

Numerology Report



Full Personality Profile

A Decoz® Numerology Chart Analysis

for

Elizabeth Banks

by

Kathaleen Bentkowski

Birth data:

Elizabeth Maresal Mitchell

February 10, 1974

Numerology at Know Your Destiny Cards
<http://KnowYourDestinyCards.com/Numerology/>
Lawrenceville, GA USA

TABLE OF CONTENTS

INTRODUCTION	4
LIFE PATH	4
BIRTHDAY	5
EXPRESSION	6
MINOR EXPRESSION	7
HEART'S DESIRE	8
MINOR HEART'S DESIRE	9
PERSONALITY	9
MATURITY	10
L/E BRIDGE	11
H/P BRIDGE	11
KARMIC LESSONS	12
HIDDEN PASSION	13
PLANES OF EXPRESSION	13
PLANE OF EXPRESSION PHYSICAL	14
PLANE OF EXPRESSION MENTAL	14
PLANE OF EXPRESSION EMOTIONAL	14
PLANE OF EXPRESSION INTUITIVE	14
BALANCE	15
RATIONAL THOUGHT	15
CORNERSTONE	15
SUBCONSCIOUS SELF	16
CHALLENGES	16
PINNACLES	18

SUMMARY

Birth name: Elizabeth Maresal Mitchell

Short name: Elizabeth Banks

Birth date: February 10, 1974

Your Life Path is 6	4
Your Birthday is 10	5
Your Expression is 14/5	6
Your Minor Expression is 18/9	7
Your Heart's Desire is 14/5	8
Your Minor Heart's Desire is 3	9
Your Personality is 18/9	10
Your Maturity is 11/2	10
Your Life Path / Expression Bridge number is 1	11
Your Heart's Desire / Personality Bridge number is 4	12
You have a Karmic Lesson 6	12
You have a Karmic Lesson 7	12
Your Hidden Passion is 3	13
Your Plane of Expression Physical is 10/1	14
Your Plane of Expression Mental is 13/4	14
Your Plane of Expression Emotional is 33/6	14
Your Plane of Expression Intuitive is 3	14
Your Balance is 4	15
Your Rational Thought is 53/8	15
Your Cornerstone is E	16
Your Subconscious Self is 7	16
Your First Challenge is 1	16
Your Second Challenge is 2	17
Your Third Challenge is 1	18
Your Fourth Challenge is 1	18
Your First Pinnacle (from birth until age 30) is 3	18
Your Second Pinnacle (from age 31 until age 39) is 4	19
Your Third Pinnacle (from age 40 until age 48) is 7	19
Your Fourth Pinnacle (from age 49) is 5	20

INTRODUCTION

About your Personal Reading

This reading was composed for you personally, Elizabeth, and is based on your full name at birth, your date of birth, and the name you now use to introduce yourself. Please check your birth data on the title page to make sure the names and date of birth used are correct.

If you have two or more middle names or last names, you may find the names strung together. This is necessary to make Transit and Essence cycles function correctly. For example, the name John Patrick Henry Hancock would appear on the title page as John PatrickHenry Hancock.

Elizabeth, your Personal Numerology Reading describes all aspects of your chart as they are understood in numerology, accurately and in-depth.

Each chapter starts with a short introduction telling you where this particular number is found and how it affects you. This is followed by the number itself. Often, you will find a double digit number followed by a single digit.

The meaning of your number is then explained in easy to read language. Elizabeth, you don't need to know anything about numerology to be able to enjoy and benefit from this reading.

I hope you will enjoy your reading.

LIFE PATH

If ever there was a moment of total transformation, it was the moment of your birth. In that instant, you stepped through a door in time into a new reality -- the reality of human life. The most important number in your numerology chart is based on the date of your birth, the moment when the curtain goes up in your life.

Even at that moment, you were a person with your own unique character, as unique as your DNA. Everything that is you existed in potential, much like a play that is about to begin. Your entire life exists as a potential that has been prepared for. Elizabeth, you have ultimate freedom to do with your life as you like: To fulfill its potential completely, or to make some smaller version of yourself. It all depends upon your effort and commitment. You make the decisions to fulfill, to whatever extent, the potential life that exists within you. That is your choice. In this sense, the possible you is implicit during the moment of your birth.

The Life Path number gives us a broad outline of the opportunities, challenges, and lessons we will encounter in this lifetime. Your Life path is the road you are traveling. It reveals the opportunities and challenges you will face in life. Your Life Path number is the single most important information available in your Personality Chart!

Your Life Path is 6

Elizabeth, you possess great compassion and seek to be of service to others. You have concern for the weak and the downtrodden. You are a healer and a helper to others. You are capable of giving comfort to those in need and will frequently offer a shoulder for

others to cry on.

Your task in life is to develop the tools necessary to be truly helpful to others, rather than to simply be a sympathetic ear. You must find the balance between help and interference. In the same way, you must learn the delicate art of the counselor who knows when to leave the struggle to others and when to avoid taking away the necessary experiences and lessons of life.

You are naturally balanced. Therefore, you are well equipped to support and ground others in times of trial.

