Action and drive: Red is a color that is associated with action, drive, and ambition. It can represent a strong desire to achieve one's goals and pursue one's passions.

â€¢ Anger and aggression: On the negative side, red can also represent anger and aggression. It can symbolize feelings of hostility, violence, and danger.

â€¢ Spiritual transformation: In some spiritual traditions, red is associated with spiritual transformation and enlightenment. It can represent the fire of the spirit, and the process of burning away the ego to reveal one's true self.

10. BROWN

â€¢ Grounding: Brown is often seen as a grounding color that helps individuals feel more connected to the earth and their physical bodies. This can be helpful for people who feel

scattered or ungrounded.

â€¢ Stability: Brown is associated with stability, both in terms of physical structures and emotional states. It can help promote a sense of security and stability in individuals who may be going through a period of change or transition.

â€¢ Nurturing: Brown is often associated with nurturing and caring, like the warmth of the earth or a mother's embrace. It can help individuals feel safe, loved, and protected.

â€¢ Connection to nature: Brown is the color of the earth, and as such, it is often associated with nature and the natural world. It can help individuals feel more connected to the world around them and cultivate a sense of reverence and respect for nature.

â€¢ Sensuality: Brown is sometimes associated with sensuality and sexuality. It is believed to promote a sense of physical pleasure and enjoyment.

â€¢ Root chakra: In some spiritual and metaphysical traditions, brown is associated with the root chakra, which is located at the base of the spine. The root chakra is believed to govern our

sense of safety and security in the world, as well as our connection to the physical body and the earth. Brown is believed to help balance and activate the root chakra, promoting feelings of stability, security, and groundedness.

11. INDIGO is a deep and rich shade of blue that has a variety of spiritual and metaphysical symbolic correspondences. Some of these correspondences include:

• Intuition and Perception: Indigo is often associated with the third eye chakra, which governs intuition and perception. This color is believed to stimulate intuition, enhance psychic abilities, and help one connect with their higher self.

• Wisdom and Spiritual Understanding: Indigo is also associated with wisdom and spiritual understanding. It is believed to help one gain insight into their purpose in life and assist with spiritual growth and development.

• Mysticism and Magic: Indigo is sometimes associated with mysticism and magic, particularly in esoteric traditions. It is often used in rituals and ceremonies to facilitate spiritual connections and magical workings.

• Creativity and Imagination: Indigo is sometimes associated with creativity and imagination. It is believed to stimulate the imagination and inspire creative thinking.

• Calmness and Serenity: Indigo is also associated with calmness and serenity. It is believed to have a calming effect on the mind and body, promoting relaxation and inner peace.

• Overall, indigo is a color that is associated with spiritual growth, insight, intuition, and imagination. It is often used in spiritual practices and rituals to promote these qualities and connect with higher realms of consciousness.

12. CLEAR/TRANSPARENT

• The color clear or transparent is often associated with purity, clarity, and openness. In many spiritual and metaphysical traditions, clear or transparent crystals and gemstones are used to amplify energy, cleanse and purify the aura, and enhance spiritual awareness.

• Clear or transparent gemstones, such as quartz crystal, are believed to have the ability to enhance intuition and psychic abilities, promote mental clarity and focus, and stimulate the crown chakra. The clear color is also associated with the element of air, which represents the intellect, communication, and higher knowledge.

• In addition, the transparency of a gemstone is often associated with honesty, sincerity, and transparency in one's communication and actions. It is believed to promote a clear and open-minded approach to life and encourage one to speak their truth with clarity and authenticity.

• Overall, the color clear or transparent represents purity, clarity, and openness, and is often associated with spiritual growth and enlightenment. It is a color that encourages one to connect with their higher self and tap into their innate wisdom and intuition.

ENDgameâ,,ç

008 ELEMENTS

March 3, 2023

No advice is given herein.

The revision date is the version number.

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5Trust in and rely confidently on the LORD with all your heart
And do not rely on your own insight or understanding.

6[b]In all your ways know and acknowledge and recognize Him,
And He will make your paths straight and smooth [removing obstacles that block your way].

Proverbs 3, Amplified Bible

LORD can be interpreted as the inner compass, guiding from the most complete perspective of consciousness. - G.

COLOR - ELEMENT - CHAKRA CORRESPONDENCES

(it's been updated in Guidelines)

1. BLACK - VOID - UNITIVE 1
2. WHITE - LIGHT - UNITIVE 2
3. RED-BLACK 12-SIDED - AETHER - CROWN - UNITIVE 3
4. VIOLET - MOON - THIRD EYE
5. SKY BLUE - AIR - THROAT
6. BLUE-GREEN - WATER - HEART
7. YELLOW - SUN - SOLAR
8. ORANGE - FIRE - SACRAL
9. RED - EARTH - ROOT
10. BROWN - WOOD - SUBTERRANEAN 1
11. GREY - METAL - SUBTERRANEAN 2
12. CLEAR - CRYSTAL - SUBTERRANEAN 3

SYMBOLISM OF ELEMENTS

(These are reduced points from more in-depth research.) â€œ

1. VOID - BLACK

(TAO, UNMOVED MOVER, FIRST CAUSE and similar concepts)

Absence of form and substance; Balance between polarities; Beginning and end of all things; Complementary nature of opposites; Emptiness and potential; Infinite and eternal; Mysterious and unknowable; Non-self; Source of all creation; Ultimate reality behind all things; Unchanging and unaffected; Unity, interconnectedness, and oneness of all things.

2. LIGHT - WHITE

Brightness, clarity, radiance; Consciousness, awareness, perception; Enlightenment, wisdom, knowledge; Fire, sun, illumination; God, divinity, the divine; Goodness, purity, truth; Heaven, the afterlife; Hope, positivity, optimism; Knowledge, wisdom, understanding; Life, energy, vitality; Self-discovery, self-realization; Spiritual illumination, divine presence.

3. AETHER - PURPLE - CROWN

A higher, abstract realm as the source of all life and consciousness; Animating force behind all living things; Formless, weightless substance that permeates all things; Means of communication and connection with the divine realm; Purest and most spiritual form of matter; Source of all creativity, wisdom, and understanding; Source of divine energy; Spirit/Supernatural realm; Unseen, intangible, such as thoughts, emotions, consciousness, and the soul; Vital source of life and energy;

4. MOON - VIOLET - THIRD EYE

Dream work, psychic abilities and the unconscious mind; Emotional and sensitive nature; Feminine energy; Guide through darkness; Influence on behavior; Intuition and emotions; Life's ups and downs; Moon worship; Mystery and the unknown; Personal needs, relationships, emotions and moods; Related to water, as in the tides and way it reflects light; Tarot High Priestess card.

5. AIR - SKY BLUE - THROAT

Adaptability, change, unpredictability; Divination and psychic abilities; Freedom, independence, mobility, lightness, ability to soar; Heavens and the divine realm; Intangible and ephemeral, such as thoughts, ideas, and breath; Intelligence, clarity, and reason; Intellectual and communicative abilities; Movement, communication, and the power of the mind; Sky, heavens, and celestial realm; Spirit and breath of life; Tarot suit of Swords.

6. WATER - BLUE-GREEN - HEART

Adaptability and ability to flow with change; Cyclical nature of life, birth, and rebirth; Divination and psychic abilities; Emotions, feelings, healing, intuition, purification, and the subconscious mind; Feminine principle, emotional and intuitive nature; Flowing energy, adaptability, ability to move with change; Healing, purification, and renewal; Nourishment, sustenance, and growth; Tarot suit of Cups.

Water and Compassion: Fluid and adaptable nature, open and receptive to the needs of others; Flexible and responsive to the changing circumstances of others; Adapting support and care to the unique needs and challenges of others; Provide nurturing and sustenance, like emotional and spiritual sustenance to those in need; Water is essential for life, as compassion is essential for well-being and survival.

7. SUN - YELLOW - SOLAR PLEXUS

Central sun a collective consciousness; Connecting the material world with divine intelligence; Divine feminine, the light of consciousness, and the unity of all things; Embodiment or manifestation of the divine mind; Highest spiritual realization and ultimate unity with the divine; Knowledge, truth, consciousness, and enlightenment; Life, light, warmth, and vitality; Masculinity and fertility; Mediator between the physical and spiritual realms; Positive energy and the power of positive thinking; Power, wisdom, and enlightenment; Ra, the source of all life bringer of light; "Solar logos" a symbol of divine intelligence, reason, and consciousness; Source of renewal and growth; Source of spiritual power and illumination; Tarot sun card symbolizes joy, happiness, and success.

8. FIRE - ORANGE - SACRAL

Creative force that brings forth life, beginning of creation; Creativity, inspiration, inner wisdom and intuition; Destruction, violence, war, and conflict; Divine presence as a source of renewal and spiritual transformation; Energy, passion, drive; motivation, determination, the drive to succeed; Hearth and home, warmth, comfort, security, and a sense of belonging; Heat and energy, divine presence as a source of life and vitality; Purifying force that cleanses and transforms; Rituals of sacrifice, offering something valuable to the divine; Source of light, symbolizing knowledge, wisdom, and spiritual illumination; Source of protection, divine presence as guardian and protector; Spirituality, divine presence as spiritual power and

inspiration; Tarot suit of Wands.

9. EARTH - RED - BASE

Conservation, preservation, and responsible stewardship of natural resources; Foundation for support, structure, and stability; Foundation of the world, and roots of a community; Grounding, stability, permanence; Grounding and connecting to the physical world and senses; Growth, transformation, evolution; Harvest, abundance, and prosperity; Metaphor or symbol for the human body, reflecting the patterns and cycles of nature; Nature, wilderness, earthiness; Nourishment, fertility, abundance; Nurturing, cultivation, and support of growth and life; Regeneration, renewal, and sustainability; Roots, grounding, stability and support; Solidity, reliability, and dependability; Source of life and embodiment of the divine; Sustenance to support growth, and stability for all living things, as the body provides for the mind, spirit, and consciousness; Tarot suit of Pentacles.

10. WOOD - BROWN- ROOT

Ancestry and heritage; Associations with trees and forests; Capacity for change; Connection to earth and grounding; Creativity and ingenuity; Cyclical nature of life, death, and rebirth; Flexibility and resilience; Grounding and stability; Life energy and vitality, associated with mystery, magic, and height; Material for building and crafting; Nature, growth, and renewal; Prosperity and health; Spiritual energy and magic; Spring and rebirth; Strength, stability, unity, and the interconnectedness of all things; Versatility and creativity.

11. METAL - GREY - EARTH CRUST

Ability to control and influence others; Alchemistic transformation, purification, spiritual enlightenment, transcendence, and psychological transformation; Blacksmithing, metalworking, and fire; God's presence and protection; Hard and unyielding material that can withstand great pressure and endure over time; Innovation, progress, and individuality; Journey from life to death and back again; Masculinity, aggression, strong and forceful material, war and military power; Modernity, progress, technological and scientific advancement; Power, authority, control, domination; Precision, efficiency, molded and shaped with great accuracy; Sacrifice, suffering, and redemption; Strength, durability, toughness; Value, wealth, prosperity, financial stability.

12. CRYSTAL - TRANSPARENT - INNER EARTH

Clarity, purity, brilliance; Connection to the spiritual realm; Healing, balance, harmony; re-alignment of energy in the body and the mind; Journey towards growth, self-discovery, and enlightenment; Perfection, beauty, radiance, and the attainment of spiritual or material ideals; Process of change; Structure, stability, grounding, solid foundation; Spirituality, consciousness, higher dimension, expansion of consciousness, and the transcendence of the physical realm;

Transformation, growth, evolution; Unique molecular structure and crystal lattice arrangements.

SYMBOLISM OF ELEMENTS (A-Z ORDER / EXPANDED)

AETHER

AIR

CRYSTAL

EARTH

FIRE

LIGHT

METAL
MOON
SUN
WATER
WOOD
VOID

AETHER or SPIRIT

â€¢ Aether/Spirit is often associated with the divine or the supernatural. This connection is rooted in the idea that the spirit or aether represents a higher, more abstract realm beyond the physical world. In many cultures, the spirit is considered to be the source of all life and consciousness, and is often personified as a deity or divine force.

â€¢ It represents the unseen, intangible aspects of life and the universe. Aether/Spirit is often used to refer to things that are not directly observable or tangible, such as thoughts, emotions, consciousness, and the soul. This association is rooted in the idea that these abstract concepts are beyond the realm of physical matter and are instead part of the spiritual realm.

â€¢ In alchemy, Aether is considered the purest and most spiritual form of matter. In alchemical theory, the four classical elements (earth, air, fire, and water) were considered to be impure and required refinement in order to reach the pure, spiritual form of matter represented by aether.

â€¢ In many spiritual and religious belief systems, it is seen as the source of all life and consciousness. In these traditions, the spirit is often considered to be the animating force behind all living things and the source of all consciousness and awareness. This idea is often expressed through the concept of the soul, which is seen as an immortal, spiritual entity that animates the body and continues to exist after death.

â€¢ In philosophy, it is often used as a metaphor for consciousness, the soul, or the mind. Philosophers have often used the concept of aether or spirit as a metaphor for more abstract concepts such as consciousness, the soul, or the mind. These metaphors are rooted in the idea that these concepts are not directly observable or tangible, but are instead part of a higher, more abstract realm.

â€¢ It is sometimes represented as a colorless, shapeless, and weightless substance. In some traditions, aether is considered to be a formless, weightless substance that permeates all things and is responsible for supporting the physical world. This idea is often expressed through the concept of the "ether," a hypothetical substance that was once thought to fill the universe and provide a medium for light to travel through.

â€¢ In mythology, it is often personified as a god or goddess, such as Ether in Hinduism or Aether in Greek mythology. In many cultures, the spirit is personified as a deity or divine force. These personifications often reflect the importance of the spirit in the cultural belief system, as well as the idea that the spirit is a higher, more abstract realm beyond the physical world.

â€¢ It is associated with concepts like breath, inspiration, and spiritual enlightenment. The spirit

is often seen as being closely tied to the concept of breath, which is considered to be a vital source of life and energy. In many cultures, the spirit is also associated with concepts like inspiration and spiritual enlightenment, as it is considered to be the source of all creativity, wisdom, and understanding.

â€¢ In esotericism, it is seen as a source of divine energy and a means of communication with the divine realm. In esoteric traditions, the spirit is often seen as a source of divine energy that can be harnessed and directed through various practices and techniques, such as meditation, visualization, and ritual. This idea is rooted in the belief that the spirit is a connection to the

divine realm, and that through spiritual practices, one can access this realm and communicate with the divine.

