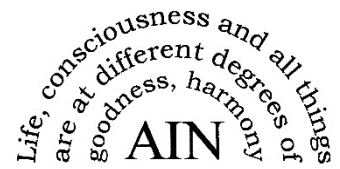


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2016 so far

By Berenice Benjelloun

It has been a busy start to the year. Here is a summary by month of what AIN and the School have been doing since the start of 2016. More information and more pictures can be found on:

<http://www.numerologyworld.org/pictures>

Looking ahead, the AIN AGM will be held in Royston in September, date and venue to be announced. All are welcome – do come and exercise your right to vote!

The School now has several teachers in training in Singapore, Malaysia, Taiwan, Greece and Italy as well as the UK. Numerology courses are in planning or scheduled in all of these countries later this year and also, for the first time, we have Foundation Courses scheduled in Japan and Australia.

Remember to look at Number Crunch for forthcoming courses. Any comments from our members on this Newsletter will be welcome as well as ideas, articles and news for our next issue. We are always looking out for members to attend events and to give AIN and Numerology Introduction talks in their area – we have a slide presentation you can use

June

- Teachers' Group: Extending understanding and knowledge of the Foundation Course. 22nd June at Watford



- 'An introduction to Numerology' Sunday 12th June. at St Albans

- 'An introduction to Numerology' Sunday 5th June. at St Albans

- Numerology Chart reading day Friday 3rd June at Royston

May

The ESOTERIC TAROT 16th - 20th May & 23rd - 29th May at Royston. Report from Berenice:

"On the 12 day Tarot course we were delighted to welcome two members who had travelled from Greece and Malaysia especially to attend, along with four others from the UK. Four of the six students were trainee teachers, so are now or will soon be qualified to teach the Esoteric Tarot course themselves. We also had the Lovely Lily with us, who followed the course right the way through, fulfilling her doggy role by barking at exactly the right time in one of the visualisations!"



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- Foundation Course in Esoteric Numerology 12th - 17th May. Carpi (Modena) - ITALY



- Teachers' Group: Extending understanding and knowledge of the Foundation Course. Monday 9th May at Watford

- Phoenix Mind Body Spirit Watersmeet Rickmansworth, Herts 7th and 8th May



April

- Diploma Course in Esoteric Numerology Part 1 22nd to 27th April. Carpi (Modena) - ITALY



- Diploma Course In Esoteric Numerology Part 1 25 - 30 April Royston

- Talk - 'Introduction to Numerology' Berenice Benjelloun 16th April at St Albans

- Esoteric Tarot Course Part 1 14th - 19th April. Carpi (Modena) - ITALY



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- Tree of Life Festival Bournville Birmingham 9 April. Gill and Sonia gave readings on the AIN Stand. Sonia gave a talk: 'What's Your Name?' to around 60 people at the event which was super busy.



- Esoteric Tarot Course Part 1 16th - 21st March. Melaka Malaysia



- Foundation Course In Esoteric Numerology 15 - 20 March, Pathlightzone, Singapore



March

- Foundation Course in Esoteric Numerology 3 weekends: March - May at Watford



- 12th March. Introduction to Numerology. At St Albans. Report by Berenice: "We showed the slide presentation about the work of AIN and The Connaissance School, which was well received. Then gave a demonstration of how numbers are seen in the school. The talk was well received and dates for doing a Foundation at Sapna's house were discussed"

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- Foundation Course In Esoteric Numerology 26th - 28th February & 1st - 3rd March In Athens, Greece. Report from Berenice: "The 2nd Foundation course in Athens was received with great enthusiasm and all the students committed to doing the Diploma, which we plan to arrange in July.

Thanks go to Christina for translating so smoothly and efficiently! 10 people attended an extra talk to introduce AIN and the Connaissance School to new people:- from the interest engendered by this we plan to run a 3rd Foundation, which will complete Christina's Teacher Training."



February

- Foundation Course In Esoteric Numerology 15 - 20 February at Royston
- Introduction to the Esoteric Tarot (one day). 12 February. Carpi (Modena) - ITALY
- Foundation Course in Esoteric Numerology 3 weekends: February – March at Watford
- Masters Course Module 2 6th & 7th February 10am-5pm at Royston.

