

# **Dr Suzanne Henwood**

Image 1) Spiral Energy

Image 2) Vast. Extending

Image 3) Patterns. beauty

Image 4) Emerging. Complex

Image 5) Ordering. Settling

### Dear Dr. Suzanne,

Your interpretations reflect a deep connection to movement, transformation, and structure.

You perceive life as an evolving process, where energy flows, expands, and eventually finds its balance. This suggests a keen awareness of change, complexity, and the underlying patterns that govern life. Your responses indicate a philosophical and intuitive mind—one that sees the bigger picture while appreciating the details within it.

## L Your Unique Strength:

You have an **exceptional ability to sense energy**, **motion**, **and transitions**. Your recognition of **spirals**, **vastness**, **emergence**, **and order** suggests that you **understand both chaos and** 

**harmony**. You might naturally **see connections between things that others overlook** and recognize **beauty in complexity**.

## ✓ Well-being Tips:

Embrace movement-based practices such as Tai Chi, Qi Gong, or dance to channel your connection to energy. Engage with nature—observe how the universe expands and organizes itself through waves, spirals, and fractals. Practice mindfulness and journaling to track your own emerging patterns of thought and emotion.

- Tyour Personal Power Shade:
- Deep Indigo or Gold Representing wisdom, expansion, and refined energy.
- **Changes to Your Home & Workplace:**

**Incorporate circular or spiral elements** in design—think mandalas, Fibonacci patterns, or curved furniture. **Use natural elements like flowing water or soft candlelight** to reflect movement and settling energy. **Keep open**, **airy spaces** to reflect the vastness and expansiveness you appreciate.

- Your Lucky Crystal:
- Labradorite Enhances intuition, transformation, and deep insight.
- Books You Should Read:

The Hidden Geometry of Life by Karen L. French – Explores the patterns and energy flows in the universe. The Order of Time by Carlo Rovelli – A deep dive into time, change, and the fabric of existence.

#### Room Decor Tweaks:

Introduce spiral artwork or nature-inspired patterns. Use warm, grounding tones with hints of

**gold** or **indigo**. Have an **open**, **uncluttered space** that allows for movement and thought expansion.

#### Mindset Shift:

Embrace both the complexity of life's journey and the simplicity of its flow—you have a rare ability to find structure in transformation.

## → Your Empowering Affirmation:

"I embrace the ever-changing flow of life, finding beauty in both expansion and order."

- Your Power Symbol:
- **6 The Spiral** A symbol of growth, transformation, and infinite movement toward higher understanding.
- **✓** Your Recommended Song/Genre:
- Instrumental or World Music Sounds that reflect patterns, depth, and movement.
- Your Auspicious Time of Day:
- **Early Morning or Dusk** When energy shifts, expands, and settles into new forms.
- Your Lucky Herb/Scent:
- Frankincense A scent of wisdom, clarity, and higher consciousness.

Wishing you clarity, expansion, and boundless inspiration ahead!

Dr. Suzanne, your connection to energy, emergence, and order gives you a unique perspective on life's vastness and its intricate designs. You understand that everything moves in patterns, evolving and settling in a continuous flow. Keep embracing the spirals of transformation, for they lead to greater wisdom and profound insights.