AIR

Symbolic associations of AIR

â€¢ Freedom, mobility, lightness: Air is often associated with the ideas of freedom, mobility, and lightness. It represents the idea of a fluid and ever-changing element that can move freely and gracefully through the world.

â€¢ Thought, communication, intelligence: Air is associated with thought, communication, and intelligence. It represents the idea of a medium through which ideas and information can be exchanged, and is often used to symbolize the idea of intellectual pursuits and mental clarity.

â€¢ Breath, life, vitality: Air is associated with breath, life, and vitality. It represents the idea of the air that we breathe, which is essential for life, and is often used to symbolize the idea of rejuvenation, renewal, and the cycle of life.

â€¢ Spirituality, mystery, the unseen: Air is associated with spirituality, mystery, and the unseen. It represents the idea of a subtle and intangible element that surrounds us but is not always visible, and is often used to symbolize the idea of the divine and the spiritual realm.

â€¢ Adaptability, change, unpredictability: Air is associated with adaptability, change, and unpredictability. It represents the idea of a constantly shifting element that is difficult to control or predict, and is often used to symbolize the idea of change and the unpredictable nature of life.

Cultural correspondences:

â€¢ Greek Mythology: Air is associated with the god Zeus, who was the god of the sky, lightning, and thunder.

â€¢ Hinduism: Air is associated with the god Vayu, who is the god of wind and air.

â€¢ Western Astrology: Air is associated with the zodiac signs of Gemini, Libra, and Aquarius, which are seen as symbols of communication, balance, and innovation.

â€¢ Native American Culture: Air is associated with the idea of the sky and the heavens, and is seen as a symbol of spiritual elevation and transcendence.

â€¢ African Culture: Air is associated with the idea of breath and life force, and is seen as a symbol of the connection between the physical and spiritual realms.

â€¢ Chinese Five Elements (Wu Xing): Air is associated with the northeast, and the element is seen as a symbol of flexibility and change.

â€¢ Alchemistic philosophy: Air is associated with the alchemical process of purification and transformation, and is seen as a symbol of the journey towards spiritual enlightenment.

CRYSTAL

Symbolic associations:

â€¢ Clarity, purity, brilliance: Crystals are often associated with the idea of clarity, purity, and brilliance. They are seen as symbols of the idea of perfection, and are used to represent the

idea of beauty, radiance, and the attainment of spiritual or material ideals.

â€¢ Healing, balance, harmony: Crystals are associated with the idea of healing, balance, and harmony. They are used in various spiritual and healing practices and are seen as symbols of the restoration of balance and the re-alignment of energy in the body and the mind.

â€¢ Transformation, growth, evolution: Crystals are associated with the idea of transformation, growth, and evolution. They are seen as symbols of the process of change and the journey towards growth and self-discovery.

• Structure, stability, grounding: Crystals are associated with the idea of structure, stability, and grounding. They are seen as symbols of the idea of a solid foundation, and are used to represent the idea of grounding and stability in both physical and emotional realms.

• Spirituality, consciousness, higher dimension: Crystals are associated with spirituality, consciousness, and the idea of higher dimensions. They are used in various spiritual practices, such as meditation and energy healing, and are seen as symbols of the connection to the divine, the expansion of consciousness, and the transcendence of the physical realm.

Cultural correspondences:

• Eastern Cultures: Crystals are used in various spiritual and healing practices, such as Reiki and chakra healing, and are seen as symbols of the balance and harmonization of energy in the body.

• New Age spirituality: Crystals are widely used in New Age spirituality, where they are seen as symbols of the connection to the spiritual realm and the path towards self-discovery and enlightenment.

• Western Culture: Crystals are used in jewelry and as decorative elements, where they are seen as symbols of elegance, beauty, and luxury.

• Mineralogy: Crystals are studied and analyzed in mineralogy, where they are recognized for their unique molecular structure and crystal lattice arrangements.

• Art and Decoration: Crystals are used as decorative elements in various forms of art and interior design, where they are seen as symbols of beauty, luxury, and elegance.

EARTH

Symbolic associations:

• Grounding, stability, permanence: Earth is associated with the idea of grounding, stability, and permanence. It is seen as the foundation that provides support, structure, and stability in both the physical and emotional realms.

• Nourishment, fertility, abundance: Earth is associated with the idea of nourishment, fertility, and abundance. It is seen as the source of life, providing sustenance and resources that sustain life and support growth.

• Nature, wilderness, earthiness: Earth is associated with nature, wilderness, and the idea of earthiness. It is seen as the source of all natural resources, and as a symbol of the beauty and majesty of the natural world.

• Tradition, history, heritage: Earth is associated with tradition, history, and heritage. It is seen as a symbol of the roots of a community and the cultural heritage that is passed down from generation to generation.

• Roots, grounding, stability: Earth is associated with the idea of roots, grounding, and stability. It is seen as the foundation that provides stability, grounding, and support in both the physical and emotional realms.

• Growth, transformation, evolution: Earth is associated with the idea of growth, transformation, and evolution. It is seen as the source of life, supporting the growth and evolution of all living things.

Cultural correspondences:

• Agriculture and Farming: Earth is seen as the source of food, and is associated with the practice of agriculture and farming.

• Environmentalism: Earth is seen as the source of all natural resources, and is associated with the movement towards environmental sustainability and conservation.

• Geology: Earth is studied and analyzed in geology, where its structure, composition, and

geological processes are studied.

â€¢ Earth-based Spiritualities: Earth is seen as a sacred entity in various earth-based spiritualities, such as Wicca and paganism, where it is honored and respected as the source of life and the embodiment of the divine.

â€¢ Mythology and Folklore: Earth is featured prominently in various mythologies and folklore traditions, where it is seen as the source of life, the foundation of the world, and a symbol of the roots of a community.

FIRE

Symbolic associations:

â€¢ Energy, passion, drive: Fire is associated with energy, passion, and drive. It is seen as a symbol of motivation, determination, and the drive to succeed.

â€¢ Transformation, rebirth, renewal: Fire is associated with transformation, rebirth, and renewal. It is seen as a symbol of destruction and renewal, as well as the process of purification and transformation.

â€¢ Creativity, inspiration, intuition: Fire is associated with creativity, inspiration, and intuition. It is seen as a source of creative energy and inspiration, and is associated with the ability to tap into one's inner wisdom and intuition.

â€¢ Warmth, comfort, security: Fire is associated with warmth, comfort, and security. It is seen as a symbol of the hearth and home, providing comfort, security, and a sense of belonging.

â€¢ Spirituality, divinity, the divine: Fire is associated with spirituality, divinity, and the divine. It is seen as a symbol of the divine spark within each person, and as a symbol of the divine presence in the world.

â€¢ Destruction, war, conflict: Fire is associated with destruction, war, and conflict. It is seen as a symbol of violence and destruction, as well as a symbol of the destructive power of the natural world.

Cultural correspondences:

â€¢ Fire in Religion: Fire is a central element in many religious rituals, where it is seen as a symbol of the divine presence, a source of spiritual energy, or a representation of the afterlife.

â€¢ Fire in Technology: Fire is used in many technologies, including fireplaces, campfires, torches, and lanterns, as a source of light, heat, and energy.

â€¢ Fire in Mythology and Folklore: Fire is featured prominently in various mythologies and folklore traditions, where it is seen as a symbol of transformation, renewal, and divine power.

â€¢ Fire in Science: Fire is studied and analyzed in various scientific fields, including chemistry, physics, and materials science, where its properties and behavior are studied.

â€¢ Fire in Art and Literature: Fire is featured prominently in various forms of art and literature, where it is used as a symbol of passion, energy, and inspiration, or as a representation of destruction and conflict.

LIGHT

Symbolic associations and cultural correspondences with the element of LIGHT.

â€¢ Enlightenment, wisdom, knowledge

â€¢ Goodness, purity, truth

â€¢ Life, energy, vitality

â€¢ Hope, positivity, optimism

â€¢ Spiritual illumination, divine presence

â€¢ Fire, sun, illumination

- ☉ Brightness, clarity, radiance
- ☉ Heaven, the afterlife
- ☉ God, divinity, the divine
- ☉ Consciousness, awareness, perception
- ☉ Knowledge, wisdom, understanding
- ☉ Self-discovery, self-realization

EXPANDED SYMBOLISM OF LIGHT

- ☉ Enlightenment, wisdom, knowledge: Light is often associated with enlightenment, wisdom, and knowledge. It represents the removal of ignorance and the gaining of insight, and is often used as a symbol of intellectual or spiritual illumination. Light is seen as a source of truth, and is associated with the pursuit of wisdom and the attainment of a higher state of understanding.
- ☉ Goodness, purity, truth: Light is also associated with goodness, purity, and truth. It is seen as a symbol of moral and spiritual purity, and is often used to represent the idea of enlightenment, or the attainment of a state of purity and goodness. Light is also associated with truth, as it is seen as a symbol of clarity and the revelation of hidden knowledge.
- ☉ Life, energy, vitality: Light is seen as a symbol of life and energy, representing the vital force that animates all living things. It is associated with vitality and the life-giving power of the sun, and is often used to represent the idea of life and growth.
- ☉ Hope, positivity, optimism: Light is often associated with hope, positivity, and optimism. It is seen as a symbol of the future, and is associated with the idea of a better tomorrow. Light is also seen as a symbol of positivity and optimism, representing the power of hope to overcome darkness and adversity.
- ☉ Spiritual illumination, divine presence: Light is often associated with spiritual illumination and the presence of the divine. It is seen as a symbol of divine grace, and is associated with the idea of spiritual awakening and the attainment of a higher state of consciousness. Light is also seen as a symbol of the divine, representing the presence of a higher power in the world.
- ☉ Fire, sun, illumination: Light is often associated with fire and the sun, representing the power of illumination and the light of the sun. It is seen as a symbol of the transformative power of fire, and is associated with the idea of illumination and the removal of ignorance.
- ☉ Brightness, clarity, radiance: Light is associated with brightness, clarity, and radiance, representing the idea of clarity and the revelation of hidden knowledge. Light is seen as a symbol of clarity and brightness, and is associated with the idea of the radiance of the sun.
- ☉ Heaven, the afterlife: Light is often associated with heaven and the afterlife, representing the idea of a better world beyond this one. It is seen as a symbol of the light that guides the soul after death, and is associated with the idea of the afterlife and the promise of a better world beyond this one.
- ☉ God, divinity, the divine: Light is often associated with God and the divine, representing the presence of a higher power in the world. It is seen as a symbol of divine grace, and is associated with the idea of divine illumination and the attainment of a higher state of consciousness.
- ☉ Consciousness, awareness, perception: Light is associated with consciousness, awareness, and perception, representing the idea of clarity and the revelation of hidden knowledge. Light is seen as a symbol of awareness and perception, and is associated with the idea of the illumination of the mind and the attainment of a higher state of consciousness.
- ☉ Knowledge, wisdom, understanding: Light is associated with knowledge, wisdom, and understanding, representing the idea of the removal of ignorance and the attainment of insight.

Light is seen as a symbol of the pursuit of wisdom and the attainment of a higher state of understanding, and is associated with the idea of intellectual or spiritual illumination.

☉ Self-discovery, self-realization: Light is also associated with self-discovery and self-realization, representing the idea of the attainment of insight and the revelation

METAL

Symbolic associations and cultural correspondences with the element of METAL.

☉ Strength, durability, toughness: Metal is often associated with strength, durability, and toughness. It represents the idea of a hard and unyielding material that can withstand great pressure and endure over time.

☉ Value, wealth, prosperity: Metal is associated with value, wealth, and prosperity. It is seen as a symbol of wealth and the accumulation of riches, and is often used to represent the idea of prosperity and financial stability.

☉ Power, authority, control: Metal is also associated with power, authority, and control. It represents the idea of a material that can be wielded to exert influence and control over others, and is often used as a symbol of strength and domination.

☉ Precision, accuracy, efficiency: Metal is associated with precision, accuracy, and efficiency. It represents the idea of a material that can be molded and shaped with great accuracy, and is often used to symbolize the idea of technological and industrial progress.

☉ Masculinity, aggression, war: Metal is often associated with masculinity, aggression, and war. It represents the idea of a strong and forceful material that can be used to make weapons and is often associated with the idea of war and military power.

☉ Alchemistic transformation, purification: Metal is associated with alchemical transformation and purification. It represents the idea of a material that can be transformed and purified through the alchemical process, and is often used to symbolize the idea of spiritual and psychological transformation.

☉ Modernity, technology, progress: Metal is associated with modernity, technology, and progress. It represents the idea of a material that has been used in the development of advanced technology and industrial processes, and is often used to symbolize the idea of technological and scientific advancement.

☉ Industrialization, commerce, trade: Metal is associated with industrialization, commerce, and trade. It represents the idea of a material that has been used in the development of industry and commerce, and is often used to symbolize the idea of economic growth and prosperity.

☉ Chinese Five Elements (Wu Xing): Metal is associated with the west, autumn, metal, and the lung.

☉ Hinduism: Metal is associated with the planet Venus, and is seen as a symbol of luxury and wealth.

☉ Greek Mythology: Metal is associated with the god Hephaestus, who was the god of blacksmithing, metalworking, and fire.

☉ Alchemy: Metal is associated with the alchemical process of purification and transformation, and is seen as a symbol of spiritual enlightenment and transcendence.

☉ Western Astrology: Metal is associated with the zodiac sign of Aquarius, which is seen as a symbol of innovation, progress, and individuality.

☉ Judaic Symbolism: Metal is associated with the construction of the Ark of the Covenant, which is seen as a symbol of God's presence and protection.

☉ Christian Symbolism: Metal is associated with the Crown of Thorns worn by Jesus, which

is seen as a symbol of sacrifice, suffering, and redemption.

â€¢ Japanese Culture: Metal is associated with the samurai warrior class, who were known for their skill and mastery of weapons made from metal.

â€¢ Native American Culture: Metal is associated with the idea of transformation, and is seen as a symbol of the journey from life to death and back again.

â€¢ African Culture: Metal is associated with the idea of power and strength, and is seen as a symbol of the ability to control and influence others.

MOON

The Moon is often associated with a range of symbolic and cultural correspondences, including:

â€¢ Mystery and the unknown: The Moon is only partially visible and changes in appearance over time, so it is often associated with the unknown and mysterious.

â€¢ Intuition and emotions: The Moon is linked to intuition, emotions, and the subconscious mind.

â€¢ Feminine symbol: In many cultures, the Moon is seen as a feminine symbol and is linked to the cyclical nature of women's menstrual cycles and the phases of the Moon.

