

The Monthly Observations

for January 2022

Welcome to Psychic & Energy Work's *Observations* for "January '22". I hope you had a nice festive season and managed to have a nice break. **The narrative below profiles this month as a spiritual, energetic and number-helped sphere. It can be useful reading it together with the forecast for this new year.** It aims to help you learn about and work with dynamics true to self. Implicit in this is intuition; how you're processing invisible stuff. Insights about the collective chart can really help us make sense of things. No matter our personal year or placement, what happens outside affects self too.

Scroll down for the *Observations about This Month*;
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"JANUARY"'S NUMBERS

Every month brings its own dynamics which interact with the year's chart. Outlined below are the key numbers followed by my *Observations*.

This Month's Chart

	<u>each year</u>	<u>in 2022</u>
Birth Number - what we're here to be/become & exemplify again	1	2023/7
M.O. - how we're likely to arrive at that point	27/9	119/2
Reality Number - the spiritual result(s) of doing such things	28/1	2142/9

"January 2022"s numerological tally....

Combined with the year's numerological profile, this month produces the following count.

Examining a chart from this angle helps us understand what's going on. It doesn't, in itself, signal "good" or "bad" (life often delivers a mix). What we find initially jarring comes to promote better states of being. A count like this can help us make sense of what we need to. When a number presents three or more times, its energetic and spiritual themes (and lessons!) increase.

The tally for this month is:

Number	0	1	2	3	4	5	6	7	8	9
Frequency	2	7	13	1	2	-	1	2	2	4

You'll notice a lot of "2"s this month? Let's look at this.....

"January" carries birth numbers of "1" and "2023/7"

it's time to (re-)focus and get wiser by (re-)connecting to soul

"1", as a phase, can feel lonely. It's a time for discovering self yet again. The universe can introduce more space than usual so as to promote that. Every "Jan" can feel like a lull activity-wise. That's a no brainer – many are on break. Things often lie low until the Asian new year shifts. **"1" wants people reconnecting with soul, higher self, truth/life for "me".** It buys us time to release what's outside, egoic, not required on our journey. Through this, it helps us stand and deliver unique, aware. Living as soul can be a challenge, given egoic self's tendency to chatter.

Even if you're not on holidays right now, don't be surprised if you (re-)centre this month. Given the above, **"1" can see us needing to honour what we sense, feel, know. That can hint at debating and conflict, or just emerge as clarity.** As a phase, this number points to lessons in difference, confidence, individual being. "January" is, of course, a time when folk review what they're aiming for. "1" wants people sensing and knowing more of their truth as journey and skill. It represents leadership, formal and informal. "Know thyself" is its mantra. That always matters irrespective of role.

No number only flags what we'll learn. They all hint at what we'll witness out there. **Integrity is a "1" dynamic. Are you living true(-est) to self? Where can that tighten? What are you ready to represent now?** Here, "1" depicts our role as shapers, influencers.... We attract (and manifest) what we envisage, know, fear, entertain. Where might you gain from verifying thoughts, goals or plans? "7" wants people connecting higher, even if they're doing well. The first six parts of the "0" to "9" cycle are more about practically getting in sync. At "7", we have acted and shaped enough. It's time to review and master things.

"7" is also a passive number. They buy us time to reflect. When we let go of what we're tied up with, catharsis floods in. Space, exercise and down time matter. They help life refresh, let alone view. Everything starts on invisible levels. **"7" is the pause self requires to gain wisdom. It helps us access the bigger picture; release limit, obstruction, mind.** Here, we help ourselves intuit spiritually; constructive insights. "7" births practical knowledge about how life works around, for and with self. It often highlights, without a doubt, how a person can reach his/her goals. Presence, of course, is key in such moments. So is self-nurturing. It's only when we really let go that we create room for life at its heartiest.

"7" is teach, learn, study; therefore, denoting the mental realm. In excess, it can find us over-thinking, -opining, -judging. Through limitation we set ourselves up to want to reconnect to peace. "7" wants people strongly connected to life's universal picture. It often sees selves getting wiser about what, why, who, how, when, where. This can concern future, past or present moments. Embracing breath and stillness lets guidance in. **The "2000"s want people living more intuitively, birthing soul good.** All energy communicates, the Divine included. It's constantly trying to help people journey, gather, channel well. Don't be surprised if this month prompts you to get more in touch with higher self.

