

2.6 Birth Numbers and Essential Energy

The year we were born in carries with it an 'essential energy'. When using Flying Stars Feng Shui we use this information to assist us in placing people in the best areas of a building for sleep and work. Each building has its own energy map based on its orientation and the year it was built. This map of a home can give us information about how to best support the occupants who live here.

The following pages contain interpretations of each Birth Number's associations, attributes, strengths and weaknesses. There is a positive and negative side to every 'number', so it may be that a person shows either a more dominant 'positive trait' or 'negative trait' disposition in their health and personality. Suggestions for smoothing energy and assisting optimal health are provided.

(A diagram of Bodily Associations of the Nine Stars to assist you further with interpretation of personal energy influences is given at the back of these descriptions on page 32 of Module 2.)

Star 1 People

1 Waters are the unassumingly 'deep and meaningful' people. The Trigram is called 'The Abyss-like'. Often easy to get along with, they are people who live within their Minds perhaps, are keenly receptive to slight nuances in speech, body language etc, and analyse this kind of information as naturally as breathing. There is a tendency for 1's to become emotionally affected easily, and it is part of their Life Path to learn to navigate this particular aspect of their make-up. Because Water 1 is also associated with Expression and Ideas, there can be aspects of their personality relating to self expression that manifest as 'stage fright', which in turn manifests as nausea, sweating etc...It may be a wholly unconscious response to their inner emotional state.

1's need to take notice of their Ears, Kidneys, reproductive organs and blood. As the major organs for 1's are the Kidneys, their adrenal glands will also need to be looked after. Making sure they are eating foods that support good adrenal function will help them to master their emotions, which is the 'big deal' for Water people. Once that is sorted, they can live healthy and steady lives.

A good overall tonic for Star 1's is the use of herbal infusions. St John's Wort for when life seems overwhelming, and Dandelion Root drink for assisting good Kidney function.

Star 2 People

Because **Star 2** people are so connected to their gut, they have a tendency to have their emotional health affect their overall physical health more so than any other energy influence. The digestive tract takes on massive significance in the holistic health approach for Star 2 people. Some symptoms linked to imbalanced gut systems are: Nausea, Headaches, Skin irritations, Bloating/wind/diarrhoea, Poor immune system (easily falls ill with colds and flu etc), Anaemia, Thin hair/hair loss.

The Stomach is the processing plant of the body; a 'bouncer at the door', and Star 2's can suffer with vomiting as their normal way of eliminating unfavourable viruses or bacteria from their body. They are THE people to suffer 'stomach flu' if it's about, or to have sensitivities to foods. Because of this they need to increase fermented food intake in any way they can. Begin with a probiotic drink, biodynamic yoghurt, fermented vegetable 'sticks'. Simple steps first if you're not used to fermented foods, as they can sometimes be confronting in 'tang' and sourness for our modern day palette :) Good gut health will reward a Star 2 with increased vitality and sense of contentment.

The Abdomen is the energy centre enabling smooth flow of energy from one person to another. In Chakra Therapy we use the Orange Chakra located in the abdomen area to assist with 'one on one' communications, relationships, and general self-worth and self-empowerment. Moving house or job tend to affect Star 2 people to a greater effect than others. This is primarily because the Star 2 energy is linked directly to the Earth. It 'accumulates' energy from the Earth, so Star 2 people benefit and grow from being in places with high quality Earth Energy. They are also the people to be instantly upset by unbeneficial EMR (Electro-Magnetic Radiation), specifically if it has a terrestrial origin like a ley-line, underground powerlines, underground streams etc..

Star 2's are naturally intuitive, and sense other people's energy acutely, sometimes to their own distress, but in control, it can be a useful tool as it can be channelled towards empathy and sympathy, enabling Star 2 people to be excellent intuitive carers. Calming and soothing pursuits with a focus on 'releasing' the day's activities before bed will encourage good mental and physical health. (TV at night is just the *worst* thing for Star 2's!) A gentle stroll after dinner, a bath or shower, and a darn good book or some kind of creative hobby will really nurture the essential energy of Star 2 people. Above all they are functional, and reliable. They know the purpose of things and can see the need where it is. Being able to stop and realise their own needs is the 'big lesson' for Star 2 people to learn in life, and will provide stability and health.

Star 3 People

The Trigram for Star 3 is 'The Arousing' and is indicative of the startling energy of lightening and thunder. It is associated with that energy of Spring that is often conflictly warmer, yet dispersed with rainy and windy weather. So to are Star 3 people, similarly at odds with finding out who they really are and where they are going in life. Terrificly competitive in nature the Star 3 will benefit from cultivating a Love of people and assistance based vocations allow them to show their best sides. Most other people feel inadequate around Star 3's in full force because of their immense drive! Ambition undirected is always ugly, but Star 3 people have bucket loads of ambition and their competitive nature will allow them to capitalise on situations which other people may shy away from, or consider too risky. The path of success in Life for Star 3's depends upon their sense of integrity and use of scruples in personal and professional existences.

