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# I. What If You Knew You Were OK?

## I Love Me

A woman who read one of my books in the *Birth Mix Patterns* series wrote me with a question on a Pisces love interest from decades ago (among other details). At one point in my communication I wrote (completely unaware of her experience), “Being Pisces... this sign can have challenges grounding in the physical... they are (generally) very much in-the-moment so when someone tells a Pisces to meet at a specific place in the future (maybe in a couple of days, for instance) they may or may not make that appointment when in a less grounded state. Some perceive this as having difficulty with commitment, focus, or even being disrespectful. My perception is the Pisces doesn’t skip appointments (for instance) to make others upset or to be disrespectful, they simply have another world/reality to explore in-the-moment. It turns out her heart was broken when this love interest didn’t show up for a date they had made in high school nearly 40 years ago. As a result of this one

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incident, she felt this was all about her, was her fault, that there was something wrong with her.

On the flip side, there are those that think that “it’s” everyone else’s fault. For instance, one of my children said to me, “Mom, you’re making me mad.” My response was, “No, you’re making yourself mad. That is your choice.” We all have choices about the emotions, judgments, and opinions we own, wear, and demonstrate. Many of the emotions we form involve people (including the evaluation of ourselves).

So these examples set the tone. Regardless of who you are, being in more predictable situations creates trust. From trusting that your refrigerator works and your vehicle will start, to trusting that relationships work, this type of confidence then creates soul-based labels like comfort, gratitude, joy, and love. By the time you’ve finished this book you will trust what is right about you, and everyone else for that matter, utilizing the Birth Mix Patterns process. You will be walking down the path of “I Love Me.” Even in dysfunction, when having an understanding of habits in connection with BMP, we can find ways to turn situations and relationships into functional. To clarify further, this is not a book of making excuses for your Birth Mix, nor is it a psychiatric evaluation. But it is about acknowledging and understanding your and others’ patterns through an alternative method (if you choose to), and deciding how you will allow this to guide you down your happy, peaceful, graceful, contented path.

In this book (like the first two Birth Mix Pattern books) you will see analysis on many famous people but with an emphasis on love relationships. I’ve developed a snapshot chart that will help you read, understand, and layout your own and others’ Birth Mix Patterns information quickly. You’ll notice that I have given each of the Astrology, Numerology Life Path and Sub-lessons, and Birth Order title descriptors to aid in your quick, top-line

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understanding. And I've also introduced the concept of masculine/yang and feminine/ying to the personalities. A note to enthusiasts, this is not based on how Astrology defines masculine and feminine. From an emotional stand-point, yang is loud, masculine, aggressive, heavy, rough. Ying is soft, feminine, gently assertive, light.

When we go through the many case histories, allow yourself to think intuitively about what a humanitarian, a leader, an intuitive, someone who is a builder of order, life partaker, etc. might do. Notice also how the traits change in a mix because they balance, accelerate, and/or deflate certain dispositions. It will be helpful to go to my website, [www.MichellePayton.com](http://www.MichellePayton.com), from time to time to see text and hear audio examples from my numerous radio appearances and recorded seminars to brush up on new concepts, and get a feel for how this all comes together live.

We all learn differently. Some like to read the case histories first then study the Birth Mix Patterns details. Others like to first study the BMP details. Regardless of your style, I suggest all of you go to sections IV and V before you do either of the above, and calculate your specific Numerology, Sun Sign and Birth Order. If you have a love relationship, do that BMP as well. Write your information on a piece of paper, fold it (if necessary) and use it as a bookmark. Every time you come across a personality that has similar qualities to your BMP calculations it will become a part of your consciousness.

Remember that you have a handle on how personalities come together as a daily observer. I've done a number of workshops and telephone seminars with detailed personalities that add, embellish, and revise my study guides because of their extensive study in one or more areas in Birth Mix Patterns. When reading this book, allow yourself to be an expert—add, delete, embellish, and revise titles and text to my descriptions.

Whatever you need to do to create communication experiences that result in more peace, love, honor, respect, truth, grace, and elegance for yourself and others, do it!

