

# LO SHU NUMEROLOGY

## What Do I Say?

### Sample Phrases for Numbers and Grid Arrows

Originally designed for use with Julian Moore's *Speed Learning Numerology* but can be used with other adaptations of numerology.

**By Jay Jennings • [LoShuNumerology.com](http://LoShuNumerology.com)**

**COPYRIGHT 2021 BY THREE RING RANCH • ALL RIGHTS RESERVED.**

## Introduction

I work best when I can see multiple examples of something and then build my own version using the same techniques I observed in the examples. That's why I decided to put this list together. In here you'll find multiple phrases you can say for each of the numbers and grid arrows in Lo Shu Numerology.

But consider the information in this document as *suggestions*, and not in any way to be thought of as the only (or even best) way to tell a participant what the numbers in the grid are showing.

You can use the phrases here verbatim if you like, but they're written as I would say them, which may not fit your style. So at the very least you'll probably want to tweak them a bit.

You also may NOT want to use any of them, but just use them as idea-starters so you can create your own phrases.

Either way, it's all good.

I just wished for something like this when I started doing numerology readings and so decided to put something together to help newcomers to Lo Shu numerology.

In any case, I hope you enjoy this list of phrases and that it helps you become a better reader in numerology.

Jay Jennings  
Scottsdale, AZ  
March 2021

## Phrasing the Phrases

There are many ways to phrase the same sentence in order to change the meaning or to give yourself some wiggle room. For example:

*“One of your strengths is communication — you’re the person people go to when they need a problem solved because they know if you can’t solve the problem personally, with your connections you can point them in the right direction.”*

That’s phrased as a fact about that person. Which is **very strong**, but also gives them the opportunity to counter (even if to themselves), “That’s not true.” As a newbie reader, the thought of that happening freaked me out.

So you can say the same thing but put the responsibility for any “mistakes” on the numerology system:

*“A person with this number tends to have communication as a strength — people will go to them when they need a problem solved because they usually have great connections.”*

Two things happen when you phrase it that way:

1. They really can’t say it doesn’t apply to them because you’re not saying that’s who the person is, you’re saying that’s what the system says about that number.
2. However, most people will agree it is not **nearly** as strong as the first phrasing.

While you may want some wiggle room when you’re getting started, I’d recommend going as “strong” as you possibly can. If someone speaks up and says “that’s not like me at all” you can then fall back to the system, such as:

*“Strange... that number is usually associated with X. It’s possible you have a natural gift for X that you don’t know about. It might be something you should look into.”*

And then just go on to the next part of the reading.

However, the strongly worded “fact” about that person is usually a positive character trait, and most people will think, “Yeah, I am like that. People do want my help.”

Whether it’s true or not.

There are some cases where I’ll phrase what I’m seeing as a question — especially when I have a direction I can go whether they answer with a yes or a no. And sometimes a question based on what number or arrow is showing works well even if I just get an answer and move on to the next number. Often a negative “No, that’s not like me” can be brought up again later when a supportive (or opposing) idea is revealed.

## **Positives and Negatives**

The phrases in this document are separated by number (or grid arrow) and then in each of those sections by Positive phrases and then Negative phrases.

The Positives are used when you need a phrase for a single number, when the combined grids show many of the same numbers, or when you have a solid grid arrow.

The Negatives are used when there’s a lack of numbers in the combined grids, or for the dashed grid arrows.

(In general, you’re not going to use all the phrases in a section — maybe just one or two and then riff off of those.)

Let’s get started...

# What to Say for the Number 1

My main definition for the numeral 1 is **Beginnings**, with alternate definitions of **Self-reliance**, **Distinction**, **Attainment**, and **Individuality**.

---

## Positives

Starting a new project is something you enjoy — in fact, starting anything new is one of the things that really excites you.

You have strong leadership qualities and more inner strength than most.

When something needs to get done you're not afraid to jump in and get started. Other people notice and appreciate that about you.

You're not afraid to rely on yourself — you don't always need someone to "hold your hand" during tough times.

This says you've had a lot of "beginnings" in your life — more than most people. Does that make sense to you?

---

## Negatives

You've had a hard time getting started sometimes — it looks like procrastination is something you need to watch out for.

