



Healing Soul Patterns by Pam Carruthers

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'The age at which a trauma occurs is significant and can give a deeper understanding of the process underlying that trauma. Our age provides clues as to what general issues we were facing at the time and why it happened then.'

Dr. Chuck Spezzano, co-founder Psychology of Vision

Soul Patterns can be understood by looking at the age and the relevant number that age represents.

Numbers can show a pattern that reveals key issues that might be affecting you now. Any crisis or trauma in your childhood will have significance depending on how old you were at the time.

A trauma will stop us from moving forward in our life. This can come from a variety of conscious, subconscious and unconscious issues. If life is a path that we are walking down, the crisis symbolises a place where we have fallen off the path or taken a detour.

Humpty Dumpty had a great fall . . .

A shock causes us to go off our centre and we can build a whole life that is not our true self. Any difficulty in receiving happiness, joy and abundance indicates this has happened. Needless to say that encompasses a lot of us!

The trauma can be a number of things:-

- An illness or accident
 - A parent leaving
 - Divorce
 - A death in the family
 - Abuse (emotional, mental, sexual or spiritual).
 - We often have more than one trauma, i.e. something that happened to us, and something that happened to our family. Both ages are significant.
- Ambitious souls have a string of traumas!



The age that the event happened shows the subconscious issue. Your age at the time might also reflect on something that happened to your parents at that age, so a family pattern can be discovered. Awareness is a valuable key in healing any issue in our lives.

The bigger the trauma the more likely it is that we have a big life purpose!

Understanding the Meaning of the Numbers

1. The Self, The Pioneer, the development of self-identity, to who am I? It relates to the first year of life and it relates back to conception. A crisis at this age means any time you start anything new, you can sabotage it or have huge resistance in getting it off the ground - to birthing it.

In astrology Aries is the first sign, it's Springtime with all the enthusiasm of new life and growth. Aries is the sign that represents courage -which comes for the French 'coeur' meaning heart. It governs the head in the body, so a trauma in our

first year can result in a fear of initiation, of strong resistance in starting new things. There is a fear of who you are and a withdrawal into hiding. The real you is a child of God, but this gets pushed down by the ego (the small self).

2. Relationship, being in partnership. This is about learning how to relate to others, especially how to consider others' needs and interests. We can fall into sacrifice patterns which can start at this age, which means we can become a martyr. We give but don't receive. Sacrifice hides a fear of intimacy and equality. Taurus is the second sign, and is governed by Venus the planet of love and relationships. The negative aspect of Taurus as a fixed sign is stubbornness.

Also at age 2 we are going through Mars returning to the same place it was at our birth. These are the terrible two's, the tantrums we have usually directed at our mother. We can at last express our anger that we may have withheld at birth. Tantrums are not just for kids, many grown-ups have them!

3. Communication, expressing oneself and sharing your giftedness. We are talking at this age but what are we communicating? What are we sensing is going on in the family? Often a sibling is born when we are approaching 3. This is a both a wounding –'aren't I good enough?' – and sets up competition – a belief there's not enough love to go around. Gemini is the third sign and is the third house that represents our siblings.

It becomes traumatic because at the age of three most children begin to see their life's purpose as impossible, given their family and life situation. Our purpose can seem like 'mission impossible,' but the crisis at age 3 becomes the key excuse the ego sets up for failing in it.

Dr. Chuck Spezzano has found in his 30 years of working with thousands of participants all over the world that conspiracies begin at this age. They are traps so well set up it looks like there is no way out. Conspiracies remain in place because they are hidden from the conscious mind. He has written an excellent book and card deck dealing with this important issue.

4. Chronic Problem which -when healed -becomes the foundation of your life. It's as if a cornerstone is missing, a vital building block that needs to be put back to bring stability and roots. The fourth house in astrology is the area of life that is home and our roots. If weak it shows a difficulty in being on the earth, of being grounded. Cancer is the fourth sign, which is mother and home. Cancer as the crab has a tough shell but is very soft inside, just as when we go independent we are hiding our vulnerable feelings with a tough exterior.

5. Transformation, begin living in a new way. Any problem at this age shows a resistance to change. Transformation can sound easy but it's like a caterpillar changing into a butterfly. Just imagine if the caterpillar knew what was happening to it! We might not have had the cocoon that provides the safety to go through this metamorphosis. The fifth sign is the Sun, the heart and the fifth house is play, love affairs and creativity. Five used to be the age at which a child went to school, how well did we cope with this transition?

6. Maturity, success, sexuality, deep feelings, the heart of the issue.

Harvest. This relates to the family and a crisis at this age would be a deep heartbreak and an unwillingness to mature, being stuck and overwhelmed by deep feelings. Six in astrology is the sign of Virgo. This is the archetype of the Virgin, which is the Goddess and being of service. The sixth house represents talents and skills, so the ego would prevent us using our gifts and we can get caught in issues around the body, of not feeling pure and innocent. The sixth house is also opposite twelve in the 12 house system of astrology, so has a link with spirituality, see number 12 below.

