

# Your Date With Inspiration

*wishnumerology:  
The audacity to make  
every day count*



**Ursula Teresa Kolecki**

Co-author of the popular Australian numerology guidebook:  
*The Secret Language of Your Name* –  
by Neil Koelmeyer and Ursula Kolecki

# Your Date With Inspiration

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The science of numerology can, of course, be easy to understand. But it also invites you to be brave enough to be your best self, to challenge yourself, to reach for your dreams and goals. Go further. Be audacious.

Believe in you.

**BELIEVE IN  
YOURSELF**

## CHAPTER

# 1

## It's your Birthday

Imagine it's your 90th birthday party. A smiling stranger walks into the room. Their charisma and confidence are such that you can't take your eyes off their tall, gliding figure and their passage to present themselves to you.

"It is my honour to deliver a birthday gift for you from a benefactor, who wishes to remain anonymous." Their melodious voice resonates like a strummed guitar. "However, they have one request. Open this package after all your guests have departed and you are alone to examine it at your leisure. Will you accept this condition?"

Well, you think. Ninety years old and still young enough to be bossed around. You look the stranger in the eyes and the words in your head are aligning themselves into a retort. But they swim away. Their eyes speak of mysterious places and inexplicable serendipity. You know there is nothing for you to say so you acquiesce with a barely perceptible nod. You impulsively reach out for the package lest it leave the room and it cosies into your lap like one of your purring companion cats. Naturally, the purring is happening to you on the inside. Wisdom has granted you the self protection to understand the bandying around of the black sorcery terms of entrapment: forgetfulness, eccentricity, and the chief demon of dementia.

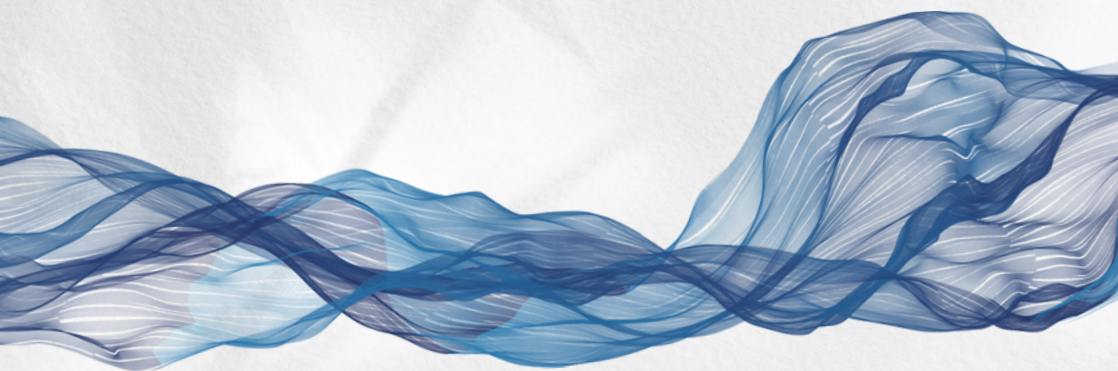
Tick tock, finally alone. Gone are the days when you carefully strip a gift of its wrapping to save it in your memory box. The gold ribbon is languishing on the floor. The crumpled gift wrap follows it unceremoniously. A box. A photo album. Its tissue paper page dividers crunch crisply as a time capsule is revealed, filled with photographs of you across the ages. Many at first, show a familiar cast and identifiable scenes. Yet others following, many more in fact, you find intriguing, but nonetheless, progressively more confusing. There's you, but you're accompanied by unrecognisable faces, in unknown, evocative scenes. A note drops to the floor. You shuffle forward to retrieve it. Your glasses translate.

*"You were offered an array of skills and talents to apply in a range of opportunities. You made choices through the lens of your smaller self. You could have been more interested in investigating your talents and exploring your inner resources. With less fear, more courage, with more belief in yourself, you may have chosen to place yourself in more intriguing and satisfying situations."*

Lucky the tall stranger was no longer in earshot because retorts came easily now - in the vein of being one of the worst birthday presents a person ever got. And over the years there had been some pretty sad ones, made worse because they could be recalled, through bitter revisiting.