"2023" suggests that the world of other will help us wise-up. It always does this: we constantly learn as we interact. Such is the power of observation. **"2" promotes space to be "me" more completely while socialising – true(-r) to self; effecting good things.** Life is a constant whirlpool of action and reaction. "1" asks self to stand firm in that; not get pulled/pushed off-track. Here, we're asked to moor in our values: what do you want at the end of the day? Spiritually, questions like this ask us to consider vibes and dynamics, not just tangible outcomes. "7" wants to boost clarity in ways we never question again. This month's specific birth number will help that unfold through interaction.

"3" flags a time for realising. This month could open eyes. "7" is practical wisdom developed; the state where we know 100%. As this unfolds, doorways often open in ways they couldn't/hadn't before. **Co-creating (hence manifesting) needs us channelling well-rounded self. The universe is a solid construct; Source always has each person's back all at once.** Goodness often flows more soundly when we really know this. Even this is "7" in action: knowing without a doubt. Life's forever trying to show folk how fear ain't needed. Relaxing into full flow guides self out of apathy.

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This month delivers M.O.s of "27/9" and "119/2"

truth, insights, closure, care

"9" says "close off"; "deal with that rhythm"; "for future's sake, it's time to spring clean". **Linking into what's written above, this month could guide you nicely. Attracting good requires space; Source can't deliver if docks are full.** Here, as well, this month's birth numbers want to promote health. "January"s M.O.s carry birth number digits, flagging louder "1", "2" and "7" themes. As we relate and process well, we close off what's stale. Here, self makes room for new starts in mind, thought, action, phase. Water Tiger's entry "Feb 1/2" ties nicely into this.

Tiger from Ox; action from what's rooted; a decline, perhaps, in heavier vibes. The M.O. signals how we will access and deliver more of the birth number dynamics. Processing and positioning well helps people rebalance worlds. "119" adds through "11" down to "2", flagging (again!) bigger picture truths. **"11" is truth as a channelled state - i.e. authenticity. As double-one, that's no surprise: co-creating well needs legit "me".** "1" is a zone for uniqueness; difference that's valued no matter

what. It flags how we are all same but different and why that is so creatively important. "2" represents the time "me" goes social to discover difference is gain. So.... This month's specific M.O. hints that life's about to help people get (more) real. Use these dynamics to prepare to launch, after break, into new year. This year wants to help us all start on right/better foot.

So, "119" travels through "11" on its way down to "2". I've mentioned this, yes, but have you noticed the number of "1"s appearing in this month's chart? This will trigger a heightening of lessons in being true to self – yours **and** others'! Value all as equal, even if/where they're "odd"! "Back your horse" is "1"s catch cry. **We each have a role in honouring gut. Only via this do we (all) fulfil goals. Reality births out of potential.** We're here to help life manifest truly – i.e. as a dynamic that's spiritually, not egoically, rooted. "1" is the swing between child and adult; unengaged v empowered "me". Goodness flows best when we're connected to vibes which are life-giving. Egoic "1" triggers excess. Balance, however, is life's aim. "1" wants self actively shaping without smothering or oppressing. Where might you get off the couch and help good happen more in your world? The term "good", here, doesn't mean charity. It points to any stance that helps breed what feels right. Implicit in this is altruism. Spiritual self-ness nurtures all souls' needs. Is there a need to wait for permission? How might you enhance flow? Release restriction to sense and move beyond it.

All in all, then, we have a month that wants us connecting truer with life. Metal flags mind, thinking, predicting. Have you, in this last year, learned more about this? Water Tiger will help as it comes in. "January"s "7"s will show us more. They want selves recalling that release work helps good states grow. Grips, fears, thoughts, predictions... **"7" can present as too much head stuff to the point of discomfort, yours or someone else's. Via such wavelengths, we're helped to take time out; reconnect to healthy vibes.** We attract what we emit on all levels, including perceptual and energetic. "7" denotes the time self "gets it" really truly; no more gaps. It desires clarity of purpose, perspective, path. "January 2022" could boost this. It will be a pleasing month where we embrace self in all. Working with life is the best tactic. "January"s "7"s seem to visit to help us see off Metal Ox well. We struggle most when we're too fond of driving, getting, owning, knowing.

