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## Numerology lucky numbers

Podcast: Download (Duration: 1:05 — 1.5MB) Subscribe: Android | RSS Anchor lead: Hearing is a simple number you should know, Elizabeth Tracey reports Hearing should be a reported number just like cholesterol. That's according to Frank Lin, a hearing expert at Johns Hopkins, in a recent paper advocating for widespread adoption of the practice. Lin: You know roughly your blood pressure, people who have diabetes will know their sugar, and things like that. The metrics really matter. Because the metrics are how we communicate things, it's how you understand if it's getting worse or better, it's how you compare yourself to others in many ways. But hearing, ironically you realize, no one knows their quote unquote hearing number. We say oh it's a mild, moderate, it's severe. And there's actually not a hearing number but the ironic thing about that is there are tons of hearing numbers. Hearing is actually really straightforward and easy to measure with incredible precision. That's what audiology is all about. :30 Lin and colleagues have developed a staged plan to roll out awareness of hearing numbers and how important they are. The plan starts with getting experts in hearing to recognize and utilize a standard, then expanding that to other physicians and the public. At Johns Hopkins, I'm Elizabeth Tracey. Some people notice the repeated appearance of a particular number in their daily lives, in historical records or in religious texts like the Bible. It often seems that the repetition is too frequent to be coincidental. In some cases, people have theorized that these repeating numbers have special significance or demonstrate the influence of a deity or supernatural force. Although not strictly part of numerology, this perception often assigns numerology-like attributes to the frequently appearing numbers. This has led to the 23 Enigma and other beliefs that specific numbers are at the center of a pattern or conspiracy.Critics, on the other hand, dismiss such occurrences as coincidence for a number of reasons:People are good at recognizing patterns. While this helps people learn to read, count and recognize faces, it can also encourage people to interpret random events as patterns.Because of the small number of numerals that exist in the world, repetitions are inevitable.Because of the small number of round, square or otherwise distinctive numbers in the world, repetitions of those are inevitable as well.These criticisms can also apply to the practice of numerology. For example, some practitioners say they see their numbers everywhere, and that this confirms that numerology is real. However, according to critics, the frequent appearance is coincidental. In addition, critics point out that people are likely to remember seeing their numbers and forget seeing other numbers. In other words, a person whose number is seven will remember seeing lots of sevens while disregarding all the sixes, eights and other numbers he encounters. People are also more likely to remember the numerical attributes that apply to them while disregarding the ones that don't. This phenomenon is known as confirmation bias.But the biggest criticism of numerology is that it's based on an invented system of counting. This system developed to allow people to count objects in groups of ten, most likely because most people have ten fingers on which to count. Even the English words for numbers, which come from Old English, reflect these groupings of ten. "Eleven" means "one left," and "twelve" is an abbreviation of "two left."However, this system, known as a base-10 system, isn't the only -- or even necessarily the oldest -- system of counting. Indigenous tribes in Australian, New Guinea, Africa and South America developed number systems that counted in pairs. Rather than one, two, three, four, five, six, these progressed more along the lines of one, two, two plus one, two twos, two twos plus one, three twos. Some societies also used base-12 and base-60, which we still use to tell time.In other words, numerology, like astrology, is based on an invented system that people developed to better organize the objects around them. While people often find such systems helpful on a spiritual or emotional level, there's no scientific evidence to prove that the system really works the way practitioners say it does.The Birthday ParadoxPeople often express excitement when they learn that a friend or acquaintance shares their birthday. However, shared birthdays are common -- in a group of only 23 people, there is a 50 percent probability that two will have the same birthday. To learn more about the birthday paradox, check out The Birthday Problem from Wolfram Math World or our question of the day on the subject.Originally Published: Mar 28, 2007 Number 3 (12/3, 21/3)Communication is paramount for 3. Symbolically, 3 represents the output of two joined forces: It is the essence of creation. 