Choices? What nonsense. Parents had a plan for their children. Then husbands and wives made you a cardboard cutout of their expectations. Children poked and prodded you into position, and wailed impetuously, spiced with anger and resentment as they got taller and smarter to have you meet their requirements. Employers took their pound of flesh to get their dollar value. Even the groping hands behind the photocopier found their own value in your pounds of flesh. Choices? Maybe for some.

How do you define a life well lived? Frankly, any way you want to. Cinderella found the glass slipper that fitted and stepped into her role as beloved Princess. Applying numerology principles and practices can open your own doors to a life well lived. Follow me.



## CHAPTER

# 2

## What is this mysterious, science of numerology?

Choices. Yes. For all. When based on examining the influences, skills and motivations in your birth date as revealed by numerology, a world of opportunity welcomes you.

An uninhibited child, skipped through autumn leaf carpets and fed their remnant lunch to the neighbourhood horse, agisted in a paddock wedged between weatherboard homes, on your walking route home. The child who didn't know you couldn't, so they secretly won prizes in several writing competitions. Who dreamed of playing piano because the piano student window next door was like your private music auditorium. Who was so enamoured with flowers, their itchy fingers begged to feel the snapped stems of overhanging blooms, and pushed them into repurposed Vegemite jars in their bedroom.

Remarkably, this apparently ignorant, formative child, had knocked on a series of doors, which opened wide in her adult life's corridor. She dared to push each open and stepped into the rooms beyond because the numbers made her do it.

Reading my daily stars – for better or worse - has been a habit for decades. But there is an alternative to concerning ourselves with 12 different Sun signs. This popularist method completely ignored the significant, meaningful blending of the 12 positions of cusp birthdays. I subsequently learnt that love matches were best achieved by the Moon placement compatibilities. Well that was not revealed in *New Idea*, or the *Women's Weekly*. Apparently matching up all wrong for all those years.

In my youth, popular women's magazines included mind opening pages on the insights of numerology. Typically they focused on your total birthdate: adding the numbers in your birthday + birth month + birth year and producing a total = your Destiny Number. Like astrology and my star sign I discovered that there were descriptions that related to my ever evolving self. Persuasively, I identified there was some notable overlap between my Sun Sign and my Destiny Number.

Even up to this point, it has to be admitted, the mystery of the Millionaire Club, delivered through winning numbers of a Lotto ticket, has defied my best intentions. Yet, years ago I looked closely into the mirror of the science of numbers through hoovering up the published insights of another Australian numerology author. I identified a remarkable pattern where my birth date spoke to me about doors opened, talents pursued, dreams that became goals.

Almost 40 years ago I sought out a co-author for a book concept I had. Despite interviewing prospects across Australia I located Neil Koelmeyer living about 10 minutes from my family home in Melbourne. *The Secret Language of Your Name* was published several times, under different guises, and updated over decades. It was designed to get us musing on the power and influence of our birth and chosen names and how, in addition to our birth date, the vibration of the numbers in our names, also worked its magic on our personalities and desires.

## CHAPTER

# 3

### What numbers do we examine to reveal our personal talent treasure chest?

The common emphasis of numerology has been on the character and purpose revelations captured in the total of your birth date. Once again, this method heads in alternative directions. The emphasis of this approach is to make numerology more practical and useful on a day-to-day basis. My method is ready to put daily numerology up front and personal, so it too becomes a daily source of universal knowledge to support us in our challenging and complex lives.

Let's start with the numbers of the day you were born. Numbers 1 to 31 showcased your personality, your character, your personal mindset, the pastimes that magnetised to your fingers and into your diary. Author Neil Koelmeyer believed it was these numbers that were the most meaningful for individuals. In *The Secret Language of Your Name* he titled the birthday numbers the First Sphere of Influence. The commonly calculated Destiny number produced by the total of all numbers in your birth date came next in the Second Sphere of Influence. This second sphere directed your career path and employment options, the big picture of your goals and preoccupations, and the ethical and emotional values you brought to the table.

