

INTERVIEW with Theresa Sundt (appears on the 29th November 2011 issue of the Rodurago Kaleidoscope Newsletter)

Question: Dear Theresa, what was the most spiritual moment you have had in your life?

Answer: It was the physical and spiritual union with my husband.

Question: When did you first recognize your intuitive abilities?

Answer: I always had a strong '6th sense', receiving information intuitively, but it is during the last 15 years that I consciously developed this ability. The trigger was my introduction to Anthroposophy while I was doing a Rudolf Steiner teachers training course in 1995; that is when my whole existence started to take a new dimension which daily continuous to develop.

Question: Why are you optimistic about the future of mankind in a time of uncertainty and global change?

Answer: History repeats itself and we go through ebbs and flows of civilisation and progress; mankind is made of 'hard stuff' destined to survive through chaos. For every great disaster there is a positive step forwards that humanity takes towards enlightenment, and in the 21st century a great deal has been achieved in the technical field but also in the human consciousness.

Globalisation is a very recent phenomenon and I find it absolutely fascinating and record breaking. Despite all the wars and the financial crisis there is a great global desire for 'sisterhood and brotherhood, love and understanding' at the dawn of the Age of Aquarius.

Question: When did you get first in contact with numerology?

Answer: 30 years ago when I first had my name analysed with the help of the number that each letter represents in the alphabet.

Question: How would you describe your relationship to numbers?

Answer: Frankly my relationship with numbers is totally abstract which does not always help my book keeping routine!

Question: Is it true that one can use numerology as a powerful tool to get deeper into self-awareness?

Answer: Numbers have a sacred and mysterious quality that reveals the deeper secrets of the soul. After all, from the 'golden section' to the three weeks' biorythmical circle, all our lives are based on a sequence of numbers.

Question: Could you give a brief idea of how numerology works and does one need complicated formulas to tell about an individual personality?

Answer: Each number represents a distinct quality. The more similar numbers we are connected to, the stronger this quality would be; once we know what each number represents we can easily understand an individual personality. Of course intuition and practise will result in better 'readings'.

Question: Would you share some general meanings of the nine basic numbers?

Answer:

No 1: the leader and loner, a person with great initiative, physicality, passion for life

No 2: the negotiator and socialiser, a person with warmth and adaptability

No 3: the logical optimist, a person with a childlike attitude and sunny personality

No 4: the loving carer, a very capable person who brings beauty and harmony around

No 5: the charitable communicator, a truthful person, very reliable and serene.

No 6: the intuitive wizard, a person with loyalty, discipline, structure + a very tender heart
No 7: the spiritual leader, a person full of inspiration, innovation, dignity +generosity
No 8: the globe trotter, a person who is practical, good I business yet lives in a fairy world
No 9: the perfectionist, a person who is wise, generous and searches completion.

Question: In your book The Art of Colour Therapy, you talk about the nine colour personalities, I understand that each person has four colours that make up their personality, can you please explain what the four colours represent and how you work out which colours you are, using the date of birth?

Answer: Add all the numbers of your date of birth and then reduce them to one single number between 1 and 9. This number indicates your colour personality. You also have 3 other colours to enhance your overall personality which come from the numbers of the day, the month and the year of your birth date.

Each date of birth colour means:

- A. The first colour is the colour you came in life with; it shows your natural qualities (day).
- B. The second colour indicates the best tools to work with for a smooth life's journey (month).
- C. The third contains the vibrations you need for this life. It is what we are learning (year).
- D. The fourth number describes you, i.e. your overall personality (addition of all the numbers).

Question: Where does the idea come from, that personality numbers correspond with these nine particular colours?

Answer: Marie Louise Lacey, a British colour therapist was the first person to put colours and numbers together, in the middle of last century.

Question: What can one expect from a Colour Numerology Reading?

Answer: A colour numerology reading gives you an in depth description of the personality you are born with and it is unchangingly accurate. Just like describing somebody physically by looking at them i.e they have blue eyes, medium built etc you can describe somebody's personality by looking at the colours of the date of birth. Like a person with a lot of red would have a lot of energy and drive, a person with blues and greens would be mild and caring and so on.

Question: How can one apply the results of a Colour Numerology Reading and how can one benefit from it?

Answer: Your personality colours are your blue print; you can safely refer to them to support you and guide you in everything you do or you intend to do in life. When you know what are the qualities you are working with, you can invest on them and make the best out of them, instead of trying to be something different. Understanding the birthday colours of other people is an invaluable tool for harmonious and loving relationships too.