

'4:44'

At the various times in my life where I felt the closest to living my purpose; the times where I felt most "in tune" to God's direction for my life. It has been during these times that I have become incredibly inspired and extremely creative. I remained conscious and fully present with my surroundings, especially in nature. Nature became vivid with illustrations; all around me. As long as I was mindful and present, nature always taught me incredible life lessons. These object lessons came fast, furious and with unreal clarity. And these lessons were revealed to me, in their entirety, almost immediately. I was in a place, mentally, to receive this important information.

It was during these stages that I would wake up repeatedly (not every day) at exactly 4:44 am. I never paid much attention to the significance of this time. Recently, finding myself in a place of re-birth; I have been waking up at exactly 4:44 am once again. Although I noticed it, I dismissed it as irrelevant and coincidental. As it continued more frequently, I decided that I would investigate it further, because I was intuitively feeling its significance. Here is what I found initially: 7 reasons why you are waking up at 4:44 am (It's an article that will be included at a later date, because I am not going to type it out!)

The very first thing that jumped out at me, was the number 7. I grew up as a born-again Christian, went to a Christian school K-12 and attended Liberty University in Virginia. I had grown up hearing and reading the bible. In fact, I took on #7 as my favorite number, because I viewed it as God's favorite number. The number 7 holds significant meaning in the bible. It represents the number of completeness and achievement it obtains much of its meaning from relation to God's creation of all things. There are 7 days in a week and God rested on the 7th day from completing his creations. The Bible was originally divided into 7 major divisions and, initially, the total number of books in the bible was 49 (7x7), further illustrating the integration of seven into the word of God. The number 7 has significant meaning all throughout the Bible, it would take us weeks to study out each and every one of them and their meaning (perhaps another topic of curriculum at a later date).

The significance, for me, with this list that I had found, describing waking up at 4:44 am, was in fact the 7th reason. "You're living in the now". And the very last sentence was this: "trust that you are exactly where you need to be right now". The reason for this profound statement, for me, was of the experience I had on

Melbourne Beach in Florida, just two weeks prior. I had found myself on this beach, during a very difficult time of my life. My girlfriend (ex-fiancé) had ended our 6 ½ year relationship just two weeks prior. This woman was my best friend, my lover, my companion, my “dream girl”, my inspiration, my teacher, my (so I thought at the time) everything. But, despite our great relationship (we were really good together) and her love for me, she decided based on what she needed and wanted from life, to end the relationship. She had the courage and strength to stand up for what was best for her; she loved herself more than our relationship. You see, we were on separate paths for quite awhile and had slowly drifted apart. I was living a life with minimal significance, she was living her life’s purpose. (there is way more to the story that I will get into another time) Needless to say, I was devastated and spent the next two weeks experiencing every range of emotions. Disbelief, anger, sadness, confusion, loneliness, sense of loss, unworthiness, failure, etc. Being a competitive person, one that really doesn’t accept losing, I started fighting to win her back. I wrote sweet texts, talked to her lovingly on the phone and sent romantic songs to her. No matter what I did, she was convinced that her decision was the right one for her. My mood and attitude shifted as I allowed my hurt ego to operate and control my emotions. I said mean things, I was angry, I made her feel guilty by manipulating her through shame and loss. Fast forward, the day before my beach experience, I had come to the realization that I needed to take my power back. I had allowed someone else to dictate and determine my happiness. I realized that no one is responsible for my happiness, only myself. As a result of taking my power back, I let her go.

The lesson here is that the harder I tried, with all my might to hold onto her and not lose her, she got farther away. I needed to free myself and allow God’s desires ahead of my own. On that beach the next morning, a dolphin (my animal totem - which we will get into at a later time) came out of a wave directly in front of me. Side note: I was in the middle of an entirely different life lesson with sand pipers at that exact moment (see blog). The message I heard from that dolphin was, “trust that you are exactly where you need to be right now” verbatim!! Fast forward: once I let go, without any attachment to the outcome, my best friend began to feel a positive shift in her attitude and feelings toward me. The shift allowed a change from completely shutting down, to one of possibility. The relationship as we once knew it, was gone forever. It was no longer serving either of us. What happened was that we were brought to a place of possibility, with no attachment to the outcome. We both completely let go and put trust in the fact that God was in control of our lives and future. There was a possibility of something new and beautiful being born out of a very difficult and hurtful experience. The lesson is that we must shed things, relationships and programs that do not serve us; things that hold us back from

reaching our fullest potential, things that hold us back from living our purpose and authenticity. Although, at the time, it seemed like such a great loss. It was the absolute best thing that could have happened to us and our relationship. Today, we remain free to be ourselves; free to be who God called us to be. And from this place of freedom, we invite possibility.

