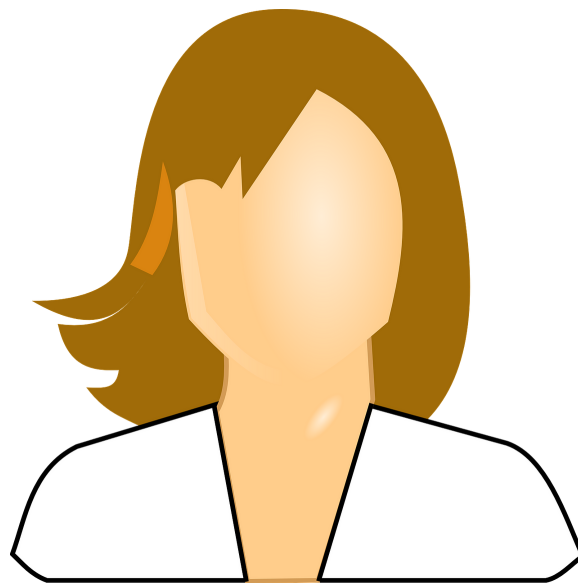


What's in Your Name? The Power behind your Name!

A mini-ebook
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What's in your Name

Our name and the way it is pronounced has an energy and a vibration. It brings an energy of our soul lesson.

We know that everything is energy, our words and thoughts are energy. They carry a vibration - high or low.
And so it is too with our names.

So what is your given name? What name do you use to refer to yourself? Do you use a nickname - or did you in the past? Have you ever changed your name or through marriage or separation?

Whenever we use a name or shortened name it carries an energy with it that shares our souls purpose and soul lesson.

So have a think about the version of your full name or given name that you use, the names of your children and see what you can find out!

Enjoy!

Romella

x

What's in your Name?

You are looking at the sound of the letter, rather than the spelling (as many of the vowels have multiple meanings).

Ways to use this information?

- Work out your soul quality and your soul lesson
- Check out your children/ partners name and soul lesson
- Sing or chant your full name to yourself and experience how it feels
- Say your name in front of a mirror and looking in your eyes. Especially powerful if you say "I love you x"
- Sing or chant your children's full name to them
- Have someone sing or chant your name to you too
- How does it feel to use your name in this way?
- Does the soul lesson match what you thought about your soul lesson/ quality?

What's in your Name?

Sounds of the Letters of your Name:

Soul quality expressed	soul lesson
a purity	to remain pure
aye purity of spirit	to transmute all lower thoughts and feelings
ah openheartedness	to open your heart to others feelings
b practicality	to be solid and grounded
c vitality	to look after your health
d generosity	to be giving
e honesty in relationships	to learn through relationships
ee love in relationships	to allow relationships to flower
f power with wisdom	to use power correctly
g support	to support self & others, physically, mentally, emotionally & spiritually
h nurturing	to shelter and nurture yourself & others
i self-awareness	to understand yourself
iy spirituality	to explore the world beyond the physical
j rulership	to express your majesty
k wise teaching	to teach knowledge with wisdom
l strength of mind	to be strong minded
m wisdom	to see situations from a higher perspective
n centredness	to flow with life and stay balanced
o integrity	to act with integrity
oh truth	to be true to self, in your essence
oo divine connectedness	to stay connected to the Divine

What's in your Name?

Sounds of the Letters of your Name:

Soul quality expressed	soul lesson
p solidity, capability	to be capable
q openness	to be open and honest
r honest communication	to communicate your truth
s trustworthiness	to be trustworthy
t contentment	to be contented
ewe personal integrity	to keep your integrity whilst protecting your heart
uh vulnerability	to look after your fragile heart
v true power	to use your strength with care
w compassion/ openheartedness	to allow your open heart to shine
x wise teacher	to teach sacred knowledge
y lightness/purity	to express angel qualities
z wisdom	to maintain your inner knowing
ch protection	to protect and honour yourself
sh inner beauty	to express your inner beauty
th tenacity of purpose	to hold onto what is important

What's in your Name?

NUMEROLOGY

You can use numerology to understand your characteristics of your full name too.

Write out your full name, then write the number each letter represents below it. Add each individual number up until you get to a double "master digit (11,22,33) or a single digit. Remember to use your full official name for this.

A 1 B 2 C 3 D 4 E 5 F 6 G 7 H 8 I 9
J 1 K 2 L 3 M 4 N 5 O 6 P 7 Q 8 R 9
S 1 T 2 U 3 V 4 W 5 X 6 Y 7 Z 8

So I would add up:

Romella Jones (I have no middle name)

$$9+6+4+5+3+3+1+1+6+5+5+1 = 49$$

$$49 = (\text{add } 4+9) = 13$$

$$13 = (\text{add } 1+3) = 4$$

so my number is 4 (this changes to a 1 if I use my maiden name)

What's in your Name?

NUMEROLOGY

Some sources differ slightly in their descriptions of each number, but overall their general descriptors remain similar:

1 – Initiator action, pioneering, leading, independent, attaining, individualistic

2 – Cooperation, adaptability, consideration of others, partnering, mediating

3 – Expression, verbalization, socialization, the arts, the joy of living

4 – Values foundation, order, service, struggle against limits, steady growth

5 – Expansiveness, visionary, adventure, the constructive use of freedom

6 – Responsibility, protection, nurturing, community, balance, sympathy

7 – Analysis, understanding, knowledge, awareness, studious, meditating

8 – Practical endeavours, status oriented, power-seeking, high-material goals

9 – Humanitarian, giving nature, selflessness, obligations, creative expression

11 – Higher spiritual plane, intuitive, illumination, idealist, a dreamer

22 – The Master Builder, large endeavors, powerful force, leadership

taken from www.wikihow.com