- Diploma Course Part 2 2nd - 7th February. Carpi (Modena) – ITALY. Here is a link to a video from Cristiana showing images of the course:
<https://youtu.be/EslhRPmQD2U>



January

- Masters Course Module 1 30th & 31st January 10am- at Royston.
- 23rd January. 2 - 5 pm. At St Albans. General Introductory talk about Numerology and the Connaissance School given by Berenice Benjelloun.
- Foundation Course in Esoteric Numerology 21st - 26th January. at Carpi (Modena) - ITALY

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- Foundation Course In Esoteric Numerology 21-23 & 25-27 January 13 Singapore Report from Sonia:

“It was a privilege and an honour to facilitate the first Connaissance School Foundation Course in Esoteric Numerology at Pathlight Zone in Singapore in January, 2016. Stanley Tan and business partner Ivan organized the event with supreme efforts – 8 students and 3 Teacher Trainees including themselves – it was very successful.

Whilst the 35+ degrees heat was intense, the spiritual heat was turned up as the students journeyed inwards towards their Soul. There was some humour as well as some deep Soul contact and bright light.

Finally, all the students who finished the course received their Certificates we were all very proud. As were Stanley and Ivan when they received their Connaissance School Teaching Certificates. Liz is finalizing her Teacher Training soon. It was a wonderful experience and the start of a whole new era for The Connaissance School.”

- Mega Recall 7, AINA and LifeQuest 24th January. Report from Sonia: Stanley, Liz, Ivan and myself attended Thomas Chiam’s 7th Life Quest / AIN event at the UE Business Conference Centre in Singapore. I was sat with Paul Elkerton (AIN Chairman) who delivered a marvellous speech about the expansion of the Connaissance School in Singapore, Malaysia, Italy, Greece, China and Canada, and with more countries to follow.



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Changing my Numbers

By *Chrissy Sawyer*

Gosh, where do I start with this story? I suppose it begins with a crystal grid and a birth certificate.

I built a crystal grid in January this year (now in its 4th cycle of programming) to help me with some transitional work I was doing to move me deeper into true alignment and to help me rub-off the detritus I don't need. The grid is made up of 8 crystal skulls anchored by a 6-sided obelisk.

The well-used abbreviation for Singapore is – Sg = 17/8. Positive Karma. Alignment. The Path of Truth.” I thank Stanley, Ivan and Thomas for a very welcoming and uplifting stay in Singapore, and wish The Connaissance School and everyone much success and co-working in future

On Valentine's Day this year, I was being niggled about my birth certificate. Where had I put it, having used it last year for a DBS check (I work with vulnerable people); the 'niggle' was, I knew I hadn't put it back in its correct place (what's new Chrissy?). I hunted it out and put it back into its correct folder. In doing so I noticed my name – *really noticed* my name - and felt a staggering jolt. My whole life, up to this point, has been me spelling my name wrong. (NB: This has all happened during a current PY of 13/4 which is also my OSE)

Timeline snapshot - It's worth mentioning for context that in August 2014 I left my corporate job and jumped head first into a nothingness, the likes of which I've never known as I trudged through the next 18 months in deep fear. This was a purely intuitive jumping-the-track with radical trust on a whole new level for me. So, a long story short, I had a really strong support network, I was using all the magic and self management tools I could lay my hands on to ease these painful transitions into a more authentic expression and, more and more every day, giving myself over to the void. Trust and leap, trust and leap.

Back to those skulls and the birth certificate! Spinning, stupefied and *of course*, scurrying to the nearest notepad and pen, I scribbled frantically, working out my new numbers and exploring what was happening in my field.

I needed help – I couldn't read my own numbers intuitively; just knew they felt 'lighter or finer' in vibration; like 'mind'. Enter my friend and AIN teacher Jacqueline Read.

“Jax, help!” I sent Jax my old numbers side-by-side with my new numbers and what came back from her (thank you Sister) feels right on point.

“What a huge shift. You've worked through a burden you've been carrying around with you through your life time, as it in the personality; it is “my Will over Gods Will” and a lesson in humility, hard work/lesson in matter. The turnaround has come when you're in your 13/4; there's a true and honest recognition and realisation and giving over to the word of God, governed by your higher self rather than Personality. Now that's shifted and released you can carry on and lead by higher governance and justice. You could find a major turnaround in your life in the next 18 months, easier karma to deal with; more flowing less heaviness, thing are easier; no longer walking waist deep in mud. I bet you find when you do you charts now there are a few alignments taking place.”

Yes, many alignments (Priestess and the Freemasons being just two!) and the fact that I've looked at the same birth certificate so many times in my life and never registered the original version, just shows how blind-sided we can be when there's something stuck in our field that needs working through. Onward!!

