The Prism.

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What is colour numerology?
Colour numerology is essentially a map, which facilitates the observation of the dynamics of interpersonal relationships within any group of people. Our response to colour is an expression of our intuition and by understanding the significance of colour we may gain an insight into our intuitive senses. Your birth-date, when linked to colour and numbers reveals your inner self, your potential and your responses to other people around you. Numbers are symbols, which represent structure, and we need form to harness and utilise our energies more efficiently. Using this map we can see ourselves with bifocal vision, which means seeing the Light of each person as well as the personality, concentrating on the push and pull of energies rather than on personalities and habits of any particular individual. Good communication is the foundation of a well functioning group and the Prism builds harmonious relationships that nurture the best in each member.

What can The Prism could do for you?
It can give you a way of looking at the soul or spirit of your business or family, to see how well it has manifested in the world. It may provide you with insights into reoccurring problems that create dysfunction within the group. It will give the members of the group an opportunity to recommit to the group goals and to increase their sense of belonging to the whole. It will highlight each persons attributes as individuals so that each person may value themselves, their contribution and that of others, creating harmony and respect in the work place or home. Each person will see their direction in life as well as within the group.
WELCOME to the magical world of colour numerology

This is the game where YOU have the winning numbers. The objective here is simply to PLAY, the reward is a deepened relationship with your higher Self and if you do not believe that there is a spiritual aspect to your Being, then I invite to go into the nothingness that you do believe in and receive the potential for creation therein. Your own imagination is the link that will fill your whole being with coloured light which creates a context for your Essential Being or Self to emerge.

The child within you finally gets a chance to play while the adult within you holds the safe boundaries of play. Paget put it beautifully when he said “Play is the work of children, let them get on with their work.” This applies to the inner child every bit as much and in this game once you’re playing, you have already won.

To share this vision with me, the first thing you need to do is find your own key, your point of access into the world of colour. You can do this by using the numbers of your date of birth and through your life long connection to them a world of colours opens up to you which is alive with the vibrations of life. These numbers and colours give you a context in which you can come into relationship with your self as an energetic Being or as a being of light. As with the time of the dark or new moon, we draw a vale across the known and the rational, and create a space in time for the unknown or the unconscious to emerge.

Once you have established what numbers you are working with, go to the map. You will see that the board is made up of circles, like ripples in a pool. This represents the impact of our energy out into the world and also the fact that energy moves in cycles.
As human beings we are dynamic, relational, complex and embodied. Each aspect of your being needs to be included in the overall picture of who you are that will emerge. The central circle on the board has numbers placed around it, one to nine. The zero is represented in the circle itself. It is divided into two sides, representing the two aspects of energy, active and receptive. The only number to hold equal parts of these opposing energies is the number nine. These could be described as positive and negative, masculine and feminine or the yin, yang principal. So note your direction, where you started out from and where you are heading towards in respect to this. It often accounts for people coming into very active energy as they get older and vice verse.
FINDING YOUR OWN NUMBERS.

As in astrology, your date of birth is the key. Each person has access to particular vibrations since the day they arrived and this is the energy you will strongly relate to throughout your childhood and I will call this first number your Child Energy.

When you are looking back on your own childhood to see how well the different energies may have been nurtured, you must include the social and cultural mores of the time and the thinking of the generation from which your parents emerged. This dis-identification will help stop you getting lost in fault or blame and simply accept what is.

The month refers to the energy you use to get through life and achieve your goals in the world. This energy becomes apparent in adolescence and remains active throughout the rest of your life and I will call this second number your Skill Energy.

The year you were born indicates the goal or Intention behind incarnating in this lifetime. The presents of this energy is not fully realised until a level of maturity is reached and some degree of success with the skill energy achieved. I will call this your Goal Energy. Your goal energy is always about service, firstly to the higher self and as a result of that, to the family of humanity.

By adding up the first three numbers you get one over all number, and this indicate the way in which you view the world. If the first three numbers make up a camera that is you, then the overview is the lens through which you see yourself and the world in general. This energy is active throughout your whole life and is often the most subtle energy to detect. I will call this your Overview Energy and as you look at the rest of your numbers remember which colour you are looking through.
CARDS WRITTEN ON BOTH SIDES

SIDE ONE.

RED. 1.

