

The Monthly Observations

for January 2024

Happy New Year!



Welcome to Psychic & Energy Work's *Observations* for "January 2024". They profile this month spiritually, energetically and numerologically. The aim is to help you process whatever comes your way. Implicit in this is your intuition – what you sense and witness, and how it tries to inform.

These *Observations* can be worth reading with *This Year's* forecast.

Read about [this year](#);

scroll down to discover what's in store *This Month*;

and/or

visit [The Archives](#) to review last or previous months.

Recapping last month...

"December" is an interesting chapter, especially in Christmas-focused worlds. Its start can see pressure mounting as work closes off and to do's are done. This often results in extra static flying about energetically. Such dynamics often manifest as an extra layer of tension. That always starts tapering off near the 25th. All a no brainer yet, from there, life can seem less wired. This recent "December" brought "3"s, "4"s and "7"s. Together, they encourage the processing of stuff and new wisdom and clarity.

So... If you found last month insightful and busy on invisible levels, you weren't alone. Lighter, clearer views seemed to want to surface. With that came amazing healing and breakthroughs. **Some folk seemed to release from patterns at levels not previously sensed. "Four", in this sense, is a ground sweeper that makes room for future/potential to roll in.** With luck, this was your experience last month and your "2024" is starting well.

Last month also carried four master numbers which is a lot. Three "10/1"s and one "11/2" came to show selves more about life and how it works specifically in, for and around them. **"0" can add space around a person which, at times, creates angst. "Nought" also represents the unknown which, some days, can rattle and shake.** Yet "zero" is also Source giving self more space to (re-)discover landscapes as they now want to be. With this can bloom affirmation, freedom, a greater sense of where to from here.

What better time than "December" for universal help like this? These dynamics look sure to continue this year. Read what Fran wrote about last month in [The Archives](#).

[Watch her Monthly Update for December](#) which also discussed these things.

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

Oh and click here to read the *Observations about 2023*. 😊

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

THIS "JANUARY'S" PROFILE

Each month delivers its own dynamics which interact with the year's chart. **Checking out the numbers in this respect can help explain what's going on.** Profiles like this can boost resilience, stamina, confidence, trust in life. Outlined below are this "January's" key numbers followed by some *Observations*.

Oh and ps.... It might be worth reading my [Observations about This New Year](#) before you continue. They will reinforce what's discussed below and, hopefully, add value. Click here to read them and [here](#) if you'd prefer a recording.

This Month's Chart

	<u>each year</u>	<u>in 2024</u>
Birth Number - what we're here to learn about & exemplify again	1	2025/9
M.O. – the rhythms/lessons that will steer us to the birth number	27/9	130/4
Reality Number - the spiritual result(s) of doing such things	28/1	2155/4

This "January's" numerological tally....

Combined with the year's numerological profile, this month offers 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 usually delivers a mix. What we can find initially jarring comes to guide us to better awareness and states.

The tally for this month is:

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

When a number presents three or more times, its energetic and spiritual themes (and lessons!) tend to increase. Let's look at how this month could present in your world....

"January" brings birth numbers of "1" and "2025/9"

it's time to get your bearings

That's easy to write as "January" starts. Many people do such things at this time of year. This month could find you getting organised more than usual. **Numbers, as rhythms, always add to what's norm. "9" gets things sorted; "1" firms and grounds self in now.** "January" can feel floaty because the lunar new year has yet to start. This year, this could add to these observations. We've started one new year but are waiting for the other. Wood Dragon arrives "February 10" so this month could seem a little still/reflective.

"January"s often slower – isn't it? - with so many on break. "1", in itself, can also slow folk down given its passive nature. This doesn't mean no excitement or action, but "one" zones can want self gleaning more about self-ness - its own or others' – as a pattern, view and state. **"I", "me", "my" aren't aspects locked into bodies. They're energetic wavelengths and ranges of action which anyone will channel if they're at the same "place" spiritually.** We are each partly divine and egoic. "1" phases reveal more about this. "1" also wants self backing its horse more. We only do this well once we have a good sense of why we're here.

