

## The Monthly Observations

*for July 2023*



Welcome to Psychic & Energy Work's *Observations* for this month. They profile "July" from spiritual, energetic and numerological angles, to help you process what emerges. Implicit in this is your intuition – what you sense as you travel and how that tries to inform. Thoughts, feelings and invisible currents are constantly shaping physical worlds.

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

Scroll down for the *Observations about This Month*;

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

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

### Recapping last month...

"June" seemed gentler as a period to walk through. I can claim that often but it did seem the case. Did you start to feel more sorted? With a birth number of "6", "June" can promote this. **Even if challenged, "six" can find people sensing life is on line; happening for good reasons. That doesn't necessarily mean all is hunky dory but "6" can see us feeling divine forces are (more) with us.** Intuitively, hence, there can seem to be more guidance and accompaniment around. "6" is a zone that promotes caring, not only between people but in energetic form.

As a phase, then, you may have recently been feeling more guided and protected than you had earlier on. I spoke about this in [last month's audio Monthly Update](#). Be sure to get across this if you haven't already. It outlines breath as a sound-track to healing and release which shapes what unfolds next. **The first half of this year has seen some folk struggling with where to now and what to keep travelling with. Career, relationship, one's sense that life's on track.... Have you been working through such things?** In part, this is due to our continuing release from lockdown and how that prompted health-checks – not just bodily but with habits, approaches, models.... If you've been verifying, enhancing, upgrading? Congratulations! You've been in sync energetically.

"7" years can feel heady at times. They pull self into mental wavelengths, even if one knows this. In so doing, they help us hear what we're affirming, projecting, believing down deep. Through this, life prompts self to (re-)connect to higher, wider, spiritual views. **The big picture is constantly on offer yet so easily lost in day-to-day realities. As this occurs, egoic self/mind starts narrating too much; pulling self into narrow(-er) views.** Where did "June" help you re-bond with yourself to the next level?

We're now, of course, starting the second half of this year. This can bring a sense that life is kicking into gear. The halfway mark often finds self feeling more acclimatised to how a phase needs/wants to happen. Last month, in this sense, came at a great time. Its gentler chart signaled (more) room for taking stock. **We're moving beyond "2023's" induction; gaining momentum as do'ers, shapers,**

**knowers. If you've been sensing this, well dne!** "June 2023" wanted selves resting, observing, gleaning in ways that add value. This month's "5"s might ask you to harness your new-found wisdoms in a really practical form.

Read what Fran wrote about last month in *The Archives*.

**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.

### "JULY"'S PROFILE

Every month brings its own dynamics which interact with the year's chart. **Checking out the numbers in this respect can help explain what's going on in your life.** Such reviews can boost resilience, self-knowledge, optimism. Outlined below are this "July"'s key aspects followed by some *Observations*.

### This Month's Chart

	<u>each year</u>	<u>in 2023</u>
<b>Birth Number</b> - what we're here to learn, become & exemplify again	<b>7</b>	<b>2030/5</b>
<b>M.O.</b> - how we're likely to arrive at that point	<b>14/5</b>	<b>122/5</b>
<b>Reality Number</b> - the spiritual result(s) of doing such things	<b>21/3</b>	<b>2152/1</b>

### This "July"'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". What we can find jarring comes to promote better outcomes, awareness, states.

The tally for this month is:

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

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.....

### "July's birth numbers are "7" and "2030/5"

knowledge and perspectives will reboot again

A few times this year, I've described "7" as the pendulum swing between what self knows versus Source. In this sense, it's the "I know" we can channel as intuitive guidance or out of memory alone. **"Seven" is "me" and "my" spiritual connection; whether we nurture, create and offer via that. Divine intelligence pours through when we give it the room to – that is, choose to release all mind for a moment.** This highlights the power of meditations which make room for divine will, not just our own. Letting go of all "I", "me", "my" helps us to receive, not just make or judge. "7" says, "Connect!"; "Get spiritually wiser about what's occurring, be it small, medium, large". By returning to silence – peace and quiet as a felt state – we help ourselves process, heal, learn.

This "July's "7"s could nudge you, somehow, to reboot affirmation-wise. By releasing all narratives – our own and others' - we give Source the room to quality check them. **Thoughts, beliefs, fears, feelings are instructions to the universe. Conscious or not, they inform the divine where we're at and what we're now ready (or not) to accept.** Everything starts on the energetic level. By coming back to zero, we clear the bowl called mind; help it prepare for next events.

**Day-to-day life can position mind as computer – a constantly whirring, past-obsessed narrator. In reality, on an energetic level, mind is also a receiving bowl.** Living on this level helps us to churn less on past; become and remain clearer and present. There's no need to devalue what's learned already but past, held too tightly, can block flow/life. Clearing mind is key in digesting, placing and gesturing in line with, for and in goodness long-term.

So? Make room for divine guidance by choosing to return to "zero" for a moment. "2030", as this month's specific birth number, could deliver some oomph. Those two "0"s can flag the need for more space, as decided by Source or you. **"Zero" can signal a heightening of spiritual, intuitive, energetic stuff to work through. With this, folk can start sensing they're spiritually protected and guided more constantly or obviously.** "Nought" can find the divine saying "Hi!" more often; making itself known as a real "thing". "3" is "realise"; a phase when insights want to come to you more obviously. As such, it's when we start understanding how life works, specifically, for and with "me".

