

## Welcome to Psychic & Energy Work's Home Page for January 2022



### Happy New Year!

**Hello and welcome to Psychic & Energy Work, a Sydney-based site focused upon spiritual growth.** It aims to help you make sense of invisible dynamics as they surface. By releasing what's "not" energetically, we open to receive anew. That can manifest as insight, healing and/or flow in the physical. Life's, after all, layer on layer and the dare is to get the balance right.

**Psychic & Energy Work offers readings, healings, spirit work, space clearings, past life sessions, numerological profiles, intuitive and energetic mentoring.** It is all-culture, -ability and -gender friendly. Scroll through the Pages menu or below to discover more.

**Read some reviews about Psychic & Energy Work.**

**Get in contact via phone, WhatsApp, sms or email.**

**Feel free to look through my *Shop* as well!**

**I can work with you face-to-face or via phone or video. All formats are just as effective.** We can work this out when you [contact](#) (which is best done via phone or sms).

### Recapping last month...

"December '21" came across as trying, especially where covid was steamrolling through. Together with workplaces trying to catch up and end-of-year plans, lives became full. Newsreels spurred a build-up in tension. Announcements can do that. Advice re outbreaks is important. So, too, is mental health. I hope you had the chance to tune out; release pressure; enjoy yourself. This year will be another potent phase when balance, peace and positioning matter. Those dynamics start from within. What we attract we emit somehow. As the year turns, now's a great time to dust off.

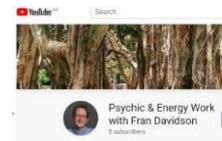
Last month's five "5"s explain, in part, why life got full(-er). The yearly chart offered three "5"s already; "December" increased the count. This number promotes stretching, patience, busyness, forbearance (those sorts of things). It often sees people thinking they won't cope, keep up, succeed. Fear of drowning grows in such moments (whenever we're overly synced into mind). "5" likes to squeeze so as to nudge selves beyond beliefs which hold them down. If you experienced rhythms like these, you were on track. Through limitation, life helps us know that we ("I") **can** do and be 'that'.

**Get across my *Observations about 2022* to read how last year came to help you this year/month.**

**Review my *Observations about Last Month* in *The Archives*.**

### Have you seen my energy work videos?

.... about past life work; imagination vs intuition; and intuitive vs spiritual guidance. **Watch them on my YouTube channel by clicking on the image to the right or visiting my [Videos](#) page.** They provide snippets about psychic and energy work, and aim to help you access greater guidance.



### What about this month?

Big shifts are due this “January” because there are no “5”s in its chart. Yay! That’s the first time this has happened in twelve months. Life could become notably gentler. This doesn’t mean no challenges. “6” can feel as if the cotton wool’s returning. “5” can be harsh in its quest for growth. “6”s emergence often sees an end to loud(-er) pushing and pulling. Here comes a year that seeks health in platforms: realness, balance, integrity. Life always wants this but “2022” is likely to prompt for wonderful reboots; soul as a stance. In an election year (in Australia), interesting themes could unfold.

This is the last month of the Metal Ox year. Another great reason to celebrate?!?! Ox promotes strength and structure, to the point of excess some days. Egoic self constantly sets up over-rigid platforms, stubbornness, black vs white. In recent times, this has certainly been the case. The timing of covid – from inception – is well-explained numerologically. I’ve no doubt that the same can be said of astrology. Water Tiger enters “Feb 1/2”, prompting a shift from mind into heart. Energy levels and readiness to “go!” could also slide higher. That should find folk feeling freer; clearer; more energised. “2022”, with Water Tiger, wants better health in body, flow, mind.

The phase between Gregorian and Asian Year change – 31 Dec to Jan/Feb - can present as a lull. Use time off, this month, to reboot where you’re able. Obvious, yes, albeit important this year. This “January” wants patterns adopted that feel more constructive. It could find you feeling lighter. Recent planetary shifts hint at that as well. Now’s a great time to release past and prepare for new streams ahead. More than usual!

**Read my full forecast for this “January”, which connects to my [Observations about This Year](#).**

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**Most Mondays, I post a snippet about psychic & energy work on social media.** To connect with me and read them, visit my [Facebook](#), [Linked In](#), [Pinterest](#) or [Google](#) page.

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### 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, January 6, I join Michael Hunter on this month's Metaphysical Show on Adelaide's Three D Radio.** Join us at [threedradio.com](http://threedradio.com), 9pm South Australia time, as we go live-to-air. We talk about things energetic; look at numerology; and offer free mini-readings. If you'd like one, email your first name, date of birth and question to [metaphysicalshow@gmail.com](mailto:metaphysicalshow@gmail.com) before or during the program.

Some background... The Metaphysical Show is one of Australia's longest-running, spiritually-focused radio programs. Over the last 3 decades, Michael has connected listeners with "new age" thoughts, practitioners and music. I am fortunate to accompany him regularly and, once on air, the Show just kicks in. **If you can't tune in this month, feel free to come back from 10 Jan to listen to it.**



Based in Sydney's Inner West, 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](http://Psychic & Energy Work.com.au)**

**have a great opening to 2022!**