3 is highly gifted at expression, seamlessly sharing innovative and pioneering concepts through art, writing, and oration. Your work inspires, motivates, and uplifts others, and 3 finds great joy making others smile. However, 3 is also known to be quite moody, and if 3 feels misunderstood, may withdraw entirely. The escapist tendencies of 3 are easily mitigated by practicing peaceful mindfulness: With such an active imagination, it's important for 3 to find moments of quiet to reset, restore, and recharge.Number 4 (13/4, 22/4, 31/4)In numerology, 4 has an earthy-energy and is centered around fortifying its roots. 4 adamantly believes in the physical world and knows that investing in a solid infrastructure is necessary for building a lasting legacy. Practical, hardworking, and responsible, the vibration of the number 4 is focused on creating logical systems that can support scalable growth. There is a solidity to 4, however, that can quickly devolve into rigidity; 4 must remember that rules are meant to enhance, not inhibit. It's easy for 4 to become stubborn, so 4 benefits from learning to loosen up and think outside-the-box. 4 w feel liberated and inspired by finding the bravery to take a few bold risks.Number 5 (14/5, 23/5, 32/5)Free-thinking, adventurous, and progressive, 5 is defined by freedom. 5 needs to experience the world by engaging its five senses: For 5, life lessons are acquired through spontaneous acts of bravery. Akin to Sagittarius energy within astrology, 5 is known for its playful, impulsive, and vivacious spirit. But on the other side of its signature joie de vivre, 5 can become restless and impatient. Since 5 is always seeking discovery, it has a difficult time accepting life's day-to-day responsibilities -- including professional and interpersonal commitments. 5 must remember that when it narrows its gaze, it will discover that the most rewarding exploration exists in its own backyard.Number 6 (15/6, 24/6, 33/6)6 is recognized for its nurturing, supportive, and empathic nature. A true healer, 6 has the ability to problem solve in both the emotional and physical realms, helping others through its straightforward, yet gentle, approach. 6 has a strong sense of responsibility, and cares deeply for its friends, family, and lovers. This number also can easily communicate with children and animals, displaying a soft tenderness and caretaker spirit. But not everything needs to be parented, and sometimes 6's protective energy can become domineering and controlling. To avoid carrying the world on its shoulders, 6 must learn to build trust and understanding for others: Simply put, everyone must follow their own unique path. I've worked in my fair share of offices. Popular notion holds that they are lifeless environments, dominated by the clacking of keyboards and the sound of printers running out of paper. When it comes to the Medical News Today editorial office, however, this stereotype couldn't be further from the truth.Our editorial office was first established in the United Kingdom a little over 5 years ago.The team has grown more than fourfold in that time, and while there have been many changes, one thing remains the same: our culture.From day 1, it was clear that the MNT team is something special. It abounds with wonderfully unique people, with interests ranging from rapping to paragliding. We all have different skillsets, and we all have very different tastes in music (cue the great ABBA debate).However, there are some things that run throughout the team. "I love working with people who are so passionate about what they do, super hard-working, and determined to do the job well, but who also have an excellent sense of humor and can have fun," one colleague commented. "Empathy is always a priority," said another, "and I can't stress enough how much this contributes to sustaining a great work environment." It's no secret that a happy team is a productive one. We're so happy to be part of a team with one distinct aim: to provide you, our readers, with reliable and actionable health content.It seems that you like what we're doing. July was a record-breaking month for MNT: more than 35 million of you came to our site. What is more, MNT have moved up the ranks to become the 7th biggest health website in the United States!This month, our article about how to lose weight without diet or exercise proved popular, and you were keen to learn about the health benefits of cranberry juice, as well as which foods can help reduce anxiety.Our report on a study about an existing drug that could prevent Alzheimer's disease piqued your scientific curiosity in August, as did our feature on the latest research on the health benefits of vitamin D.You were also interested in our article on a study that links the keto diet to diabetes, and our story on how probiotics could be linked to "brain fog" and bloating caught your eye.As always, we're open to article suggestions. Is there a health topic you'd like to learn more about? Get in touch and we'll get on the case! You can also reach out to us via Facebook, and you can keep up with the latest medical research by following us on Twitter and Pinterest.You'll hear more from me and the rest of the weirdly wonderful MNT team next month.Have a happy and healthful September!Honor Whiteman, Managing Editor 1 From Cannabis Slang to Celebration: The History of 420 2 Is an Owl an Omnivore, a Herbivore or a Carnivore? 