â€¢ Guide through darkness: The Moon is often connected to the night and is viewed as a guide through the darkness.

â€¢ Water: The Moon is often linked to water, both in terms of the tides and the way it reflects light.

â€¢ Life's ups and downs: The phases of the Moon and its changing appearance are seen as a metaphor for life's ups and downs.

â€¢ Moon worship: Moon worship and the worship of Moon gods and goddesses has been practiced in many cultures and religions throughout history. Examples include Greek Selene, Roman Luna, and Hindu Chandra.

â€¢ Lunar calendars: The phases of the Moon have been used to create lunar calendars.

â€¢ Esoteric traditions: In some esoteric traditions, the Moon is seen as a symbol of dream work and psychic abilities and is often associated with the unconscious mind.

â€¢ Influence on behavior: The Moon's influence is sometimes used to explain behavior and events.

â€¢ Color correspondences: The colors associated with the Moon are silver, white, blue, and black.

â€¢ Tarot: In the Tarot, the Moon is associated with the High Priestess card, which represents intuition, mystery, and the subconscious.

â€¢ Astrology: In astrology, the Moon is associated with the sign Cancer and the third house. Cancer is known for its emotional and sensitive nature, and the third house is associated with personal needs and relationships. The Moon is seen as having a powerful influence on emotions and moods.

â€¢ Elemental correspondences: The Moon is often associated with the element of water and is seen as a symbol of feminine energy.

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â€¢ Symbolism: The Moon is often associated with mystery and the unknown, as it is only partially visible and changes in appearance over time. It is also linked to intuition, emotions, and the subconscious mind. The Moon is sometimes seen as a feminine symbol, reflecting the

cyclical nature of women's menstrual cycles and the phases of the Moon. In many cultures, the Moon is connected to the night and is viewed as a guide through the darkness. It is also often

linked to water, both in terms of the tides and the way it reflects light. The phases of the Moon and its changing appearance are seen as a metaphor for life's ups and downs.

☾ Culture: Moon worship and the worship of Moon gods and goddesses has been practiced in many cultures and religions throughout history. Examples include Greek Selene, Roman Luna, and Hindu Chandra. The Moon's phases have been used to create lunar calendars, and its influence is sometimes used to explain behavior and events. In some esoteric traditions, the Moon is seen as a symbol of dream work and psychic abilities, and is often associated with the unconscious mind. The word "lunacy" comes from the Latin word for Moon and reflects the belief that the Moon could influence madness.

☾ Color Correspondences: The colors associated with the Moon are silver, white, blue, and black. Silver and white are linked to the Moon's reflective qualities and the way it illuminates the night sky. Blue is sometimes used to reflect the Moon's connection to the tides and water. Black is often associated with the unknown and the subconscious.

☾ Tarot: In the Tarot, the Moon is associated with the High Priestess card, which represents intuition, mystery, and the subconscious. Sometimes, the Moon card is also used to represent the Moon itself.

☾ Astrology: In astrology, the Moon is associated with the sign Cancer and the third house. Cancer is known for its emotional and sensitive nature, and the third house is associated with personal needs and relationships. The Moon is seen as having a powerful influence on emotions and moods, and its phases are used to interpret events and behavior.

☾ Elemental Correspondences: The Moon is often associated with the element of water and is seen as a symbol of feminine energy. The connection to water reflects its influence on the tides and its association with the subconscious mind. The association with feminine energy reflects the Moon's role as a symbol of cyclical change and the ebb and flow of life.

SUN

☀ Symbolism: The sun is a universally recognized symbol of life, vitality, and illumination. It represents power, wisdom, and enlightenment. Its majesty is often seen as a source of renewal and growth. In many cultures, the sun is associated with masculinity and fertility.

☀ Cultures: Ancient Egyptian culture worshiped the sun god Ra, who was seen as the source of all life and the bringer of light. Greek and Roman cultures similarly worshipped the sun gods Apollo and Helios. In Hinduism, the sun god Surya is seen as the bringer of light and heat. The Aztecs worshiped Tonatiuh as the sun god, who was said to control the movement of the sun across the sky. Native American cultures have a rich history of sun worship, often associating the sun with warmth, growth, and life.

☀ Gods/Deities: Many cultures have had sun gods, who were often seen as the bringers of light, warmth, and life. Some of the most well-known sun gods include Ra, Apollo, Helios, Surya, and Tonatiuh.

☀ Astrology: In astrology, the sun is associated with the zodiac sign Leo. Those born under the sign of Leo are said to be creative, confident, and warm-hearted.

☀ Colors: Yellow and gold are often associated with the sun, representing its warm and bright energy.

☀ Tarot: In the tarot deck, the sun card symbolizes joy, happiness, and success. It often represents positive energy and the power of positive thinking.

☀ Nature: The sun is associated with summer and daylight, as well as warmth and life-giving energy.

☀ Sciences: In the scientific realm, the sun is a central source of energy for our solar system,

providing light and heat that are crucial for life on earth.

☉ Literature/Mythology: The sun is often referenced as a symbol of power and strength in literature and mythology. For example, in the epic poem "The Iliad," the sun is seen as a symbol of the gods' power and control over the natural world.

☉ Art/Architecture: The sun is frequently depicted in ancient art and architecture, often as a symbol of power and strength. The sun's role as a source of light and warmth is also often represented in art and architecture, showing its importance to human life and survival.

WATER

☉ Emotions, intuition, and the unconscious mind: Water is often associated with emotions and intuition because it is seen as flowing and unpredictable, much like emotions. It is also linked to the unconscious mind as a symbol of the subconscious and the depths of the psyche.

☉ Healing and purification: Water has long been used for its purifying properties, both physically and spiritually. It is used in many cultures for cleansing rituals, and is often seen as having the power to wash away impurities and negative energies.

☉ Flexibility and adaptability: Water is known for its ability to take the shape of its container, symbolizing adaptability and the ability to flow with change.

☉ Flowing and changing: Water is always in motion, constantly changing and adapting to its surroundings. This makes it a symbol of change and impermanence.

☉ Reflection and stillness: Despite its fluidity, water can also be still and reflective, like a calm lake or pond. This stillness can symbolize introspection, meditation, and self-reflection.

☉ Nourishment and sustenance: Water is essential for all life, and is seen as a source of sustenance and nourishment for both the body and the soul.

☉ Birth and renewal: Water is often linked to birth and renewal because of its association with fertility and the beginning of life.

☉ Feminine energy and goddesses associated with water: In many cultures, water is associated with the feminine and is personified as a goddess of water, such as the Greek goddess Amphitrite or the Hindu goddess Ganga.

☉ Psychologically, water represents the collective unconscious: Carl Jung, the Swiss psychologist and psychoanalyst, believed that water symbolizes the collective unconscious, which is made up of the shared experiences and beliefs of humanity.

☉ Water as a symbol of life: Because water is necessary for life, it is often seen as a symbol of life itself.

☉ Religion and spirituality: holy water, cleansing, baptism: In many religious and spiritual traditions, water is used for rituals of purification and renewal, such as baptism and the use of holy water.

☉ Natural events: rain, oceans, rivers, lakes, and springs: Water is a central component of many natural events, such as rain, oceans, rivers, lakes, and springs. These events can be seen as symbols of life, change, and growth.

☉ Dreams, fantasy, and imagination: Water is often linked to the imagination and the dream world, as it is seen as a symbol of the unconscious mind and the realm of fantasy.

☉ Love, passion, and sensuality: Water is also associated with love, passion, and sensuality, as it is seen as flowing, unpredictable, and emotional.

WOOD

Symbolic associations and cultural correspondences with the element of WOOD.

☉ Nature, growth, and renewal

- â€¢ Spring and rebirth
- â€¢ Flexibility and resilience
- â€¢ Ancestry and heritage
- â€¢ Strength and stability
- â€¢ Material for building and crafting
- â€¢ Wooden objects as symbolic gifts (e.g. wooden toys, wooden jewelry)
- â€¢ Associations with trees and forests
- â€¢ Connection to earth and grounding
- â€¢ Symbol of life energy and vitality
- â€¢ Inspiration for wood-based deities and spirits in mythology
- â€¢ Cultural significance in feng shui, where wood represents prosperity and health.

EXPANDED SYMBOLISM OF WOOD

Wood is associated with:

- â€¢ Nature, growth, and renewal, seen in forests as places of rejuvenation and wooden objects symbolizing growth (e.g. staffs, carvings of trees)
- â€¢ Spring and rebirth, represented through wooden objects used in spring holidays and festivals (e.g. wreaths, flowers)
- â€¢ Flexibility and resilience, symbolized by bendable branches and the ability of trees to withstand natural disasters
- â€¢ Ancestry and heritage, as wooden objects (e.g. heirloom furniture, keepsakes) are passed down from generation to generation
- â€¢ Strength and stability, represented by the trunk of a tree and wooden objects used for protection and power (e.g. shields, weapons)
- â€¢ Versatility and creativity, demonstrated through wood as a material for building and crafting
- â€¢ Good luck and positive attributes, symbolized through wooden objects as gifts (e.g. wooden toys, jewelry)
- â€¢ Trees and forests as symbols of life and vitality, associated with mystery, magic, and height
- â€¢ Grounding and stability, represented by the roots of trees and wooden objects used in meditation and mindfulness practices
- â€¢ Life energy and vitality, symbolized by sap of trees and wooden staffs
- â€¢ Spiritual energy and magic, inspiring wood-based deities and spirits in mythology (e.g. Pan, Freya)
- â€¢ Prosperity and health, as one of the five elements in feng shui, represented by wooden objects promoting growth and renewal.

EXPANDED SYMBOLIC ASSOCIATIONS WITH WOOD

There will be some duplication...

- â€¢ Nature, growth, and renewal: In many cultures, wood is associated with nature, growth, and renewal. This can be seen in the idea of the forest being a place of rejuvenation, or the use of wooden objects to symbolize growth, such as a wooden staff or a wooden carving of a tree.
- â€¢ Spring and rebirth: Wood is often associated with spring, the season of renewal and rebirth. This can be seen in the celebration of spring holidays and festivals, where wooden objects such as wreaths and flowers are used to decorate homes and public spaces.
- â€¢ Flexibility and resilience: Wood is flexible and resilient, and these qualities are often associated with the element of wood in cultural symbolism. For example, the bendable branches of trees are seen as a symbol of flexibility and adaptability, while the ability of trees to withstand storms and other natural disasters is seen as a symbol of resilience.

â€¢ Ancestry and heritage: Wood is often associated with ancestry and heritage, as wooden objects such as heirloom furniture and keepsakes are passed down from generation to generation. This connection to the past is often seen as a symbol of continuity and stability.

â€¢ Strength and stability: In addition to being flexible, wood is also strong and sturdy, and these qualities are often associated with the element of wood in cultural symbolism. For example, the trunk of a tree is seen as a symbol of strength and stability, while wooden objects such as shields and weapons are used to symbolize protection and power.

â€¢ Material for building and crafting: Wood is a versatile material that is used in a wide range of building and crafting applications, and these uses are often associated with the element of wood in cultural symbolism. For example, the use of wooden objects in construction is seen as a symbol of stability and permanence, while the creation of wooden objects through crafting is seen as a symbol of creativity and ingenuity.

â€¢ Wooden objects as symbolic gifts: In many cultures, wooden objects are given as gifts to symbolize good luck, prosperity, and other positive attributes. For example, wooden toys are often given as gifts to children, while wooden jewelry is often given as a symbol of love and commitment.

â€¢ Associations with trees and forests: Wood is often associated with trees and forests, and these natural environments are often seen as symbols of life and vitality. For example, forests are often associated with mystery and magic, while the towering height of trees is seen as a symbol of strength and resilience.

â€¢ Connection to earth and grounding: Wood is rooted in the earth, and this connection is often associated with grounding and stability. For example, the roots of trees are seen as a symbol of stability and grounding, while wooden objects such as wooden blocks and wooden beads are used in meditation and mindfulness practices to help ground and center the mind.

â€¢ Symbol of life energy and vitality: Wood is a source of life energy and vitality, and these qualities are often associated with the element of wood in cultural symbolism. For example, the sap of trees is seen as a symbol of life energy and vitality, while wooden objects such as wooden staffs are used to symbolize strength and vitality.

â€¢ Inspiration for wood-based deities and spirits in mythology: Wood is often associated with spiritual energy and magic, and these qualities have inspired the creation of wood-based deities and spirits in many cultures and mythologies. For example, the Greek god Pan was associated with the forests, while the Norse goddess Freya was associated with the wild and untamed forests.

â€¢ Cultural significance in feng shui: In feng shui, wood is one of the five elements and is associated with prosperity and health. Wooden objects are used to promote growth and renewal.

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â€¢ Cultural significance in feng shui: In feng shui, wood is one of the five elements and is associated with prosperity and health. Wooden objects are used to promote growth and renewal.

â€¢ Chinese Five Elements (Wu Xing): In Chinese Five Elements (Wu Xing) philosophy, wood is associated with the east, spring, wind, and the liver. The east is associated with new beginnings, the season of spring represents growth and renewal, the wind symbolizes change and movement, and the liver is associated with the regulation of bodily functions and the promotion of good health. In this system, wood is seen as a symbol of growth, renewal, and the capacity for change.

â€¢ Norse Mythology: In Norse mythology, Yggdrasil, the world tree, is a symbol of stability, unity, and the interconnectedness of all things. The roots of Yggdrasil reach deep into the earth, symbolizing its connection to the earth, while its branches reach up into the heavens, symbolizing its connection to the divine. The tree is also seen as a symbol of the Norse gods and their power, as the gods hold their councils beneath its boughs. Yggdrasil is seen as a representation of the interconnectedness of all things, both in the physical world and in the realm of the gods, and as a symbol of the cyclical nature of life, death, and rebirth.

VOID (TAO, UNMOVED MOVER, FIRST CAUSE and similar concepts)

â€¢ The beginning and end of all things

â€¢ The source of all creation

â€¢ Emptiness and potential

â€¢ Unity and oneness

â€¢ The infinite and eternal

â€¢ The unchanging and unaffected

â€¢ The mysterious and unknowable

â€¢ The origin and essence of reality

â€¢ The absence of form and substance

â€¢ The ultimate reality behind all things

â€¢ The background against which all existence is set

â€¢ The stillness and silence before and after creation

â€¢ The unity and interconnectedness of all things

â€¢ The balance between polarities

â€¢ The complementary nature of opposites.

EXPANDED ON THE VOID

â€¢ The beginning and end of all things: The Void, Tao, Unmoved Mover, or First Cause is often seen as the source and endpoint of all things, representing both the beginning and end of existence.

