

The Monthly Observations

for January 2023

Welcome to Psychic & Energy Work's *Observations* for this month. They profile "January" through spiritual, energetic and numerological prisms. The aim is to help you process whatever unfolds in a wholistic, wide-view sense. Implicit in this is intuition; how we process invisible stuff – thoughts, feelings, vibes around us. Insights about the collective chart (below) can help people travel well.



These *Observations* can be worth reading with *This Year's* forecast. It's due to be an insightful year. With this, will come wonderful chances to move what you do and are into the next gear.

Scroll down for the *Observations about This Month*;

read about [this year](#); and/o

visit [The Archives](#) to read about last month or earlier.

Recapping last month...

There's a lot to observe about this last "December" as well as the new chapter we're in. **As "2023's" opening, it might be a busy time. Wasn't "December" like that?! Things can get crazy as a year closes.** Another aspect in this month's profile is time that helps people get in gear. More on that in a moment. For now, let's review "December".

The aim, here, is to look at what has just happened. Hindsight can help us resolve gaps in logic and flow. "December's" main numbers were "3", "4" and "9"; "1"s and "2"s continued featuring, too. "Three", "four" and "nine" promote space to process, plan and realise things. They hinted, last month, at clarity emerging; self sensing more in potent ways. All numbers flag how the universe guides us irrespective of events. **Many can feel worn by Christmas - last year, especially. That's no surprise. "2022" loudly presented issues re health. That manifests on a number of levels – body, mind, environment, energetic, relationships...** On the back of lockdowns, last year nudged a lot of issues to the surface. Three "2"s flagged that relating, stances, would draw attention regularly. If you've entered "2023" ready for a new adventure? Congratulations! You are in sync.

"2022", last year, is/was a master number. They boost the amount of spiritual stuff self's asked to work with. Implicit in which is invisible dynamics and intuition. **On two angles at least, this month could feel like change has arrived. That noted, new years often don't kick in until the Asian Lunar year turns over. Water Rabbit enters on the 22nd.** Things might feel slow(-er) 'til then. That's a no brainer with many people and businesses on holiday. "December '22" wanted to provide decent

time out; chances to rebalance views. I hope you experienced that at year end and that "January" unfolds well for you.

"3" can stress how we're here to embrace flow and how, at times, we can get in its way. **If you've recently realised how you've been overly managing - Source, life, others - congratulations!** Egoic "me" can get too used to striving and with that, start blocking what wants to roll in now. Did you have moments, in "December", of sensing how you could help this new year flow? The last few months of "'22" brought lots to deal with on physical and energetic levels. Entering "'23", don't be surprised if you experience a change in tempo.

You can get across what I wrote about last month in *The Archives*.

Click here to read my *Observations about 2023*. It's due to be an interesting year.

Would you rather hear the *Monthly Observations*? order your files [here...](#)

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ps... Fran's not on email all of the time. Call or sms for a prompt reply.

"JANUARY"'S PROFILE

Every month brings its own dynamics which interact with the year's chart. Outlined below are this "January"'s key aspects followed by some *Observations*.

This Month's Chart

	<u>each year</u>	<u>in 2023</u>
Birth Number - what we're here to learn, become & exemplify again	1	2024/8
M.O. - how we're likely to arrive at that point	27/9	135/9
Reality Number - the spiritual result(s) of doing such things	28/1	2159/8

This "January"'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 explain things as they unfold. When a number presents three or more times, its energetic and spiritual themes (and lessons!) are magnified.

The tally for this month is:

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

Notice how virtually all of the numbers, "0" to "9", appear three times or more this month. That can result greater, helpful learning. Let's look at what it might trigger in your world.....

"1" and "2024/8" are "January's birth numbers

triggering space to reflect and distil vision

Each "January", life delivers "1" as birth number. The first stage in a cycle always wants to prepare us. **"One" marks the start of a new, key phase in self's journey. With this, can emerge a sense of stillness. Life can want to slow us down to observe and learn.** "1" can feel, therefore, like an induction where we're helped to get the hang of new things. Just because we mastered rhythms in our last chapter, doesn't mean we've reached end point. "1" introduces self to life's new zone. People can misread this because they're so ready to get going.

"One" is the start and that's how self can read it. Any sense of inaction or blockage, this "Jan", is Source's way of helping you open up more and prepare to receive first. Goals are better kicked when self checks its stances. We don't always know this is required. In this year's first month, "2024" also pops in. This carries on well from "December's" "3" and "4" count. There is only one "four" in this month's profile but that doesn't mean no impact. Here, it suggests really useful bursts of awareness given the presence of "8"s. "Eight" wants us anchoring into our path more grounded, sure, consciously. It often flags a phase when self comes to crystallise what it's here to do/be.

This "January" might steer folk to connect with and activate more of their potential. "8" signals clarity emerging; people getting surer about path and self. Don't be surprised if you witness such things for you, others, globally. **"4" marks the birth of greater understanding; more space to plan, check, review things. It's all the background work involved in manifesting long-term, healthy futures.** Strategy, then, is a "four" wavelength; working out when, what, how, where. "January" can be slower for many making it perfect for such things. "2024" also hints that some of this will be prompted by relationships.