It is in your nature to take on responsibility -- you often fill the void left by others -- and do not turn away from personal sacrifice. At times, you may feel overburdened by the travails of others. However, the love others bestow upon you is your well deserved reward.

Elizabeth, you try to maintain harmony within the family or group, balancing and fusing divergent forces. You seek marriage and are often a wonderful parent, offering warmth, protection, and understanding to children.

You are generous, kind, and attractive. You are often admired even adored which baffles you. You are humble and yet you carry a deep pride. You move well and gracefully, but will have to work to stay in shape. Seek out physical exercise and limit the sweets and dairy you crave to keep yourself from becoming plump and round.

When young, you must be careful not to choose partners for the wrong reasons. Do not let sentimentality influence your decision, especially those involving the choice of a spouse. You need to be needed, but must learn to discriminate between those you can help and others who are made weaker by your care.

After all, it is in your nature to be attracted to the weaker brothers and sisters among us.

The temptation, and the danger for you, is to think of yourself as the savior of the world, carrying the burdens of others on your shoulders.

Elizabeth, you are blessed with musical talent, as well as in the visual and performing arts. However, your creativity may well be suppressed due to your willingness to sacrifice, or your inability to fully appreciate your talents. This is not to say that you cannot excel in these areas; on the contrary, you have the talent, and with effort you can make a success in a number of artistic fields.

You also have enormous talent in business. You are blessed with a great deal of charm and charisma, which you use effectively to attract the people and support you need.

BIRTHDAY

The day you were born bears great significance in understanding who you are and where your talents lie. The day of birth indicates some special talent you possess. It is a gift to you that will help you along your Life's Path. Your day of birth is one of your four core numbers -- the Life Path, Expression, and Heart's Desire being the other three. It is the least significant of the four core numbers, but perhaps the most finite, in that it reveals a specific ability you possess in a marked degree.

Your Birthday is 10

Elizabeth, you are highly ambitious and yearn for independence. You possess leadership abilities, and a strong drive for success. Your test in life is to live according to your dream -- that is, to have the courage and the stamina to overcome obstacles and win

the independence you so deeply want.

You possess a sharp mind and fine analytical skills. You have excellent managerial skills. You plan well and can organize people to carry out your plan.

You are often frustrated by routine activities. You can become dull and even depressed if you are bound too tightly to the smaller details of life.

In order to rescue yourself from such a fate, it will be necessary to take prudent risks. Elizabeth, you must learn to assert yourself. You are a pioneer at heart. You must live up to such a charge.

You can be stubborn and rigid when it comes to ideas that you feel strongly about. Yet, you are a loyal and devoted friend and can be demonstrative of your affections.

Conversely, you are highly competitive and can suffer from jealousy when it comes to the success of others, especially colleagues or friends.

By using the determination and creativity you possess, you can achieve much success.

EXPRESSION

Your Expression number reveals your physical and mental constitution, the orientation or goal of your life. Some numerologists refer to this number as the Destiny, because it represents a lifelong target at which you are aiming. You work at fulfilling this potential every day of your life. Thus, the Expression number reveals your inner goal, the person you aim to be.

The Expression number reveals the talents, abilities, and shortcomings that were with you when you entered your human body. Your name, and the numbers derived from it, reveals your development, as well as the talents and issues you will be working with during this life.

For those for whom reincarnation is an accepted philosophy, the vibration of your full name can be seen as the totality of your personal evolution, the experiences, talents, and wisdom accumulated over many life times. Every experience, no matter how great or small, along this evolutionary path has influenced your development, and brought you to your current state of being.

The Expression is your being; the Life Path is the major lesson you are attempting to learn this time around. Time allows the gradual emergence of your personality. By reading the Expression number below, you will come to understand your basic nature and the abilities and issues inherent in your being.

Your Expression is 14/5

Elizabeth, you are a free spirit. You love change, adventure, and excitement. You love your freedom. Like a bird that needs its wings to live, you cannot exist without it. Freedom is the nucleus around which your life revolves. You need it for your very survival. By using freedom properly, you are able to explore and develop all of your varied talents. You will meet many types of people and travel great distances. Freedom is the atmosphere necessary for you to bring forth your many talents.

You are capable of doing almost anything, and probably quite well. Only by avoiding the imprisonment of illusory security are you able to bring forth your abilities.

Elizabeth, you are unusually adaptable. In fact, change is a blessing for you. In the same way, you need challenge and variety. You hate the routine of life; being stuck is a catastrophe for you. You become miserable when you are held back or held down.

The taste and texture and color of life have an overpowering allure for you. From childhood, you dream of seeing foreign lands, experiencing the sensual and the exotic. You want to try everything at least once in life. All of life is a playground for your senses.

But this can get you into trouble. You may fail to respect your natural limits, either biologically or socially. Any sort of boundary is anathema to you, which can blind you to your natural limits, and may cause you to overindulge your desire for food, sweets, alcohol, sex, and drugs.

Elizabeth, you are gifted in your ability to communicate. Your facility with words is almost limitless. You can be a salesman, politician, lawyer, public relations person, and minister. You also possess the talent to share and advance new ideas. You are talented with your hands. You love the new and untried. Your field is the frontier. You are a bit of a gambler, and often play for very high stakes. All of this combines to give you a youthful enthusiasm, which others find infectious and attractive.