Statement, "I am."

Qualities of the red ray.

Balanced.       Unbalanced.
Courageous.     Dominant.
Strong personal will. Resentful.
Forgiving.       Obstinate.
Grateful.        Ruthless.
Spontaneous.     Quick tempered.
Truthful.        Sentimental.

SIDE TWO

Affirmation, I am strong, full of courage and succeed in all I do.

Visualisation to bring red energy into balance:
Picture a red rose, set against a pale blue sky. As you focus your attention on the centre of the flower, watch it slowly open it’s petals to reveal its golden heart. Breathe in the fragrance along with the colour to fill your entire body.
SIDE ONE.

Orange. 2.

Statement,” I feel.”

Qualities of the orange ray.

<table>
<thead>
<tr>
<th>Balanced</th>
<th>Unbalanced</th>
</tr>
</thead>
<tbody>
<tr>
<td>Harmonious.</td>
<td>Despondent.</td>
</tr>
<tr>
<td>Self-confident.</td>
<td>Lazy.</td>
</tr>
<tr>
<td>Enthusiastic.</td>
<td>Exhibitionist.</td>
</tr>
<tr>
<td>Independent.</td>
<td>Proud.</td>
</tr>
<tr>
<td>Constructive.</td>
<td>Destructive.</td>
</tr>
<tr>
<td>Sociable.</td>
<td>Inferiority complex.</td>
</tr>
</tbody>
</table>

SIDE TWO.

Affirmation, I feel alive and well and release my joy within.

Visualisation to bring orange energy into balance:
Imagine a large dark blue bowl full of oranges. Notice how the colours sharply contrast each other. Take one of the oranges and cut it in half, breathing in the fresh sweet aroma of the fruit. Taking one segment of the orange, hold it up to the sunlight and look at the way the juice glistens as you anticipate its flavour. Now taste the fruit, taking in all the refreshing qualities the colour has to offer, swallowing them down to a place just below your navel.
SIDE ONE.

Yellow. 3.

Statement,” I think.”

Qualities of the yellow ray.

<table>
<thead>
<tr>
<th>Balanced</th>
<th>Unbalanced</th>
</tr>
</thead>
<tbody>
<tr>
<td>Awareness</td>
<td>Devious</td>
</tr>
<tr>
<td>Optimistic</td>
<td>Pessimistic</td>
</tr>
<tr>
<td>Clear logical mind</td>
<td>Vague</td>
</tr>
<tr>
<td>Artistic</td>
<td>Cowardly</td>
</tr>
<tr>
<td>Tolerant</td>
<td>Sarcastic</td>
</tr>
<tr>
<td>Honesty</td>
<td>Judgmental</td>
</tr>
</tbody>
</table>

SIDE TWO.

Affirmation, Ideas flow to me and I feel renewed.

Visualisation to bring yellow energy into balance:
Picture yourself walking through a field of daffodils on a sunny spring day. Lie down in this sea of yellow and let the fragrance wash over you. Once lying down notice small bunches of primroses growing close to the earth. Pale purple crocuses cluster together under the veil of yellow in the afternoon sunshine. Get a sense of the expansion and freedom of this colour and let its happiness bring a smile to your heart.
SIDE ONE

Green. 4.

Statement, “I care.”

Qualities of the green ray.

<table>
<thead>
<tr>
<th>Balanced.</th>
<th>Unbalanced.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Compassion.</td>
<td>Indifference.</td>
</tr>
<tr>
<td>Love children and animals.</td>
<td>Selfish.</td>
</tr>
<tr>
<td>Adaptable.</td>
<td>Envious and jealous.</td>
</tr>
<tr>
<td>Discriminating.</td>
<td>Frustrated.</td>
</tr>
<tr>
<td>Imaginative.</td>
<td>Unimaginative.</td>
</tr>
<tr>
<td>Active.</td>
<td>Passive.</td>
</tr>
</tbody>
</table>

SIDE TWO.

Affirmation, I feel young and free, as though my life were just beginning.

Visualisation to bring the green energy into balance:
Imagine yourself lying comfortably beneath a leafy canopy of a wood or forest. Watch the sunlight flicker between the branches as you take in the pungent aroma of the forest floor. Notice the many different shades of green all around you and search out the tiny pink flowers that hide from easy view. In this place you can never get lost as the forest knows where you are, let it take you where you need to be.
SIDE ONE.