To the point of jettisoning all concern about how others respond to our way of being, "one" says "know yourself as a separate and unique bundle". This can take time and, even then, we'll discover more. **"1", in this sense, is self-awareness blooming in all the ways it can. Self-knowledge firms the more we connect with spiritual "me".** "One" helps people reach the point where they understand that real knowing comes from honouring gut feel. Here, "1" can emerge as a zone where we harness our sameness and difference to value-add without any doubt, tension, fear. Spiritual "I" isn't a state of tension or regret.

Put another way, we're all odd and special. The amount of "gaps" in "me" equal the amount in "you". Difference, of course, presents from many angles. "I" might swim well; "you" might be expert at tango. **Flippancy aside, we're all of same merit. "1" phases help us resonate as/with that to the point where lack of confidence or concern about acceptance disappears.** With this tends to emerge clarity; self better able to focus and get on. "1", in this sense, promotes good grounding, presence, objectivity and inclusive approaches.

"One" also reveals stuff about self-ness as it's channelled by any being. Here, it denotes the state of child through to adult as dynamics we swing through constantly. Who's driving your bus? Grown up or "infant" – perhaps, someone else? In this light, **"1" is the mentor of "me" in a world of "I", "me", "my" costumes. Here, life seeks integrity, example, and helps folk develop such strengths.** We only be/do good when grounded in the right vibes. This is why/how "1" flags "leadership".

Our ability to know and hold to our values and intuition – in spite of outside noise – shapes how and what we foster next. You can read about the pattern, "202", in [Fran's Observations about 2024](#). Visit

that page to take in those comments. Briefly here...? "2" means stances, positioning, relationships. "0", the need for time out; room to completely process things. **The numbers to watch in this year's birth numbers are "5" and "9". "Five" flags adventure, newness, stretching; potential as a call.** We often only stretch into all we're here to be through moments that seem to test our resolve. Brilliance often births via challenge. That, in itself, needn't emerge awfully.

Hence, "5" can be exciting, inspiring. This month's birth numbers seem to seek new ways of being - in mind, behaviour and/or what's offered. That could involve attitudes and plans. **"Five" can feel like an instructor pulling us onwards, further again. Implicit in this can be moments which require tolerance, patience, forgiveness.** Flexibility is a "five" wavelength as well. Where might this "January" see yours blooming? Integral to success is our understanding of breath. Going back to the top.... this month could help you finetune; become more "2024" ready.

I mentioned, last month, how "January" and "February" always nudge us back two stages. If "Nov" is a "4" month, "Dec" is a "5"; "Jan" returns to "4" again. "November '23" was a "2" chapter, making "Dec" a "3". This month carries a "1" birth number; "February", "2". So... **This month will provide chances to review whatever, over year end, you came to. "Nov" and "Dec" "23" were potent. This month could help you further digest them.** Implicit in this is louder spiritual, intuitive guidance that acts to finetune where that's needed. We have until "Feb 10" before this new year truly starts. Harness these rhythms energetically.

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This month's M.O.s are "27/9" and "130/4"

another "9" plus reinforcement on this year's chart

Such things can birth a space that really helps us know. This year's M.O. is "103/4". "January's" specific M.O. is "130/4". "9" seeks closure as outlined above. **"4" organises minds, habits, landscapes. Through this, it ensures they're on track. Everything observed about This Year's "4"s could apply and seem louder this month.** "4" can see the good things getting stronger; it can also flag where overhaul's required. So... cleaning up acts, patterns, realms and/or approaches could feature more in these next few weeks.

"4", on such levels, can feel like Mercury retrograde helping folk check, firm-up, review. "Four" also flags "understanding". We're constantly given chances to be, do, choose, channel anew. **"2" shows people how they fit together (or not) as cogs in a larger machine. Who is best to be/do where? What positionings boost the flow of life-sustaining energy?** "7" leads folk out of mind, opinion, further into universal views. "1", again, teaches folk about self-ness as it can present in/through any "I". "3" marks "expression", "communication", going with flow, learning to create. All of these aspects might team up this month to help us all be more considerate.