You like to work with others, but need to perform your task un-encumbered by the restraints of others.

Elizabeth, you are a clever and a quick thinker, but your thought processes -- like your life in general -- can be unorganized and scattered. You must stay grounded and focused if you want to be successful.

You fall in and out of love frequently, especially early in life. You are naturally sensual and commonly have a strong sex drive. These characteristics usually make for a lively and exciting love life, but you must guard against shallow feelings and relationships. Your challenge is to develop mature and lasting relationships.

Self-discipline and setting healthy limits is the key to your success in virtually every area of your life. Ironically, you will find that as you learn to set appropriate limits on yourself, you will develop more self- mastery and realize even greater freedom.

This is especially true when it comes to finishing what you start. Your tendency is to give up once you've got a project or job under control; you grow bored quickly. You start to fantasize about a new challenge, or the rewards of your great accomplishment, long before the work is finished.

The 5 Expression desires the whole world. You are aware that you have many talents that can bring much success. But that success depends on your willingness to choose certain areas to concentrate on, and to bring them to perfection.

MINOR EXPRESSION

The Minor Expression number is based on the current (or short) name; the name you now use to introduce yourself including your last name.

The influence of the short name is minor in comparison to your full name. Interestingly, the short name often compensates in some way for numbers (and their related characteristics) that are missing or out of balance in the full name.

For instance, a number missing in the full name may show up prominently in the short name; or a number (or numbers) that appears in excess in the full name can be compensated for in the short name. If a name change takes place later in life through marriage or for professional reasons, it adds or subtracts certain qualities. It can also focus and intensify existing characteristics or talents that may be latent.

Your Minor Expression is 18/9

The influence of this number makes you more concerned with the well-being of others. Elizabeth, your Minor Expression number increases your sensitivity to the needs of society. You feel an urge to serve humanity in a more direct way.

The number 9 helps you to better communicate and understand all types of people.

You are more aware of your artistic talent and the need to express yourself. Your name opens you up to a larger view of life. It attunes you to political movements, philosophical theories, and spiritual practices. You are more sensitive to the larger patterns of humanity.

HEART'S DESIRE

Your Heart's Desire is the inner you. It shows your underlying urge, your true motivation. It reveals the general intention behind many of your actions. Consequently, it dramatically influences the choices you make in life. The Heart's desire is seen as part of the larger picture, called the core numbers, which includes the Life Path, Expression, Day you were born, and Personality. But each points to a different aspect of you.

The Expression number reveals your talents and abilities, and your general direction in life. The Life Path is the central lesson you came into the world to learn. The Day you were born is very closely connected to your Life Path. It reveals specific talents you possess, which will be helpful to you in dealing with your Life Path. The Personality reveals how people tend to see you. It also demonstrates what characteristics you are projecting to the world. The Heart's Desire demonstrates the identity of the soul that joined the earth -- you, the spiritual being.

Your Heart's Desire is 14/5

Freedom is essential for your happiness. Elizabeth, you love change, new experiences, meeting new people, adventure and travel. You love the exotic, far away places. Variety is more than mere spice of life -- you thrive on it. You are extremely flexible and adaptable. You have more curiosity than the proverbial cat. You have a sharp mind and a natural ability with words. You are a born communicator, clear, fluent, and imaginative in every area that interests you -- which are many!

Your Heart's Desire makes you very well equipped for life. Change -- the only constant in life -- doesn't threaten you, as it does other people. You are highly resourceful. Generally, you can think clearly in a crisis; you have good mental and physical reflexes. Whenever you fall, you tend to land on your feet.

Elizabeth, you are highly enthusiastic. You get excited easily over a new idea or opportunity. Your nature is unconventional. You are a bit of a gambler, taking risks whenever you think the rewards are worth it.

You are very socially oriented and rarely, if ever, dull or boring. You are, of course, drawn to those people who, like yourself, are original thinkers and have exciting personalities.

Elizabeth, you enjoy being involved in several projects at the same time. You need continual stimulation by the new and fascinating. You tend to discard boring pastimes quickly.

Your love of freedom and change can have numerous consequences. You can be irresponsible, especially when it comes to finishing tasks. You have a hard time persevering at a given project and bringing it to completion.

You must be careful that your love of sensory pleasure doesn't lead you to excessive indulgence in alcohol, food, sex, and even drugs.

Elizabeth, you are a bit of a hero and want to save the world. This causes you to make promises you often cannot keep. Down deep, you long to please everyone, an impossible goal.

Many 5s can be emotionally superficial. They feel love passionately, but fear making deep and lasting commitments. As a result, they resist the depths of emotional attachments and remain on the surface where it is safe.

You will experience many changes and unusual events, but you learn best through experience. Therefore, your life will be full and you will make great strides in personal growth.

MINOR HEART'S DESIRE

The Minor Heart's Desire number is derived from the vowels of your current name; the name you now use to introduce yourself. The current name is a refinement of the more complex qualities of your longer name (the full name at birth). It sharpens and bundles the energies that are reflected by your full name. It intensifies certain aspects of your being, and de-emphasizes others. For this reason, the short name often provides insight into what you truly want in life. It also often reveals the extent of your understanding of what you want from this life. It reveals both your strong desires, and the limits you place upon your potential.