And because I am a “numbers guy”, and I was already fully vested in finding every possible meaning of this 4:44 am wake up time, I wanted to research and learn everything there was to know about it. I also wanted to research the exact meaning of the dolphin experience. Here is my research: First, #4 is the number of the cross in the Bible. Of course, it was! The cross, representing death; my application was death of my “old man”. Death to the programs, perceptions and expectations I had taken on in life. These had to die for me to experience a true re-birth or resurrection. Through the death of, what I felt was the most important relationship in my life, I was able to rebuild the actual most important relationship in my life. The one with myself, with God directing, guiding and encouraging my path to my true purpose.

There are four directions in this world; east, west, north and south. The cross-symbol points to these four directions. There are four different winds from each direction in Native American beliefs. There are four different elements: earth, air, fire and water (I happen to be ‘fire’ as an Aries, another topic for a future blog). Spiritually, the number four is the number of “being”, it is the number that connects mind-body-spirit with the physical world of structure and organization. The number four symbolizes the safety and security of home, the need for stability and strength on a solid foundation of values and beliefs. The spiritual nature of number four calls in the need for having or creating a sacred space and sanctuary in your home. Four is the number of stability, order and completion of justice. There are 4 seasons, four phases of the moon, four parts to the soul in some philosophies. After this research, at this point in my life, the number 4 was very significant!

So, I took it a step further. The day on that beach was November 8th, 2018. So, first, I looked at the number 8. Here is what I found: number 8 in the Bible represents a new beginning, meaning a new order or creation, and man’s true ‘born again’ event when he is resurrected from the dead into eternal life. Wait just one minute! Let me get this straight. Sitting on a beach one morning, after letting go of the most important thing in my life at that time; a dolphin (representing new birth) gives me a special message. The number 4 already had significance in my life, it was the cross where my old program was dying. Now on Nov 8th, I get this message of a new beginning; a true ‘born again’ experience where I was resurrected from the dead. Wow! This was not coincidental at all! So, I went further with the number 8. Jewish boys were circumcised on the 8th day, symbolizing circumcision of the heart through Christ and

receiving of the Holy Spirit. And then even further, 40 (5x8); five symbolizing grace times eight, symbolizing a new beginning. Therefore, it is only by God's grace and love that I was given a chance for a new beginning. And lastly, just because; 8 is the number of Jesus, whose name in the Greek adds up to 888. Spiritually, 8 symbolizes harmony and balance, the ability to make decisions and it symbolizes abundance and power. A couple more fun facts: there are 8 planets in our solar system, it takes 8 minutes for the sun's light to reach earth. I'm sure I could have found 100 more significant things about the number 8, but I had found enough for me.

This was divine order I was experiencing! Now I was really getting excited. I had to go further, and here is what I found next: through a simple, yet complex equation, using my exact date of birth, I found my "life path number". Now, this was all new to me and growing up Christian, I would have been discouraged from even figuring this number out. But, although I still consider myself a Christian, I have evolved to appreciate all views and beliefs in this world. So, I had come this far, why not explore any and all definitions and meanings of these significant numbers? My life path number is 5. Now I must back up for one minute: while researching the number 8, the number 40 stood out to me because of several biblical applications to it (but we do not have the time to go into all that right now). And the mathematical equation that I saw to arrive at 40, was 5×8 . I had understood the significance of the number 8, but at that point I had no idea that my life path number was 5. Just another coincidence?? We all know, at this point, that there was no way in hell that it was! So, here we go! Let's dig into the number five, shall we? This is getting fun! I'm going to start with the definition described with 5 being my life path number. First, my purpose: to develop fearlessness, adventurousness, resilience and the constructive use of freedom. This definition labeled me as a freedom seeker. Right away, this label resonated with me; I am all about being free! Being free to be me, free to experience life on my own terms, free from financial burden, free to travel, just plain FREE! My life number, as further defined; indicates what I am evolving into, developing, aspiring toward, and learning about. I found that when I was in alignment with my purpose, I was: freedom-loving, adventurous, fearless, resilient, agent of change, flexible and fun. And if I was out of alignment: indulgent, excessive, restless, high emotions, addiction or fearful, dependent, depressed, stagnant, procrastinator, erratic, easily overwhelmed. Just for the record, while reading these; I was in agreement that they were spot on describing my life up until this point.