Do you tend to shy away from new experiences or meeting new people?  
(If they're adamant they don't, I might suggest the lack of 1s might not mean beginnings in their case, but possible self-reliance or distinction and I'll feel them out on those and run with it.)

You're not a risk-taker — while some people might jump into the next new thing quickly, you're more comfortable with the tried and true.  
(This type of phrasing can be used to show a negative as mostly a positive trait.)

## What to Say for the Number 2

My main definition for the numeral 2 is **Cooperation**, with alternate definitions of **Diplomacy**, **Balance**, **Relationships**, and **Flexibility**.

---

### Positives

I see you working well together with others — you listen to others and include them, which causes them to appreciate you.

You may not have as many friends as some, but this number says you have some important and deep relationships that probably stemmed from working together.

Even though you have strong beliefs, your willingness to be open-minded and fair draws people to you.

You've proven you can handle even tough tasks, but you'd rather work together with someone to get things done.

---

### Negatives

Instead of working with a group or someone else, you're more likely to dive into something by yourself rather than joining a team.

You aren't out to hurt anyone's feelings, but your frank approach to "telling it like it is" is often too blunt for most people, so you may get people avoiding you.

If you've found it hard to form long-lasting relationships, or deep friendships, this lack of the number 2 may give you a clue. Of course, once you know you can be on guard against it.

You're the kind of person who likes to look at all angles before diving into something, but that can come across as opposing ideas or blocking action.

## What to Say for the Number 3

My main definition for the numeral 3 is **Expansion**, with alternate definitions of **Development**, **Creation**, **Achievement**, and **Growth**.

---

### Positives

Even if you don't go looking for new experiences, when they come upon you you're able to take what's good from those experiences and use it for your growth.

You sometimes aren't satisfied with the status quo — just because something is good doesn't mean it can't be better and you look for ways to expand on what's already there.

You have a side of you that is very creative, and while you may express that sometimes, I think there's a lot more inside of you that you haven't let out, yet. Give those creative ideas a real chance to flourish

---

### Negatives

You have a tendency to stick with what you know rather than try new things — but it's the unknown, the new experiences that will help you to grow.

This lack of 3s says you may be wary of taking on new challenges. While going deep into one area isn't a bad thing, make sure you're not focusing on something so hard that you miss other wonderful things that will help you develop and achieve more.

To some people you may look like you don't achieve much, but you have a lot going on behind the scenes that others don't see. Your work in those areas are what others use to show their growth.

## What to Say for the Number 4

My main definition for the numeral 4 is **Security**, with alternate definitions of **Stability**, **Experience**, **Foundation**, and **Order**.

---

### Positives

People can depend on you — you're seen as someone who's solid as a rock to others. Your stability means not much can sway you from what you believe.

You're a person who values truth, which means you speak plainly to others. On the other hand, sometimes that honesty gets you into trouble when people get offended. Watch out!

*(This could be used as a positive or negative trait.)*

You're down-to-earth, practical, and have an affinity toward working with your hands. You're good at things like woodworking, or other crafts.

---

### Negatives

Some people with a lack of 4s tend to throw caution to the wind, especially with finances. While financial security may not seem important right now, or may even seem impossible, make sure you come up with some kind of plan for the future.

A lack of security sometimes means one doesn't want to feel bound up by rules and expectations of others — which can backfire when you do things you don't want to do just to prove you're the one calling the shots. Watch out for that in your life.

Some people thrive on what others perceive to be chaos. Going on a day trip? You're the one likely to aim the car and just go — somewhere. Got a new hobby? Some people study it first, but you jump in with both feet and figure it out as you go.



## What to Say for the Number 5

My main definition for the numeral 5 is **Activity**, with alternate definitions of **Freedom**, **Excitement**, **Exchange**, and **Instability**.

---

### Positives

You are always on the go. At times that may seem overwhelming, but you're at your best when your plate is full. Learn to embrace it!

You're busy and most of the time you like it that way. I think you'll be busy late in life, too. You'll be so busy growing you won't have time to grow old.

While you may be able to sit and enjoy a book, in general you'd rather be moving, having new experiences and doing the activities you love.

---

### Negatives

Some people always seem to need to be on the go, doing something, but you can be happy talking to someone, reading a book, or just binge-watching Netflix.