3 Try These Simple Life Hacks to Be More Productive 4 How Do You Find Signature Apparel for the U.S. Open? 5 What Is Kung Bo Chicken? 2020 is the beginning of a new decade, and of course, it's a presidential election year. That's why we're happy to hear that in numerology, the year ahead is looking stable and bright. (Finally, some good news!)Each number, from one to nine, has a spiritual meaning. To apply numerology to a year, you add the digits of a year together until you're left with a single-digit number. This is known as the Universal Year number -- and for 2020, it's 4 (because 2+0+2+0=4). For comparison, 2019's Universal Year number was 3 (2+0+1+9=12, then 1+2=3), and 2021's will be 5 (2+0+2+1=5).Mary Shannon, author of The Witch's Book of Love, tells Refinery29. "4 Years tend to be relatively stable and have a comfy-cozy homey vibe to them. They are characterized as a time of reflection after the growth that generally occurs with a 3 Year (aka 2019)."To take advantage of this energy, focus on building both your relationships and your career. "4 Years are a great time to spend connecting with family members and adding to a foundation that already exists in your work life," Shannon says.2020 can also be reduced to another significant number. "2020 has an extra dimension to it. Taking out the 0s, this year could be seen as a master number, 22. 22 is the number of the master builder," Shannon explains. In numerology, there are three "master numbers": 11, 22, and 33. These numbers are particularly highly charged, the numerology resource World Numerology says. 22 is considered the master builder because it "has big ideas, expansive plans, idealism, leadership, and self-confidence."This number means that it's a great time to focus on achieving your goals. "Those who find themselves in a spiritual space may relate more to the 22 vibration of 2020 rather than the 4 energy," Shannon says. "If this is the case, they may find that 2020 is the perfect year to take dreams and manifest them into physical reality."For those who practice both astrology and numerology, there's even more significance. 2020 brings us a Saturn-Pluto conjunction in January (meaning that the two planets will be in the same sign, in this case, Capricorn). This conjunction "speaks to an astrological time of tearing down structures," Shannon says. "This will set the stage for those with a spiritual bent to tap into the 22 master builder energy of 2020 and create structures to replace those that have fallen." Sounds like good news for your New Year's resolutions! Within the practice of numerology, it's believed that we can better understand the world around us by observing numerical patterns in our daily lives. But, this spiritual discipline can also help people better understand their inner world, too. With the help of a simple equation, anyone can discover their Life Path number, a single-digit number that is said to reveal who you are, your deepest values, and the challenges you may have to face. In order to find your Life Path number, simply take your birthdate and reduce it down to its numerical value. For example, if you were born on July 5, 1989, you'd first identify the separate values of the day, month, and year. July is the seventh month, so its number is seven. Your day of birth is, obviously, five. Finally, your birth year can be reduced down to a single number by adding its digits together (1+9+8+9 = 27) and then adding that sum's digits together (2+7 = 9). So, you now have three numbers you need to add together (7+5+9 = 22) and yet another sum to reduce (2+2 = 4). Depending on your birthdate, you might end up with another double-digit number after this step -- just keep reducing until you get down to a single-digit number. In this example, four would be your Life Path number.If you're a total newcomer to numerology but are familiar with astrology, numerologist Felicia Bender says to think of it as life's to your Zodiac sign -- a representation of both your personality and, in the abstract, your future. "It provides you with what your optimal expression is and also what your tendencies and obstacles will be," she says. In other words, this number can tell you a lot about your personality, but possibly more importantly, it suggests what will be your life's greater purpose.To use our earlier example, a number four Life Path suggests that you thrive on structure and crave security. When you work within the parameters of your Life Path number by, say, sticking to a steady routine and maintaining your health, you'll feel more present, Bender says. "When we are in alignment with our Life Path purpose, we feel on track, energised, and on point," she says.By contrast, if you're on a number four Life Path and make risky decisions, splurge on unnecessary expenses, or skip your annual medical checkup, Bender says you're likely to feel out of your element and more than a little aimless. "Everything we experience in our lives has to do with this purpose -- everything," she says.Ahead, Bender walks us through all nine Life Path numbers and what they suggest about you and your life that lies ahead.

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