Blue. 5

Statement, “I express.”

Qualities of the blue ray

<table>
<thead>
<tr>
<th>Balanced.</th>
<th>Unbalanced.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trust.</td>
<td>Unfaithful.</td>
</tr>
<tr>
<td>Integrity.</td>
<td>Self-righteous.</td>
</tr>
<tr>
<td>Serenity.</td>
<td>Superstitious.</td>
</tr>
<tr>
<td>Self-expression.</td>
<td>Apathy.</td>
</tr>
<tr>
<td>Inspiration.</td>
<td>Over ambitious.</td>
</tr>
<tr>
<td>Tactfulness.</td>
<td>Aloof and distant.</td>
</tr>
</tbody>
</table>

SIDE TWO.

Affirmation, I feel at peace and inspiration flows to me.

Visualisation to bring the blue energy into balance,
Imagine yourself walking through a field of bluebells on a bright summers day. Lie down and look up at the blue sky and let yourself breath in the colour with the fragrance of the flowers. Far off in the distance you can hear the sound of water as you let the clear colour wash over your entire body.
SIDE ONE

Indigo. 6

Statement, “I see.”

Qualities of the indigo ray.

<table>
<thead>
<tr>
<th>balanced.</th>
<th>Unbalanced.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Responsibility</td>
<td>Easily depressed.</td>
</tr>
<tr>
<td>Highly intuitive</td>
<td>Separateness.</td>
</tr>
<tr>
<td>Practical idealists</td>
<td>Inconsiderate.</td>
</tr>
<tr>
<td>Devotion.</td>
<td>Blind faith.</td>
</tr>
<tr>
<td>Articulate.</td>
<td>Scattered mind.</td>
</tr>
<tr>
<td>Reformers.</td>
<td>Conformist.</td>
</tr>
</tbody>
</table>

SIDE TWO

Affirmation, I am the teacher and I teach by example and heal by my presence.

Visualisation to bring the indigo energy into balance:

Imagine looking up into the night time sky, the deep blue velvet peace lit only by the twinkling stars descends upon you, calming and soothing the wounding your life has endured. Let yourself surrender as you slowly fall into space and are cradled by a hammock of stars gently holding you in safety and love.
SIDE ONE

purple. 7.

Statement, “I surrender.”

Qualities of the purple ray.

<table>
<thead>
<tr>
<th>Balanced.</th>
<th>Unbalanced.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Humanitarian.</td>
<td>No true concern for others.</td>
</tr>
<tr>
<td>Inspired leaders.</td>
<td>Fanatics.</td>
</tr>
<tr>
<td>Kind and just.</td>
<td>Flaunt their power.</td>
</tr>
<tr>
<td>Self-sacrifice.</td>
<td>Arrogant.</td>
</tr>
<tr>
<td>Pure idealism.</td>
<td>Morbid interest in the reality of Darkness.</td>
</tr>
<tr>
<td>A reverence for all life.</td>
<td>Superiority complex.</td>
</tr>
</tbody>
</table>

SIDE TWO.

Affirmation,

Visualisation to bring the purple energy into balance:
SIDE ONE

Silver. 8

Statement, “I receive.”

Qualities of the silver ray.

<table>
<thead>
<tr>
<th>Balanced.</th>
<th>Unbalanced.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spiritual harmony.</td>
<td>Schizophrenic.</td>
</tr>
<tr>
<td>Fluidity.</td>
<td>Elusiveness.</td>
</tr>
<tr>
<td>Illuminates.</td>
<td>Deceptive.</td>
</tr>
<tr>
<td>Unbiased.</td>
<td>Delusion.</td>
</tr>
<tr>
<td>Reflective</td>
<td>Wallows in emotion.</td>
</tr>
<tr>
<td>Mercy.</td>
<td>Melancholy.</td>
</tr>
</tbody>
</table>

SIDE TWO

Affirmation, I manifest the pure white light of goodness on the earthly plane.
This ray holds the balance of spirit and matter as above so below.

Visualisation to bring the silver energy into balance:
Imagine looking at the reflection of the full moon in a still pool at night time. When you feel you can hole this picture clearly look up at the moon itself, if you become distracted by outside thoughts go back to the reflection in the water until you can hold both with the same clarity
SIDE ONE

Gold. 9.