Your feelings about your current name are different from your full name. It affects how you feel about yourself; it changes your identity slightly.

Your Minor Heart's Desire is 3

Elizabeth, your shortened name adds enthusiasm, creativity, and liveliness to your personality. You have a greater facility with words and a deeper appreciation for the arts. Writing, singing, acting, and dancing all come easier, especially if you already have talent in any of these areas.

Your Minor Heart's Desire encourages you to be more social, more flexible, and fun-loving. It makes you less serious.

You are wittier and much more inspiring. The 3 provides you with uplifting energy which can motivate others.

PERSONALITY

Your Personality number is derived from the consonants of your full name at birth. Your Personality is like a narrow entrance hall to the great room that is your true nature. It is those aspects that you feel comfortable sharing with people at the outset of a relationship. With time and trust, you invite others into the deeper aspects of your nature; you reveal more of who you really are, in effect, your Heart's Desire, Expression, and so on.

Your Personality number often serves as a censoring device, both in terms of what you send out, as well as what you allow to approach. It discriminates in the kinds of people and information you let enter your heart and mind. For this reason, your Personality is usually much more narrow and protective in its definition than the real you. It can screen out some of what you do not want to deal with -- people or situations -- but it also

welcomes those things that immediately relate to your inner nature.

Your Personality number also indicates how others perceive you. No one can be objective about himself or herself. Even our closest friends and relatives have trouble describing how they see us.

Your Personality is 18/9

Elizabeth, you have an impressive and aristocratic bearing. No matter how tall you are, you appear noble and upright. You are very much in control of the image you send out to others.

Many actors, dancers, and other performers have a 9 Personality Number. You are elegant, graceful, and charismatic. Many admire you.

You have the kind of stature that pulls people to you or repels them intensely. Some are jealous of you and may seek to belittle you.

You may encourage this to some extent by the amount of arrogance you radiate. This is a caution for all 9 Personalities -- they are sometimes aloof and hold themselves above the world.

Your challenge is to come down to earth with your fellow man.

Conversely, you have a great compassion for humanity and want to dedicate yourself to improving the lot of others. You are better when dealing with the trials of the many than the trouble of a single person. You are more capable of working on the grand scale, addressing the needs of society, than on a one-to-one basis.

Elizabeth, you are kind and sympathetic, helpful and compassionate. Behind the controlled and calm facade, you are sensitive, vulnerable and emotional.

You have excellent taste. There is a good deal of artistic talent in you that shows in your home environment and your clothing.

You tend to see yourself as a guardian of society, a benevolent leader, guiding and directing your community toward a better world.

MATURITY

Your Maturity number indicates an underlying wish or desire that gradually surfaces around age thirty to thirty-five. This underlying goal begins to emerge as you gain a better understanding of yourself. With self-knowledge comes a greater awareness of who you are, what your true goals in life are, and what direction you want to set for your life. This, in a nutshell, is the gift of maturity: You no longer waste time and energy on things that are not within your own special identity.

No matter what your age is at present, your life is being channeled in a specific direction, toward a very specific goal. That goal can be seen as a reward or the fulfillment of a promise that is implicit in your current efforts, often without your knowing it consciously. While the characteristics of this number are usually visible during childhood, we tend to lose sight of these aspects until later in life. But our lives are always being affected by this influence, nonetheless.

Your Maturity number begins to have a more profound impact on your life after the age of 35. The influence of the number increases steadily as you grow older.

Your Maturity is 11/2

As you mature, Elizabeth, you will discover that you possess a growing talent for understanding and working with other people. Your ability to influence others through tact and diplomacy will grow. These talents will further you along in your career or business. You will become increasingly shrewd, and will learn the art of discrimination. Your sensitivity to the needs and desires of others improves dramatically. You will be able to evaluate their motivations with a growing clarity and uncanny accuracy.

You find you can get more done by persuasion and gentle guidance than by force.

Elizabeth, you may well have to learn to assume the role as the power behind the throne. Your influence is less public, and you may not always receive the public recognition you deserve. However, your satisfaction comes from seeing the fruition of your own ideas come about, the result of teamwork and cooperative efforts.

If you already have many 2s in your chart, especially in the core numbers, you may become overly sensitive, a characteristic you will have to keep in check. If you have few 2s in your chart, the influence of your Maturity Number will greatly increase your ability to work harmoniously with other people.

L/E BRIDGE

The Bridge numbers in your chart are the numbers that indicate how you can make the relationship between the individual core numbers in your chart easier and more compatible. Bridge numbers have the potential to "close the gap" between the Life Path and Expression number, or the Heart's Desire and Personality number.

In this chapter we will explain what you can do to make your talents, strengths, and specific abilities (Expression number) more easily available and fitting the needs of your main lesson(s), and expected direction of growth (Life Path).

Your Life Path / Expression Bridge number is 1

Elizabeth, you should rely more on your own strengths and abilities. Be more decisive; don't beat around the bush and be straightforward when expressing your thoughts and feelings. You need to take charge more often. Get off the beaten path and find original ways of doing things. Do not try to be conventional, or try so hard to behave according to the expectations of others.