"Think before you act" could emerge to restate how healthy space and reflection matter. Don't be surprised if your awareness stretches and, through this, your sense of what success takes. **"Nine" can also say, "Deal with it, buddy". It corners us to release what blocks. We can need to do that as facilitators of groups, others, ourselves.** "9", here, marks problem solving; getting to the root of issues to clear path. It's a tidier upper'er of any part of life that needs it - attitude, habit, offering, model. Even here, this month could leave selves surer, clearer, readier for next. The "0" in "130" hints we are also due to experience more noticeably invisible moments.

Listen to yourself. Let yourself hear what you fear, need, know, want. Manifesting starts from our willingness to do this (or avoid it). Put another way... we're all intuitive and all have a sense of where we need to be/live/do. **Self's ability to speak with itself first – hear its dreams, fears, etc – shapes what emerges physically. Outlined in the [Observations about This Year](#), we don't need to lobby Source to attract "right".** We actually need to let ourselves hear where/what we're at. Life responds with whatever we know/feel. This month could mentor you in such things. However you define goodness, it's an actual vibe. All your cells cry, "Yes!" when you make your right decisions.

So... Trust any sense of "not quite there" or "there's something more". That's your guidance and intuition operating well. **We only get to our specific nirvana when we let ourselves hear what gut feel has to say. These next few weeks could help you tighten how you listen to, honour, nurture, support you.** Only then do we do that well with others constantly, authentically. Let this month guide you to your next layer of real, inclusive "I am engaged". As the first stage of our current, collective twelve-month cycle, this "January" looks sure to guide in really solid ways.

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"January's reality numbers are "28/1" and "2155/4"

repetition on self-ness, placement and evolving

This month could be a really active zone. **"5" and "8" are the busiest numbers in the chart. They're active vibes and, so, can find people making progress and learning in solid ways.** "Five" and "eight" can also up the volume energetically. Through this, they help us finetune methods; discover what "too much" and "not enough" personally mean.

"8" is "success"; "5" is "pioneering". Where are you ready to adventure? Two "fives" appearing side-by-side could increase the potency of this question. **"5" is "You can", often arrived at through moments where self seems sure to fail. It's a phase that enjoys pulling folk noticeably out of comfort zone. This is often how people come to sense the more ahead.** All numbers speak of self learning through "what's not". That's often how we get to what's "right". "Jan '24" could help you sense where such shifts need to happen in ways that really value-add.

"Discovery" is another "5" word. Where can you make like a tourist again? How might life invite you to open eyes and have fun exploring? **Newness is another "5" rhythm - valuing and respecting it; making sure you let it in. We can get caught up in schedules and to do's, and forget to do this.**

Functioning on the surface doesn't always signal that peace is flowing in, through, from core. Where can you "time out" in a way that helps you return to "zero" as a life informing and affirming stance?

You know, "petrol in" equals "what's going to flow out" especially energetically. We all sense. What you reference to impacts how others receive/read you. This can explain why some folk come towards "me" and others seem to avoid. **We all pick up where others are at. It's our knowledge of our own state that we can fail to fully comprehend.** "Jan '24"s reality numbers seem certain to guide you to more clarity about what's truly effective, inclusive and needed now to make your vision reality.

All in all then, we're talking about a really solid intro to our new year. "8" wants "success" on every level – lived, breathed, felt genuinely. Use this month to review what you need to and regig wherever's required. Take your time. There is more than enough of that. Help yourself see, sense, get things right. Everything starts from our first piece of action. That is always intuitive. The more we know Source as ever-helpful and -expressive, the more we let ourselves receive from It. Life is flow. Flow is constant. In then out. Don't fear movement. Embracing such isms could help you activate your journey as a path that's constantly up and unfolding.

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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[Click here](#) to watch Fran's Monthly Update for "December 2023". It explores how "should" can set us up for limit, disappointment, blocks. "November"s and "December"s charts brought more 4's than usual. That number denotes the universe quality checking frameworks, projections, approaches. Fran's Update, last month, looked at these dynamics and how you might harness them.

Oh and remember to revisit this page and section from 15 Jan to watch her Update for this month.

hoping 2024 starts well in your world

[contact](#) Fran to learn, get support or ask a question