Old Numbers		New Numbers	
SU	52/7	SU	52/7
P	78/15/6	P	77/14/5 (14/5 is also my song!
OSE	130/22/13/4	OSE	129/21/12/3

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3121 - Prince loved numerology

By *Sonia Ducie*

Musician and singer Prince built his empire around the number 3121. He formed his website, named his album, priced concert tickets £31.21 (on 7.7.07) and even his house number was 3121, why?

Simply speaking 31 is reflected in the spiritual warrior - he was deeply religious, a flagbearer of a generation, and a relentless worker for the light supporting masses of charities and NGO organisations (behind the scenes). 21 will, love, creative inspiration - he was called Prince and he definitely possessed the X-factor - he was a natural entertainer. 3121 adds up to 7 - he was private, with a love of spirituality, philosophy and truth.

These numbers definitely helped focus Prince on his work in the collective.

Birth of a New Connaissance School in Holland!

By *Jaye Vickers*

Yes, we are going Dutch. Later this year the Nederland Connaissance School of Numerology will open the doors to receive students.

We feel very blessed. My husband John and I are in the process of buying a beautiful dwelling in the very centre of the little town of Edam, and hope to be moving late summer. 10 miles north of Amsterdam and 30 minutes to Schiphol Airport, the school in Edam will be offering intense and weekend Foundation /Diploma /Masters Courses in esoteric Numerology and the Tarot. Please see the website for details.

Here is the schoolroom, not yet ready, but you can see the potential...



The address.....

Spui 1 (20/2 1) birth of new light, with action to take it forward)

Edam (14/5) If the resistance not too great there will hopefully be more than cheese being delivered here!

Nederland (41/5) the horn of plenty... to be uplifted and brought into a higher vision.

So Let's face the music and Dance!

An extremely brief & incomplete summary of Zen & the Art of Drinking Tea.

Written by **William Scott Wilson.**

Submitted by *Sophia Taylor*

'The fundamental nature of tea is unpretentiousness'

Lu Yu

Shen Nung in 2737 B.C.E, the Divine Agriculturalist, sat beneath a tree to rest. He had already invented acupuncture & agriculture but he worked on a book of medical cures that would eventually extend to 365 substances from the mineral, animal & plant kingdoms. While resting, dried leaves from the fire rose with the heat landing in a pot of boiling water. The water changed colour. Shen Nung liking to test everything took a sip & found it to be both refreshing

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& invigorating. This apparently was the first recorded cup of tea. Eventually he prescribed it for headaches, fatigue & poor eyesight. As with Shen Nung's first impression – that tea focuses the mind & energises the body – is essentially how tea retains its status as a popular beverage throughout the centuries.

Travelling extensively in search of medicinal plants, Shen Nung is said to have found the *Camellia sinensis* in southwest China where it borders with India, Tibet & Burma. The area is called Yunnan or South of the Clouds & has been established as the place where tea plants (*Camellia sinensis*) first originated.

The Tea Ceremony or *chanoyu* developed slowly from the secular nobility of China as transportation & living conditions improved over time allowing tea to become more available. The two native philosophies of China being Taoism & Confucianism embraced the use of tea as an aid to awareness & meditation.

Early Taoist philosophers, Lao Tzu, Lieh Tzu & Chuang Tzu taught that all phenomena has its place in the great flowing grip of Tao & each has its own virtue, or *te*, which another cannot replace. The intrinsic value of every moment is worthy of our attention. One of the ways of developing awareness & attention was via the simple act of drinking tea.

Confucian scholars of the Shang dynasty period on the other hand revolved their appreciation of life around understanding the balance between Heaven, Earth & Man as the activities of each affect the others. It was the scholar's belief that it is Man who has the power to influence the natural order of things. Man can only achieve this through ritual. With correct ritual, harmony, self-realization & freedom to live well can be established. The observed rituals were precise & extensive.

By the time 618 – 907 (T'ang dynasty) arrived the two sets of values of the Taoists & Confucian had combined. Ritual & rules abounded for everyone & in the Zen monasteries (which used to have hundreds if not thousands of monks) instruction on how to preform each & every activity was taught & observed

- among the endless list was instruction on how to serve & drink tea.

The serving of tea became one of the most important social events within the monasteries.