Injuries to the Feet, ankles and shins are common with Star 3 energy imbalanced. As too is an inflamed Liver or nausea with aches through the diaphragm. They are also prone to Neck ache, strain and injuries if they prolong their sport (Star 3's are usually 'sportaholics') activities or continue to work long after they have past their 'cut off point'. Inflammation of the Throat leading to laryngitis, pharyngitis, tonsillitis etc. is a common 'flag' for Star 3's to realise their immune system is under threat and possibly low in vigour. They need to constantly take care of their mineral intake concentrating on the Zinc and Magnesium mix to keep the muscles and connective tissues healthy and the B group vitamins to assist with stress level maintenance. Peppermint oil Aromatherapy is a wonderful auric 'tonic' for Star 3 energy :)

Star 4 People

A **4 Wood** person is strongly connected to the energy of gentle progression, often a personality that has the ability to display endurance in the face of adversity, utilising natural stamina, and also carrying on with a graceful purpose that has other wondering 'how do they do it?'. The Trigram for this energy is called 'The Gentle' and resides in the Growth and Wealth area of the SE.

People who are 4 Woods need to take notice of their thigh, buttock, hip and elbow areas...and, their whole nervous system needs to be looked after. Continual maintenance is needed so these 4's need to find out exactly what suits them and can bring them most Peace efficiently. Using essential oils like Vetiver and Ylang Ylang to calm and 're-set' is a good way of maintaining nervous system health. 4's are very spatially oriented, liking to know where things go, what the boundaries are, and having the ability to move around with ease. Injuries to the above physical areas indicate a strong need to reassess Life Path.

(in Flying Stars there is no 5 Birth Number. 5's are assigned to an 8 if Female and 2 if Male)

Star 6 People

6 Metal energy can give assistance and help with great ease. They can also be unforgiving tyrants establishing boundaries, rules and systems of behaviour that leave others feeling a tad inadequate. Because they are themselves easily malleable, they understand that other people can be shaped for Purpose; similar to sword or shield making if you like. A lump of hot metal becomes a powerful tool for aggression or for protection. So too with Metal energy people. They need to take time in 'honing their skills' to excel easily in Life. Finding what suits them best is the issue, and all Metal energy people suffer from being 'useful' in many ways, which can lead to confusion with Life Path and Purpose.

The Metal energy of people is evident in their way of 'screening off' some people, and their ability to have 'selective hearing' on some occasions...they are very good at wearing emotional armour, and for this reason it is sometimes difficult to get around their somewhat 'aloof' personalities.

Be aware of issues with the Head and Lungs. Star 6 people are often put in Leadership roles, or will take on intense jobs and tasks, and they can manifest headaches, confusion, indecision, nervous breakdown, rapid breathing and shortness of breath. Star 6's need very much not to smoke and to find a suitable form of mental 'wind down' to assist their concentration and decision making abilities. Taking time to slow down (Metal is a quick energy) and find out what really drives YOU, is important. Once you find your real ability/purpose/passion, you are pretty much unstoppable.

Star 7 People

7 Metal are full of things to say. They love the pleasurable pursuits of life, often finding joy in just about anything that comes in front of them. The Trigram is called 'The Joyous'. Because of this pursuit of pleasure, 7's are prone to 'burn out', and not being able to see it coming. This self-destruct mode is the key issue for 7 Metal. They need to learn how to see it coming, learn the signs, symptoms, messages, behaviours; and learn how to back pedal to good health.

Specifically they will need to take care of the Teeth, Mouth, Thorax and Chest (not specifically their lungs, but more the bone and ligament structure). And also the ability to control what they say in any context. The issue with Metal 7's is the potential to 'shoot their mouth off' without even considering the possible implications of what they have said. A Metal 7 however, can also be the bearer of insight hidden under flippancy and/or humour, and can use this to their advantage as a counsellor, therapist or public speaker.

Using a dilution of 2 drops of Tea Tree Oil in a cup of water as a mouthwash after brushing can remove the potential for mouth ulcers and gum issues. The lungs can be assisted using Lavender, Cedarwood and Cypress in aromatherapy of different kinds. Chest ligaments can be strengthened with exercises like Tai Chi, Yoga and swimming. Easy 😊

Star 8 People

Earth 8's are typically solid citizens, given to introspection but in a sense of finding the solutions, not looking for problems. The Trigram for Star 8 is called 'Keeping Still', and is descriptive of a personality with the potential to find deep contentment. The worst possible thing for a Star 8 is to be rushed in any aspect of life. They work hard, diligently, and take on great responsibility, yet because of this they can have a tendency to accumulate too many tasks without realising it. Delegation is Star 8's lesson to learn, and once that is done, they need to apply this lesson repeatedly until it becomes as easy as breathing. Saying 'no' in the first place, or delaying the acceptance of new tasks until an appropriate time can also be a solution for Star 8 people to use.