As time has passed Neil Koelmeyer has personally found the first vowel number in our birth or given name as being particularly revealing as a mirror to our public persona. Each letter of the alphabet is given a number from 1-9.

However, the purpose of this book is to explore the emerging understanding of daily numerology and the value of getting into synch with the rhythm of each day. We can now examine the influences of each day of the month. While that can go from 1-31, nevertheless, they are repeated (mostly) across each month, and you can learn to recognise the varying approaches to a 1st, or a 22nd, or a 30th date.

In my youth, I remember being in an historic, grand ballroom. I was frocked up and my handsome partner led me magically around the floor to the orchestra. The floor was pulsing with young toe stompers, but we swirled and twirled, with not one bump until the music ended. The waltz was life changing. Presence. I felt the divine flow and fell in love.

Our days can feel like riding into the dark entry tunnel of the Luna Park Ghost Train, not knowing what's waiting through the next doors, or around the ominous corner. Or, can we recreate this dancing flow and presence by working with our daily companion numbers? Buy a ticket to iwish intention inspiration, take a seat, and as the lights in the cinema dim, your life show is about to begin.

I will be delivering video lessons, and provide other written resources, over time, from this website – [iwishnumerology.com.au](http://iwishnumerology.com.au). But, in the meantime, I can provide subscribers with the monthly numerology influence messages called: iwish intention inspiration. Hundreds of reflections have already been prepared and can be accessed through our mailing list, and via our app, currently under development. And with some support, you can use the ideas here, combined with your wisdom, experience and intuition. All reactions and responses to one message can indeed be personal and individual.

## CHAPTER

# 4

## iwish intention inspiration journal

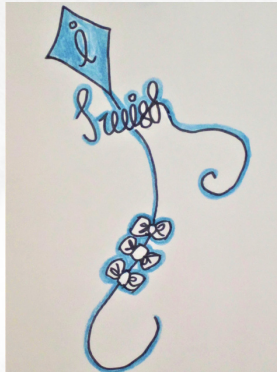
*Intention reflections for your daily inspiration*

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revitalise reconstruct regenerate reinvigorate reinvent reclaim  
reignite reemerge rebirth review reinforce reinstate rejuvenate  
reform rekindle reanimate remember realign relearn restructure

reemergence  
reorient  
recalibrate  
redeem  
recover  
remodel  
reaffirm  
reintegrate  
reposition  
reprogram  
reestablish  
reconciliation  
reshape



refresh  
restate  
reenergize  
remould  
recondition  
reconfigure  
resume  
readjust  
reboot  
reinvest  
revisit  
reenvision  
reassert

reactivate reengage reenergise reset recharge restart restore  
reconnect replenish reawaken reexamine retune revive redirect  
renew regain revise resurrect reimagine refresh recreate repurpose

## How to use this journal?

iwishnumerology can provide you a daily, changing inspiration reflection to soothe, or motivate you during your day. The random message selection and delivery can work similarly to shuffling a pack of mystical cards and drawing out your reading. Have you experienced this simple, but at times uncannily meaningful dip, into the universal intelligence? My guides, including flower oracles and angels, often have a sense of humour. With the sample messages I have made available, have you noticed the quirky playing with language, at times twisting your expectations and delivering a surprise?

# iwish intention inspiration journal

Yesterday, from 56 card choices, I turned over the same card, for the third morning in a row, with a positive meaning that literally had me laughing out loud. My dog loved it and rushed in with his soft toy expecting a game. You know how hard it is to deny a doggie entreaty. But, one toss, and I was back to my meditative card reading.

