

Spirituality

Spirituality involves a sense of connection to something greater than ourselves, something more to being human than sensory experience, to live with hope, meaning and purpose, and inner peace



Angel Numbers

Angel numbers are number sequences that contain repetition (such as 111 or 4444) and / or patterns (such as 321 or 8787).

Although they may appear in the most ordinary places, these numbers usually grab our attention and – even if for only a moment – evoke a sense of wonder.

The reason we're enchanted by these sequences, however, is an extension of their symbolism: It is believed that these numbers are messages from the spiritual universe that offer insight, wisdom, and directionality.

Whether you assign them to angels, guides, ancestors, spirits, or simply a higher state of your own consciousness, angel numbers can confirm you're on the right path, shed invaluable insight on a complicated situation, or even illuminate the powerful, mystical meaning behind recurring themes you experience throughout your life.

Where to find them

Part of what makes angel numbers so magical is that they appear in the most ordinary places. Angel numbers show up on clocks, timestamps, and alarms. They appear in addresses, phone numbers, and license plates. Angel numbers may even show up in receipts, price tags, and travel itineraries.

You could chalk this up to frequency illusion or you could consider TANC: The reason angel numbers appear in the most mundane environments is because the spiritual universe is intentionally offering a gentle reminder that you're moving through something greater than any day-to-day circumstance could ever express.

You're on a mission. There's a purpose. And, especially when the road ahead feels foggy and unknown, the presence of an angel number can feel like a warm embrace.

What do they mean

When you observe an angel number, its recommended to stop, grab a pen and paper (or the notes app on your phone), and jot down whatever thoughts, ideas, or impressions come to mind. That way, you can cultivate a unique relationship with that angel number and, anytime it shows up in the future, you have already defined what that sequence means in your life.

In numerology, however, different numbers carry different symbolism, so as you're beginning to develop your unique relationship with angel numbers, you can work with the powerful spiritual interpretations of digits to understand the meaning behind certain sequences.



Zero is associated with new opportunities. When you witness zero in a sequence (either within a set of three, four, or within a pattern), this could signify a fresh start. You're at the very beginning of a brand new cycle, which means you can create whatever your heart desires. Don't be afraid to make big, bold decisions at this point in your journey.



One is a powerful manifestation figure. If you encounter one as an angel number (either within a set of three, four, or within a pattern), relish the opportunity to make a wish, set an intention, or plant a seed, as this is believed to indicate a "greenlight" from the universe. You are working with extraordinary support from your angels, guides, or ancestors, so – at that moment – the present and future are dynamically connected.

2

Two suggests balance, trust, and alignment. Experiencing two in a sequence (either within a set of three, four, or within a pattern) could mean that someone – either in the physical realm or spiritual domain – is helping you get where you need to go. Seeing twos could indicate that it's an excellent time to reach out to your most trusted companion to see if divine collaboration is possible.

3

Three is an indication of magnetic creativity. Noticing three as an angel number (either within a set of three, four, or within a pattern) could mean that you have the opportunity to add your unique talents and abilities to a situation. Moreover, the presence of three indicates that by leaning into your innate gifts, you'll find more value and abundance in whatever circumstances you are navigating. Your artistic expression is critical!

4

Four symbolizes stabilization. Observing four as an angel number (either within a set of three, four, or within a pattern) suggests that you are in the process of grounding, rooting, and cultivating an infrastructure that's truly built to last. When interacting with four, don't be afraid to ask for help or assistance, especially if you're navigating long-term projects that require specific expertise.

Fundamentally, this is about establishing trust that will empower you to reach new heights.

5

The presence of five suggests that major changes could be on the horizon. If you've been feeling stuck, stifled, or inspired, observing five as an angel number (either within a set of three, four, or within a pattern) reveals that massive shifts might be in the works. For now, these transformations may be occurring behind-the-scenes – in other words, key decision-makers are still weighing options – but five appear as an angel number suggests you're on the right path.

6

Although some may fear six (especially in a triplet) because of religious associations with the Devil or demon figures, within angel numbers, six (either within a set of three, four, or within a pattern) has a supportive, compassionate, and empathetic nature. Six can be a gentle, much-needed reminder to treat yourself with kindness and understanding. Sure, things may not always go according to plan, but with angel number six on your side, you know that you can choose how you want to interpret a situation, remembering that everything happens for a reason.

7

Seven is as lucky in angel numbers as it is at the casino! Experiencing seven as an angel number (either within a set of three, four, or within a pattern) means that good fortune – especially finance-wise – could be on the way. New monetary opportunities may arise, so seven invites you to branch out and explore possibilities beyond your comfort zone. Short-term gigs may become lucrative, consistent income streams, so integrating your spirituality with your values is the perfect expression of this energy.



One of the most divine numbers in numerology is eight, and observing this digit as an angel number (either within a set of three, four, or within a pattern) could reflect a connection to the spiritual universe in a powerful way. Those who believe in an afterlife may see eights as a sign that they're receiving supernatural support from loved ones who've crossed on. Fundamentally, eight is the symbol of infinity – the endless loop that transcends any singular lifetime – so don't be afraid to dive into your intuition when this angel number appears.