H/P BRIDGE

Several Bridge numbers can be found in your chart. The Bridge number between the Life Path number and the Expression number was described earlier in your reading. The following Bridge number relates to your Heart's Desire number and your Personality number. This Bridge number, the Heart's Desire - Personality bridge, explains how you can make your deeper self -- your needs and desires, your true nature -- more aligned with the part of your personality others tend to recognize when they meet you. With a little exaggeration, you could say that your Personality number is somewhat like your mask. It is the more superficial you; a protective shield and a camouflage of the deeper you. You can easily imagine how much more comfortable, and less self-conscious, the experience of life becomes when your deeper and more real you is closer and more fitting to the personality you reveal on a day to day basis.

Your Heart's Desire / Personality Bridge number is 4

Avoid procrastination. Try to be more reliable and punctual. Be practical, methodical, and systematic in your endeavors. Keep track of details; avoid chaos. Work on the basics of life. Physical and outdoor activities bring you closer to yourself, so get out in nature, work in the garden, or build a fence.

KARMIC LESSONS

Numerology is based on the understanding that we enter life with certain strengths and weaknesses. Karmic lessons are areas that we are currently weak in and must be faced and worked on in this life. There can be more than one Karmic Lesson. These are indicated by the absence of certain numbers in your name.

The letters and numbers of your name point to talents and abilities that you possess. These characteristics can be compared to a workshop in which certain tools are available to you. Missing numbers, those that are not represented in the letters in your name, imply tools that are unavailable, and must be learned and mastered during this lifetime.

You may well recognize your Karmic Lessons as weaknesses you have learned to overcome in the course of your life, however, the challenges implied in your Karmic Lessons will continue to come up occasionally for the rest of your life.

You have a Karmic Lesson 6

Elizabeth, you have a major issue with commitment and responsibility to others.

You have a hard time committing to marriage and other important personal relationships. You have to learn to show true emotion.

You may feel isolated and alone, but do not understand why. The reason is that very often you form relationships yet remain heavily guarded, putting up a show of emotion without truly communicating affection or care. This can make the bond between you and others superficial. You must learn to establish sincere relationships.

Elizabeth, you will learn the importance of close friends and lasting relationships. You will learn to give and, when necessary, sacrifice. This is the one true way to true friendship and lasting love.

The effects of this Karmic Lesson are diminished if you have at least one 6 among your core numbers (Life Path, Birthday, Hearts Desire, Expression, or Personality Number).

You have a Karmic Lesson 7

Elizabeth, you need to deepen your knowledge and talents in a specific discipline. You lack the will or determination to perfect yourself or a specific talent you possess. You must learn to be your own critic, without self condemnation, in order to bring your abilities to their full development.

You will learn not to take things at face value. A superficial understanding of important matters will prevent you from experiencing the satisfaction of your true potential.

The effects of this Karmic Lesson are diminished if you have at least one 7 among your core numbers (Life Path, Birthday, Hearts Desire, Expression, or Personality Number).

HIDDEN PASSION

Your Hidden Passion reveals one or more special strengths and talents that you rely upon and are available to you. The Hidden Passion represents your specific field of expertise, or a concentrated talent.

Metaphorically, this talent can be seen as having a power all its own to shape your life. Its existence gives you a strong desire to develop and to express that particular ability. Having the talent demands that you express it, that you experience this part of you, and that you live according to its nature. In this way, the Hidden Passion shapes your personality, and guides your life.

Your Hidden Passion is 3

Elizabeth, you are highly social and have a gift for self-expression. You love to entertain and attend parties. You are exceedingly popular, and a good friend.

You are highly talented in one or more of the arts -- writing, acting, music, or painting.

You need excitement. When things are dull, you tend to fantasize and sometimes exaggerate.

You are very inspiring and motivating to others. You are blessed with a considerable amount of charm and charisma. You are highly optimistic, which can make you a bit of a rolling stone. You think that the grass is always going to be greener on the other side of the hill.

Elizabeth, you need discipline and focus to make the most of your talents. You can fall victim to scattering your energies. You have to guard against being selfish and indulging in too much sensory gratification.

PLANES OF EXPRESSION

Each of us experiences life on four different levels: with our physical body; our mental faculty; our emotional makeup; and our intuition. Each of these areas has a specific means of perceiving information. The physical body is capable of touch, taste, pleasure, and pain. It provides us with a sense of the physical world. The mental body, like the emotional and intuitive natures, perceives the invisible worlds. Our minds deal with the world of thought. The heart, of course, is preoccupied exclusively with the world of emotion. Our feelings teach us many things about ourselves and about others. Finally, we have the capacity for direct contact with the higher realms by way of intuition. Intuitive insight comes in a flash. It is not rational -- that is the world of the mental plane -- but comes as if it were placed at the doorstep of our minds. Intuition, therefore, bypasses all effort.

These four faculties exist in all of us. But each of us depends more on one or two of them for the bulk of our knowledge. Some of us are possessed by our senses, while others live almost exclusively in our hearts, or minds.

Numerology indicates how we as individuals function on each plane.

The letters of the alphabet are divided in four categories: physical, mental, emotional and intuitive.