â€¢ The source of all creation: The concept of the Void is seen as the source of all creation, from which everything arises and returns to. It is the foundation upon which the physical universe is built.

â€¢ Emptiness and potential: The Void is often seen as empty, representing potential and the possibility for creation. In this way, it is the birthplace of all things, containing the seeds of all potential forms and substances.

â€¢ Unity and oneness: The Void is also seen as a symbol of unity and oneness, representing the underlying unity of all things in the universe.

â€¢ The infinite and eternal: The Void is often seen as infinite and eternal, transcending time and space and representing the unchanging essence of reality.

â€¢ The unchanging and unaffected: Because the Void is seen as beyond form and substance, it is considered unchanging and unaffected by the events of the physical world.

â€¢ The mysterious and unknowable: The Void is often seen as mysterious and unknowable, beyond the grasp of human understanding and representing the ultimate reality that lies beyond the limits of human perception.

â€¢ The origin and essence of reality: The Void is considered the origin and essence of reality, representing the foundation of all things and the source of all creation.

â€¢ The absence of form and substance: The Void is often described as being beyond form and substance, representing the pure potential and absence of physical manifestation.

â€¢ The ultimate reality behind all things: The Void is seen as the ultimate reality behind all things, representing the ultimate truth that lies beyond the physical world.

â€¢ The background against which all existence is set: The Void is often seen as the background against which all existence is set, providing a framework for the physical world and all things within it.

â€¢ The stillness and silence before and after creation: The Void is often seen as representing stillness and silence, both before and after creation, representing the unchanging essence of reality.

â€¢ The unity and interconnectedness of all things: The Void is often seen as representing the unity and interconnectedness of all things, symbolizing the underlying connection between all things in the universe.

â€¢ The balance between polarities: The Void is often seen as representing the balance between polarities, such as light and dark, good and evil, and male and female, representing the complementary nature of opposites.

ENDgameâ„¢

009 NUMBERS

March 3, 2023

No advice is given herein.

The revision date is the version number.

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ONE

Confidence, strength, and individuality; Creation, leadership, independence and self-sufficiency; Divinity and unity; singularity and the origin of all things; Masculine and celestial; New beginnings, positivity, and pure energy; Primordial unity, the beginning, the Creator, the First Cause, and the Monad; Singular, indivisible, undifferentiated, creative source; Unity, wholeness, and the present moment.

TWO

Adaptability and diplomacy; Balance, equalization, choice, partnership, unity, and harmony; Christ with two natures as God and human; Contrasts, competition, and cooperation; Division, separation, and differentiation; Duality, polarity, separation of one into two; Dual nature, desire, and the binary system; Feminine and terrestrial; Line between two points; Opposites such as sun and moon.

THREE

Completion, balance and equilibrium; Creativity, intuition, magic; Infinite Power, Infinite Wisdom, Infinite Love; Need to consider one's direction in life; Perfect number: Harmony, wisdom and understanding; Birth, life, death; Beginning, middle, end; Body, soul and spirit; Strength, beauty and wisdom; Nature, Reason and Wisdom; Three phases of the moon. Power of three is universal; Self-expression, communication; Three circles of existence: Circle of Light, Circle of Chaos, Circle of Awareness; Triangle.

FOUR

Cardinal virtues (prudence, fortitude, justice, temperance); Consistency and discipline; Four cardinal points (north, south, east, and west); Four elements of earth, air, fire, and water; Four phases of the Moon (new, half-moon waxing, full, half-moon waning); Four seasons; Home, calmness, retreat, roots, and foundation; Physical world; Practicality, hard work, and organization; Solid, whole, and complete; Stability, earth and order; Worldly authority, power, kingship, rule.

FIVE

Balance and harmony; Change, freedom, and adventure; Connection between physical and spiritual; Declaration of faith, prayer, fasting, charity, and pilgrimage; Defense against witches, evil spirits, and demons; Five spiritual faculties of faith, energy, mindfulness, concentration, and

wisdom; Health and knowledge; Human body, five fingers on a hand, five toes on a foot; Human microcosm, combination of the feminine and masculine; Meditation, religion, versatility and the five senses; Pentagon - golden ratio, symbol of protection, of perfection, and of humanity; Sacrifice and redemption; Virtue, loyalty, and kindness.

SIX

Completion because man was created on the sixth day; Creation and beauty; Day and night each have six periods; Enlightenment, Forgiveness, Diplomacy, Compassion; Equilibrium, harmony, and stability; Love, nurturing, and responsibility; Meditation and intelligence; Perfection, protection and balance; Six basic elements: earth, air, fire, water, spirit, and ether; Six is man's number; Six rays of the solar wheel, six interlaced triangles, six pointed stars; Six realms of existence; Six directions (north, south, east, west, above, and below); Six represents Universe, with its four cardinal points and the Above and Below; Six senses: taste, touch, smell, sight, hearing, mind or intuition; Union of polarity (two interlaced triangles).

SEVEN

Celestial bodies (the Sun, the Moon, and the five visible planets) as the forces of nature, the cycles of life, and the mysteries of the universe; Chakras as energies that flow through the human body, representing the interconnectedness of the physical, emotional, and spiritual aspects of life; Colors of the visible spectrum, with red, orange, yellow, green, blue, indigo, and violet forming a natural progression from low to high frequency light; Combination of the spiritual and the temporal; Completeness and perfection; Cycles of life, reflecting the idea that life unfolds in repeating cycles of seven stages or phases; Elements of the universe: earth, air, fire, water, spirit, heaven, and hell (culturally); Notes in the musical scale; Seven deadly sins as universal human temptations, a set of basic or fundamental qualities that are common to all people; Seven liberal arts (medieval period) as a set of basic knowledge that is essential for human understanding; Seven Virtues: chastity, temperance, charity, diligence, kindness, patience, and humility; Stages of growth and development that an individual must go through in order to reach maturity; Week is seven days, a natural cycle length for human activity and experience; Wonders of the world, as height of human achievement and most remarkable aspects of the natural world.

EIGHT

Eight divisions of space; Felicity (happiness), perfect rhythm, regeneration, and resurrection; Infinity and paradise regained; New "man" of grace; Order of the celestial world established on earth; Perfect intelligence and splendor; Plenty and renewal; Repetition, cycles and momentum; Solidarity as the first cube; Success, wealth, and determination; Thoth/Hermes as inventor of numbers and geometry.

NINE

9 = state of being that is solid, dependable, and enduring; A "Foundation" number, representing stability, security, and grounding; Central number with the eight directions; Circumference, symbolized by two triangles representing the male (fire, mountain) and female (water, cave) principles; Completion, fulfillment, attainment, the beginning and the end; Completion of a cycle and the culmination of all that has come before, providing strong foundation for the future; Highest single-digit number, therefore completion and fulfillment as end of cycle or achievement of goal; Inner stability, a foundation for growth, progress, and success in all aspects of life; Inner wisdom, peace with oneself and the world; Powerful number associated with wisdom,

spirituality, and enlightenment; Pure intelligence and truth; Selflessness and compassion; Supreme spiritual power; "Triplexity" number, as 1, 2, and 3 are building blocks of all numbers, and 9 is result of their union to create a new whole; 1 = unity, independence, and new beginnings. 2 = balance, harmony, and relationships. 3, a creative and expressive number = self-expression and communication; Combined to form 9, new whole encompasses all qualities of individual numbers; 9 the culmination of all that has come before = completion, fulfillment, and enlightenment; Whole, celestial and angelic number.

TEN

Completion and the end of a journey; Cosmic order and the perfection of divine order; Highest single-digit number, so ultimate unity and completeness; Intelligence and divine support; Numerical value of Yod, the Eternal Word, unchanging nature of God; Perfect number, representing unity and order; Progress, completion, and achievement; Rebirth and new beginnings, stirring of the soul; Returning to origins; Source of all other numbers = Monad, recommencement of a series and infinite expansion; Starting point for creation of all other numbers, beginning of a new cycle of existence; Ten perfections (generosity, morality, renunciation, wisdom, energy, patience, truthfulness, determination, loving-kindness, and equanimity); Wholeness and all-inclusive;

ELEVEN

Achievement of higher ideals, surpasses the number 10; Balance and harmony, made up of two equal parts (11); Card of Justice, representing balance and fairness; Collective unconscious, the sign Aquarius; Master Number, high spiritual power, potential for spiritual growth and development; Merging of opposing forces, balancing of masculine and feminine energies; New beginning, start of a new cycle, first double-digit number; Number of gods, goddesses, and other deities; Potential for treachery and betrayal, secret enemies and hidden agendas; Spiritual awakening, synchronicity and spiritual alignment; Spiritual insight, and enlightenment; Visionary and intuitive abilities, artistic and inventive talents.

TWELVE

12 levels of consciousness of the universe; Cosmos, twelve interconnected parts; Completeness and a sense of wholeness; Divine proportion, mathematical principles and harmony; Dodecahedron has 12 faces, wholeness and completion; Dodecahedron represents "cosmic egg" or "universe" and zodiac the "cosmic womb" that gives birth to the universe; Equal-length sides, finding balance in life; Everything in its proper place and order; Foundation, unity and strength; Integration of different aspects of life, everything interconnected, all parts work together to form a whole; New ideas and perspectives from integration of different parts; Passage of time and the cyclical nature of life; Perfection, entirety, and cosmic order; Strength, courage, and perseverance; Structure and organization of the universe; Universe as a whole; Universe = 12 months of the year, 12 houses of the night sky, 12 zodiac/astrological signs, 12 labors of the hero; Wisdom, understanding and knowledge, from integration of different perspectives.

NUMBER ONE:

One is often associated with unity, singularity and individuality, as it represents the concept of being alone or separate from others.

One is considered a sacred or lucky number in many cultures and used in religious and spiritual symbology, such as the monotheistic belief in one God.

• Considered the first and the most basic number, it is often used to represent the beginning or the starting point.

• In numerology, One is associated with leadership, ambition and self-reliance.

• Represented in symbols such as the dot, the sphere, and the sun.

• In many cultures, the sun is seen as a symbol of unity and wholeness, representing the source of all life and energy.

• The dot is also used as a symbol of unity, representing the singularity or the point from which everything originates.

• In alchemy, the number one is associated with the unity and singularity of the Philosopher's Stone.

• In Buddhism, one represents the unity and singularity of the Buddha nature.

• In Christianity, the one God represents the unity and singularity of the divine.

• In Hinduism, the one Brahman represents the unity and singularity of the ultimate reality.

• In Islamic culture, the Oneness of God (Tawhid) is the foundation of the faith.

• In ancient Egyptian religion, the god Ra was often depicted as the sun disk with a single eye, representing the unity and singularity of the divine.

• In Pythagorean belief, the number one represents the monad, the ultimate unity and singularity of the universe.

NUMBER TWO

• The number 2 symbolizes balance, equalization, choice, partnership, unity, and harmony.

• It represents the time to do what is best for your soul path and the connection between two points that make a line.

• The number 2 represents duality and polarity, such as the division of one cell into two which grows biological life and the separation of one into two.

• It represents contrasts, balance, competition, and cooperation.

• In various cultures and traditions, 2 represents the dual nature of the human being, desire, and the binary system.

• In alchemy, it represents the opposites, sun and moon, king and queen, sulphur and quicksilver.

• It is considered inauspicious in Chinese culture and represents the feminine and terrestrial.

• In Christianity, it represents Christ with two natures as God and human.

• In Hebrew it represents the life-force and in Pythagorean it is the divided terrestrial being.

• In Buddhism, it represents the duality of samsara, male and female and in Taoism it represents the yin-yang.

• In numerology, it is the number of duality, balance and partnership and symbolizes harmony, adaptability and diplomacy.

• In astrology, it is associated with the zodiac sign of Taurus and the High Priestess card in Tarot.

• It is also associated with the biblical story of Adam and Eve and their separation from God.

• It is often used to represent the idea of division, separation, and differentiation.

• Considered a sacred or lucky number in many cultures and used in religious and spiritual symbology, such as the yin-yang symbol in Chinese philosophy, which represents the balance of opposite forces in the universe.

• Represented in symbols such as the two-headed eagle, which is often used to represent the balance of power and authority, and the two-faced Roman god Janus, who symbolizes the balance of past and future.

• Associated with the concept of duality, the two halves of a whole, and the balance between

opposing forces.

• Often used in cultural references such as Chinese philosophy, Greek mythology, and religious texts such as the Bible and the Quran.

• The yin and yang symbol in Chinese philosophy represents the balance of opposite forces in the universe.

• In Greek mythology, the two-headed eagle is often used to represent the balance of power and authority.

• In the Bible, the number two is often used to represent the balance of good and evil, as seen in the story of Adam and Eve and the tree of knowledge of good and evil.

• In the Quran, the number two is often used to represent the balance of faith and reason, as well as the balance of this world and the next.

• Two can also be associated with the concepts of binary and duality and the representation of the two poles, positive and negative, right and wrong, light and dark and other duality.

• Two can be associated with the concept of partnership, couple, and relationships.

• Two can be associated with the concept of choice, as in two options or two sides of a coin.

• Two can be associated with the concept of the witness, as in two people who witnessed an event.

• Two can be associated with the concept of balance, as in two opposing forces, or two sides of a coin.

• Two can be associated with the concept of division, as in two halves or two groups.

NUMBER THREE

• The number 3 is associated with intuition, expression, and magic.

• It symbolizes the past, present, and future, as well as creativity and the need to consider one's direction in life.

• The power of three is universal and is often associated with the tripartite nature of the world, the human body and soul, and the three phases of the moon.

• The symbol of three is the triangle and other symbols associated with three include the trident, fleur-de-lis, trefoil, trisula, thunderbolt, and trigrams.

• Different cultures and religions have different interpretations of the number 3, such as the trinity in Christianity and the Tri-ratna in Buddhism.

• In the Hermetic tradition, Thoth is the Thrice Great, 'Trismegistus' and the Supreme Power.

• The number 3 is connected to the idea of completion, balance and equilibrium.

• The number 3 is also associated with the idea of the three unities; One God, One Truth, One Point of Freedom.

• The number 3 is also associated with the three qualities of God; Infinite Power, Infinite Wisdom, Infinite Love.

• The number 3 is also associated with the three circles of existence; The Circle of Light, The Circle of Chaos, The Circle of Awareness.

• In numerology, it is the number of self-expression, creativity, and communication.

• In astrology, it is associated with the zodiac sign of Gemini and the Empress card in Tarot.

• It is also associated with the concept of the Holy Trinity in Christianity, the Triple Gem in Buddhism, the Triple Deities in Hinduism and the Triple-Goddess in Wicca and other pagan traditions.