Kukai, the Buddhist priest seems to be the person who established tea in Japan (he was a super smart guy with no end of talent & skills) After studying in China in 806, he took back tea & possibly seeds to the emperor Saga, who was so taken with the beverage he wrote the poem below to Kukai:-

Long years have passed; yours in the way; mine in worldly life.

I am fortunate to speak with you this autumn.

Drinking fragrant tea until late.

Painful though the parting may be, I bow to you as I see you off to the distant clouds.

Four hundred years later, another monk Eisai (yet another super clever man) went to China hoping to resuscitate Buddhism. By 1187 the government was on the verge of collapse & he decided to make a more extensive visit to China. He remained there until 1191 only returning once he felt he could save the nation with Zen & tea. While in China, Eisai found that Zen was the only viable form of Buddhism taken seriously & that it played a supportive, even strong role in Sung dynasty culture. He studied the meditational style & took instruction; drinking tea at temple ceremonies & when on his own. He also researched the medicinal benefits of tea.

When Eisai returned to Japan, he took back seeds & shared them with other monks. One of the monks, Myoe, established Japans first tea garden at Shingon Kozanji Temple. Eisai was convinced tea would help people's health & he wrote two treatises – *The Promotion of Zen & the Protection of the Nation & Drinking Tea & Maintaining Health*.

Eisai's main point was that the heart is the primary organ of the body & tea is the hearts medicine. As such he believed everyone should drink tea for a more healthy life.

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After Eisai cured the regent Hojo Sanetomo's bad cold with bowls of tea, the government took notice of the beverage, eventually filtering through (no pun intended) to the general population & resulting in tea becoming the national drink.

Anyone from AIN wishing to visit Kanuka Tea House, 3b Christopher Place, St Albans, AL3 5DQ will receive 25% off all purchases if they show proof of AIN membership.

What a difference names make

By Jane Alton

It's always a great privilege to give a talk on Numerology and it always means a great deal to me when I'm asked back to give another talk. On this occasion the group I was giving a talk to had changed their name and from the moment I arrived, as well as seeing lots of new faces I could sense a whole new energy.

The group was originally set up 03/02/2010 with the name 'Paddock Wood Spiritual Development Group'. The group then changed its name to 'Dowding Development Group' on 06/05/2015.

With this original start date the Birthday No. of this group or the field of experience it comes in with is the 3, which is can mean great communication skills, but also a great potential to scatter energy. The rhythm that this 3 has to try to work to is the 2 which encourages the 3 to work in more subtle ways and to be more sensitive. Ultimately the place in the orchestra is the 3 or the 30/ 3 which is about using communication skills to uplift others with their vision. So communicating with great sensitivity becomes the challenge.

The first goal that comes from the date this group started is a 5 (3 + 2), the 5 is all about using the mind and the senses to potentially think in new ways and embrace change. The challenge that comes from this date (2 + 1) is the 3 which is all about communication and staying focussed rather than scattered.

The group's song or mission that comes from the date the group started is an 8 (5 + 3). The 8 is a powerful karmic number which is ultimately about bringing things to the surface to deal with them and is ultimately about changing patterns that will otherwise go on forever. The 8 never stops moving and can be very much 'out there' wanting to be seen as in charge, constantly knocking down and rebuilding. The 8 is ultimately a very spiritual number and can also represent cause & effect or 'spirit & matter working together' i.e. 'the deeper you go the higher you fly'. Initially the 8 can be like a bull in a china shop, but ultimately the 8 can learn to knock down and rebuild with love, not hurting anyone. The 8 ultimately finds balance between the spiritual and the material.

The 32/ 5 at the beginning of this date represents 'crystallised sunshine' and can mean the group is able to speak for others and can communicate through their personality. There is a 53/ 8 that also comes from this date which is all about 'climbing the mountain fighting'. Wanting to overcome obstacles and focus on survival. Ultimately the energy from the group's start date can be very 'out there' despite a 2 rhythm.

From the group's name: - See Figure 1 below

The first name 'Paddock' represents the 'Personal Intent' of the group and has a 27/ 9 vibration. This encourages 'wisdom from feelings and emotions' and great sensitivity. This can also represent a new vision, looking at new things, but with such sensitivity this group would need lots of nurturing and encouragement.

The first letter of the name P is a 7 vibration, which may mean being reserved and introspective with difficulty in expressing thoughts and feelings.

The name also has: -

- 6 number 5s which can mean being very resourceful and versatile, but also restless with lots of interests.
- 6 number 4s which can mean being very practical and organised.
- 5 number 7s which can mean a fine mind with technical ability, capable of analysis and research but also difficulty expressing feelings.