The proportion of each category in your name gives a good indication of which Planes of Expression are strongest in you, and which ones are weaker.

These Planes of Expression can greatly help you to understand your talents and abilities.

PLANE OF EXPRESSION PHYSICAL

Your Plane of Expression Physical is 10/1

Elizabeth, you are active and inspiring; you are daring in business and other areas of life.

You have strong likes and dislikes and live according to your opinions.

You are charming and witty but get bored easily. You work hard and determined and are very goal-oriented. You thrive on the combination of enthusiasm and challenges, the lack of which makes you dull and disinterested. You are like a flare, burning brightly for a specific duration, but must move on to other projects in order to sustain your excitement.

PLANE OF EXPRESSION MENTAL

Your Plane of Expression Mental is 13/4

Elizabeth, you are a fine planner with a good eye for details. You are very conscientious and practical. However, you can get lost in the details of a project and lose sight of the larger picture.

You must learn tact and give others -- especially family members -- room to live according to their own standards. You can be somewhat domineering, especially when you are concerned about their general well-being.

PLANE OF EXPRESSION EMOTIONAL

Your Plane of Expression Emotional is 33/6

Elizabeth, you are highly emotional, yet you possess a rare degree of balance to which you can turn. You love family and close friends as few people are able. You worry too much and feel responsible for other people's actions.

You take justice and honesty with extreme seriousness; however, you may be too disciplined.

You have artistic talent. You like to help others more than most, and are willing to sacrifice your own needs. You have an ability for teaching and healing.

You need much love and can give the same in return. You are highly idealistic, and very committed once you decide upon your soul mate.

PLANE OF EXPRESSION INTUITIVE

Your Plane of Expression Intuitive is 3

Elizabeth, you are very original, imaginative and sometimes have fantastic ideas about spiritual matters. You are very artistic and inspiring. You have a talent with words, and may be drawn to the pulpit.

Your intuition is above average but you tend to color and exaggerate your insights.

BALANCE

People experience different internal responses to life's challenges. Some withdraw from difficult situations to think them through; others withdraw from their emotions, to try and keep themselves from feeling anything. Some explode with emotions, but allow the explosion to pass quickly. Others linger with their feelings, holding on to them well past the time they should have let them go.

Very often, these are conditioned or emotional responses that emerge without thought or analysis. Maturity and self-development help us to learn new and more effective methods of handling our world and the problems we confront. Your Balance number provides you with the guidance on how best to deal with difficult or threatening situations.

Your Balance is 4

Elizabeth, try to have perspective and a more lighthearted attitude toward emotionally-charged issues. Control your anger. Discipline is your strength.

Also, look at the larger picture and the need for compromise. Elizabeth, your sense of justice must be elevated to another level where such virtues as forgiveness, compassion, and deep understanding are the guiding lights. A practical approach to these ideals, Elizabeth, is to try to put yourself in the shoes of the person with whom you are in conflict. There are always more angles to a problem than you tend to acknowledge.

RATIONAL THOUGHT

Your Rational Thought number reveals what can probably best be described as the way you think. Are you a practical, methodical thinker, or a dreamer? Do you frequently allow your imagination to color your perception? Are you unconventional and original in the face of a practical problem, or do you stick to proven methods?

This is the kind of information revealed through your Rational Thought number.

Your Rational Thought is 53/8

Elizabeth, you are the visionary, and you focus on the larger picture. You ignore the details in favor of spectacular solutions. You love to blow someone's mind.

You understand the balance between the rational and the irrational, and you have no problem combining the two.

You have a vivid imagination and you are often surprised that others don't immediately grasp a concept that seems clear and logical to you.

You have little patience when others allow fear and caution to slow down a project.

CORNERSTONE

The first letter of your first name gives an additional indication to your character, particularly as to the manner in which you approach opportunities and obstacles. The first letter is called your Cornerstone.

Your Cornerstone is E

Elizabeth, you need plenty of freedom. You are physical and passionate and it is possible you will be married more than once. You like to be social and entertain. You are highly perceptive and not easily fooled. You are original and versatile. You are capable of looking at a situation from different perspectives.

SUBCONSCIOUS SELF

Your Subconscious Self reveals how you react to demanding situations. It indicates your ability to get the most out of your talents and opportunities, especially when you face new or challenging circumstances. The Subconscious Self also reveals the areas of our character that need to be strengthened.

Your Subconscious Self is 7

Elizabeth, you can appear indifferent to your surroundings and somewhat aloof. You are well-balanced and can survive many a stormy time. In time of trial, you withdraw within yourself finding solace and answers, in your creative and analytical mind. You may be a bit of a loner and do not easily share your feelings with others.

CHALLENGES

Each of us is born with both strengths and weaknesses. Numerology looks at life as if it were an educational process that is meant to bring out and enhance our talents, and turn our weaknesses into strengths. This serves to complete our being.

The job of becoming whole is one in which we must face our weaknesses and consciously work to improve ourselves. There are four Challenges to be faced during our lives. For many of us, the same challenge is repeated, while others have four distinctly different lessons to learn.

The Challenges on your life's path provide specific lessons that you must attend to, and, in order to inspire and help you, life will place you in situations that require the specific characteristics of your Challenge numbers.