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"January"s reality numbers are "28/1" and "2142/9"

this month will promote grounded, ready, spiritual self

More numeric repetition here signals a reinforcing month. That augers well for those who take time to centre, focus and ground well. In one way, it's a fitting end to the Metal Ox year. The bull likes things firm, solid, locked in (and down!), secure. That makes for constructive take offs! **"2022" wants last year's lessons carried well. This month could help you apply finishing touches to plans,**

goals, endeavours. “9” promotes spiritual conclusions even if we can't see more cleaning to do. It is a phase that helps people get ready. What better time than “January” to do this?

The presence of “4” in “2142” suggests that frameworks will get a tweak. That can point to models, structures, approaches, expectations (what we assume to be fixed). This digit also flags awareness. That tends to birth healthier states. By mingling, connecting to self a bit further, gleaming new stuff and positioning well, we're likely to reach conclusions that help futures be all they can. **“9” also flags a time when self has more space/time to consider others. We often do this when we feel sorted but compassion should be constant, not just after self's fulfilled.** “9” might ask you, this month, to care more or wider than you have been. Here, “1” visits to remind us that giving is a part of succeeding. In manifesting terms, it's an initial (not a last) requirement. We can, from time to time, over-take on this spectrum. How much we grasp isn't the issue though; more, the amount we offer back, too. Where, in your world, could you support others as much as they you? This could involve social media. Are you giving to your links or focused upon getting and winning? It's a balance, yes? We can all do such things. “January” could deliver reminders about the dance called give and receive.

You know, “1” is the start; “9” is the ending. Interesting rhythms are likely this month. “9” ends the book so that, at “1”, you can begin writing your next one. “9” can increase the sense of tomorrow as a new manifesting time. Here, we tap into potential more loudly; intuit more about how to get “there”. **Through the realm of others, this month could offer you opportunities. This marries with astrological forecasts given “Jupiter”'s recent shift.** “1”'s will help us access soul wisdoms that enhance grounding and strength. Confidence often grows in such moments; it's an outcome of sensing/knowing better. All of “January”'s numbers speak of insights that leave people feeling surer re life, themselves, purpose, flow. With this can birth a readiness to act, present, negotiate. “1”, being “back your horse at all times”, suggests this might unfold for you. The upcoming shift from Ox to Water Tiger could see a boost in gains like these.

Attracting the right vibes and outcomes requires self to nurture our spiritual connection to Source, mind, body, self and life. The reality number denotes the end states we will hit upon in a period. Throughout these *Observations*, there's a sense that this month will be positive. No digit presents only what's nice. They all highlight things to spiritually work through. That can unfold with or without challenge; usually a bit of both. The trick – if there is one – is to honour connection; cast the right way to attract well and learn. **Upwards is the best way to reference. It helps us release from egoic states.** Mindful self is a boon but only when it's essentially connected. Western life can throw self off-balance because of all it seems to require. This month's chart is passively laden. That speaks of divine helping hands guiding folk back to quietness, time out. Good use of breath helps all atoms move, flow and morph as they need. Everything knows where balance (home) is innately. How can you help it to self-heal? We work things out best when we let life inform, too. Energetically, that's in reverse to what manifesting models can say. Surrendering needs, wants and thoughts is key to allowing fresh, great life in. On physical, spiritual or energetic levels, “January 2022” could teach you more about these things. Again, at the start of a new twelve-month cycle, learning like this will add value. Treat every second as a chance to get the future more right. Yours, mine, ours, nature's, planets', other people's.... Everything's linked.

What about your chart?

We each have a specific numerological profile that stems from our date of birth, full birth name and last birthday. I've outlined the collective rhythms for this month but have not talked about your **personal** chart. **Readings that merge numbers with intuitive downloads can help you transition**

through all sorts of things. They're all about soul - linking to and channelling it more - and what can occur when we do this.

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it's time to prepare for a new, new year.