

## Plugging Into Numbers: Four

By: Val Ryan

The best way to plug into the energy of the number four is by observing our internal and external surroundings. Externally, it is found in the four points on the compass: north, east, south, west. In the elements: earth, wind, fire, rain. And internally as: mind, heart, soul and body. Integrating these elements and working harmoniously with nature is what makes us whole. Effectively combining these qualities is unconditional love. Each of us must find our own path to wholeness. Mine began with my love for the Fab Four, The Beatles.

John, Paul, George and Ringo embody the four main characteristics needed to integrate the self into a fully functioning whole: intellect, love, spirit and humanity. John was the brains behind The Beatles success. The band grew out of his idea that they would become the greatest rock and roll band in the world. And it was his faith in this idea that made it a reality. By applying this concept to my own thoughts and summoning a little confidence and determination, I came to believe that anything was possible. As this truth began to take hold, I became less critical of myself and others. Are you hindering your progress with negative thoughts? Question that critical inner voice. When you objectively recognize your strengths and weaknesses, your

ability to dismiss destructive thinking will improve and lead to self-determination.

John knew he had to surround himself with the best. He found the best partner in Paul. Paul had the heart to balance John's intellect. It's important that we surround ourselves with the best too. Just as we need to negate certain thought patterns, we need to weed out the people in our lives who undermine our success. Creating a partnership between heart and mind is necessary as well. If we use intellect alone or just lead from the heart, the results can be unsatisfying. Take your ideas, run them by your heart and see how they feel. By integrating mind and heart, our choices become more substantial and long lasting.

The next step is to check in with your spirit. George was the soul of the group, finding his passion in India. If you have a good idea and it feels right, then meditate on any larger implications it may have for you or others. By digging deep, you will be assured that the actions you take come from conscientious reflection and therefore justified in the face of internal or external scrutiny. Our actions ripple out far beyond what the eye can see. Whereas John makes us think and Paul makes us feel, George connects us with collective soul energy. He helps us realize that who we are and what we do is apart of the infinite whole.

And then there's Ringo. He is the scruffy Everyman we all identify with. He's the guy who makes us see that after all the ideas have been thought and all the feelings have been felt and all the soul searching is done, we are left with ourselves. Learning to love ourselves because of, rather than in spite of, our flaws is unconditional love. When you are able to just be, in total acceptance of any imperfections and with no delusions about life, you are on the road to wholeness. And when each of us has integrated these four aspects of ourselves and truly respects the mind, heart, soul and body of every living thing on earth, we will be an unbreakable chain of unconditional love.

In the bio-pic, *The Birth of the Beatles*, Brian Epstein has the final word, "No single one of you is the Beatles. Each of you is a part. Paul is the heart, George its soul. [John] you're the mind [and Ringo], he's the flesh and blood. If anyone of you stops doing his part, the rest will die. You're all dependent on one another."

Not bad Eppy. We're all in this life together and our survival is dependent upon our loving ourselves, doing our share and loving each other. All you need is love.

*If there are any other Beatles fans out there, please contact Val*

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