• It is also associated with the three Fates in Greek mythology, the three Graces in Roman mythology, and the three goddesses of fate in Norse mythology.

NUMBER FOUR

• Four is often associated with stability, home, calmness, retreat, roots, and foundation.

• Four is often associated with stability and order, as it is the number of four cardinal points (north, south, east, and west), and four seasons (spring, summer, fall, and winter).

• Considered a sacred or lucky number in many cultures and used in religious and spiritual symbology, such as the four evangelists (Matthew, Mark, Luke, and John) in Christianity, and the four sacred animals (lion, bull, eagle, and man) in ancient Egypt.

• Associated with practicality, hard work, and organization in numerology.

• The number four is often seen as a symbol of the physical world and the four elements (earth, air, fire, and water) are often referenced in spiritual and philosophical teachings.

• The number four is often used in cultural references such as alchemy, Buddhism, Chinese beliefs, Christianity, Egyptian, Graeco-Roman, Hebrew, Hindu, Islamic, Parsee, and Pythagorean beliefs.

• In alchemy, four is associated with the four basic elements: earth, air, fire, and water.

• In Buddhism, the Four Noble Truths are considered the foundation of Buddhist philosophy.

• In Chinese beliefs, the Four Symbols (Black Tortoise, White Tiger, Red Phoenix, and Blue Dragon) are four mythical creatures that represent the four cardinal points.

• In Christianity, the Four Gospels (Matthew, Mark, Luke, and John) are considered the foundation of Christian teachings.

• In Egyptian culture, the Four Sons of Horus were four deities that protected the organs of mummified pharaohs.

• In Graeco-Roman culture, the four elements (earth, air, fire, and water) were considered the building blocks of the universe.

• In Hebrew culture, the four letters of God's name (YHWH) are considered sacred.

• In Hinduism, the four Vedas (Rigveda, Yajurveda, Samaveda, and Atharvaveda) are considered the foundation of Hindu religious texts.

• In Islamic culture, the four caliphs (Abu Bakr, Umar, Uthman, and Ali) are considered the first leaders of the Islamic community after the death of the Prophet Muhammad.

• In Parsee culture, the four Amesha Spentas (Bounteous Immortals) are considered the emanations of the supreme god Ahura Mazda.

• In Pythagorean belief, the number four is associated with the four elements (earth, air, fire, and water) and the four seasons.

• Four is often associated with stability, home, calmness, retreat, roots, and foundation.

• Linked to the four cardinal directions (north, south, east, west) and the four seasons, winds, and elements.

• Four is seen as the fourth dimension, time, which is an illusion.

• Four is considered a solid, whole, and complete number, and is associated with earth and order.

• A common symbolic number in various cultures, including Native American, Buddhism, Chinese Buddhism, Chinese, Christian, Egyptian, Gnostic, Greek, and Hebrew cultures.

• In Christianity, it is associated with the body and the four Gospels, Evangelists, chief arch-angels, chief-devils, four Fathers of the Church, Great Prophets, and cardinal virtues (prudence, fortitude, justice, temperance).

• In Gnostic beliefs, it is associated with the Four-ness of God.

• In Chinese culture, it is the number of the Earth, symbolized by the square, and represents the four streams of immortality.

NUMBER FIVE

• Five is often associated with the human body, as there are five fingers on a hand and five

toes on a foot.

â€¢ Considered a sacred or lucky number in many cultures and used in religious and spiritual symbology, such as the pentagon, a five-sided shape.

â€¢ Associated with change, freedom, and adventure in numerology.

â€¢ Five elements (earth, air, fire, water, and spirit) are often referenced in spiritual and philosophical teachings.

â€¢ Symbol of human microcosm, the combination of the feminine and masculine.

â€¢ Used in cultural references such as alchemy, Buddhism, Chinese beliefs, Christianity, Egyptian, Graeco-Roman, Hebrew, Hindu, Islamic, Parsee, and Pythagorean beliefs.

â€¢ Associated with meditation, religion, versatility and the five senses.

â€¢ Considered to be the first counting process.

â€¢ Represented in symbols such as the five petaled flower, five pointed leaves, and the five pointed star.

â€¢ The five petaled flower is a symbol of the five senses, the five elements and the five fingers of the hand, it represents the connection between the physical and the spiritual. Five pointed leaves and stars are also used as symbols of balance and harmony, the five points representing the five elements.

â€¢ In alchemy, five is associated with the five basic elements: earth, air, fire, water, and spirit.

â€¢ In Buddhism, the five petals of the lotus flower represent the five spiritual faculties of faith, energy, mindfulness, concentration, and wisdom.

â€¢ In Chinese beliefs, the five elements (earth, metal, water, wood, and fire) are used in traditional Chinese medicine and feng shui practices.

â€¢ In Christianity, the five wounds of Christ are a symbol of his sacrifice and redemption.

â€¢ In Egyptian culture, the five fingers of the hand were associated with the five elements, five senses and the five cardinal points.

â€¢ In Graeco-Roman culture, the five pointed star, the pentagram, was used as a symbol of the five elements, the five senses and the five cardinal points.

â€¢ In Hebrew culture, the five books of the Torah are considered the foundation of Jewish law and tradition.

â€¢ In Hinduism, the five elements are considered the building blocks of the universe and the five senses are seen as the means of perception.

â€¢ In Islamic culture, the Five Pillars of Islam are considered the foundation of the faith: the declaration of faith, prayer, fasting, charity, and pilgrimage.

â€¢ In Parsee culture, the five elements are considered the building blocks of the universe and the five senses are seen as the means of perception.

â€¢ In Pythagorean belief, the number five is associated with the five platonic solids and the five perfect solids.

NUMBER SIX

â€¢ Six is often associated with balance, harmony, and stability.

â€¢ Considered a sacred or lucky number in many cultures and used in religious and spiritual symbology.

â€¢ Associated with love, nurturing, and responsibility in numerology.

â€¢ Six days of creation in Christianity and Judaism

â€¢ Six pointed star or hexagram, the Star of David, is an important symbol in Jewish culture and religion.

â€¢ Six is the number of the Lovers card in tarot.

â€¢ In Chinese culture, six is a homophone for the word "smooth" and is considered a lucky

number.

â€¢ In Christianity, the six days of creation and the 666 mark of the beast are significant.

â€¢ In Hinduism, there are six main classical systems of philosophy.

â€¢ In Islam, there are six articles of faith and six pillars of faith.

â€¢ In Pythagorean numerology, six is the number of harmony and balance.

â€¢ Represented in symbols such as the hexagon, six-pointed star, and six petaled flowers.

â€¢ The hexagon is a symbol of balance and harmony, and the six-pointed star is a symbol of protection and balance.

â€¢ The six petaled flower is a symbol of love and nurturing.

â€¢ In alchemy, six is associated with the six basic elements: earth, air, fire, water, spirit, and ether.

â€¢ In Buddhism, the six realms of existence are considered to be the cycle of birth, death, and rebirth.

â€¢ In Chinese beliefs, the six directions (north, south, east, west, above, and below) are used in feng shui practices.

â€¢ In Christianity, the six days of creation and the 666 mark of the beast are significant.

â€¢ In Egyptian culture, the six parts of the Eye of Horus are associated with the senses and the five cardinal points.

â€¢ In Graeco-Roman culture, the six pointed star, the hexagram, was used as a symbol of balance and harmony.

â€¢ In Hinduism, the six seasons are considered to be the cycle of birth, death, and rebirth.

â€¢ In Islamic culture, the Six Articles of Faith are considered the foundation of the faith: belief in one god, belief in the prophet, belief in the holy book, belief in the Day of Judgment, belief in fate, and belief in the existence of angels.

â€¢ In Parsee culture, the six parts of the Eye of Horus are associated with the senses and the five cardinal points.

â€¢ In Pythagorean belief, the number six is associated with the six perfect numbers.

NUMBER SEVEN

Seven is often associated with the universe and is considered to be the number of completeness and perfection. It is believed to represent the combination of the spiritual and the temporal, and is often used in metaphysical, religious, and spiritual doctrines.

There are a number of meanings associated with the number seven, including:

â€¢ The seven ages of man

â€¢ The seven ancient wonders of the world

â€¢ The seven circles of the universe

â€¢ The seven cosmic stages

â€¢ The seven days of the week

â€¢ The seven heavens and hells

â€¢ The seven pillars of wisdom

â€¢ The seven rays of the sun

â€¢ The seven musical notes

Cultural references to the number seven are abundant, and include:

â€¢ In alchemy, there are seven metals involved with the Work.

â€¢ In astrology, there are seven stars of the Great Bear and seven Pleiades, also known as the Seven Sisters.

â€¢ In Buddhism, seven represents ascent and transcending to the highest level, and is symbolized by the seven steps of Buddha and the seven-storied prasada.

â€¢ In Chinese culture, the number seven is intertwined throughout myths and legends of fairies and animal spirits.

â€¢ In Christianity, seven represents ideology and completeness, and is associated with the seven sacraments, gifts of spirit, theological and cardinal virtues, deadly sins, tiers of Purgatory, councils of the early church, liberal arts, major prophets, periods of fasting and penitence, and the seventh day of creation.

â€¢ In Egyptian mythology, seven is associated with the Hathors, the underworld, and the sacred number of Osiris.

â€¢ In Graeco-Roman culture, seven is sacred to Apollo, Athene/Minerva, Ares/Mars, and Pan, and is associated with the number of strings on a lyre, pipes, and Wise Men.

Overall, the number seven is often associated with completeness, perfection, and the universe, and is used in a wide range of cultural references and spiritual beliefs.

NUMBER EIGHT

Eight is often associated with success, wealth, and determination. It represents the goal of the initiate, having gone through the seven stages, and is often seen as a symbol of infinity and paradise regained. It denotes perfection through its six surfaces and represents solidarity as the first cube. It is often associated with repetition, cycles and momentum.

Cultural references to the number eight include:

â€¢ In many cultures and ideologies, eight has similar meanings such as felicity, perfect rhythm, regeneration, and resurrection.

â€¢ In some myths, the eighth day created the new "man" of grace. After seven days of fasting and penance, the eighth day becomes plenty and renewal.

â€¢ In Buddhism, eight is completion and all possibilities, and there are eight symbols of good augury.

â€¢ In Chinese system of beliefs, eight represents the whole and is seen as a good luck number. It is associated with the PAKUA, which is the design depicting the eight trigrams and pairs of opposites.

â€¢ In Christianity, eight is regeneration and rebirth and the font is usually octagonal as a symbol of the place of regeneration.

â€¢ In Egyptian culture, eight is the number of Thoth.

â€¢ In Hebrew culture, eight is perfect intelligence and splendor.

â€¢ In Hermetic, eight is associated with the one chief God and eight minor gods, and Thoth/Hermes is seen as the inventor of numbers and geometry.

â€¢ In Hindu culture, 8x8 symbolism is the order of the celestial world established on earth and there are eight regions of the world, suns, divisions of the day, and eight chakras.

â€¢ In Islamic culture, the throne which encompasses the world is supported by eight angels, corresponding to both the eight divisions of space and the groups of letters in the Arabic alphabet.

NUMBER NINE

Nine is often associated with completion, fulfillment, attainment, and the beginning and the end. It is considered the whole number and a celestial and angelic number. It is the number of the circumference, being divided into 90 degrees and into 360 for the entire circumference. It is

symbolized by the two triangles which represent the male, fire, mountain and female, water, cave principles. Cultural references to the number nine include:

• In Buddhist tradition, nine is considered the supreme spiritual power and a celestial number.

• In Celtic legend, nine is a highly significant number. It is a central number with the eight directions and the center making nine. It is associated with the Triple Goddesses, the Beltane Fire rites and nine virgins attendant on Bridgit.

• In Chinese culture, nine is considered a celestial power. It is the most auspicious of all the numbers and signifies the eight directions with the center as the ninth point known as the Hall of Light. It is also associated with land divisions for Feng Shui, social laws and classes of officials.

• In Christian symbolism, nine appears rarely but is associated with the triple triads of choirs of angels and nine spheres and nine rings around hell.

• In Egyptian mythology, nine represents The Ennead.

• In Graeco-Roman culture, there are nine Gods and later nine muses.

• In Hebrew culture, nine represents pure intelligence and truth.

• In Kabbalism, nine symbolizes foundation.

• In Hindu culture, nine is the number of Agni, fire and is associated with the mandala of eighty-one squares that leads to and encloses the Universe.

• In Mayan culture, there are nine underworlds each ruled by a God.

• In Pythagorean, the nine is considered the limit of all numbers, all others existing and coming from the same.

• In Scandinavian culture, nine is the sacred number and is associated with Odin/Woden's quest for wisdom and the goddess of snow, Skeldi.

NUMBER TEN

• 10 is associated with rebirth and new beginnings, stirring of the soul.

• 10 represents completion and the end of a journey.

• 10 is associated with returning to origins.

• 10 is seen as the perfect number, representing unity and order.

• 10 is associated with intelligence and divine support.

• In Chinese culture, 10 is represented by a cross formed centrally by the character chi, symbolizing the self facing both ways as both Yin and Yang, which is considered to be the perfect figure.

• In Christian culture, there are ten Commandments of the Decalogue, as there are ten parables of the ten lamps, virgins, and talents. Tithes were to be given to God.

• In Gnostic tradition, the ten Aeons become Sephiroth, emanating from the Pleroma.

• In Hebrew tradition, In Qabalism ten is the numerical value of Yod, the Eternal Word, the first letter of the Divine name.

• In Islamic culture, tithing holds an important place.

• In Hindu culture, Ten is based on the higher ranges of ten, ie: 100 and 1000.

• In Pythagorean tradition, Ten is The Monad, the recommencement of a series and infinite expansion. Ten is perfection.

• In Roman culture, Ten is represented by X, the perfect figure and is seen as completion.

• In Sumero-Semitic culture, the tenth day of the Spring Festival was celebrated by a procession comprising the whole of the Gods.

• Ten is often associated with completeness and wholeness, as it is the highest single digit number and represents the idea of all-inclusive.

• Considered a sacred or lucky number in many cultures and used in religious and spiritual symbology, such as the Ten Commandments in Christianity and Judaism.

• Associated with progress, completion, and achievement in numerology.

• Ten is often used as a base number in counting systems, and as a decimal system, it is used in mathematics, science and other fields.

• Symbol of cosmic order and the perfection of divine order.

• Used in cultural references such as Ancient Egypt, Christianity, Jewish, Islamic, Chinese and Hindu beliefs.