Statement, "I am one with the universe."

Qualities of the golden ray.

balanced. unbalanced.
Forgiveness. Conceit.
Generosity. Limitation.
Maturity. Paranoia.
Gracious. Disgrace.
Knowledge of the self. Suspicion.
Abundance. Scarcity.

SIDE TWO.

Affirmation,
I let my radiant energy and strength inspire others towards happiness and fulfilment.
HOW TO FIND YOUR NUMBERS.

Take your birth date and add up the numbers as shown in the examples below bringing each number down to a single digit. Then add the your three numbers together to get the overview. To demonstrate more clearly, here are some examples;

e.g.; (1)
Date of birth..............................................26-11-1935.
Child energy..............................................2+6 = 8.
Skill energy..............................................1+1 = 2.
Goal energy..............................................1+9+3+5 = 18 = 1+8 = 9.
Overview..................................................8+2+9 = 19 = 1+9 = 10 = 1.
This persons numbers are..................................8-2-9 = 1

e.g.; (2)
Date of birth..............................................12-3-1960.
Child energy..............................................1+2 = 3.
Skill energy..............................................3 = 3
Goal energy..............................................1+9+6+0 = 16 = 1+6 = 7
Overview..................................................3+3+7 = 13 = 1+3 = 4
This persons numbers are..................................3-3-7 = 4.

Your turn to find your own numbers, have fun.
PLACING YOUR LINE.

Begin by stretching the elastic line from your child number to your skill number. The line may span the whole circle or may stay on the same side, pay attention to the movement itself. Then put the second energy line in, moving from the skill number to the goal number. Remember that all of this movement is viewed through the eyes of your overview number so remember the context that you are looking from.

CARDS.

Once you have found your numbers, select the cards relevant to you. Your overview card is the first card to read, as this is an indicator of how you will perceive all other information. It is important to remember at this point, that you are a vehicle for this energy, and you are more than this energy. Take time to reflect on the qualities presented on the cards. Check out what areas are balanced and unbalanced in your view of yourself. Ask others if they see you in this way and remain open to their view of how that energy flows within you. We often do not see ourselves as others do, as we are largely unaware of our resistance to a particular frequency.

If you feel there were areas out of balance in your childhood or are presenting as unbalanced in your current situation, the creative visualisations on the reverse side of the card will take you where you need to be, to soothe and heal an old wound that keeps you out of relationship. It may help you to come to a greater understanding of how comfortably you manifest this energy by reading the fuller explanation of that particular colour energy in this book.
BUILDING THE FAMILY / GROUP WEB.

You can have great fun looking at the connections people have with each other energetically by seeing the type of connection they have with you and the other members of the group. When building up the family or group web, each line is placed one over the other and a picture of the connections will slowly start to emerge. The elastic lines remind us that there is always tension between two.

Among the members of the family there maybe numbers they share or have in common, these I will call a Platform Connection. This type of connection tells us that each person has a personal experience of this energy and that they may begin to relate to each other from this common ground, and perhaps from here, they could relate to each other from a place of mutual understanding.

Where the lines of energy cross over or through each other, I will call this a Cross Connection. This is a more complex connection, which you could imagine as two crossed swords of light passing right through each other. This creates a deep intimacy that when chosen with the beloved is a wonderful experience. Yet this level of intimacy can be very intense when it occurs with a sibling or parent, as there is no sense of choice and energetic boundaries can be an issue that both are aware of but do not know how to explain.

Once the group web is completed, it’s easy to see how each persons line effects every other. What ever is happening within us vibrates out and creates an impact throughout the whole group web as it vibrates. Remember these are lines of energy and are constantly moving, it is only our resistance that causes disruption and a drain of energy is experienced. It is only by playing this game that the real benefits of the forum may
emerge. The opportunity to look objectively at the dynamic interaction between each member of the group will be enhanced by the communication this encourages through a new type of dialogue. Intuitively we already know or have a sense of what is happening at this energetic level and this game gives us a language to express ourselves without getting too involved with personalities. I hope you enjoy playing this game as much as my family and I do and remember that like life, it is a game and when you learn how to PLAY it’s all just a bit of fun.