Make sure that the lack of activity in your life is due to a desire for that. Some people with a negative 5 find themselves in that situation due to pressures at work or personal situations. If you want more activity, come up with a plan to get it!

Even when everything else around you seems to be chaotic, you're able to get through it and do what needs to be done. The instability of the situation doesn't phase you as much as it does others.

## What to Say for the Number 6

My main definition for the numeral 6 is **Communication**, with alternate definitions of **Problem-solving**, **Sympathy**, **Learning**, and **Connections**.

---

### Positives

Your desire to know, to understand, comes in handy when the people around you ask for advice. They know they can come to you and you're eager to pass out the knowledge you have.

Many people who have a strong 6 are teachers -- maybe not professionally, but teachers in that they enjoy sharing their knowledge with people who are looking.

One of your strengths is connecting people together. You know who's doing what and if help is needed, you're the person who can point folks in the right direction.

---

### Negatives

Trying to do too much on your own can sometimes be a problem. Don't be afraid to ask someone for advice — most people don't see that as a weakness, so you shouldn't, either.

You don't have a problem jumping into a task, but make sure a lack of communication about the details of that task doesn't come into play. That can send you down the wrong road and cause problems in the future.

You're a person who feels for others but watch out that a lack of communication doesn't make it appear you're unsympathetic to someone else's problems.

## What to Say for the Number 7

My main definition for the numeral 7 is **Spirituality**, with alternate definitions of **Perfection**, **Wisdom**, **Equilibrium**, and **Analysis**.

---

### Positives

You're able to see changes that would make something better and you're not afraid to bring attention to those things. That can sometimes rock the boat and cause problems.

*(Again, this is something that could be spun to appear positive or negative.)*

You have a continuous search for knowledge, a desire to find the hidden truths that others may not even know exist.

You like things in balance and tend to think about what the words and actions of others mean. You find yourself analyzing people almost without realizing it and find out later your thoughts turn out to be correct.

---

### Negatives

You have a tendency to be suspicious of too much; you may need to learn to take more at face value, even if it's something you may not understand immediately.

Your ability to see things almost before they happen, or at least the possibilities, means you're uncomfortable in situations where you don't have any kind of control.

Watch out that you don't take too many things at face value — in some cases you need to analyze what the real meaning of something is before jumping in to it.

## What to Say for the Number 8

My main definition for the numeral 8 is **Inspiration**, with alternate definitions of **Determination**, **Invention**, **Power**, and **Earthly Progress**.

---

### Positives

While some people get bored easily, you have the ability to come up with ideas and thoughts that create excitement and happiness in your life.

You may not know where it comes from, but at times in your life you've had a flash of inspiration that's been just the answer you were looking for.

People with strong 8s almost always have plenty of motivation to accomplish the ideas they dream up. They have a strong desire to make progress that other people can see.

---

### Negatives

You have more ideas than most people, but you'll need to be careful not to become just a dreamer — be sure and take action on those ideas.

While this number tends to show a lack of inspiration, most people have a few things that really motivate them. You may not have ideas that spring up all of the time, but when the right idea hits you'll jump in with both feet.

A negative in inspiration doesn't necessarily point to something bad, it often applies to people who don't really care about amassing power for themselves. They don't need to have visible progress in their lives, it's more of an internal thing for them than external that everybody else sees.

## What to Say for the Number 9

My main definition for the numeral 8 is **Change**, with alternate definitions of **Attainment**, **Transformation**, **Separation**, and **Endings**.

---

### Positives

You're not the same person you were just a year ago. And while that's true in a sense for everyone, you're someone who seems to transform on a regular basis, continually growing and changing.

While some people get all stressed out with change in their lives, you have ways to cope with that, and even welcome change at times in your life. You don't see change as a bad thing.

People who show an abundance of change are often the same people who can be counted on to get projects completed. While anybody can start something, it takes a special ability to see things through and actually finish a project or task.

---

### Negatives

You prefer not to have any changes in life, or if they are going to happen in any case, you like to know about them in advance so you can plan for any pros and cons.

You have a tendency to start projects, but you also start many more projects than you actually finish. If you look back over your life, you might notice a string of project started that were never ended. You do tend to finish the ones that are most important, though.