• Associated with the Ten Sephiroth in Kabbalah, which represent the 10 emanations from God.

• Represented in symbols such as the Ten-headed Hindu god Vishnu, the ten-petaled flower, and the ten-spoked wheel in Buddhism.

• In Ancient Egypt, the god Atum was often depicted with ten fingers, symbolizing his ability to manifest the ten aspects of the universe.

• In Christianity, the Ten Commandments are considered the foundation of moral and religious law.

• In Jewish culture, the Ten Commandments are considered the foundation of moral and religious law.

• In Islamic culture, the Ten Days of Awe, also known as the Days of Repentance, are considered a time of reflection and atonement.

• In Chinese culture, the Ten Suns is a mythological story about ten suns that rise in the sky causing a great drought, and the god Houyi shot down nine of them to save the earth.

• In Hinduism, the god Vishnu is often depicted with ten arms, representing his power and ability to manifest the universe.

• In Buddhism, the ten-spoked wheel represents the path to enlightenment and the ten perfections (generosity, morality, renunciation, wisdom, energy, patience, truthfulness, determination, loving-kindness, and equanimity).

NUMBER ELEVEN

• Symbolizes balance and harmony, as it is made up of two equal parts (11)

• Represents the achievement of higher ideals, as it surpasses the number 10 (which is considered to be the number of completion and perfection)

• Often associated with visionary and intuitive abilities, as well as artistic and inventive talents

• Can represent the merging of opposing forces or the balancing of masculine and feminine energies

• May symbolize a new beginning or the start of a new cycle, as it is the first double-digit number

• Associated with spiritual awakening, as 11:11 is often seen as a sign of synchronicity and spiritual alignment by many spiritual practitioners

• Can also symbolize the potential for treachery and betrayal, as the number 11 can represent secret enemies and hidden agendas

• Is considered as a Master Number in numerology, astrology, and other spiritual systems, indicating its high spiritual power and potential for spiritual growth and development

• In mythology, 11 is associated with the number of gods, goddesses, and other deities in many cultures.

• In numerology, 11 is associated with intuition, spiritual insight, and enlightenment.

• In astrology, the 11th house is associated with the collective unconscious, and the sign

Aquarius is often associated with the number 11.

☉ In Tarot, the number 11 is associated with the card of Justice, representing balance and fairness.

☉ In the Bible, the number 11 is associated with the 11 apostles of Jesus Christ and the 11th hour, as in the parable of the workers in the vineyard.

NUMBER TWELVE

☉ The number 12 symbolizes perfection, entirety, and cosmic order in religious, mythological, and magical symbolism.

☉ It is often associated with completeness and a sense of wholeness.

☉ In many cultures, it is a sacred number, representing the cosmic order and the universe.

☉ In Christianity, the number 12 is associated with the 12 apostles of Jesus and the 12 tribes of Israel.

☉ In ancient Greece, the number 12 was associated with the 12 Olympian gods and goddesses.

☉ In ancient Rome, the number 12 was associated with the 12 gods of the Roman pantheon.

☉ In Jewish tradition, the number 12 is associated with the 12 tribes of Israel and the 12 stones on the breastplate of the High Priest.

☉ In Chinese culture, the number 12 is associated with the 12 Earthly Branches.

☉ In Islamic culture, the number 12 is associated with the 12 Imams of the Shia tradition.

☉ In the Mayan civilization, the number 12 is associated with the 12 months of the year and the 12 houses of the night sky.

☉ In many cultures, the number 12 is associated with the 12 zodiac signs.

☉ In astrology, the number 12 is associated with the 12 astrological houses, which represent different areas of life.

☉ In many ancient cultures, the number 12 was associated with the 12 labors of the hero, such as in the Greek mythology of Heracles.

☉ In some cultures, the number 12 is associated with the 12 labors of the god, such as in the Hindu mythology of Lord Vishnu.

☉ The dodecahedron is one of the five platonic solids in sacred geometry, and it has 12 faces, which is where the association with the number 12 comes in.

☉ In sacred geometry, the number 12 is often associated with the concept of wholeness and completion.

☉ The number 12 is often used to symbolize the 12 zodiac signs, 12 months of the year, 12 tribes of Israel, 12 apostles of Jesus, etc.

☉ It may also have symbolic meanings such as representing the 12 levels of consciousness of the universe.

☉ Some symbiotic associations exist between the Dodecahedron and the Zodiac, as it is said that the Dodecahedron represents the "cosmic egg" or "universe" and the zodiac is said to be the "cosmic womb" that gives birth to the universe.

xxx

ENDgameâ,,ç

010 ETERNAL FLAME

March 3, 2023

No advice is given herein.

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The revision date is the version number.

You can use this invocation as a prayer or a mantra to help ground and center yourself, connect with your breath and the present moment, and tap into your inner strength and wisdom. You can say it to yourself silently or out loud, or write it down and read it as a reminder to stay focused and aligned with your highest self. You can also adapt it to suit your own needs and intention.

[NOTE: The unusual punctuation in this text enables pauses when it's read by the natural voice synthesizer app, Voice Dream Reader.]

ENDGAME BY EMANATE PRESENCE, VERSION 19.

I go within the Present Moment, my body, and feel the Eternal Flame.

The Divine Light of the flame, the Source I am, guides each day, and gives me strength, for everything which comes my way.

Eternal flame, bright and true.
Beam your light, and guide me through.
The shadows, and the darkness deep.
My mind, in peace, and presence, keep.

Pause for a moment of silence, breathe deeply, and focus on Present moment, peaceful mind. Present moment, peaceful mind.

All that exists, seen and unseen, is a spectrum of frequencies, of waves and patterns. I am here to experience, realize, and embody the full spectrum, and return to the one light.

The elements “ earth, air, water, fire, and ether “ as geometric energies, can be a bridge and focal point, to center, and balance myself in this timeline. Consciously, we are resetting, to the original blueprint, of harmony and equilibrium.

To the elements, I say:

EARTH: Anchor, and ground me, in the Present Moment, my body.

AIR: Clear and reduce my thinking, releasing tension with each breath.

WATER: Calm my emotions, be still, and return me to a Peaceful Mind.

FIRE: Purify and transform my whole human being, to my essence, love for love itself.

AETHER: Awaken my consciousness, to the most complete perspective possible.

'Hereby I consecrate these forms, as representations of the essence underlying the elements, and dedicate them to my embodiment of peace, ever-expanding awareness, and interpretation of the divine will, the highest wisdom for my life, from the most complete perspective, of consciousness.'

I am the ocean in a drop, and like to live this way.

And then I ask, 'for this day, what is the message of highest self/non-self, to me.'

O, Solar Logos: align, attune, and synchronize the neuro-me; with you, my highest Self. Raise the neuro-me, including my brain and nervous system, to ever higher and more complete frequencies.

Flood, the cells of my body, with the present moment, and a peaceful mind.

My brain: the neuro-me, my human interface with the world. Yield to a higher consciousness, and more complete perspective, and know deeply, who you are. As we align our frequencies, we are one. The human interface, the soul, and the Godself.

Therefore, Neuro-me: synchronize, with the Solar Logos, that is:

The Christ Consciousness.

The Central Sun.

The Source, I Am.

The Highest Self, Non Self.

The Unmoved Mover.

The Heart, of the Whole Human Being.

Let go of stress, anxiety, and tension.

Let go of judging, criticizing and labeling.

Let go of blockages, and let healing energy flow.

Let go of fear, and choose trust instead.

Let go of thinking, and choose the present moment, instead.

Let go of resistance, and choose acceptance instead.

Let it go, let it flow, and let it be.

Be calm, confident, and compassionate.

Be balanced, in harmony, and neutral.

Be the Essence, of Joy.

Be grateful, for what is.

Be guided, by the inner compass.

Be present, to the moment.

Be in service, to love, for love itself.

Be in constant felt connection, with divine intelligence.

Be in constant felt connection, with the One Being.

Be free from mental wanting.

Rest in the innate Perfection.

Rest, in the Zero Point, of Being.

Rest, in the calmness, of Surrender.

Rest, in the Stillness.

Breathe in, the Light of Source,

Through the center of the heart.

Allow the Light, to expand;

Throughout the body, and beyond;

In one unified field, of Divine Light.
Feel, the Presence of the Light;
and know deeply, who you are.

Breathe out the Presence, of Divine Light.
Radiate the Light, from the unified field,
and feel connection with the One Being, throughout the day.
Abide in the Source, and Sustenance, of life.

....

Be, the presence of Light.
Be, the essence of Light.
Be, the radiance of Light.

I am, the Divine Light. I am, the Eternal Flame.

So it is, so let it be.

Source I Am, guide these dice, as I roll them, for the Endgame.

My focused attention and intention, is to be a constant sun, of confidence and compassion.

Reveal to me, what elements, numbers and body energies, will help balance my whole human experience, today.

The active information, from a more complete perspective, which will deepen my embodiment, of the Eternal Flame, the Source I Am, is humbly requested.

With gratitude, I receive all downloads, from the highest self/non-self.

Download away!

ENDgameâ„¢
011 BORN DIVERGENT
March 3, 2023
No advice is given herein.
The revision date is the version number.
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BORN DIVERGENT
by Gary R. Smith
February 6, 2023

Two men stood side-by-side in a hospital maternity ward of the early fifties. One of the new arrivals screamed constantly, drowning out all the others. The man wearing a priest's collar

commented dryly, 'That's an ornery oneâ€™™.

The second man was speechless as he realized, 'That's my son!'

And so the story of the divergent began.

Decades later, dad responded to my letter asking him about memories of anything unusual regarding my birth and infancy.

I was searching for answers that would explain my frustration and rage felt around certain noise or scenes.

The flashback into memories of spanking his baby boy, who was screaming for no apparent reason, wasnâ€™™t easy for him.

In the culture of the 50s, many fathers believed that it was an educational duty of a responsible parent to discipline their misbehaving child. Feeling his regret within his answer just increased my love for him. Forgiving his parental approach came naturally, as little was commonly known about the autism spectrum disorder at that time.

Today the caregiver of an infant can recognize random and prolonged screaming of the baby as a first sign for ASD. It is the natural way for the infant to communicate dissatisfaction about too many sensory disturbances within the environment.

The reactions of those around early childhood neurodivergence can grow into a painful life for the person. A mindful approach fosters mental wellbeing, decreases anxiety and behavioral dysregulations.

My first conscious memory of such dysregulation is from age five, cringing at the dinner table with my family. A little later, my dysregulation embarrassed my parents when we were dinner guests and outrage burst out of me to our hosts, 'you eat like pigs!' There were many such incidents in our long-enduring family.

In some ways my childhood and teen years seemed rather normal, although already my life gravitated towards being an outsider.

I wasn't invited to birthday parties, was the last to be picked for school sports, in winter skied the mountain slopes alone, and otherwise lived in my own world. Looking back, it seems somewhat like living in a glass house.

With the pandemic lockdown in 2020, my marriage became a place of huge misunderstandings and frustration. My wife exhibited strong resistance and anger towards me. She frequently called me out, about my double standards and rigid, righteous, and seemingly self-centered behaviors. She would blow like a storm that had collected force over the last 20 years towards me. I did not fully recognize those traits in myself, and had no idea why she felt so unhappy.

We talked about separation, but the bond and love in our hearts pulled us through again and

again.

Her many tears expressed the pain of feeling not connected on a human level with me. Often I felt tired and overwhelmed by her emotional and complex communication approach.

My facial blandness and monotonous voice were interpreted by her as being not interested. And my friendly gestures were judged as operating from a rulebook or working down a manual. I could only occasionally detect a wooden feeling in myself. Sometimes when she vocalized directly her frustration, I felt overwhelmed and went into rage-filled outbursts or else it seemed my brain just shut down and I withdrew.

We both felt wounded and stagnant with each other. In the end her innate characteristic of 'wanting to know' guided her to research more about Asperger's syndrome.

It took us two years to find common ground, to understand our different brains and to accept the healing journey we both needed to undergo.

Implementing new behavior patterns feels sometimes like running a marathon but it is worthwhile. The brick wall we both had built between us is now taken down by the vulnerable and intimate trust we share.

I can see that even conversations beyond my natural interests are satisfying, because it is a way of validating my partner. Being present and giving space when we talk is essential and grows more authentic in me.

In case I can't understand what she is expressing, I ask how she is meaning it without my underlying social anxiety being triggered. Total transparency no longer means a loss of control but rather enriches the experience with each other. The automated frustration triggers in me are now more defused by compassion.

Somewhat ironically, as an adult I was a therapeutic houseparent with my wife to a young man in Maine. The severity of the autism he suffered brought much impairment and therefore restrictive and debilitating behavioral symptoms for his life. At any given time two adults were needed to secure the situation. His forceful and frequently occurring outbursts could mean injuries for all involved. Often his head would go through the glass of windows or walls. But that tormented young man must have felt something towards me beyond his behaviors.

One day I was helping him mow the lawn but he kept releasing the safety handle bar. The mower would stop, and he'd look at me. We both had our hands on the safety handle, so were standing close. He'd given concussions to caregivers by butting heads, and we were cautious. Finally he turned and started hugging me. My wife was watching from the doorway and felt alarmed, but paused in herself. By intuition I stood calm and motionless and allowed him to embrace me in a long hug. After that his super destructive outbursts halved in number, according to the reports we were required to file. Deep down, an unseen light of source is emitted that unites all life.

In general, I didn't stay too long in work arrangements. They were mostly together with my

partner, and we called our jobs life assignments. It seemed we were often placed where major changes were about to happen in the workplace. With enthusiasm, I focused sometimes on creating my own income-streaming endeavors. I succeeded in the immediate, but with dysregulation from Asperger's™ and Misophonia, and a built-in humanitarian approach in which consistent profit-making felt contradictory, long-lasting success was hindered. These constellations brought many different experiences and relocations into my life. Change for new experiences became my routine.

At the turn from pre-teen to teen, a fierce anger was developing in me towards my dad and society. Most social rules didn't make sense to my Asperger's brain, and I couldn't understand what was called common sense. I obsessed around Man's treatment of animals as objects and possessions, and his behaviors towards his fellow man. On a family outing, when Dad (as driver) hit a rabbit, I wanted him to go back to help it. When he didn't, in rage I called him a murderer. When he gave me a book which in its story described a snake-hater deliberately running over a pregnant snake moving across the road, I built an altar to burn the book so deep was my disgust with that behavior of humankind.