As the final digit in numerology, the presence of nine suggests a chapter may be coming to an end. Witnessing nine as an angel number (either within a set of three, four, or within a pattern) is sign that a meaningful cycle could come to a close, and you'll soon be beginning a brand new journey. Likewise, this is an excellent time to step outside your comfort zone, expand your horizons, and explore new territory. Whether you're interested in venturing into a new career or going back to school, the spiritual universe will be sure to support your courageous choices.

Feathers

Feathers have long held spiritual meaning in many different cultures not only across our globe but our species timeline as well.

Feathers often symbolise protection, love, the presence of guardian angels, the wind, your creator, and even your connection to your god.

Coming across a feather in your path, or finding a feather in an unexpected place is thought to be a message. Finding a feather is often a magical moment!

It's a symbol of acknowledgment, that someone or something is looking out for you, keeping you safe and empowering you to whatever path you set upon. If you see a feather, your angel is near and they are reminding you that, with them, you are safe.

They will use feathers of all different shapes and colours to offer you comfort or validation when you need it most. Feathers could also be a clue to an answer you have been looking for, or even a message to tell you you're on the right path.

Although the most common feather sent is white, they can come in all kinds of colours, and the colour of your feather can give additional meaning to the message you are being sent.

No matter what the colour or meaning, finding feathers is a true blessing and a sign of love from your angels.



Colours

White



White is the most common feather. It is thought to be a sign of faith and protection. This feather can also be your angels telling you that any loved ones in heaven are safe and well.

Key words: angels, blessings, faith, heaven, hope, peace, potential, protection, purification, spirituality, trust, wisdom.

Pink



A pink feather is a sign of love from your angels. They are letting you know that their love is unconditional.

Key words: caring, compassion, empathy, faithfulness, feelings, friendship, gentle, emotions, harmony, honour, inspiration, kindness, love, relaxation, romance.

Purple



Purple is a colour that represents spirituality. Perhaps your angels are prompting you to activate higher thought and connectivity.

Key words: healing, higher thought, meditation, power, religion, spirituality, universal consciousness.

Red



A red feather represents courage, strength, stability, and good fortune. If you've been going through a difficult time of late, your angels are sending comfort to let you know how strong you are.

Key words: action, career, courage, energy, good fortune, intense emotions, life force, money, passion, physical vitality, possessions, protection, security, sex, strength.

Yellow



Should you find a yellow feather, your angels may be nudging you to smile, have fun and enjoy life!

Key words: blessings, cheerfulness, communication, confidence, eloquence, happiness, intelligence, intuition, joy, mental alertness, playfulness, power of thought, travel and movement, vision, wisdom.

Green



Green feathers represent prosperity and growth. If you find a green feather, you're in luck!

Key words: emotions, employment, fertility, forgiveness, growth, harmony, healing, health, money, nature, prosperity, relationships, success, unity.

Brown



Brown feathers symbolise home and grounding. Perhaps your home life will see positivity soon!

Key words: animals, endurance, fertility, friendship, grounding, health, home, respect, stability.

Black



A black feather is a sign of protection from your angels. They are here to guard you and repel negative energy.

Key words: absorbing negativity, banishing negativity, death (closing of a chapter), mystical wisdom, protection, repelling, warning.

Orange



Orange feathers will bring you attraction and success! This is a sign that any new ideas or opportunities are approved by your angels.

Key words: ambition, attraction, change, energy, independence, new ideas, optimism, relationships, success, will power.

Year End Reflections

Surround yourself with the dreamers and the doers, the believers and thinkers, but most of all surround yourself with those who see greatness within you, even when you don't see it yourself.

Just remember it is ok to make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing the world. Make your mistakes, next year and forever.

Take time before the end of the year to really review and reflect. Use this end of year reflection guide to help inform your plans



10 Highlights

Accomplishments and best memories - this can be an accomplishment like a running a marathon or one of your favourite moments / memories from the year like a family holiday.

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....
- 8.....
- 9.....
- 10.....

5 Disappointments

Failures and missed opportunities - what did you do / not do that bothered you? Was it bailing on a friend in need?
Not being able to lose those last 5lbs?

1.....

2.....

3.....

4.....

5.....

3 Game Changers

Unexpected events that shifted your priorities - what unexpected things came along that changed your plans? Did you discover a passion for pilates? Find out you were allergic to something and needed to change your diet? Get a new puppy?

1.....
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2.....
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3.....
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3 Things You Focused On

What you put the most of your time into - see any patterns in your highlights? What are the three main areas in your life that you spent the majority of your time on this year?

1.....

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2.....

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3.....

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3 Things You Forgot

What you didn't get around to - see any patterns in your disappointments? What are the three main areas of your life that you neglected the most?

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Reflection

How does your end of year reflection inform your plans for next year? what will you change?

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