

# *Analysis of A Life Path #4*

## **THE NATURAL TEACHER AND INDIVIDUALIST**

The 4 is set apart from the other numbers in the way of the Individualist. They are always seeking knowledge and the truth. They tend to see all sides of the situation. Because they see the whole picture it makes them natural teachers. They see the whole picture. They may appear to others as cynical or negative because they want you to see the whole picture too. They are not known for looking through “rose-colored glasses”. They will always look at the worst-case scenario because they like to be prepared for anything. They are definitely into the logic of life and have that Spock Mentality. This is a very cerebral, intelligent number. They think  $A + B \text{ must equal } C$ . We can really learn a lot from a 4. There are times you don't have a clue what a 4 is thinking because they are so deep inside their head.

Their home is very important, it is their haven. Security, paying bills, taking care of business, this is what they do. 4s really need to feel that they have taken care of everything. They are the ones that keep a list of all the things they have to get done. They often wear glasses. 4s can fix anything and they don't even know why. They can naturally put anything back together again. Because they are so logical it also makes them natural engineers. They can build anything. They are classified as a “natural computer”. Even as children, they can easily put together difficult puzzles or figure out complicated games. They seem wise beyond their years.

They tend to be inventors and always have a new idea on how to make life easier or an existing product better. The problem is when they have a great idea it often lives and dies in their heads. This is because they're afraid to act on it. They process the idea so much and say, “If I can't do it perfectly, I don't want to do it at all”. This results in dreams that are never achieved. They can take advice from Nike and, “Just do it”. 4s just have to make it happen.

They tend to be the “doubting Thomas” of all the numbers. They need to “see it, to believe it”. Even if they come across a good thing they can easily doubt it. This doubt can lead to self-sabotage. 4s are natural-born worriers. They tend to think they were born to worry and do not like to live life in a hurry. This worry tendency usually leads to stomach issues which can turn into ulcers. When they walk into a room, they see everything because of the way they process information. They need their peace and quiet. They like to move slowly. They do not like anyone pushing them into a situation they do not feel ready for. I want to feel prepared.

Nature has a calming effect on the 4. The flowers, mountains, and the ocean, all display life's natural beauty that the 4 needs to tune in with. 4s usually love camping and the sport of hunting. The 4 vibration frequently owns gardens and finds calm by working in their yard. They are good at growing their own food or making a beautiful garden they can be proud of. This makes them de-stress and is needed to calm their anxious minds. Also really good for a 4 is playing an instrument of some kind. Music can always soothe their soul.

4 vibrations seek security and they need lots of positive affirmation. They need reassurance from their partners. They are the first to say, "I don't want to argue," and yet they always wind up in arguments. Why? Because they are direct in expressing how they feel and will point out the negative. Some people may be offended by their opinionated nature. 4s often stay in a bad relationship because they dislike change of any kind. They never like to be the center of attention or to look naïve in any situation

As far as the men go, the 4 is somebody who definitely wants to be a provider. He makes sure there is security because it is logical and that makes perfect sense to him.

If it's a woman, the 4 vibration tends to be assertive and controlling, a bit "masculine" in the sense that she takes care of everything. 4 vibration women tend to provide security. Both are very responsible. If a 4 is betrayed in love, that usually is the end of the relationship because honesty is so important to them. When they love, they are very sincere. If they are ever betrayed and lose their trust, it will be hard for them to love again. They are sensible, traditional, and well-behaved. They don't like people who are overly flashy and gregarious. 4s have to be cautious not to focus so much on work and plans for the future, that they fail to notice when their relationship is falling apart. They will only be shocked and devastated when it ends. They have to come to a relationship with vulnerability and communication.

You might meet a 4 and say, "Boy that guy sure is cynical", but what they are really doing is offering logical information that they think will benefit you. They never mean you harm. The 4 is simply just trying to make our lives easier. They have very dry humor so you have to take them lightly. If you point out to a 4 what a blue sky or beautiful day it is, they might say, "Yeah but look at that black cloud". This is just to make us aware of it, not to ruin our day. They like to make you see the whole picture.

One thing you have to beware of with the 4 is that they often escape through alcohol because they want to drown their heavy thoughts. They have so much analyzing going on in their heads and just want to relax. A healthy alternative would be to go to the gym. A healthy body gives them much-needed confidence. A good workout or run will give them the detox sweat they need and get them feeling great. Outdoors would be best.

4s are hard workers and honest. They take pride in the work they do. They will always get the job done. They are law-abiding citizens. You will find 4s in firefighting, police work, or in some form of construction. They like architecture and can be builders or landscapers. There is a grounded quality to the 4. If a 4 chooses to do something deceitful, they learn the law of Karma always gets them immediately.

4s are very selective in their friendships. They don't need a lot of people in their lives. If you are one of the chosen, they will call on you on occasion, but generally, there is a "loner" quality to the 4. They do not like loud or obnoxious people, they feel annoyed and offended. Their home is their haven, their own special place where they can relax and know they are safe.

4s tend to be gifted with athletic abilities. They excel in sports and can find themselves in the Olympics or playing for a professional team. They will master any skill they take on, which is another reason why they make such amazing teachers. When they apply themselves they can be the best of the best; they have to trust themselves and “Just Do It”.

Affirmations for the 4:

“I trust the process and flow of life, I am safe and secure”

“I welcome love with openness and vulnerability”

“I love and accept myself just the way I am”

“I let go of worry, I turn my fear into faith”

CHALLENGE NUMBERS: 1, 3, 5, 9 COMPATIBLE NUMBERS: 2, 4, 6, 7