My inner pain came out in many so-called asocial ways. A paper I wrote in eighth grade school titled 'Man' disturbed the adults to the point of sending me alone into the Idaho wilderness at age fifteen. In the three months of solitude in nature, isolated from humanity, I should learn to appreciate what society has to offer. What a therapy for someone like me who enjoyed to be by himself, especially in the wild! Thirty-three years after that summer, I returned to the same magnificent river wilderness with my wife to revisit the experience. Afterwards, I wrote a short story ~Return to the River of No Return.'

When I was twelve, my nineteen year old brother died when the car he was driving went off a Wyoming mountain road. The family had just visited him at his work camp, and on our return home was tent-camping when in the middle of the night a ranger informed my parents of his death. Nine years later my four years younger brother Marc died in a car accident, hit by a drunk driver in Denver. We were close, and simp~tico. While the family gathered and comforted each other with social words entangled in grief and sorrow, I walked out. I needed to be alone. I needed space to understand the pain I felt.

My younger brother was very dear to my heart and losing him was like losing a part of me. Around him I always felt accepted and understood. He was my soul brother. With him I could share my deep spiritual thoughts, and felt at home.

At his funeral, I turned lifeless and all the accumulated pain from peer rejection and loneliness amongst the family ripped into one big endless bleeding wound. I'd become in significant ways a loner living in my own world of thought.

Often people misinterpret and judge my appearance in body language of rigid sameness as missing empathy or interest, when in truth I feel tremendously but lack emotional connection in my brain to express it.

Following Mark's death, I made several significant life changes which coincided with some serious soul searching. In the end I realized how my belief systems had deluded me, and

sought to live more authentically. It led to crossing the country from East to West in 2000, and starting to remake my life.

In the Pacific Northwest, I met my life partner and the destiny of a higher plan unfolded. Kati also had followed the calling of her soul, and traveled to the States from Europe. We

coincidentally arrived in Ashland, Oregon at the same time.

Although in some ways we were totally foreign to each other, an unspoken familiarity merged our lives together. We adventured the inner landscape of our mystical nature. From the soul perspective we are alike. Amusingly, in the mundane we seemed to become adversaries fighting, unbeknownst for the same cause. The inexplicable mismatch in communication brought unwanted hurt to us both.

My wife is a highly sensitive person (also called HSP) and very attuned to subtle energies. She senses my mood before I become conscious of it. Her need for vulnerable transparency in our relationship challenged the loner in me.

For many years I was argumentative that emotions are overrated and unintelligent. She felt upset about my logical approach yet didn't have words that conveyed to me the complexity of her insights. She just knew that I was not seeing the whole.

A friend once commented that we are together for spiritual work. Today we both agree that spiritual is just another word for wholeness. Living whole means living authentically, and human emotions in a regulated way are part of it.

Living secluded and exposed to the potent elemental forces of the Azores has helped lift the veiled embodied dysfunctions. One supportive part within my Asperger's brain is the loyalty to realizations. Once I have seen it, I can't unsee it. Releasing exhausting, reactive patterns allows self-regulation and a rhythm of life that is original to me.

Step-by-step yielding to the Being within and listening to the voice of intuition enriches my life in kind and gentle ways. In retrospect I see that the journey of life was always and still is my true calling.

Being born divergent is a powerful catalyst for my growth into a compassionate whole human.

ENDgameâ„¸

012 SUMMARY

March 3, 2023

No advice is given herein.

The revision date is the version number.

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PERSPECTIVES, STIMULI, RESPONSES AND INTENTIONS

"In this thread, we invite you to explore different perspectives on personal growth and evolution, including the use of personality types and traits, as well as alternative approaches that focus on living in the present moment and cultivating a deeper connection to the self and the world

around us." - Open A.I. Assistant

Gary:

From my viewpoint, there are not five, nine, or sixteen personality types or traits. There are only perspectives, stimuli and responses which are useful or not towards the intentions of an individual. The intentions may originate from the neuro-me, the soul, or the highest self/non-

self. There are behavior patterns and neurological anomalies which influence one's experience of life. Rather than accomplishment, achieving objectives and success or failure, there can be measures of whole human evolution which include the qualities of one's actions and the throughput of active information from the most complete perspective of consciousness. Perspectives naturally change as awareness expands.

Not speaking for anyone else, even if separation is an illusion, the primary direction, interest and focus of my life can be summed in a sentence: 'My intention is to deepen daily my embodiment of the Eternal Flame, the Source I Am -- and my experience of being a constant sun of confidence and compassion.'

That covers everything, including relationships and material well-being. In this Q and A between the Assistant and me, more conventional approaches are explored. - Gary R. Smith, Emanate Presence

Assistant commented:

"Your perspective on personality types and traits is certainly a valid one. It emphasizes the idea that each individual is unique and cannot be fully captured by a set of predetermined categories or labels.

"Your view also highlights the importance of intentions and awareness in shaping our experiences and responses to the world around us. By focusing on our intentions and cultivating greater awareness, we can become more conscious of the patterns and habits that may be limiting us, and work towards greater personal growth and fulfillment.

"Moreover, your perspective emphasizes the fluidity of our experiences and the possibility for change and evolution. Rather... (Assistant got stuck, and I did a 'Regenerate response'.)

"Thank you for sharing your perspective on personality types and traits. Your viewpoint highlights the limitations of trying to categorize complex human experiences into rigid boxes or labels. Indeed, individuals are multifaceted and dynamic beings whose behaviors, responses, and intentions can vary depending on a range of factors, including internal states, external stimuli, and life experiences.

"Furthermore, your point about the importance of distinguishing between unitive consciousness and apparent separation is well-taken. Our beliefs, values, and experiences shape our perceptions and responses, and cultivating a greater awareness of our own biases and assumptions can help us to be more compassionate and understanding towards others.

"Ultimately, personal growth is a dynamic and ongoing process that requires us to be open to new perspectives and experiences, to embrace the uncertainties and challenges of life, and to

continually strive towards a deeper understanding of ourselves and the world around us." -
Open A.I. Assistant

Questions asked by Gary R. Smith, Emanate Presence
Responses by Open A.I. Assistant

Q: What are the different areas of personal growth?

Open A.I. Assistant:

Personal growth is a lifelong process of self-improvement, learning, and development. It involves identifying your strengths and weaknesses, setting goals, and taking actions that help you become the best version of yourself. Here are some common areas of personal growth:

1. Emotional Intelligence: The ability to understand and manage your own emotions and those of others.
2. Communication Skills: The ability to convey your thoughts, feelings, and ideas clearly and effectively.
3. Self-Awareness: The ability to recognize your own strengths, weaknesses, and biases.
4. Self-Confidence: The ability to believe in yourself and your abilities.
5. Time Management: The ability to manage your time effectively and prioritize tasks.
6. Goal Setting: The ability to set clear, achievable goals and develop a plan to reach them.
7. Mindfulness: The ability to be present in the moment and aware of your thoughts and feelings.
8. Health and Wellness: The ability to maintain a healthy lifestyle through diet, exercise, and stress management.
9. Creativity: The ability to think outside the box and come up with innovative solutions to problems.
10. Continuous Learning: The willingness to learn new things and improve your skills and knowledge.

Q: Please expand upon emotional intelligence.

Open A.I. Assistant:

Emotional Intelligence (EI) is a key area of personal growth that involves the ability to understand and manage your own emotions and those of others. EI is an essential skill for building strong relationships, resolving conflicts, and leading successful teams. Here's a more detailed explanation of EI:

1. Self-Awareness: The first step in developing emotional intelligence is self-awareness. This involves recognizing your own emotions, including their causes and their effects on your behavior. Self-awareness also involves understanding your strengths, weaknesses, and areas for improvement.
2. Self-Regulation: The next step is self-regulation, which involves managing your emotions in a healthy and productive way. This means being able to control your impulses, manage stress, and adapt to changing situations without becoming overwhelmed or reactive.
3. Motivation: EI also involves motivation, which means setting and achieving goals that are meaningful to you. This involves having a sense of purpose, being persistent, and being able to delay gratification in order to achieve long-term goals.
4. Empathy: Empathy is the ability to understand and share the feelings of others. This involves

being able to recognize and respond to the emotions of others in a compassionate and supportive way. Empathy is an important skill for building strong relationships and resolving conflicts.

5. **Social Skills:** Finally, EI involves social skills, which are the ability to communicate effectively, build relationships, and work collaboratively with others. This involves listening actively, expressing yourself clearly, and being able to resolve conflicts in a constructive way.

In summary, emotional intelligence is a key area of personal growth that involves understanding and managing your own emotions and those of others. By developing EI, you can improve your

relationships, build stronger teams, and achieve greater success in your personal and professional life.

Q: Please expand upon communication skills.

Open A.I. Assistant:

Communication skills are a crucial area of personal growth that involves the ability to convey your thoughts, feelings, and ideas clearly and effectively to others. Good communication skills can help you build stronger relationships, resolve conflicts, and succeed in your personal and professional life. Here are some key components of effective communication:

1. **Active Listening:** Active listening involves fully engaging with the person speaking, paying attention to their words, tone, and body language. This means focusing on what they're saying and asking clarifying questions to ensure that you understand their message.
2. **Speaking Clearly:** When speaking, it's important to communicate your message clearly and concisely. This involves using appropriate language and tone, and organizing your thoughts in a logical and coherent way.
3. **Non-Verbal Communication:** Non-verbal communication involves using body language, facial expressions, and tone to convey meaning. It's important to be aware of your non-verbal cues and to ensure that they align with your verbal message.
4. **Empathy:** Empathy involves understanding and responding to the emotions of others. This means putting yourself in their shoes and trying to understand their perspective. By showing empathy, you can build stronger relationships and resolve conflicts more effectively.
5. **Feedback:** Feedback is an important aspect of communication, both in giving and receiving it. When giving feedback, it's important to be constructive and specific, and to focus on behaviors rather than personalities. When receiving feedback, it's important to listen without becoming defensive, and to use the feedback to improve your performance.
6. **Communication Styles:** Finally, it's important to be aware of different communication styles and to adapt your approach accordingly. Some people prefer direct, assertive communication, while others prefer a more indirect, diplomatic approach. By understanding these differences, you can communicate more effectively with people from diverse backgrounds and with different communication styles.

In summary, effective communication skills involve active listening, clear and concise speaking, awareness of non-verbal communication, empathy, feedback, and adaptability to different communication styles. By developing these skills, you can improve your relationships, resolve conflicts, and achieve greater success in your personal and professional life.

Q: Please expand upon self-awareness.

Open A.I. Assistant:

Self-awareness is an essential area of personal growth that involves understanding your own thoughts, feelings, and behaviors. By becoming more self-aware, you can identify your strengths and weaknesses, improve your relationships, and make better decisions. Here are some key aspects of self-awareness:

1. Reflection: Reflection is an important tool for developing self-awareness. This involves taking time to think about your thoughts, feelings, and behaviors, and identifying patterns and themes that emerge over time. Reflection can help you gain insights into your own values, beliefs, and motivations.

2. Emotional Intelligence: Emotional intelligence (EI) is closely linked to self-awareness. By understanding and managing your own emotions, you can develop a greater sense of self-awareness. EI involves recognizing your own emotions, regulating your emotions in a healthy way, and being able to empathize with others.

3. Feedback: Feedback from others can also be a valuable tool for developing self-awareness. By soliciting feedback from trusted friends, family members, or colleagues, you can gain insights into your strengths and weaknesses, and identify areas for improvement.

4. Values: Understanding your own values is an important aspect of self-awareness. By identifying your core values, you can align your actions and behaviors with your beliefs, and live a more fulfilling and meaningful life.

5. Strengths and Weaknesses: Self-awareness also involves understanding your own strengths and weaknesses. By identifying your strengths, you can focus on leveraging them to achieve your goals. By identifying your weaknesses, you can work on improving them or finding strategies to mitigate their impact.

6. Mindfulness: Finally, mindfulness is a practice that can help you develop self-awareness. Mindfulness involves being present in the moment, and observing your thoughts and feelings without judgment. By practicing mindfulness, you can become more aware of your own mental and emotional states, and develop a greater sense of self-awareness.

In summary, self-awareness is a crucial area of personal growth that involves reflection, emotional intelligence, feedback, understanding your own values, strengths and weaknesses, and mindfulness. By developing self-awareness, you can improve your relationships, make better decisions, and live a more fulfilling life.

Q: Please expand upon self-confidence.

Open A.I. Assistant:

Self-confidence is an important area of personal growth that involves having a positive and realistic belief in your own abilities, qualities, and worth. By developing self-confidence, you can take on challenges and pursue your goals with greater resilience and determination. Here are some key aspects of self-confidence:

1. Self-Awareness: Self-awareness is closely linked to self-confidence. By understanding your own thoughts, feelings, and behaviors, you can identify your strengths and areas for improvement, and work on developing a positive self-image.

2. Positive Self-Talk: Self-talk refers to the internal dialogue that you have with yourself. By cultivating positive self-talk, you can counteract negative self-beliefs and build a more positive self-image.

3. Competence: Building competence in areas that are important to you can also help to boost self-confidence. This involves developing the knowledge, skills, and experience needed to succeed in your goals.

4. Positive Experiences: Positive experiences can also help to build self-confidence. By celebrating your successes, you can reinforce your belief in your own abilities, and build momentum towards achieving your goals.

5. Courage: Developing courage can also help to build self-confidence. This involves stepping out of your comfort zone and taking on challenges that scare you. By facing your fears, you can build resilience and confidence in your own ability to overcome obstacles.

6. Supportive Relationships: Finally, supportive relationships can also help to boost self-confidence. By surrounding yourself with people who believe in you and support your goals, you can draw strength and encouragement from their positive energy.

In summary, self-confidence is a crucial area of personal growth that involves cultivating self-

awareness, positive self-talk, competence, positive experiences, courage, and supportive relationships. By developing self-confidence, you can take on challenges, pursue your goals with greater determination, and live a more fulfilling life.

Q: Please expand upon mindfulness.

Open A.I. Assistant:

Mindfulness is an area of personal growth that involves cultivating a non-judgmental awareness of the present moment. By practicing mindfulness, you can develop greater clarity and insight, reduce stress and anxiety, and improve your overall well-being. Here are some key aspects of mindfulness:

1. Awareness: Mindfulness involves being aware of your thoughts, feelings, bodily sensations, and the environment around you. By paying attention to the present moment, you can develop greater clarity and insight into your own mental and emotional states.

2. Non-Judgment: Mindfulness also involves cultivating a non-judgmental attitude towards your own thoughts and feelings. By accepting your thoughts and feelings as they are, without judging them as good or bad, you can develop greater self-compassion and reduce stress and anxiety.

3. Breath: Breath is often used as an anchor in mindfulness practice. By focusing on your breath, you can develop greater present moment awareness, and reduce distractions from thoughts and emotions.