We're constantly learning via what's around us. Life continually informs through and with other beings. **"202" points to dosey do'ing; wanting to mingle then needing time away from things. This helps self discover what's required next, hinting that this "January" wants to get approaches more right.** Greater perspective always unfolds best when we position as its ushers. Returning to stillness creates space to process, centre, reboot knowing, receive. "4" also marks the builder and investor. Where might you focus your resources – physical and energetic – over this next year?

This month's birth number, "8", could guide you loudly. Allow "January" to steer you intuitively. **"Eight" is "success" which I write often; time for distilling what that means as recipe. We are each here to "cook" in a certain way as individually energetic, spiritual beings.** "4" says, "build well"; within this, "grow wisely". That requires strategic thinking. We really can attain what we sense as gut feel. Are you ready to embrace more of your potential?

So, "8" is "cook". What aspects suit you? Which ones do you need to surrender? Peace, fresh air, time and space to rebalance are things, I'd argue, everyone needs. **We're co-creators. That's not the issue. How we focus is where the magic lies.** "4" and "8" reveal where we've over-honouring egoic wavelengths and, therefore, mind. Our own or others', there are many ways to project. We are all part ego as well as partly soul; feeling beings, not just perceivers. Remembering this can help reboot journeys. Letting go of mind frees from stuckness, limit, bias - "mine" and "yours". We're in it together. Individual beings pick up on collective vibes.

Thus, "8" helps us consciously put things together, step by step, along our way. Spiritually referencing and connecting helps that. Where might you, this month, settle into your way of cooking more solidly? We're here to coexist, not mimic. That requires us all to be open, genuine. Spiritual truth helps birth shared space. **"8" can be a busy chapter, akin to "5". These are the most active vibes. Self's need for balance often increases when it is in the thick of things.** In spite of it being holiday time for many, this month's "8"s could find life becoming loud or busy. Here, "eight" enquires, "where isn't life right?" This month looks sure to clarify role, vision, values, views, needs, place. "8" can inflame the feeling self is winning; future's looking good; life's flowing well. However "January" emerges, you might find room to stretch further. "8" can be incredibly affirming. How it plays out stems from self's respect for health.

"Success", at soul level, is a zone which feels pleasing. The word, "feeling", here is key. Of all the senses, it's the least inclined to mis-inform or -lead. Self can dismiss intuitive downloads (first impressions in other words). The dare is to vocalise what you sense especially if the message keeps coming. We tend to arrive at the best end points when we operate collaboratively. Through these prisms, "January" could find you distilling more about where, who, what and how to now be. Last year saw progress thwarted often. It wanted lives and patterns rebalanced first. "Genuineness" is a big aspect of "6". Everything starts on the energetic level.

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This month's M.O.s are "27/9" and "135/9"

mind releasing into compassion (bigger picture views)

The M.O. denotes how we'll embrace/step further into individual journeys now. "January '23"s M.O.s culminate as "9", the moment we stop efforting; we've done what was needed; it's time to sit back. **Even if there's more to go, "9" prompts self to care and consider. Its focus, up to "8", is upon achieving.** "9" sees self arriving - mission complete – creating space to reflect on jobs well done. Yes, it means "closure" which can feel forced or natural. Last month's chart feeds nicely into this. You might nail lids on coffins and/or break new ground this month.

"27" and "135" signal a tightening of end states this "Jan". "27/9" will nudge folk further into "1". Via "135", "2024" will manifest. How things unfold always matters. Aesthetics play a part in feeling "right". The feeling level – as emotion and/or gut feel – emerges to inform beyond doubt. Mind is always involved but can get distracted. **"9" is a feeler. It asks us to care more wholistically so as to ensure long-term health is constant. Egoic self is more short-term in focus.** It needn't be devalued but remains only part of the whole you. What might the first month of "2023" reveal on this level? "27" flags lessons in relating, placement and what mind can do.

I've written a lot about "7" in my *Observations about This Year*. Now's a great time to get across that. Mingling with others is full of reacting – not always "yours" - even if self is grounded. **Responses birth on the inner layers. We feel, think then do but that's not always how it seems. Inner narratives are powerful shapers, influenced by self's outer realities.** This month could mentor you loudly on these points and help you to jettison what no longer suits. Dynamics like these can really help people close off – and prepare for new cycle – well.

Hence, this "January"s two "nine"s could help you release, collect thoughts, feel more sorted. "135" could focus on inner narratives as cues to evolve. Three "3"s emerge to keep guiding people into more mutually-supportiveness. Two "fives", whilst low as a tally, speak of more "I can" surfacing. **"9"s, "7"s and "8"s, with these numbers, hint at kick starts; launching further from what we've come to. "5" often inflames our sense of adventure. All of these vibes could team up to make days full.** "Five" calls for change, rebirth, innovation. It comes to help people discover "I can" and "life will". With this, energy levels start rising; empowerment floods in; self's ready to go. It can feel like too much when it first enters. We don't always fathom the goodness when challenge presents.

