



Illustration: Matt Hollings

MY WEEK

JANE ALTON

Numerologist  
**"THE ENERGIES ARE SO POWERFUL AT THE MOMENT THAT WE'VE GOT EXTREMES OF WEATHER"**

**Numbers define our lives to an extent.** I didn't put this interview back 30 minutes due to numerology, but I did make a note of the time that we started talking - 10.57am. If I go to get petrol, I notice the number of the pump. It's the same with the numbers of your mobile phone, house or bank account. I find reading the numbers of our everyday lives quite comforting; it helps to make sense of your life and what is going on around you.

**Before I do my daily numerology reading,** a bit like a weather forecast for the day, I start with gongyo - a form of chanting. I believe just making the sounds changes how we vibrate and the space around us vibrates. This encourages the passion, life force and rhythm of the universe.

**My whole life shifted when I began practising Buddhism 20 years ago.** Buddhism and numerology are quite closely linked: both respond to ancient wisdoms. I started doing numerology after my daughter was born. I've always loved numbers: they're very beautiful.

**This year marks 13 years where the number two is dominant in the calendar of people being born, and that's a whole new type of energy.** Two carries a softer, more feminine energy than the number one, which is aggressive and fiery. Having a two at the start of the century signals an era which is all about new leadership and thinking. The energies are also so powerful at the moment that we've got extremes of weather.

**Every single day is different.** I hold numerology parties where I have a big flip chart and show how everyone is interconnected. I do readings on people's lives. There's a reason you have your parents and a reason your children have chosen you.

**At the moment my children are at home so I'm focusing on them.** My children are not interested in numerology; they're scientific with a different approach to life.

**I've been watching Touch** [new US TV series starring Kiefer Sutherland as father to a numerologist]. People have asked me to discuss all the numerology presented in the show, such as mentions of the Golden Spiral or the Fibonacci sequence. This week I'm preparing to do a couple of interviews about *Touch* with the BBC. I've been interviewed on *Daybreak*, Sky News and BBC London, talking about numerology. No, I haven't seen *Life of Pi*!

**I use my knowledge of numerology to work with businesses.** We use relationship charts to show the existing relationships of that team and how adding someone will change the dynamic. However, I always stress we have free will. We don't have to do what numerology indicates we should!

**I was an investment analyst for 15 years.** I've always analysed numbers at work; now I just read them in a slightly different way. ●

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 INTERVIEW BY SALLY BRAMMALL

REASONS TO BE CHEERFUL

While times are unarguably tough, there's plenty to be optimistic about. For example...

The Romans are back! New finds from the empire buried deep beneath the streets of London, from buildings and the 'lost' River Walbrook to lucky amulets and love letters, are in such good nick the three-acre site - soon to become the new European HQ for Bloomberg - is being described as "the Pompeii of the north".



The number of big-hearted Brits donating organs has risen by 50 per cent in the last five years, as the message that we can all save lives after our deaths starts to get through. More donors are still urgently needed though: sign up and make the world an even more cheerful place.



You might think it's been a chilly spring but this fella would like it even colder. A 10,000-year-old woolly mammoth has been unearthed in Mexico City, one of the most well preserved mammoths ever discovered.

