



Our siblings push buttons that cast us in roles we felt sure we had let go of long ago—the baby, the peacekeeper, the caretaker, the avoider.... It doesn't seem to matter how much time has elapsed or how far we've traveled.

~Jane Mersky Leder

Siblings are the people we practice on, the people who teach us about fairness and cooperation and kindness and caring—quite often the hard way.

~Pamela Dugdale

Growing up, I defined myself as “number four of five kids” or “the youngest daughter”. How did you define yourself within the family unit? Now, how did your family define you? Amazing how we were assigned a number or a label, isn't it? Even an only child has that as his or her's brand. Twins and triplets are defined as “older by 'so many' minutes” there is still the birth order “label” with multiples.

Relationships are the “between” energy (e=motion) that is created by comparing the similarities and contrasting the differences between two things. In this case, we grow up comparing the benefits and the detriments of our birth order within the family unit. We focus on the favoritism of one sibling and how we are looked over, slighted, or abused in one way or another by parents or other relatives. We know each sibling's faults, strengths, dating history, acne issues, mortifications, awards, grades, good and bad friend choices, disappointments and who could hold their breath the longest underwater. Rarely do my clients look at the positive benefits of their childhood, if they did, many would not be clients, as it seems siblings and family are the primary targets we aim for when directing our emotional energy.

I mentioned in the first entry to this series that your birth family, your origin, supplies you with the initial content for comparison and contrast of your identity:

- * self-worth
- * self-esteem
- * self-expression

Take note: the key phrase here is initial content.

Thursday's Kick! Between Siblings

Your family is your point of reference, or your point of departure depending upon your perspective and your relationship with them. Your perspective is determined by your life path or life lesson number.

Ever wonder why siblings can grow up in the same household and have completely different memories of the same incident or situation? Often we will attribute this to age and maturity as well as social reference points.

In my practice, I look at your life lesson number and the life lesson numbers of your immediate family members to give me clues to the relationships and challenges you may be experiencing. You will process your environment, your experiences through your life lesson number.

In a sense, your life lesson number is your emotional filtering system.

Life path number is derived from adding up the numbers of your full birth date. That includes the full year in the equation. Numerology deals with reducing a number to a single digit, so you add the sum of the dd/mm/yyyy=?? And then add ?? together to achieve one single digit.

For example: May 22, 1954

May is added as 5 (May is the 5th month)

$$5+2+2+1+9+5+4= 28$$

Then 28 is added and that sum is $2+8 = 10$

10 is added $1+0= 1$

Their life path (lesson) number is 1

You can then refer to the keyword chart and find out what emotional filter a 1 life lesson number uses to process their experiences. It is quite fascinating and eye-opening when you begin to look at everyone in your family and compare.

This allows you to look a bit more objectively at THEIR truth, not YOUR truth. This is not about pushing YOUR truth into their reality (unless you are a 1, then you want everyone to accept your truth as their reality!)

LIFE LESSON NUMBERS AND PERCEPTION

1) A 1 life path will process through raw human emotion, so extremes can be an issue. Balanced 1 is independent and in charge. Not balanced sees discipline as control, stubborn, and will hold their own. Can have victim consciousness, particularly with sexual harassment, and other base chakra emotions, including addictions.

Thursday's Kick! Between Siblings

2) A 2 life path will process through emotions, they are creative (even in story-telling), and often challenged with issues involving feminine energy (could be self, sisters, domineering mother, grandmother even all of the above). Sensitive to feelings and emotional situations and perhaps a tendency to “over-process” stuff.

3) A 3 life path will process through self-esteem, whether it involves over-abundance of ego or none at all this life lesson is all about self-expression. Issues are processes according to how they affect their life, their worth, and often humor can be the outlet. Can be the comedian in the family in order to entertain or break the tension.

4) A 4 life path will process through relationships, they create partnerships with family members. Family is their foundation and they feel a need to keep the peace and mend the fences. Also they may be the family “archivists” and want to document the family history through geneology, or orchestrate reunions and such.

5) A 5 life path is all about excitement, freedom, adventure, “sex, drugs and rock and roll” is the battle cry for this life lesson number. 5 is the only number that faces in two different directions and that makes it easy to associate it with adventure. Often they are the siblings that stir things up to keep the family interesting (I am being kind here) when in balance they are the siblings that offer a breath of fresh air, when they are out of balance chaos is their gig.

6) A 6 life path will often be the caregiver or nurturing sibling. 6 is known to be the most balanced number in numerology and represents a pregnant mother, thus associating it with caregiving. I find many nurses and elementary school teachers have this number in a prominent place in their chart. These are the siblings that attempt to take care of younger siblings or parents as they get older. They also may stay closer to home or if they cannot be close do what they can to stay involved.

7) A 7 life path will process much of their family experiences from an intellectual standpoint, almost having a loner or distant attitude concerning family. They do not have any problem with either moving away from home or having a job that they are completely absorbed in. As a sibling they are often the quiet one that observes and contemplates situations even analytical about family dynamics and can appear rather insensitive. They are often highly spiritual, not necessarily religious, but could be, as 7 is a spiritual number. Because of this, they often go within to find their answers to situations involving family.

8) An 8 life path is here to learn about money and financial responsibility. They, like a 1 life path are very independent, yet lead larger groups rather than just individual people. They can very much be in charge of the family unit, and can be mistaken for the oldest sibling even if they are not. They have a knack for offering the appearance that they are in charge and everyone tends to fall into line right behind them! Also, an 8 has an uncanny ability to reinvent or resurrect themselves many times during their lifetime, so when they are down and out, just hold on and see how they can pull themselves up and out.

Thursday's Kick! Between Siblings

9) A 9 life path will open themselves up to the world, they are the humanitarians of the pack. I equate them with Peace Corps, Doctors Without Borders, volunteer and missionary work, any of those tasks. They will be the siblings to guilt everyone into recycling or green energy and do what they can to make others more conscientious of their surroundings. 9's can give their heart to the world but have some trouble telling those closest to them how they feel, it doesn't mean they don't care or love you any less, they just have some issues with expressing their feelings one on one.

Birth order and gender also play a role, as well as whether you chose to be an only child, an "oops" baby, a miracle baby, or expected, cherished and loved. There are multiple births, miscarriages and abortions, adoptions, and just about every circumstance in between. It never ceases to amaze me how diverse families are, yet we still try as a society to compare the "functionality of our family" with the likes of Ward and June Cleaver.

When it is all said and done, attempt to take an objective view of your birth position within the family unit AND the conditions of your entry: ie expected and planned, miracle, adopted, and so on. Looking at these two factors in combination with your life lesson number can give you much insight into why you chose the family you did. AND it can also allow you to be more understanding of your parents and your siblings.

Next week, I explain more about birth order, conditions of birth, and the role of using the body/mind/emotion connection to help you manage sibling/family energy. Have a wonderful week! Blessings, Catherine