As a 5, I was all about experiencing the world in all its tactile glory. I am at my best when I can tap into a fearless sense of adventure, and if I use this versatility in a focused and dynamic way, the world would become my oyster. It further described me as someone that needed to act on my adventurous spirit to live with purpose. I was definitely not a 9-5'er, no way I could conform to the structure of this work

schedule. I could not do my work on such a schedule, I need to be free to do my work on my schedule. A word of caution was to beware of going over-board in the party scene because 5 is the number of excess. (anyone that knows me, would agree 100% with this word of caution) And on to the message for me as a 5. I am an agent of change and the master of progressive thought and action. My key themes are: freedom, fun, fearlessness, and adventure. I am here to experience all the material and tactile world has to offer – within healthy and focused parameters. My mantra: “don’t fence me in”. My nemesis: attracting restrictive circumstances into my life and working through lots of fear. Now on to the biblical description and significance of the number 5. It symbolizes God’s grace, goodness and favor towards humans. The ten commandments contain two sets of five commandments. The first five commandments are related to our treatment and relationship with God, and the last five concern our relationship with other humans. The tabernacle in the wilderness, profoundly reflects God’s grace in its uses of the number 5. The design of it, given directly by God; contains five curtains, five bars (not the one’s we drink in), five pillars and five sockets. And it had an altar made of wood that was five cubits long and five cubits wide. The height of the court within the tabernacle was five cubits. Side note: I had no idea how long a cubit was, and even though this will be a long explanation; I’m going to share it anyways! Here’s what I found: it was an ancient measurement of length based on the distance from the elbow to the tip of the longest finger. I was like, how can that be accurate?! Here was my answer: the actual length of the cubit varied between ancient groups of people. Hebrew – 17.5 inches Egyptian – 17.6 inches, on the ‘short’ and Hebrew ‘long’ – 20.4 inches Egyptian long – 20.6 inches. Boy am I glad that we have gotten away from this measurement system! I can’t imagine the confusion and variation of things in those days! But my mathematical brain had to know this, and I have shared my thought process. So, after all of this, I still can’t figure out accurately the size of the tabernacle! On we go to the spiritual meaning of the number 5. The number five is the number of balance; it symbolizes man, health and love. It combines the female number 2 with the male number 3 – five is the number of marriage. Five is the number of the human being, it symbolizes four limbs and a head controls the limbs. There are five senses: sight, hearing, taste, smell and touch. There are five arms on a regular starfish, an earthworm has five hearts, there are five rings in the Olympic symbol representing the five continents, David had five pebbles in his pouch and used one of them to slay the giant Goliath. Ok, I was just having fun there with those last ones!

As I was researching all these significant numbers occurring in my life, I came to realize that I could spend months on each number. If I wanted to spend the time, I could research for days and find out an almost infinite supply of information. Especially with Google and access to the internet. I had found enough information for

me! It was time to stop. I hadn't eaten, showered, shaved in days; there I was being excessive! Just kidding, but I had to consciously make the effort to stop. Or I would have sat there for days and gone down every possible path that the numbers would lead me down!

Now, there are lots of people that don't believe in numbers; or even that there is significance in numbers. Or that numbers derived from certain belief systems are satanic or bad in some way. I don't subscribe to this ideology. I believe that we should be open to research any and all information available to us. If I had "bought" into others beliefs, I would have deprived myself of understanding the significant meanings of these numbers showing up in my life. Boy am I glad I did! It brought such clarity to my experiences and added information and understanding to my personal journey toward living my purpose. I highly encourage all of you to pay attention to the numbers showing up in your life and research the special meaning they have to you, and only you.

Live in love, love to live!

Mark Cammilleri