The four Challenges you are required to overcome during the course of this lifetime will influence you during different periods of your life, except for the Third or Main Challenge, which lasts from birth until death. The Challenges are fluid periods of your life, not confined to specific years so much as general periods. All of your Challenges are present at birth, like actors standing in the wings.

THE FIRST CHALLENGE

The duration of the First Challenge usually lasts from birth until approximately the age of 30 to 35.

Your First Challenge is 1

You must learn to be independent. Elizabeth, you will be forced to stand up for yourself

and your rights. You will be faced with situations in which you will have to choose between standing up for what you think is right versus giving in to another person's demands. You will have to struggle to strengthen and know your own will power.

You will have to learn to be firm and trust your judgment. Don't run with the crowd, be an individual. This whole lesson represents the frontiers of your consciousness. Therefore, you will have to experience much trial and error, sometimes exploding with bursts of aggression, other times being intimidated and letting frustration and anger build within you until you are ready to act on your deepest instincts.

Elizabeth, you will learn your own set of values; you will develop into an individual with original and innovative ideas.

If you have 1s in your core numbers or in your Hidden Passion this challenge will not be as difficult to learn, or as strongly felt.

THE SECOND CHALLENGE

The Second Challenge usually lasts until the age of about 35 to 40.

Your Second Challenge is 2

Elizabeth, you are overly sensitive and too aware of other peoples' expectations. You suppress yourself to avoid feeling conspicuous. You can be overwhelmed by self-consciousness. You fear gossip about you. As a result, you become inhibited. All of this results in a suppression of your own individuality and uniqueness. You yearn to blend into the crowd.

You let your own feelings and emotions play too big a role. Your hypersensitivity causes fear, timidity and lack of self-confidence. And you experience unnecessary fear and emotional turmoil.

Little things seem disproportionately difficult to overcome and sometimes have a paralyzing effect. Jealousy can cause much pain and misunderstanding.

These negative aspects of the challenge actually spring in part from positive characteristics you possess, especially your acute awareness and intuition. You are an antenna for other people's feelings; you know before a word is spoken how they feel.

Elizabeth, you lack the inner strength to maintain your own center, and try to conform to the prevailing emotional atmosphere.

This challenge makes you understanding and compassionate; you have an enormous empathy for the inner turmoil of others and can do much good for people with emotional problems.

THIRD CHALLENGE

This Challenge carries much weight and will be felt throughout your life. For that reason, it is also called the Main Challenge.

As you master this challenge, your life will come more and more under your own control. You will incorporate the positive aspects of the challenge into your character. This is its purpose in the first place. Therefore, there is implicit in the challenge a chance for great reward.

In short, this may be the secret to your success.

Your Third Challenge is 1

(This Challenge is the same as the First, as described above.)

THE FOURTH CHALLENGE

The Fourth Challenge is most strongly felt during the latter part of our lives, beginning at the age of approximately 45.

Your Fourth Challenge is 1

(This Challenge is the same as the First, as described above.)

PINNACLES

The Pinnacles are four long-term cycles, or periods, on our Life Path. Each Pinnacle represents a particular lesson we are working on. The first Pinnacle usually lasts from birth to between the ages of 30 and 35 (your specific Pinnacle periods are provided below). The middle two Pinnacles each last nine years. The last Pinnacle will stay with you for the remainder of your life.

The Pinnacles are very important. The transition from one Pinnacle to the next is always strongly felt. Your Pinnacles reveal the general conditions and events you will experience during the period. The Pinnacle describes the atmosphere, or the essential challenge you will be faced with.

You can prepare yourself for the times ahead by knowing your approaching Pinnacle number.

The transition from one Pinnacle to the next is usually prepared for approximately 2 years in advance. The latter part of that two year period is particularly strong. Elizabeth, you will likely make some life-altering decisions -- marriage, job or career change, or any number of major changes in your character.

Perhaps the most strongly felt change -- internally as well as externally -- is the transition from the first to the second Pinnacle. This change usually takes place in your late 20s or early 30s -- the exact date depends on your Life Path number and is provided below. You begin to feel the impact of this coming change approximately two years prior. This is usually a difficult transition, but once crossed usually provides a clear sense of direction in one's life. It also gives you a much firmer sense of your identity. It is a gateway to maturity.

Your First Pinnacle (from birth until age 30) is 3

This is a highly creative period. Elizabeth, your self-expression is greatly enhanced. Your creative and artistic talents will peak. You should do everything possible to refine these abilities and make the most of them. Many under the 3 Pinnacle are drawn to writing, the theater, singing, and dance. Your chances of success are also heightened. Hard work in any artistic field that one has a talent for can result in much reward.

This is also a highly social and emotional time. You attract friends and admirers with your charm and gregarious nature.

You have the ability to inspire and motivate people. Your upbeat energy causes people

to want to work with and for you.

This is a lucky period, as well. You can overcome problems with considerably less effort than in the past.

All of this can lead to self-indulgence and lack of productivity. Life is a little easier, which can make you less vigilant. You need focus and discipline. Under the influence of this Pinnacle, hard work is the key and the challenge to making the most of your opportunities.