### **The *Birth Mix Patterns* Series**

The Birth Mix Patterns process was created for people who have an interest in Astrology, Numerology, and Birth Order, but aren't interested in learning all the technical "ins and outs" all of these subjects. Those experienced in one of the BMP areas are interested in being introduced to how the other dimensions fit together. Still more experienced astrologers, and numerologists enjoy reading this series because "it gives a wonderful and intriguing twist to it all" —Ted Andrews, award-winning author of *Animal-Speak*, and *Nature-Speak*. Wherever you fit, the information is presented in a way that helps you understand how it applies to real people.

This is the third book in the *Birth Mix Patterns* series. In each book I introduce new concepts, in addition to Birth Mix Patterns, to increase the understanding and completeness of how personalities are impacted and interpreted. While there are so many points that could be made when looking at Numerology, Astrology, and Birth Order, I intentionally provide information that you can easily calculate and apply within hours of reading this book.

Again, we all learn in different ways and have different levels of understanding of Astrology, Numerology, Birth Order, Conscious Living, and New Age concepts. For a more thorough understanding of learning about people and how Astrology, Numerology and Birth Order have impacted people all over the world, here's a bit more information on what you will find in the two previous *Birth Mix Patterns* instruction books.

In *Birth Mix Patterns: Astrology, Numerology, and Birth Order, and their effects on*

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*the Past, Present and Future* my emphasis is on chronologically introducing Life Path: 1, 2, 3, 4 and so on, Astrology Sun Sign: Aries, Taurus, Gemini and so on, Birth Order: First Born, Middle, and so on. This book was conceived a year after “SOUL”utions where I introduced Financial, Intellectual, Physical, Social, and Spiritual Balance with Soul which included structured goal setting processes and exercises and utilized Numerology to get to know yourself and others a bit better. FIPSS (an acronym for the above-mentioned areas of life) was fresh in my mind when I wrote the first book in the BMP series. So in the chronological listing of 1, 2, 3, Aries, Taurus, First Born, Middle, etc., I also included how all are impacted in their financial, intellectual, physical, social, and spiritual lives. It analyzes all the U.S. Presidents and First Ladies through Bush of 2000, and many other historical figures. You are also introduced to Personal Years using Numerology, and how Earth Cycles (changing of the seasons) impact our daily lives.

In *Birth Mix Patterns: Astrology, Numerology, and Birth Order, and their effects on Families and Other Groups that Matter* my emphasis was on providing historical information on groups and individuals that made up the groups then demonstrated how each individual Life Path 1, 2, 3, 4, Astrology Sun Sign Aries, Taurus, Gemini, Birth Order First Born, Middle mingled. I introduced ideas on how to further understand the energy of the group by analyzing the date of establishment (official date group was “born” or “reborn”). You also get a peek at how to determine basic personality patterns without a birth date.

### **The Benefits of Fully Expressing Your Birth Mix**

When doing Birth Mix Patterns analysis there is a functional (having a good day), dysfunctional (having a bad day), and an “I have no idea who I am” expression (which could result in both functional and dysfunctional

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patterns). For instance, I did an event for *Elle Magazine* at a major car show. I, literally, did nearly 100 (5 minute) readings that day and people were amazed at how accurate their quick sessions were. Even the Vice President of the major sponsoring car company came to the *Elle* booth to meet me, shook my hand, and said I was the talk of the event (and remember this was a car show).

I mention this because I generally give the functional explanation with gentle nudges of “you might want to think about . . .” when I’m doing quick radio and other promotional readings. I have had the opportunity to speak with thousands of people, and the majority of the time the information that I share is spot on. There are two reasons for this success: Simply the study of an already accurate system of Astrology, Numerology, Birth Order, and the second key to clarity is the observation of how the three dimensions of information combine, accelerate, decelerate, and/or neutralize each other. So back to my story, out of the over eight hours of readings that I did, I caught a man out of the corner of my eye, in line, whose vibe seemed off balance. When it was finally his chance to get a quick reading he said, “That doesn’t sound a bit like me.” I wasn’t surprised, nor taken back. It required more time to give him an in-depth assessment, taking it past gentle nudges and into comparisons of functional and dysfunctional patterns.

The point is if you aren’t able to fully express your BMP functionally, and/or lack clarity as to what that is (your cosmic purpose, in essence), then you will be off-center. Awareness opens doors.

That being said, nothing rules you. You are the master of choice. And this process doesn’t resonate for everyone.

So let’s get started on Love Relationships when working with Birth Mix Patterns, and you be the judge.