The reflection message may relate to what happened yesterday, a resonance with your growth reading, a call to action, advice to lay low, a strategy to deal more harmoniously with what's coming, or a reminder to keep up your self care practice. I commonly experience a synchronicity with individual, distinctive words, with the message matching language that comes into my vision during the day. I keep up my awareness, but seriously, I do not scan my environment like a private investigator. The words appear in my vision slipstream and remind me of my wisdom, and to take care to be conscious and mindful of my interactions.

The iwish intention inspiration reflection can direct your mental gaze and emotional drives to stay present to the day on hand and avoid charging around like a rat in a maze. At times the meaning of the daily message may not be immediately obvious. It often addresses common myths and truisms you may have come to rely upon, and you agree with its reflective journey. But subsequently, its meaning can flip to encompass spiritual and wellbeing insights to redirect you away from the usual shadowlands.

The specific purpose of each reflection, is not merely to tick a box of my-daily- affirmation. This numerology method asks more of you. Each day you may have a To Do List - floating in your head, or written down concretely. The activities need to be ones you can actually complete today – specific intentions to act. The iwish inspiration can show you a positive influence to embrace today and to take advantage of the particular energies of the numbers in the day's date. Mindfully construct several action points and lock in those wild field bunnies chasing down tasty morsels. Bring forward to do items. Brainstorm several that can launch the day's energies productively.

To Do Lists are all the rage with high achievers and those who breathe into strong discipline. However, items on your To Do List are meant to be freedom fighters. They are putting pieces into place to progress your life purpose and to improve your life situations. What they are not, are evidence of your incompetence, and reasons to be miserable one-two-three because, heaven forbid, you left some, maybe most, undone. A previous employer paid huge dollars to have us taught how to be better organised. Apparently, no more than nine items should be added to your list, lest you be overwhelmed. Nine? This could still be far too many.

Items on a daily To Do List are meant to be practical and achievable before the end of your day. This practice does not advocate rising at 5am with the Buddhist monks, or with former US President Barack Obama to deliver his humungous daily workload. It is also not required to sacrifice the recommended sleeping hours to get more into every day, because frankly, more is not necessarily better. Less can be more. Nevertheless, should these be your way – do what works for you.

# iwish intention inspiration journal

Prioritise the action points that have been pestering you for attention to the point of worry and anxiety and interrupting your pleasure and productivity pursuits. Prioritise items needed to be the first of a 100 to 1000-steps for a project, enterprise, or welcome shift in your daily burdens. Embrace the Power-of-Three and record only three of these devils on your To Do List. Feel the freedom when you deliver on schedule.

I will share a secret with you. I have been liberated by cheating on my To Do List. I turned the orthodox timing of each action item on its head. The to do bunnies run randomly in our heads. I stop, catch one, and corral it. When it's done, I joyfully record it on my To Do List. Guaranteed success. The mind, and your heart, don't care if you register your achievement after the fact. I have had this Done list of micromanagement activities fill a full diary page, overreaching yesterday and today, to make room. Go for broke. No need to stop at nine if it's all Done. My cheating heart deserves its deep satisfaction on these occasions.

Each iwish intention inspiration asks you to also prioritise actionable items that flow with the daily energy themes assigned to each number. To assist with your understanding of each number theme I have developed a key word to encompass the broader meaning of each number. This key word can be your starting point. Add to it the extra ingredients of the reflection language, make the points doable, and away you go.

Abbreviated messages can in fact present more complex layers of significance than a page of writing. You may read the message and appreciate a divergent perspective on each return. Trouble yourself not about the accuracy of your analysis and interpretation. Each reflection points in a direction of healing, untangling a mental ball of wool, shining light into a dark corner and leading you forward with a positive intention for your day. Should you not identify its magnification of the positive, it suggests a blind spot for you, a blockage, an apparently lost item staring you right in the face, but you cannot see it. You are invited to return to the intended warm cocoon of the message later in the day for a mental revisit. If it remains obscured by a London fog, without recognition, chat with a like minded friend. Or move on. Maybe choose another. Rest assured, you will invite the message back when you are ready to visit with it.