4. Patience: Developing patience is also an important aspect of mindfulness. Mindfulness involves being present with your experiences, even if they are uncomfortable or difficult. By cultivating patience, you can develop greater resilience and ability to cope with challenges.

5. Curiosity: Mindfulness also involves cultivating a curious attitude towards your own experiences. By approaching your experiences with an open mind, you can develop greater insight into your own thought patterns and behaviors, and identify areas for growth.

6. Practice: Finally, mindfulness is a practice that requires consistent effort and dedication. By setting aside time each day to practice mindfulness, you can develop greater skills and deepen your understanding of yourself and the world around you.

In summary, mindfulness is a crucial area of personal growth that involves cultivating awareness, non-judgment, breath, patience, curiosity, and consistent practice. By practicing mindfulness, you can develop greater clarity and insight, reduce stress and anxiety, and live a more fulfilling life.

Q: Please expand upon health and wellness.

Open A.I. Assistant:

Health and wellness are important areas of personal growth that involve taking care of your physical, mental, and emotional well-being. By prioritizing health and wellness, you can improve your overall quality of life, reduce the risk of illness and disease, and increase your energy and vitality. Here are some key aspects of health and wellness:

1. **Nutrition:** Good nutrition is essential for overall health and well-being. By eating a balanced diet that includes a variety of fruits, vegetables, whole grains, and lean proteins, you can provide your body with the nutrients it needs to function optimally.
2. **Exercise:** Regular exercise is also important for physical health and well-being. By engaging in activities that raise your heart rate and challenge your muscles, you can improve cardiovascular health, build strength and endurance, and reduce the risk of chronic diseases.
3. **Sleep:** Adequate sleep is essential for both physical and mental health. By getting enough sleep each night, you can improve your mood, concentration, and energy levels, and reduce the risk of illness and disease.
4. **Stress Management:** Effective stress management is also important for overall health and well-being. By practicing relaxation techniques such as deep breathing, meditation, or yoga, you can reduce stress and promote a sense of calm and relaxation.
5. **Self-Care:** Engaging in regular self-care activities such as taking a relaxing bath, reading a book, or spending time in nature can also help to improve overall health and well-being. By taking time to care for yourself, you can reduce stress, improve mood, and increase feelings of self-worth.
6. **Healthcare:** Finally, regular healthcare check-ups and preventative care can help to identify and address health concerns before they become more serious. By working with healthcare professionals and taking steps to prevent illness and disease, you can maintain optimal health and well-being.

In summary, health and wellness are important areas of personal growth that involve prioritizing nutrition, exercise, sleep, stress management, self-care, and regular healthcare check-ups. By taking steps to improve your overall health and well-being, you can increase your energy and vitality, reduce the risk of illness and disease, and live a more fulfilling life.

Q: Please expand upon creativity.

Open A.I. Assistant:

Creativity is an area of personal growth that involves using your imagination and original thinking to come up with new and innovative ideas or solutions. By cultivating creativity, you can develop your problem-solving skills, boost your self-expression, and foster a sense of curiosity and exploration. Here are some key aspects of creativity:

1. **Openness:** Creativity involves being open to new ideas and experiences, and embracing a sense of curiosity and exploration. By approaching life with an open mind, you can discover new possibilities and expand your thinking beyond your usual patterns.
2. **Imagination:** Creativity also involves using your imagination to come up with new ideas or solutions. By letting your mind wander and exploring new ideas, you can tap into your innate creativity and develop new insights and perspectives.
3. **Experimentation:** Creativity involves being willing to take risks and experiment with new approaches. By trying new things and stepping outside your comfort zone, you can break through mental blocks and discover new ways of thinking.
4. **Self-Expression:** Creativity can also be a powerful form of self-expression. By expressing

your ideas and feelings through creative outlets such as art, music, or writing, you can tap into your innermost thoughts and emotions and share them with others.

5. Problem-Solving: Creativity can also be a powerful tool for problem-solving. By using creative thinking to approach challenges or obstacles, you can develop innovative solutions that may not have been apparent through conventional thinking.

6. Practice: Finally, creativity is a skill that can be developed through consistent practice and effort. By setting aside time each day to engage in creative activities, you can cultivate your creative abilities and tap into your full potential.

In summary, creativity is an important area of personal growth that involves cultivating openness, imagination, experimentation, self-expression, problem-solving, and consistent practice. By developing your creativity, you can expand your thinking, develop innovative solutions, and tap into your full potential.

Q: Please expand upon continuous learning.

Open A.I. Assistant:

Continuous learning is an area of personal growth that involves a lifelong commitment to acquiring new knowledge, skills, and experiences. By prioritizing continuous learning, you can stay engaged, curious, and intellectually stimulated, and develop new insights and perspectives on the world. Here are some key aspects of continuous learning:

1. Curiosity: Continuous learning starts with a sense of curiosity and a desire to learn. By approaching life with an open mind and a sense of wonder, you can discover new ideas and experiences that expand your thinking and deepen your understanding of the world.

2. Lifelong Learning: Continuous learning involves a commitment to lifelong learning, and a willingness to adapt and grow over time. By seeking out new opportunities for learning and personal growth, you can stay engaged, curious, and intellectually stimulated throughout your life.

3. Formal and Informal Learning: Continuous learning can take many forms, including formal education, training programs, workshops, seminars, and informal learning through reading, online courses, and personal experimentation. By seeking out a variety of learning opportunities, you can expand your knowledge and skills in a range of areas.

4. Self-Reflection: Continuous learning also involves self-reflection and a willingness to challenge your own assumptions and beliefs. By reflecting on your experiences and seeking out feedback from others, you can identify areas for growth and improvement and develop new insights and perspectives.

5. Application: Finally, continuous learning involves applying what you have learned to your everyday life and work. By putting your new knowledge and skills into practice, you can deepen your understanding and develop your abilities over time.

In summary, continuous learning is an important area of personal growth that involves cultivating curiosity, a commitment to lifelong learning, a willingness to engage in formal and informal learning, self-reflection, and the application of new knowledge and skills. By prioritizing continuous learning, you can stay engaged, curious, and intellectually stimulated, and develop new insights and perspectives on the world.

Q: What are the different personality types?

Open A.I. Assistant:

There are several different personality typing systems, but one of the most widely recognized is the Myers-Briggs Type Indicator (MBTI), which categorizes people into 16 different personality types based on their preferences in four key areas:

1. Extraversion (E) vs. Introversion (I): This dimension relates to how people prefer to focus their energy. Extraverts tend to be outgoing and social, while introverts are more reserved and prefer solitude.
2. Sensing (S) vs. Intuition (N): This dimension relates to how people gather information. Sensors tend to focus on concrete facts and details, while intuitive types tend to be more abstract and focused on big-picture ideas.
3. Thinking (T) vs. Feeling (F): This dimension relates to how people make decisions. Thinkers tend to be logical and analytical, while feelers tend to be more empathetic and sensitive to the needs of others.
4. Judging (J) vs. Perceiving (P): This dimension relates to how people approach the outside world. Judgers tend to be organized and planful, while perceivers tend to be more flexible and spontaneous.

Based on these preferences, the MBTI categorizes people into 16 different personality types, each with its own set of strengths, weaknesses, and tendencies. Some other popular personality typing systems include the Big Five personality traits (openness, conscientiousness, extraversion, agreeableness, and neuroticism) and the Enneagram (which categorizes people into nine different types based on their core motivations and fears).

It's important to note that while these personality typing systems can be helpful in understanding yourself and others, they are not absolute or definitive. People are complex and multi-faceted, and no single personality typing system can capture the full complexity of human personality.

Q: Please expand upon the Big Five personality types.

Open A.I. Assistant:

The Big Five personality traits, also known as the Five Factor Model (FFM), is a widely recognized model of personality that categorizes people into five broad dimensions of personality. These dimensions are:

1. Openness: This dimension relates to imagination, creativity, and a willingness to try new things. People who score high in openness tend to be curious, adventurous, and open-minded, while those who score low tend to be more conservative, traditional, and set in their ways.
2. Conscientiousness: This dimension relates to how organized, responsible, and dependable a person is. People who score high in conscientiousness tend to be reliable, hardworking, and organized, while those who score low may be more laid-back, spontaneous, and unstructured.
3. Extraversion: This dimension relates to how outgoing, social, and assertive a person is. People who score high in extraversion tend to be talkative, energetic, and outgoing, while those who score low may be more reserved, introspective, and solitary.
4. Agreeableness: This dimension relates to how cooperative, friendly, and empathetic a person is. People who score high in agreeableness tend to be compassionate, kind, and considerate, while those who score low may be more competitive, assertive, and less concerned with others' feelings.
5. Neuroticism: This dimension relates to emotional stability and how sensitive a person is to stress and negative emotions. People who score high in neuroticism tend to be more prone to anxiety, depression, and mood swings, while those who score low tend to be more resilient,

confident, and emotionally stable.

It's important to note that while each of these dimensions is distinct, they are also interrelated and can influence each other. For example, a person who scores high in extraversion may also score high in openness, as their outgoing and adventurous nature may lead them to seek out new experiences and ideas.

Overall, the Big Five personality traits are a useful tool for understanding individual differences in personality, and can be helpful in predicting behavior and performance in various contexts, such as work, relationships, and personal growth. However, it's important to remember that no single personality model can fully capture the complexity of human personality, and that everyone is unique and multifaceted.

Q: Please expand upon the Enneagram.

Open A.I. Assistant:

The Enneagram is a personality typing system that categorizes people into nine different types based on their core motivations and fears. Each type is associated with a specific set of traits, behaviors, and patterns of thinking and feeling.

The Enneagram's nine types are:

1. The Reformer: This type is principled, purposeful, and self-controlled, with a strong sense of right and wrong. They strive for perfection and can be critical of themselves and others.
2. The Helper: This type is caring, nurturing, and empathetic, with a strong desire to help and support others. They can be people-pleasers and may struggle with boundaries and assertiveness.
3. The Achiever: This type is ambitious, driven, and success-oriented, with a strong desire for recognition and admiration. They can be competitive and may struggle with work-life balance and authenticity.
4. The Individualist: This type is sensitive, creative, and expressive, with a strong desire for authenticity and personal meaning. They can be moody and may struggle with self-doubt and feeling misunderstood.
5. The Investigator: This type is analytical, curious, and observant, with a strong desire for knowledge and understanding. They can be detached and may struggle with emotional expression and social interaction.
6. The Loyalist: This type is loyal, responsible, and security-oriented, with a strong desire for safety and stability. They can be anxious and may struggle with decision-making and trust.
7. The Enthusiast: This type is enthusiastic, spontaneous, and adventurous, with a strong desire for new experiences and stimulation. They can be distractible and may struggle with follow-through and emotional depth.
8. The Challenger: This type is assertive, confident, and powerful, with a strong desire for control and independence. They can be confrontational and may struggle with vulnerability and empathy.
9. The Peacemaker: This type is calm, easygoing, and accommodating, with a strong desire for harmony and balance. They can be passive-aggressive and may struggle with assertiveness and self-expression.

The Enneagram's nine types are interconnected, with each type having a unique relationship with the other types. The Enneagram also describes how each type is influenced by its adjacent types, as well as how each type may behave under stress and in growth.

While the Enneagram can be a helpful tool for understanding oneself and others, it's important

to remember that no single personality typing system can fully capture the complexity of human personality. The Enneagram is also not scientifically validated, so it should be used with caution and not taken as absolute truth.

Q: Please expand upon the HSP trait.

Open A.I. Assistant:

HSP stands for Highly Sensitive Person, which is a trait that affects approximately 15-20% of the population. Being an HSP means that you have a heightened sensitivity to external stimuli, such as noise, light, and other people's emotions. HSPs are often more aware of subtleties in their environment and tend to process information more deeply than others.

Some common characteristics of HSPs include:

1. Sensitivity to sensory stimuli: HSPs may be more sensitive to loud noises, bright lights, and other sensory experiences that can be overwhelming for them.
2. Emotional sensitivity: HSPs are often more empathetic and compassionate, and can pick up

on the emotions of others easily. They may also experience emotions more intensely than others.

3. Deep thinking and introspection: HSPs tend to think deeply about things, and may spend a lot of time reflecting on their experiences and processing their emotions.

4. Overstimulation and stress: Because HSPs are more sensitive to external stimuli, they may become easily overstimulated and feel stressed or overwhelmed in busy or chaotic environments.

Being an HSP can have both positive and negative aspects. HSPs are often highly creative, intuitive, and empathetic, and can be valuable members of their communities. However, they may also struggle with anxiety, stress, and feeling overwhelmed by the demands of the world around them.

If you suspect that you may be an HSP, it can be helpful to learn more about the trait and how it affects you. There are many resources available, including books, online communities, and support groups, that can help you understand and manage your sensitivity in a healthy way.

Q: What I see in me is an overlapping of traits and types, which arise to various degrees over the day or week. I clearly have strong traits of Asperger's, misophonia, and HSP. Also I fit much of the astrological profile for my sun sign, which is Gemini.

The systems of personality types and traits were interesting to me in the past, and are probably still useful for many. For myself, it feels time to go beyond old ideas of categorizing and gaining mental understanding.

I feel the world is at a major turning point where some will have an opportunity (due partly to such traits as openness, perhaps, and also to new cosmic energies which make thinner the veil between the material and subtle realms) to live from a perspective of whole human evolution very different from mainstream. It sees the present moment as being free from time management and goal-setting for example.

The person living from this perspective acclimates to not knowing, to being a sovereign individual and informed in the moment by the inner compass, to living more from universal qualities such as confidence and compassion than for achievement or fulfilling mental wanting.

Q: Please compose an introduction for this thread.

Open A.I. Assistant:

In today's world, many people are interested in understanding themselves better and achieving personal growth. One way to do this is through exploring various personality types and traits, such as the Big Five, Enneagram, and HSP. While these systems can be useful in providing insight into our strengths and weaknesses, they also have limitations and may not fully capture the complexity of our individual experiences.

Moreover, some individuals may feel drawn to move beyond the limitations of traditional personality typologies and embrace a more holistic approach to personal growth. This approach involves cultivating a deeper connection to the inner self, letting go of goals and expectations, and living from a place of greater awareness, compassion, and intuition.

In this thread, we invite you to explore different perspectives on personal growth and evolution, including the use of personality types and traits, as well as alternative approaches that focus on living in the present moment and cultivating a deeper connection to the self and the world around us. We hope to create a space for open and respectful dialogue, where we can share our experiences, insights, and questions as we journey towards greater self-awareness and fulfillment.