

INTEGRATION TO GROWTH POINT

8 integrates to 2	Coldness to warmth
9 to 3	Helplessness to self-belief
1 to 7	From rigidity to freedom
2 to 4	Self-loathing to self-love
3 to 6	Self-importance to modesty
4 to 1	Confusion to clarity
5 to 8	Shameful to shameless
6 to 9	Anxious to present
7 to 5	Escapism to inner stillness