The following workshopping of seven reflections for numbers 1-7 are a modelling of how to integrate each inspiration into the energetic influence of the matching date. You may analyse the first iwish intention inspiration reflections systematically as illustrated. But once you immerse yourself into a regular habit of opening up your inspiration jewellery box, you are encouraged to give reign to your gut instincts, your intuition, the flying in from your peripheral vision of connections, to digest the meaning.



## CHAPTER

# 5

## How to interpret the inspiration from your daily date?

This is a simple introduction on how to gain access to the numerological power of each calendar day. These guidelines are the foundation principles of this unique practice of numerology I have evolved over 40 years of spiritual learning and resonates with the vibrational influence of numbers and colour psychology.

The following is a grid with dates from the 1st to the 7th and their corresponding action theme word. Each theme word has been thoughtfully chosen to reflect the unique energy of each number and to reinforce their divergent dimensions. It is also a mindful memory devise because one key theme word is much easier to remember for your daily practice.

1	2	3	4	5	6	7
I can	I feel	I imagine	I breathe	I speak	I see	I seek

This interpretation is provided for a single number date – the 1st–9th, the 10th, 20th, 30th. The influence of single number is the strongest. The zero is considered to reinforce the value of its prime accompanying number. One could say these single digit numbers can be the loudest in your listening psyche. They ask for more decisive attention. Look each number in the eyes and identify how its dimension of wishes can be at your command.

**REINVENT   RECONDITION   REACTIVATE   REENERGISE**  
**RESTORE   REAWAKEN   REFORM   READJUST   REIGNITE**

# iwish intention inspiration journal

FEEL THINK SPEAK REFLECT INTUIT BE OBSERVE ACT

The first column is an iwish inspiration intention message influenced by the themes and vibration of each unique number. It asks you to reflect on how you may best apply the influences of each date number to add to your positive intentions for your day.

The second column outlines some key characteristics of the practical influences of the date number and particular ways to inspire you to take action. You may physically take action. What can you do to take action to make progress?

Alternatively, use the number guidelines to interact, or communicate with others. Apply the wisdom revealed in the suggested mental, or emotional approaches. Each message opens the opportunity for you to not launch spontaneously into your usual approach.

Take a moment. Step back emotionally. Count to three. Step into your mature adult shoes. Breathe.

The reflections emphasise overcoming conflict, discord, or power struggles with harmony, cooperation, peace, and maintaining the longer term value of each relationship. Should you be interacting with strangers, it is also about the longer term value of behaving in ways that demonstrate the more patient, compassionate, thoughtful you, so you illustrate your best self for your own heart healing.

REORIENT REMEMBER RECONDITION REVISE  
RESHAPE RECREATE REEXAMINE REDEEM REASSERT

# Interpretations of your daily inspiration

## I can



wish intention inspiration

1

### I can

Recognise how you are the lead instrument in your symphony of life. Play like there is no tomorrow. Play like the music soars your heart, feelings, soul, imaginings into the space of Being. The Satisfaction Symphony in B-flat major.

FEEL THINK SPEAK REFLECT  
INTUIT BE OBSERVE ACT

### 1 On the Physical Plane

- Take action
- Leadership
- Initiative
- Work independently
- Focus on projects for your personal benefit
- Release doubt about your value
- Have confidence
- The beauty of being authentically you: trust
- Identify the core satisfaction in being yourself
- Connect to your intuition to bypass your hyperthinking

# I feel



wish intention inspiration

## 2 I feel

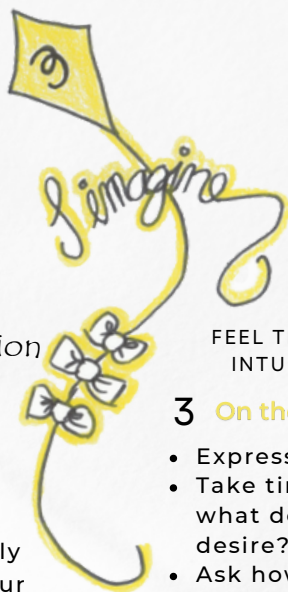
Can you be together, while being apart? In the empty, you shall know thyself. Withdrawing yourself can allow others to frame the energy that is uniquely you and not its absence. Stepping away may allow another to step forth – heart in hand.

