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The Search For Healthier Relationships

The past several years have witnessed a massive increase and public attention on methods of improving relationships. The self-awareness and professional fields have provided the public with seminars and self-help books that are written to assist in the improvement of communication, intimacy, trust, responsibility, and numerous other aspects of building healthier relationships. Testing, counseling, and therapy are among popular sources couples seek to find insights that will improve their lives together.

The self-awareness movement has provided other tools for determining the compatibility and nature of interaction between people. Probably the most popular of these is the use of comparison charts and composite charts in astrology. Although numerology provides a similar type of comparison system, there have been few attempts by numerological authors to deeply probe the dynamics of interrelations. This volume is written to

begin to fill that major gap in numerological literature.

As a psychotherapist, counselor, and consultant in private practice for over twenty years and in my own personal life and evolution, I have worked endlessly with issues of relating and relationships. One tool I find helpful as a means of classifying and defining the ways of interacting is numerology. Having worked with more than ten thousand clients during those years, I have observed correlations between people's behavior patterns and their personal numbers. These have been described in my previous book, *Numerology for the New Age*.

My focus here is upon the lessons we can learn from each other, and strategies are provided that can make it possible to experience more pleasure and fulfillment with your significant other. At a minimum it should encourage you and your partner to more fully express some of the hidden aspects of insecurity, anger, fear, distrust, shame, and abuse present in your lives. You may also recognize strategies that can help both of you seek more honest, clear, and open avenues to share your concerns and problems with each other.

The emphasis herein is upon describing archetypal tendencies of behavior between two people based upon numerical influences. (There are certainly other possible patterns I have overlooked; it is impossible to catalogue or describe all the possibilities.) Humans have both a light side and a shadow side. The shadow side is defined as all that is unmanifest, or the contents of the unconscious. By recognizing and resolving the negative issues of the shadow side, one can truly live a "loving and light-filled" life. When one denies that side of self it encourages the denial of real feelings and the expression of real needs, and your communication with partner then becomes basically dishonest, or unclear at best.

Another set of terms I use is assertive/passive for describing behavior as either active or passive. Even if

one partner is unaware of something the second partner is doing, the latter's actions simply reflect a hidden aspect of the first partner that he/she did not like about self. Thus each partner is a participant (even if passive) in that experience.

One more concept I consider important. It is the idea that the ultimate goal of relationship is to mirror to us aspects of ourselves so that we may become aware of what is yet unconscious within us. As we open up to and accept our hidden aspects, we are increasingly enabled to accept others without judgment. Perhaps most important, we are learning what is the deepest, most universal form of love. That kind of love can extend to all people and kingdoms of life.

I believe that we choose each other as mirrors to reflect dimensions of our own complex human nature. Over and over in my practice I have encountered this phenomenon. For instance, in describing one partner's nature to the other, the response might be, "Oh, that's not me, it's my husband." Let us say that I am working with a client who is a number THREE in a relationship with an EIGHT. I describe THREE's caring nature and artistic skills and partner's issue with power and authority.

The THREE may say, "But he's the one who is the artist; I have no artistic abilities." And then she may go on to say, "and besides, I'm the one who rules this house!"

The THREE in fact begins to recognize that she does have creative abilities she has denied — her partner has reflected qualities she had not yet acknowledged. She can begin to be more open with feelings, which is essential for creativity. Her partner, who has had power issues with his mother had given it away to her. He can learn to be more assertive and ask clearly for what he wants rather than try to please partner and do what he thinks she (unconsciously pleasing mom) wants.

That is how this can work for you. I do not wish to

imply that no one will ever need professional counseling; indeed, as you read on, you will see that when I describe some of the extreme downside spirals I suggest outside assistance. But you will get insights that show you your own and partner's strengths and what is and is not working. You will acquire an objectivity that allows choice in your life where it didn't exist before. Then you can select workable strategies and give your partner clear messages about wants and healthy needs. It is possible partner may not be able to meet such requests, of course, and at such a time you may then have to consider making a change in the relationship.

Hopefully each of you can let go of the other with maturity and new insight. You will have had the opportunity to learn the lesson for which you created the situation, and to resolve the negative patterns brought forth so that you need not repeat them. Then you will have learned to know yourself more deeply and next time attract a partner who is truly a complement to your best self.

Throughout this volume the use of "you" is almost always used to represent the relationship, or both of you. The descriptions of the behavior that results from your being together is quite direct. You may experience those descriptions as confrontive, and become disquieted or even upset. Use these moments to look long and deeply at yourself and your relationship.

From these revelations comes an opportunity for greater understanding of your own self and of yourself with partner. May this volume help make your journey together go more smoothly.