

APPENDIX 1

Bonus energy sources have the same energetic vibration as the governing SoleNumber.

How to use the bonus energy sources:

Trigram of the Tao: a basic building block of creation that depicts natural energy. The trigram for each category provides clues to your fundamental personal characteristics and is an additional layer to your understanding of who you are.

SolePath category: each governing number is connected to a SolePath category. This governing number category becomes part of your SolePath braid in addition to your two LightPaths and one DarkPath.

Energy zone: there is a place in your home and office, a feng shui zone, that balances and increases the flow of energy into your life and is directly related to your governing number. To discover where this is located in your space, and how to enhance the energy of that zone, refer to Dr. Debra's book 'In the Feng Shui Zone'.

Element: within the 5-element theory, with its enhancing and reducing cycles there is an element that relates to your governing number. This is all about using the element to enhance energy. For more information on the 5-element cycle, refer to my book 'In the Feng Shui Zone'.

Colour: Every colour has a wavelength and therefore a specific energy vibration. Darker colours have a softer energy and lighter colours vibrate at a higher level. Colours can be used in a variety of ways such as clothing, jewelry, and artifacts to boost energy.

Gemstone: gemstones are a gift from the earth, and each has a distinct energy vibration that harmonizes with the natural flow of energy of the governing number. Gemstones can be worn as jewelry, placed in a pocket, or simply displayed in your space to balance energy.

Essential oil: essential oils are a gift from the plants, and each has a distinct energy vibration that matches the governing number. Essential oils can be used in a diffuser, or a spritzer bottle combined with filtered water, or a few drops placed on a porous material e.g. a handkerchief. Essential oils promote well-being.

Animal instinct: gives you insights into your own behaviour. Study of the animal provides clues that will help you gain a deeper understanding of your own instinctual nature.