FEEL THINK SPEAK REFLECT  
INTUIT BE OBSERVE ACT

## 2 On the Emotional Plane

- Be a companion
- Step out of the limelight
- Remember who you are - always
- Work cooperatively
- Take time alone to better understand your needs and ideas
- Allow others their independence
- You are not lessened when alone
- Do not lose your own boundaries
- Observe your feelings of being
- Loved or not – recognise how you choose to feel good or not

# I Imagine



wish intention inspiration

3

## I Imagine

Lift your face to the sun.  
Look up to the heavens.  
Today you are urged to fly  
your kite of joy. Raise your  
vibration through your  
focus on awareness of  
delivering simple  
intentions. Use the blue  
sky of imagination to  
enhance the rhythm of  
your life on the blue  
planet.

FEEL THINK SPEAK REFLECT  
INTUIT BE OBSERVE ACT

## 3 On the Intellectual Plane

- Express yourself creatively
- Take time to ask yourself:  
what do I need, what do I  
desire?
- Ask how you may serve  
yourself, or another so you  
both may smile
- Meditate on what you can  
do to draw forth more daily  
satisfaction
- Identify, with gratitude,  
how the elements of what  
you need and desire are  
already present
- How can you make  
adjustments to deliver  
more joy to your life  
situations?
- Celebrate your life and the  
abundance that surrounds  
you

# I Breathe



wish intention inspiration

4

## I breathe

Health and welfare check. Grand gestures are not the staples of life. It is in the small gestures and actions where meaning is delivered. Happiness 101. 101 incremental ways to pave your path in satisfaction. Take time to measure your self care.

FEEL THINK SPEAK REFLECT  
INTUIT BE OBSERVE ACT

4

## On the Physical Plane

- Take simple steps to improve your physical health as a daily activity
- Identify your chief causes of stress and discomfort
- Every morning choose to see your glass half full – not half empty
- Gently share your feelings of discomfort with another
- Ask yourself what you can do today to minimise aspects of your stressful situations
- Reach out for support, advice, remember another's positive journey and copy it
- Take stock of improvements you have allowed into your daily life

# I Speak



wish intention inspiration

5

## I speak

Walking on broken glass.  
Or let the crunch  
underfoot be that of  
seasonal golden autumn  
leaves. Speak your mind,  
as you feel you must.  
Warm your heart in  
preparation. Blame. Fault.  
Choose not to lay down  
these shards for their  
burden.

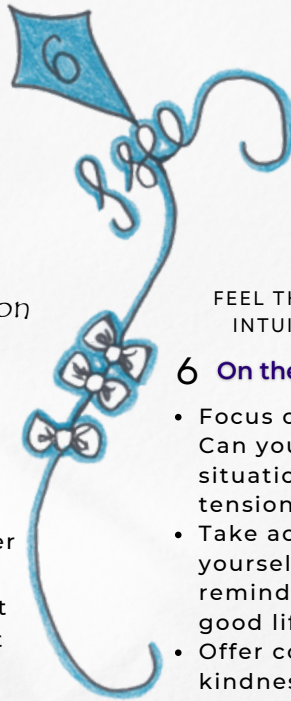
FEEL THINK SPEAK REFLECT  
INTUIT BE OBSERVE ACT

5

## On the Emotional Plane

- Speak persuasively, yet fairly
- Communicate issues articulately to provide productive feedback
- Use your influence to add emotional balance to the situation
- Choose to not walk away, commit to negotiating resolution
- Ask yourself, is the conflict and disharmony typical? Can I choose to consider exit options?
- What can I learn about my part in generating emotional upset? Can I make better choices?

# I See



wish intention inspiration

6

**I see**

Rest. Recover. Restore. It is a time of clearing out the toxins of your mind's dilemmas. Worrying never improved your circumstances. Instead, it robs today of the joy that could be in your heart should you choose it.