Physically they need to take care of their Back, Hands & Fingers and the Nose. The skeletal system is really the focus for Star 8 as their steadfastness may often lead to 'rigidity' in life and body. Flexibility is therefore a necessary concept for them to learn. Using exercise like Yoga, Tai Chi (or a martial art like Aikido), Pilates or just simple stretching before a long walk, will help the 8 physicality unwind and strengthen at the same time. Rose essential oil is an excellent Aromatherapy tonic for female Star 8's, and male Star 8's will respond well using rich resinous oil like Vetiver or Patchouli to ground and find peace.

For physical health Star 8's need to move away from foods that destroy ligament and joint health and move onto foods that enhance connective tissue and bone. Incorporating and/or increasing green leafy vegetables in general, Kelp, Almonds, Flaxseed Oil (for the Omega 3), Tofu, Eggs, Broccoli, Cabbage, Parsley, Garlic, Onions, Black Pepper, Dandelion, Horsetail, fermented milk drink (like Kefir) or natural yoghurt (for the Vitamin K). These foods combined bring together a broad spectrum of vitamins, minerals and trace elements. Reducing meats in the diet greatly help joint mobility because meat is a source of pure acid for our digestive system, and a highly acidic body reacts with gout and arthritis. Reducing processed flours and sugars also increase mobility, as these foods in high levels can cause arthritis and calcification of joints, as well as other chronic system conditions.

Star 8's aren't normally aggressive, but rather enjoy passively watching the goings on of the human race with a calm reserve. They are often people who intervene at the climatic point of confrontation and soothe everyone else. This is because they are both receptive and responsive in nature. A unique combination with the other steadfast attributes.

Star 9 People

Star 9's can be the life of the party and bring a vibrancy to life around them that may literally light up a room. This energy of vivacious 'glee' for life is manifested when Star 9's are in balance, feeling the flow of energy from their personal 'source', and finding love in what they do for a living. Star 9 in an unbalanced state can be seen as a person who looks like someone blew their candle out.

The bodily associations are the Eyes, Heart, Breasts, Blood and curiously the 'spirit' too, by which I have observed can mean the aura, or outer body; the energy body in its protective mantle form. For this reason Star 9's can manifest sickness as quickly as they can manifest delirious happiness (in them and those around them) Their element is Fire and this is so apt as the personality of a Star 9 will either exude warmth, feel nourishing and morale boosting, or it will burn and hurt. Because of this dichotomy of existence potential, the catch cry of all Star 9's is 'Balance in All Things'.

Star 9's can readily observe people, and may have the ability to 'read' people easily. The connection between eyes, heart and spirit is a conduit for spiritual assistance, so if a Star 9 needs to be healed in any way they can do so easily with visualisation meditation. Its 'their' therapy ;) The other area of concern is blood health; which primarily relies upon good nutrition, but more particularly, good *mineralisation* of the body. Obtaining the support minerals for iron (zinc, potassium, magnesium etc) are more important than obtaining large amounts of iron. Star 9's in a negative state are identified with being diagnosed with anemia even if they follow a diet which they think is 'good'. The cardio-pulmonary system is the 'key' for Star 9's overall health, so using calming exercise regimes, dietary intake and avoiding harsh and unhelpful environments (like we all should) is a necessity for them to manifest good health and healing.

The most important thing for a Star 9 person is to follow their dreams. They are visionary people and will benefit humanity with their foresight and by following their heart's desires into a new and beautiful future. Star 9's have the gift of seeing things clearly and helping others to enjoy a better viewpoint.

Bodily Associations of the Nine Stars

- 1** Ears, Kidneys, Gonads, Blood (emotional, reproductive, receptive, analytical)
- 2** Stomach, Abdomen, Spleen (functional, intuitive, processing)
- 3** Throat, Neck, Liver, Feet (progressive, communicative, directional)
- 4** Nerves, Elbows, Buttocks, Thighs (spatial, erogenous, sensual, receptive)
- 6** Head, Lungs (functional, necessary, automatic, processing)
- 7** Mouth, Teeth, Thorax, Chest (communicative, consuming, expanding/contracting)
- 8** Nose, Back, Hands, Fingers, Bone (informational, receptive, analytical and responsive)
- 9** Eyes, Heart, Breasts, Spirit (analytical, spiritual, receptive, expanding)