You don't mind the status quo. There's something comforting in knowing the situation and how people will act. You appreciate the order and stability that comes from having fewer changes in your life.

## What to Say for the + Thought Arrow

Is this an idea person or an action person?

**Plus Alternates:** Logic, Discerning, Reflection, Speculation

**Minus Alternates:** Spontaneous, Action, Disregard, Doubt

---

### Positives

Some people always need to be doing something active, but you have an inquisitive mind and can spend more time than most thinking and speculating about things.

When someone has a problem you're someone they're likely to turn to because you have a logical mind and can run the pros and cons of a situation to help them find the answer they need.

You make good decisions and bad decisions just like everybody else, but you have a way of reflecting on the mistakes that you've made so that you don't make those same mistakes again.

---

### Negatives

Instead of thinking through a new situation or activity, you're more likely to just jump in and give it a go. This can be fun and work out most of the time, but there have been times in your life when you did that and came to regret not thinking it through ahead of time.

If somebody is planning a big event, you're probably not the person they need to handle all of the details. But if there's somebody who wants to just go and do something, you're probably the person they call first.

When somebody says don't do this or don't do that, your natural inclination is to say, oh yeah? But there are times when doubting what somebody says without giving it much thought can cause problems.

## What to Say for the Will/Passion Arrow

Does this person move with passion or do they tend to drift?

**Plus Alternates:** Motivation, Intention, Dedication, Excitement

**Minus Alternates:** Apathy, Drifting, Laid-Back, Disinterest

---

### Positives

This one is easy to interpret, when you start something new whether it's a hobby or a job or a relationship, you jump in with both feet and go for it. You have a passion for the new things in life.

When you're working on something you really care about, you can get so hyper-focused that it could cause problems in other areas of your life.

[\(Here's another positive with a little negative attached.\)](#)

Most people can work well on things that they have a passion for, but you're different in that almost anything you *need* to work on, you can create an internal passion for getting that done in the best way possible.

---

### Negatives

If you have a general lack of interest in things, you might want to try and head that off at the pass before it gets the better of you. If it's something deep-seated, probably see a professional, otherwise, find something new and dive in.

Some people are in motion all the time, making deals, climbing the corporate ladder... And then there are those who take a more laid-back view of things. You don't get caught up in the whole rat race.

You can get really excited about a new project, but when you spot a different new project you have a tendency to drop the first and move on to the second. Your passion for something might be fairly thin, so watch out for that.

## What to Say for the Outlook Arrow

Does the person have a positive or negative outlook on life?

**Plus Alternates:** Positive, Confident, Decisive, Hopeful

**Minus Alternates:** Introspective, Pessimistic, Uncertain, Flexible

---

### Positives

People like being around you because you see the good side even in the middle of problems and that's inspiring to others.

Some people are really wishy-washy, but you tend to make decisions with confidence. You decide what you're going to do and that's all she wrote.

You don't see the world through rose-colored glasses; you know there are problems from small to huge, But you've chosen to work through any problems with positivity and hope.

---

### Negatives

It appears your optimism is sometimes in short supply — you tend to focus on the negatives of what might happen rather than the positives. This means you can often see problems before they happen, but be careful not to just focus on those.

A minus outlook arrow doesn't necessarily mean you have a negative outlook, it's often seen in people who are cautious in making decisions. You want to mull over the pros and cons, so you appear uncertain.

Sometimes a negative outlook can come from focusing too much on mistakes that may have been made in the past. While it's vital to learn from those mistakes, make sure your focus is on the present and future.



## What to Say for the Head Arrow

Is this person more logical or emotional?

**Plus Alternates:** Clever, Astute, Thoughtful, Resourceful

**Minus Alternates:** Naive, Innocent, Impulsive, Emotion Driven

---

### Positives

You're someone who can make tough decisions based on intellect and not emotion — but you'll want to be careful that you don't ignore feelings in all those decisions.

Education is something that's a lifelong pursuit for you. Not necessarily formal education, but discovering new things in order to stay mentally stimulated.

Problems that sometimes block others aren't a problem for you. You're able to come up with solutions that others don't often see.

---

### Negatives

This negative arrow often signifies a person whose focus can easily be shifted. You get distracted easily which means you tend to ignore the details in the tasks you take on.