Be careful of impulsive behavior or doing things on a lark. You must know your limits during this period. Be careful of your money; balance your accounts. Guard against disorderly thinking and behavior. Otherwise, you may do things you regret or simply squander away so many opportunities.

Children born under this Pinnacle must be disciplined and kept from being spoiled. An early education in the arts will inspire the child to make the most of his or her artistic talents.

Your Second Pinnacle (from age 31 until age 39) is 4

This is a Pinnacle of hard work and many rewards. Elizabeth, you have the opportunity to build a foundation that will last. Your abilities as an organizer, manager, or simply the rock of any institution are greatly increased. You are dependable and reliable. Your ability to fulfill responsibilities is likewise enhanced.

As a result of your industry and perseverance, success is well within your reach. It is a step-by-step process in which you build something by small bricks laid one after another.

You will find yourself caring for others in a very material way. Family and in-laws can be burdensome, since you are seen as the cornerstone of the foundation.

Your life is preoccupied with details and responsibilities that must be taken care of. You have set in motion projects that are your children, demanding your constant attention. While there are many rewards, there are also many frustrations. Elizabeth, your sense of your own limits and the consuming nature of details may at times seem overwhelming.

You must remember that things that last require slow growth. You may mistakenly believe that your progress should be faster, or happen with greater ease.

The need for efficiency, orderliness, and methodical systems limit your creativity.

Your challenge is to be flexible and adaptable. Learn to play more and allow yourself to be more spontaneous.

Children born under this Pinnacle will tend to be serious and affected by the financial limitations of their parents. The child may feel the need to leave home early and start a family of his own. He or she must be encouraged to be more farsighted and flexible. The child should avoid jumping into the harsh realities of life too soon.

Your Third Pinnacle (from age 40 until age 48) is 7

This is a period of inner development and soul searching. Elizabeth, you will deal with the deeply important questions of personal existence and the meaning of life. You will need time to be alone to contemplate your inner world. This is a time of spiritual growth. You will experience a heightened sense of faith. The power of the universe will be the force that carries you along.

You have an enhanced appreciation of poetry and nature. Walks in nature provide great therapeutic value and spiritual nourishment.

This is a time of specialization. You will pursue some course of development with fervor and focus. Your ability to concentrate will be greatly increased. Elizabeth, your desire to study in all forms -- reading, self reflection, and contemplation -- will reach an all-time high. Your intuition is much more sensitive, making your path a little easier and more direct, since you know intuitively the appropriate next step.

Under this Pinnacle, you will become an expert in one particular field. Your capacity to penetrate the depths of a subject area is enormous. You will look below the surface in virtually everything you encounter. It is very possible that you will find yourself in a teaching role.

You must consciously work on your closer relationships, especially with your spouse and children. You must explain that your desire to turn inward is not an escape or an avoidance of those you love, but a deep need for knowledge.

During this 7 Pinnacle, spiritual growth, increased knowledge, and wisdom are the big rewards. The 7 Pinnacle provides the basis for contentment in older age, because you now begin to understand life more deeply.

Elizabeth, your challenge is to avoid becoming critical or cynical of others. You can become so withdrawn from society that you look down on others. You may forget that you, too, are part of the imperfect human race. Sarcasm is the lowest form of communication, and a trap you could fall victim to.

Your desire to attain some high degree of perfection is sincere. But that pursuit can make you miserable if you lose perspective and fail to realize the relativity of human existence. Perfection is a Utopian goal, but an unrealistic ambition. It can cause you to be dissatisfied with yourself and others.

The 7 provides the possibility of true refinement, insight, and a high degree of wisdom. This deep understanding is the basis for self-love and true happiness.

Your Fourth Pinnacle (from age 49) is 5

This is a period that will teach the realities of freedom and expansion. Elizabeth, you will travel great distances, meet many new and interesting people, experience many adventures, and essentially come to know the world. You are in a period of accelerated experimentation and learning. Experience is your teacher.

Your ability with words is greatly increased. You can write and speak with ease. You are also able to successfully promote yourself. In fact, this is the source of much adventure; new opportunities for work, travel, and exotic experiences present themselves with regularity.

Your challenge is to prevent yourself from becoming a rolling stone. You need to ground yourself in a particular discipline, career, or relationship. This will not limit your freedoms so much as give you a base for operation. Otherwise, you may find yourself skipping from one meaningless job to the next, one superficial relationship after another. You can also fall victim to the abuse of food, alcohol, sex, or drugs.

Elizabeth, you may fear being anchored or tied down, which can cause you to skim the surface of a pursuit you enjoy, or important relationships.

You must come to know the true meaning of freedom, which is unconditional love. You give your love and energy without the condition of holding on to a place, a person, or an occupation; and you expect the same in return -- to be loved for what you are, rather than someone who belongs to another. There is a highly spiritual path offering itself that requires detachment without loss of love.

Many turn away from this and instead choose to maintain a superficial relationship with the world, or with other people.

You must cultivate your talents, especially your verbal and writing abilities. You are likely a gifted salesperson, or promoter.

You must accept limitations as a necessary base for your freedom. Freedom cannot exist without limitations, otherwise you would be without identity, and without existence.