FEEL THINK SPEAK REFLECT  
INTUIT BE OBSERVE ACT

## 6 On the Intellectual Plane

- Focus on now and today. Can you accept your situation and release tension?
- Take action to distract yourself pleasantly to remind yourself of your good life
- Offer comfort, nurturing, kindness, support to members in your sphere of influence. Together you heal
- Brainstorm practical, positive steps forward. Trust you have all the resources you need.

# I Seek



wish intention inspiration

7

## I seek

Wading in the shallow end  
of your heartfelt wishes.  
To seek and come up  
empty can feel bruising.  
But empty is defined by  
you. Experience.  
Knowledge. Growth.  
Gratitude for what is. No  
empty here.

FEEL THINK SPEAK REFLECT  
INTUIT BE OBSERVE ACT

7

## On the Physical Plane

- Look into your accumulated internal treasure chest. Pull out options
- Examine your good fortune at home, at work. Record it gratefully
- Remember: this too shall pass. You know this.
- Corral your specific wishes, goals and dreams. Replace with hope, faith, courage, love. Full again
- Today is good because you say so. This hour. This morning. This afternoon. Sleep well. Dawn.

# iwish intention inspiration journal

A smiling stranger walks up to you as you and your cavoodle Bella are sunning yourselves as you rest on a park bench. Their charisma and confidence are such that you can't take your eyes off their tall, gliding figure as they join you on the seat. It's a public park. But, why your bench? You escaped the house to get away from them. You can't even get some space alone in this sprawling bushland track. The cactus prickles of your thinking hurt. You close your eyes. Despite your best intentions, your magic eraser is deployed and the stranger is no longer in your sacred territory. Sigh.

As if this involuntary release is their cue, the stranger speaks. Their melodious voice resonates like a strummed guitar. "How's your day? Are you enjoying the sunshine?"

You look the stranger in the eyes and the words in your head are attempting to align themselves into a retort. But they swim away. Their eyes speak of mysterious places and inexplicable serendipity. You know there is much for you to say.

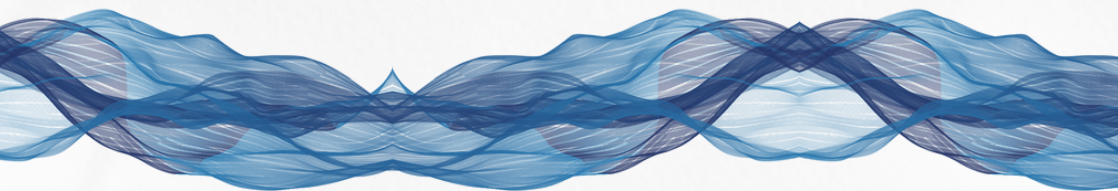
"I was escaping the stress at home." You laugh awkwardly. The stranger's smile widens. You are mentally canvassing your body, head to toe. You're looking for knots, twists, twinges, black spots of incalculable fear. All you feel is the Mediterranean depth of their blue eyes and you feel the waves of peace basking you with warmth.

"Looks like the walk has done me good. I'm feeling better."

"Yes," he said.

You feel like you are the Mediterranean. You sink further into the undulating calm. At some point you realise you and Bella have your claimed bench territory back. But, you don't have the same attachment to it. Instead you have this fleeting yearning for the return of the tall stranger who opened the way into yourself. You close your eyes again. You are determined to remember this inner journey so you may recognise it when you return again. Presence. Being.

The daily iwish intention inspiration, numerology energy reflections, invite you to explore all the dimensions of a life well lived. To step up and understand that you have choices you can make if you are a freedom fighter and give yourself permission to tune in daily to reset your parameters and project positive. As can be expected there will be lumps and bumps in your mattress, and rocks, with the wicked intention of ankle-twist-here waiting on your path. But, each day you can return to the power available in each daily date and bag yourself a few wild field bunnies.



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