

## MYSTICAL MATTERS

with Val Ryan

*Dear Val,*

*It seems like every October my emotions and normally gentle spirit become angry and I have this tendency to burn bridges with friends and throw in the towel with my boyfriend. Why this month especially? Help me Val, I'm in a struggle. - The October Tornado*

More than likely this month is a trigger for you because of something you experienced in October as a child or young adult that made you angry and withdrawn. Think back to any difficult times you had growing up. Did someone important in your life leave or die? Were you taken away from someone or something you loved? Maybe you had an illness or bad experience at school. A teacher could've been unresponsive or critical at a time when you needed support, leaving you feeling abandoned.

A numerology fate chart can be a helpful tool in pinpointing the source of the pain, but you'll have to dig deeply to find it. Get a notebook and list each year since your birth, leaving space in between each to write down what you experienced that year. Most likely, you won't remember the first couple of years, but then allow whatever memories of age three, four and so on to rise to the surface. If possible, write one positive and one

negative experience or feeling associated with each year. Some years will be easier than others, but just let it flow and don't worry about being exact. Sometimes it helps to list things by the grade in school, rather than the year, as many of our memories are sequenced in this way. For instance, I was in 10<sup>th</sup> grade when Grampa died. That's how I remember it, not that I was fifteen years old or that it was 1976.

A pattern will begin to emerge at nine and eighteen year intervals. The ages that add up to the same number, like 5, 14, 23 and 32 (all five's) will show similar life challenges. This is important because now you have an idea of what to prepare for at age 41, 50, 59 and so forth. Take your time with this process because memories you didn't even know you had will return and may be upsetting. And don't discount the good ones. Allowing yourself to feel every memory and grieving or rejoicing accordingly, will bring balance to your emotional energy.

What's most interesting about your letter is how self-aware you are. You also wrote of "having terrible insecurities [and being] more critical" in October. This is wonderful insight so give yourself credit and expand on it. Turn this self-analysis into self-control and stop yourself before lashing out at loved ones. Then replace the unwanted behavior with a more positive way of expressing your anger. I used to slam doors and punch walls when I was

mad, not exactly the healthiest response. So now I'll punch a pillow or go shoot pool. I've even gone out to a field and screamed at the top of my lungs to release rage. Try different things until you find something that will get it out of your system without hurting you or others.

You go on to state that you're using "psychic ability to tune in." This is excellent and shows you have a deep understanding of the change of seasons and cyclical nature of life. People used to live solely by the seasons; sowing in spring, reaping in summer, resting in autumn, and in winter, death comes to Mother Earth. What you're feeling is the loss often associated with this time of year and pushing people away is an attempt to ease the pain. The fact that you crave "lots of cold things to eat" may be your body's desire for the chill of winter, which really doesn't come to the South for another couple of months. These insights and psychic skills are what see you through this difficult month.

By working with your life list, you'll eventually get to the root of the October issue and begin to let go of that energy. Remember, all feelings are good and natural. It's only some of the resulting behaviors that need adjustment. You are truly tapping into what you call your "primal destiny." Honor this and be grateful for your highly intuitive nature. It is the path to your salvation.

Do you have a question for *Mystical Matters* about spirituality, mysticism or the afterlife? Email Val Ryan at [ryanmystic@earthlink.net](mailto:ryanmystic@earthlink.net).

*Val Ryan is a Spiritual Consultant and Psychic Medium who offers a variety of services including numerology charts. See her ads at the top of this page and on page \_\_\_\_\_. Contact Val at 803.750.7117 or [ryanmystic@earthlink.net](mailto:ryanmystic@earthlink.net)*