7. Spiritual wisdom, truth, a time of going within. In astrology this relates to a quarter cycle of Saturn, the planet that (in its negative aspect) represents fear, guilt and hard work. A crisis at the age of 7 can be a spiritual crisis and a loss of faith. It can show up as making the decision to be independent, and a closing of the heart chakra because of the heartbreak and pain. This is the life story of the loss of childhood, bringing ourselves up alone *without asking for help*. The cycle can repeat at age 14, 21 and 28-9. Meditation and the soul going on a spiritual quest, can bring the positive results of Saturn. These are the discipline, structure and stability that is Mastery, a place of 'being' and centredness. This is a state of peace and wholeness.

8. Abundance, a blossoming. Traumas at this age reflect a fear of receiving, of having it all. What might happen if we were truly golden children? Scorpio is the eighth sign, traditionally ruled by Mars, the planet of sexuality and Pluto, which is buried unconscious power.

The eighth house is sex - where we surrender ourselves. It represents death of the ego, 'le petit morte'. It is the house of 'other people's money' so is wealth on a big scale. It reflects back to the second house which is self worth.

However the negative aspect of Scorpio as a fixed sign, is that it can view change and the resulting transformation as a painful and tough process. No surprise that the ego resists this ability to manifest and receive true power and wealth.

9. Completion, harvest, letting go and wisdom. Nine represents the end of a cycle, and at this age we attempt to revisit and complete any unfinished business in our childhood. Crisis at this age reflect a fear of loss, which results in holding on.

The ninth sign is Sagittarius; the ninth house is the area of higher knowledge and wisdom.

10. Birth and Rebirth Traumas here reflect a problem embracing a new chapter in our life, a new beginning. The tenth sign is Capricorn, known as the sea-goat. Originally a creature from the sea it becomes a land creature. This house is the house of career, it reflects the position we have in the public eye, of being at the top. The 10th house is our connection to our father, our authority issues with him, our bosses and ultimately with God. If we are in a fight with authority, we'll have a problem receiving, and a problem stepping into our authority, which is being the author in our life.

11. Leadership, a stepping up and responding to those around us who need our help. If we get caught here we can have a sacrifice pattern which is similar to the number 2, so we haven't learnt how to be in true relationship with a group of people. Aquarius is the eleventh sign and the eleventh house is the house of friends and groups. The Rebel is strong here, as Aquarians are known to be revolutionaries.

12. A new self which is in relationship with -and receiving the guidance of - Heaven, the Universe.

Chuck Spezzano writes: "The number twelve signifies a new stance or exploration – as symbolized by the number one – and a new level of relationship, which is indicated by the number two. This brings about a whole new level of cosmic expression and spiritual communication, and a higher level of giftedness. We receive guidance or inspiration and so can express our self at a whole new level. The problem here is that we need to give up control -which comes from fear- so that we may hear the inner guidance."

Astrologically age 12 connects us to the energy of Jupiter in our birth chart which has a 12 year cycle. Hence Jupiter will be at the same position it was at birth. Jupiter represents our purpose in the world. Its no coincidence that age 12 is the time of many religious rituals such as Confirmation or Bar Mitzvah. Its also the age of puberty for many children. The twelfth house- ruled by Neptune but traditionally by Jupiter - is the area that is most spiritual, where we renounce our ego and merge with the Divine. We surrender to something bigger than ourselves, and come from a place of Spiritual Dependence, following the Higher Mind.

13 A Chronic Soul problem which reflects something that happened at age 4. This can be a crucial age as we have more awareness and a better recollection of what happened to us then, than at age 4. **See age 4.**

Each number in the teens has a soul level aspect to it. With any double number add the numbers up to see the original age it reflects.

SPIRITUAL COACHING with Pam

Get to the heart of present- day problems and heal your traumas

In my coaching programme I use a process to revisit the original times of difficult event with the help of a spiritual being (such as a Guardian angel) to re-centre everyone who was caught in the story. I coach my clients to recognise their soul level gifts. These gifts, once given, can really help their family –without sacrificing themselves. This process is very profound and usually brings great release and healing. However, in my experience, the ego will bring out its big guns and use massive resistance to stop us discovering these places!

I recommend a minimum of 6 sessions to be most effective. See

<https://www.healingstars.com/spiritual-coaching/>

I am an experienced coach who can work with you online via Zoom. A workshop with me is one of the fastest ways to heal your past traumas. My workshops focus on the healing principles of forgiveness, love, grace and miracles.

Email me at pam@healingstars.com Tel 07932 641 892

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Dr Chuck Spezzano with additions by Pam Carruthers, who has over 450 days of training with the Psychology of Vision model.