Instead of thinking things through, you're more likely to just go for something if it feels right — your emotions overrule your head and that can sometimes lead to others taking advantage of you.

You'd rather play than study. It's not that you're opposed to learning new things — you like that. But it better be while you're doing something fun rather than slumped over a book.

## What to Say for the Heart Arrow

Is this person more emotional or more logical?

**Plus Alternates:** Romantic, Dreamer, Compassionate, Emotion Driven

**Minus Alternates:** Matter of Fact, Practical, Realistic, Thought Driven

---

### Positives

You have great empathy for others. When someone is feeling strong emotions you're able to pick up on that and people appreciate that about you.

You're a romantic at heart. You may make those grand gestures you see in movies, or maybe you don't, but in any case, *you get it*. That appeals to you.

It doesn't matter whether something seems completely logical or not, you often take action based on feelings. You lead with your heart — and usually that's the right move for you.

---

### Negatives

Instead of thinking of how someone else feels, you sometimes make decisions based on intellect alone, which can make you seem uncaring.

There are people who are dreamers, and while you do have your own dreams, you're more down to earth and practical in your decision making.

Because you're so matter of fact some people may get offended and have the impression that you're emotionless, but it's just that you put more stock in logic than feelings.

## What to Say for the Action Arrow

Is this person more of a thinker or more of a doer?

**Plus Alternates:** Alertness, Response, Physical, Energy

**Minus Alternates:** Thought, Envision, Peace, Consider

---

### Positives

This arrow says you're someone who's not just a dreamer, but someone who has ideas and then puts them into practice. You're action, not just talk.

While someone else may sit and think about something before taking action, you tend to get started, knowing that you think better when you're actually doing something.

You have ideas and daydreams just like everyone else, but when it comes down to getting things done, people can count on you to be practical and take action on the things that matter.

---

### Negatives

There are some people who jump into action, and some who think first and come up with ideas to get the job done. Be careful not to think too long about something, you could find yourself procrastinating more than you intend.

Negative action can mean only working on someone else's ideas instead of your own. Make sure you allow time and energy to explore the creativity you have inside you.

Not really a negative at all, the minus thought arrow can be seen on someone who's diplomatic. Who doesn't jump to conclusions. Who is often the peacemaker when arguments start up.

## What to Say for the Spiritual Arrow

Is this person more spiritual or more skeptical?

**Plus Alternates:** Enlightened, Aware, Open-Minded, Reasonable

**Minus Alternates:** Matter-of-Fact, Physical, Uncertainty, Close-Minded

---

### Positives

You have a deep sense of inner purpose — more than most people. That will keep you going when others would waver.

Because of your spiritual awareness, you're able to handle problems that crop up without getting as stressed out as others.

You have a serenity that flows internally no matter what the external situation is like. You know things will turn out well.

---

### Negatives

As far as spirituality is concerned, you have a more questioning attitude than others around you instead of just believing what you hear.

While some people look for help from an outside source when problems crop up, you tend to rely on your own experiences and logic.

While the minus spiritual arrow says you're close-minded, that's not always a bad thing.

## What to Say for the Willpower Arrow

Does this person have more willpower or are they more passive?

**Plus Alternates:** Discipline, Determination, Firmness, Self-Control

**Minus Alternates:** Powerless, Weakness, Passive, Indecision

---

### Positives

You're a person who doesn't usually take 'no' for an answer. When you hear a 'no' or 'it can't be done' you either ignore that or refocus in a new direction.

Your determination means you usually get what you want because you're willing to do what it takes. You are made for accomplishing goals.

'When the going get tough, the tough get going' could be your motto. You don't like int when things get tough any more than anyone else, but you don't let it stop you from doing what needs to be done.

---

### Negatives

Instead of going for something you want, you often consider others instead of yourself. That's not a bad thing, but make sure you don't put off what you want for too long.

It's not that you lack willpower exactly, it's more that you can get so wrapped up in considering all the 'what ifs' that you fail to take action. Indecision can rob you of what you really want, so beware of that.

Often a minus willpower arrow will show up in people who have a really strong "whatever" vibe in their life. It's not that you don't care, it's just that you're not interested in spending your time trying to control what happens.

