

Welcome to Psychic & Energy Work's Home Page

for May 2020



Hello and welcome to Psychic & Energy Work, a Sydney-based site focused upon spiritual growth. It aims to help people make sense of and process “stuff”. By releasing what’s “not”, we help optimise what unfolds. Life, after all, is a zone for practically inclusive, spiritual growth.

Psychic & Energy Work offers readings, healings, spirit work, space clearings, past lives, numerology, intuitive courses and mentoring. It is all-culture and -gender friendly. To learn more, scroll through the Pages menu to the left or below (depending upon the device you’re using). You can read reviews on Google ([here](#)) or [get in contact](#) via phone, sms, email, video WhatsApp or Skype. Feel free to look through my Shop as well!

Given current social distancing requirements, face-to-face sessions are limited. Working at a distance is just as effective, perhaps more. We can work this out when you contact (which is best done via phone or sms). I only access emails Monday to Friday mornings.

Thanks for your support. Stay safe.

Recapping last month...

You may recall me advising, last month, that “April” was going to help people finetune. Lock-downs created more space for people to release outdated patterns. Many were led into innovation, whole new landscapes for some. In one sense, we’ve all experienced that and I, for one, have been grateful. “0” is space – remember? – and, with that, the chance to enhance our approaches. Last month helped selves pause and reflect (not to mention, sort rhythms out). It also tested faith through the emergence of incredible limitations. Yet, this is the role of passive numbers; “8” also hovered to help selves hone. Out of this emerged wonderful displays of community and altruism. This is all signalled in “2020”s profile: foundations enhanced; structures improved. Last month was about working through obstacle, no longer putting up with what needed to shift. If these last few weeks have nudged you to clear, clear and sort, there’s no surprise.

“April 2020” heightened “zero” so as to breed more good in time. The egoic self prefers busyness – i.e. physical and energetic action. Yet silence is golden – a place for rebooting; connecting back to “real me”. This can require release from what’s usual so as to help what’s coming roll in. Lock-downs, last month, offered great chances to ground, reboot, strengthen again. Did you find this - release some gripping – your own or others’ – at some level? Did life reveal more, somehow, about how you could get things more on track? Energetically, there is no such thing as nothing: zero marks the start of whole, new, amazing chapters. The more we see loss and lack as doorways into whole new adventures, the faster darkness melts. “0” asks people to witness **and** better receive in that. This involves positioning self to receive anew somehow. That requires suspension of judgment, fear, negativity (rhythms like that). I hope last month’s isolation helped you break through and clear dynamics like these. You can review my *Observations about April in The Archives* and/or my *2020 forecast* here.



Videos are go!

I've just launched Psychic & Energy Work's YouTube channel – call me quick! – which you can visit by clicking on the image above. You can also access what I have posted via my new *Videos* page. *What is a reading? What can it be?* – let alone other forms of energy work. I also posted two videos, last month, about COVID-19 in light of 2020's chart.

What about this month?

This month might be noticeably different, assuming it triggers what the chart suggests! For one thing, the "1" count is much higher – for the first time since "December". When "1" goes quiet (as it has recently), selves can feel less valued/supported. Quiet "1" with loud "2" – as we've had since "Jan" – can want our focus more on others. We've seen this in Australia with droughts, fires and virus challenging agendas. Each of these rhythms have helped bystanders to release excessive "I want". Back, now, comes "1" to grow what's been distilled; help that take root in "the new world". Compared with the last two or three months, this "May" might feel more inclusive somehow.

Don't be surprised if life, this month, feels a little more responsive with you. "1" can signal **spiritual** being as a real state which we need to nurture really. Recent demonstrations of leadership and kinship all set new standards we may want maintained. "1" often flags the emergence of "real me" in a more public way. More "1"s (and, therefore, less weight on "2" vibes relatively speaking) could promote authenticity. That's always the dare but these dynamics could manifest another degree. Two "10"s, this "May", could boost the sense of space helping people learn, discover, clear, liberate **and** adopt stances which emit more essential vibes/self. We've been living through that already - yes? - yet "10" can trigger a sense of isolation. Even when people can freely mingle, this vibe helps us value difference and uniqueness. "1" with "0" guides us to review what, how and why we do things. From certain angles, "10" denotes rebirth – i.e. potent release and self-discovery.

The above dynamics could heighten the sense of standing alone (and, hence, uniquely). "1" is the dare to tread your path as **you** need (not half-asleep). Emerging like this, "10" helps us gauge more about "me" as a value-add. Here, self's guided to become more confident, constant, genuine. "1", after all, flags our next step out of unhealthy dependency. This can involve how we act with others, certain addictions or perceptual shifts. As it unfolds, people start sensing how life's making space for more soul-full "me" to emerge. So, better fit and placement are likely - over and above what's presenting now.

Out of the above dynamics might flow motivation to start afresh, affirmed and empowered. Self's decision to go more public, to the next level, always feels liberating. By the time "10" leaves, people often feel ready to **co**-create in new ways. It goes without saying: this year's delivered some extreme events. That's partly explained by the chart and this month offers fewer high-frequency numbers. Albeit short-term, this should trigger a sense of calmer waters. We'll still have enough to attend to but this might see "May" flowing better somehow.

Life is always informing and evolving; that's a constant (we're here to learn). Additional insights about past and present could help you get lighter again. This month's profile speaks of similar rhythms to those encountered last year. You may, therefore, feel life's dealing you a break; more space/time to pause and regroup. Yet the need to demonstrate – actively channel – integrity will prevail. It always does but don't be surprised if those who "don't/won't lead" now get a turn. Practices, mindsets and daily habits could continue realigning clearer again. Through such dynamics, the universe constantly guides us towards what we sense is "perfect". **To read Psychic & Energy Work's full forecast for this month, click [here](#) or upon *Monthly Observations* in the Page menu.**

Most Mondays, I post a snippet about psychic & energy work on social media. Please connect with them (and me) on [Facebook](#), [Linked In](#), [twitter](#), [pinterest](#) or [Google](#).

Other things to do whilst here...?

Learn more about Psychic & Energy Work on the [About](#) and [List of Services](#) pages;

You can hear the [Monthly Observations](#) or order [Meditation Files](#);

Listen to last month's interview on Three D Radio [here](#);

Read [Articles](#) or download earlier [Observations](#) via [The Archives](#) page;

Check out my [Observations about 2020](#) [here](#); and/or...

Learn more about my [Courses](#) in intuitive development or numerology.

On Thursday, 7 May, I'll join Michael Hunter on Three D Radio's Metaphysical Show. Join us, live-to-air at <https://www.threedradio.com>, 9pm South Australia time. We talk explore things energetic and spiritual, and offer free mini-readings. If you would like one, email your first name(s), date(s) of birth and question to metaphysicalshow@hotmail.com before or during the program. If you can't make the Show or want to review it, click here to listen to it from Monday 11th.

Based in the Inner West of Sydney, I work with people face-to-face, via phone, video, email, Skype or WhatsApp. To develop intuitively or book a session, [click here](#).

Thank you for visiting Psychic & Energy Work.com.au

Have a good May!