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- 5 number 3s which can mean very creative and imaginative, with potentially great communication skills if can stay focussed.

- 4 number 9s which can mean very creative but very emotional too.

The 'Overall Self Expression' number of this name is 174/ 12/ 3, encourages co-operative ventures and fun, also communication skills and balance between the more assertive energy (1) and the more sensitive energy (2), which is the rhythm of the group's song or mission.

The 'Soul Urge' number which can represent motivation = 71/ 8 this can represent wanting to 'make the vision real'.

The 'Personality' number 103/ 4 can mean a great potential for transformation and rebirth if the group's great creativity can be realised.

In summary the original name of this group is very dominated by 8 energy, wanting to get out there, to knock down and rebuild, to make the vision real. But this group may also feel pulled in different directions and as a result restless, wanting to be creative and to scatter energy, also very sensitive, but with difficulty expressing this.

With the new name: -See Figure 2 below

The first name 'Dowding' represents the new 'Personal Intent' of the group and has a 40/ 4 vibration. This encourages the group to focus on building something solid, by focussing on what is viable and practical. The number 4 is also the most creative number if the group can encourage members to focus on building their 'inner temple'.

The first letter of this new name is D, a 4 vibration; this encourages building in a steady disciplined manner, working efficiently to complete projects. Focussing energies, rather than scattering them.

This new name also has: -

- 6 number 5s which can mean being very resourceful and versatile, but also restless with lots of interests.

- 5 number 4s which can mean being very practical and organised.

- 4 number 7s which can mean a fine mind with technical ability, capable of analysis and research but also difficulty expressing feelings.

- 2 number 3s, so not as creative as the previous name, but the group's name was changed 06/5/16 and 65/ 11/ 2 can represent 'prolific creator'. The 6 field of experience, working to the rhythm of the 5, with a first goal of 11 (6 + 5), to inspire others to think in new ways. The place in the orchestra 8 or 26/ 8 is about re-evaluation and changing patterns that would otherwise go on forever and this ties in with the group's original song or mission.

- 2 number 9s, so less emotional too.

A big difference with this new name is also that there are no number 1s. This can mean looking within to find the confidence to do things in their own unique way and perhaps a struggle to be truly independent and self confident.

The 'Overall Self Expression' number of the group with this new name is 122/ 23/ 5, this encourages group to go with new ideas and to try new ways of doing things.

The 'Soul Urge' number which represents motivation is 45/ 9 and this is ultimately about teaching from experience and understanding. (45/ 9 is the point at the centre of the athenor where we potentially can look up to our potential and move from involution to evolution). 9 are perfectionists who come in knowing everything, but who ultimately have to learn detachment and to let go and trust with love, letting go of all that is unproductive.

The 'Personality' number 77/ 14/ 5 is ultimately about going into the quiet to find the message and to share this. It's also about finding the freedom despite the limitations.

This group doesn't lose the energy generated by the original name and the new name adds positive dimensions.

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In summary, the new name encourages the group to focus their energies on what's viable and practical, with less scattering of energy. Communication is also enhanced and made more effective by going into the quiet and there is the potential to teach.

The 4 is ultimately about building the inner temple and this is encouraged by the Personality No. of 77/14/5 as well as the missing 1 which both encourage looking within, to know yourself at the deepest level and to be true to yourself.

The new name helps the group to complete its' song or mission by ultimately helping the group find a balance between the spiritual and the material i.e. encouraging members to look within and put themselves in the 'driving seat' rather than just respond to the environment and potentially scatter energy.

While giving my talk it became clear that many of the group's new members had 14/5 energy for their first name i.e. there were lots of 'messengers' in the group, all finding freedom despite the limitations and benefitting from going into the quiet to master meditation and find their unique message and voice.

Figure 1 - From the group's name: -

7	12	22	21	9	Soul Urge = 71/8
1	6	66	9931	5565	63
PADDOCK WOOD SPIRITUAL DEVELOPMENT GROUP					
7	44	325	41792	344374	5279
7 Personality = 103/4					
20	9	22	29	23	O.S.E = 174/12/3

Figure 2 - With the new name: -

15	21	9	Soul Urge = 45/9
6	9	5565	63
DOWDING DEVELOPMENT GROUP			
4	5457	44374	5279
7 Personality = 77/14/5			
25	29	23	O.S.E = 122/23/14/5

Jane Alton (www.janealton.com) 06/06/2016