This is where this year's "7"s could team up with this month's "5", which also flags the dance between optimism and pessimism. **"Five" can test courage, faith, endurance. Source often helps by withholding. In moments like this, life can seem uncaring even though that's never the case.** Egoic self is always defining. This is also where this year's "7"s could help this "January". We facilitate flow when we remember that we don't know everything. Coming back to "zero" helps us glean amazing insights. This needn't devalue what we've experienced. It's simply a moment where inner chatter's silenced. Predicting can stuff up the future big time. The present is where journeys birth best. Mind, being mind, often forgets this.

Concluding on the M.O.s... Don't be too shocked if this "January" nudges beyond limits to sense more of you as a journey. "7", as mind, can know too much. "5" can breed pessimistic thoughts.

Any sense of negativity is a sign that egoic self is too in charge. **Spiritual (i.e. soul-level) self is fear- and angst-free. Inner narratives can hamper manifesting.** This month's "9"s, as M.O.s, are likely to nudge selves beyond unconstructive states. There's repetition, here, on what been said above re birth numbers. Use this month to liberate your landscapes.

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"January's reality numbers are "28/1" and "2159/8"

a repeating sense that life is rebooting

Life constantly presents chances to live higher, freer, wiser again. That needn't see self avoiding its physical, day-to-day. As energetic beings, we operate on many levels: intuitive, tangible, mental, emotional, spiritual. Our migration from child-ish to adult self involves learning how to channel the same energies across all levels. **The conscience calls for onwards and upwards. Through this, it helps us value path.** No part of life is mono-dimension. This year could help folk integrate more as beings or groups. That requires health on the inside as well as externally. When aren't we dared to foster that to the full degree?

You know, this month points to solid reboots. What better time than "January" for this? Where, in your life, could you help? **We don't need to push or pull to manifest what we need. It's knowing that presses the "roll in and out" keys. Soul-level wisdom isn't just a mental vibe. It is felt in every cell of self's being.** This, too, is how we might grow via "7" and "9" dynamics. They're due to highlight chances to break through, free from limitation. "9" finds us sensing that the future's coming, ready or not. "8" gets selves receiving ready.

So? **Clarity is a theme this month. A firmer sense of self tends to flow out of that. Themes around maturing and channelling elder also present via "January's chart.** The reality number states what we're about to understand, sense and come to. As Metal Tiger leaves and Water Rabbit enters, what better time to be getting guidance of this ilk? This month's reality numbers also repeat what appears in the M.O.s and/or birth numbers. This signals a heightening of themes and, perhaps, potency in what plays out.

Finally? "5" also flags the need to flow with life; ride the waves as they present. Presence, patience, forgiveness and tolerance help self stay balanced. Here, too, "January"s stating that time out is key in manifesting. **Regularly choosing to stop and realign as soul helps us ensure goodness rolls in again and again. All of this month's numbers seem sure to help people start this new year well.** Release work helps self stand free from all scripts about present, past and future. Use downtime to envisage more about your "2023". We help life unfold via conscious engagement with divine energies. The role of witness is the base point. It ensures we observe whatever's needed. It's only then that self is truly clear for take-off. Having done that, we are mingling ready.

Are you ready for the Water Rabbit?

it's due to be a softer time

There are many quality sources of information about the Asian lunar cycle. Please investigate them. **The new Asian year begins on "January 22nd". Water Rabbit is gentler than Metal Tiger. Water flags emotions; Metal, head - explaining, perhaps, why last year was so conflict heavy.** MT can see selves too entrenched in agendas. Is it any wonder that we witnessed all we did? Tiger is more of a do'er, reactor. More compassion's due in this year of the Hare. That needn't mean no excitement or growth. Looking quickly at the years' birth numbers: last year's "6" pointed to feeling realms and balance; Tiger, fierier ambition. This year's "7" flags mind and judgment; Rabbit will try to soften this. There can be more war if spiritual values aren't respected. In short? We could see another push-me-pull-you period. Life is presenting an offer re choice. That's always on hand; now, more solidly. Water Rabbit wants to ensure that what's sensed, felt, is presented outwardly. "7" will pull us all into soul more – as individuals within groups.

Theodora Lau is worth consulting if you'd like to learn more about your lunar year. **Now's a great time to get across this profile and how it might interact with "2023"s astrology and numerology!** Forewarned is forearmed. Conscious existence is the mandate now. All the very best as your Metal Tiger year ends. I hope Water Rabbit guides you gently and kindly.

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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You may know that I tend to join Michael Hunter on the Metaphysical Show via Adelaide's Three D Radio most months. The Show is on break while Michael decides how it wants to look (and hear!) moving forward. Until such time that is decided, I'm recording and posting some thoughts here as a substitute. With luck, we'll be back soon to talk about things spiritual and energetic, numerology and offer free mini-readings.



[Click here to hear my substitute for January.](#)

Happy New Year twice over! I hope yours begins (and finishes!) brilliantly.

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