Out of the above flows understanding for self to then share for practical gain. These aspects of this month's birth numbers hint at more invisible dynamics perhaps. **We help ourselves know whatever we need to by letting our landscapes speak – i.e. inform; reveal what they're trying to show us.**

This month's profile – especially those “0”s - suggests “July”, this year, could feel more fluid. Master number zones boost intuition; the obviousness with which the universe steers.

“2030” offers “5” as an end state – change, adventure, variety. Forgiveness is also a “5” dynamic – letting all self, including you, be and go. Release work grows forgiveness. It helps us fully process, learn from and clear negative states. **Some models claim forgiving means reuniting when that's not always what life wants. “5” is tolerance of difference; respecting every-thing and -one as they are.** We only truly do this when we exist at a distance which feels right. Like touching a hot plate, some people and vibes repel. So, too, in relationship.

You know, life doesn't want you drowning in what doesn't (as a rule) fit well. Your gut always guides you to your best neighbourhood(s). Mind and model can thwart life's want for peace. Use your breath and let all atoms move. **Harmony is shattered when we sit too close. Auras aren't supposed to overly merge. That only bogs, impedes, complicates flow.** This needn't mean living as a hermit. We're each here to find what, who, where truly suit us each. Tension manifests to inform, not skew, mind. Reality's like a very high wall. Each row of bricks resonate differently. **We are, each of us, born as a certain level. Within a certain range, we can accommodate anything.** Beyond this, however, the difference gets too great. This is where variation presents to inform and guide all souls to their best, experienced place. This needn't breed exclusion. It wants to help people to process and place stuff. Hence, difference exists to flag where we belong as perceptual, energetic, mental and emotional beings. We, each of us, know the distance we need from each other in order to birth what's really truly genuine.

Life often asks self to listen to its body; to gut feel as a guide re where to. Trust in difference. It's there to add value. No one's here to suffer. Why do we? Hence, “2030/5” could stretch your perspectives. Letting go is key in manifesting. **All atoms know where and how they need to move – closer towards or further away. We don't have to project or call energies/vibes in. Doing so keeps egoic self's grip on the wheel.** The universe is real. It knows, assists, heals, protects but only when self gives it the chance to. This month's “7” birth number could help you “let go and let G-d” more. One can never make too much room for divine wisdom.

Spiritual release work never sees what you need lost. You might re-unite with your spiritual practice over the course of this “July”. That should be a zone which helps you relax tension, grip, narratives. Do what you sense to breed such rhythms. Out of nothing births every next moment. **Choose what's essential. That's always a vibe that feels perfect. Don't let mind, model or expectation bog/weigh you down.** We all benefit from quietness and fresh air. There's a heap of ways to access these states. This year, being “7”, wants us learning by disengaging. Step back to glean what challenge wants you to see. Blockage only births to reveal more. The universe always has your back. Use this month's rhythms to ground in that more as a truth. True self-knowledge isn't a mantra one has to repeat.

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**This month's M.O.s are "14/5" and "122/5"**

same as last month: even more stretching and daring

Two more "5"s. Hang on to your hat! "Five" can mean adventure, as it can challenge. It's a time that wants us tapping into our potential in ways we haven't before. As such, it's newness, discovery, rebirth. This can hint at delight and innovation. **"5" can be read as the opinion leader heading out to shape flow and share. It's Source as change agent, not to mention human; how challenge wants to lead us to our individual "there"**. The M.O. denotes how life's about to help people grow, discover and gain.

Dare to channel the goodness you seek. "5" can feel like boot camp when it first unfolds. Its focus is on leading you into newness; more of your journey as you're here for. It can feel too much when it first kicks in. Testing current comfort levels, life flags possibilities. **Where might you step into new more-ness this month? "Five" can represent the pioneer. They're never sure about what's coming next. They survive through adaption and tenacity.** Dare to adventure like a tourist no matter how right current path feels. By letting go of the centre of our movie, we help ourselves sense and observe all we need. This helps self access what life's trying to show it, then utilise it for good.

Use breath to step back and energetically sense. Let life balance out world. mind and space. The joy of this month's "5"s is that one is passive. Not all of the vibes in "July"s M.O.s are busy. That's worth noting because "five" can up the pace. Out of kilter, it can be too too. Through such moments, we're prompted to centre simply because we need to! Inherent in this is returning to peace. **The universe is wired to help life stay in balance whilst always allowing human beings choice. Listen to your body as a weather beacon. It will always tell you when and how to reboot.** Only when we dismiss prompts of this fashion do we end up in pessimism, doubt, fear.

Hence, this month wants fresh air and newness in perception, contribution, knowledge, more. Life is a being that constantly communicates. Do you allow it to fully guide you? "14" hints at changes in self-knowledge and, therefore, people's platforms this month. **Knowledge of "I" isn't all about "you". Self is an energetic dynamic. Knowing "I" as a state – not just a person – promotes objectivity.** It helps shift egoic dynamics into stances which help us learn, evolve, see. We do what we do because of what we channel. In this sense, humans are like radios. What are you tuning into?

Are you downloading energies and guidance that lend a hand in a real-world sense? What we focus on, believe in and affirm is what we tend to end up resonating in/with. **Healthy time out, exercise and breath work helps realign self in its physical best. Use this month's currents to tighten how you download; different grades of guidance exist.** We can always aim higher, wider, lighter. Such is the joy of infinity. "4" will help check our bases and platforms. Rockets launch best when we ensure all foundations are healthy.

Lastly? "122" speaks of relating as an act or dynamic. Where do you fit? How is change required? "2" helps us sense and take our place in life's landscape in a way that permits every other to do same. It represents sharing, co-existing; how every -one and -thing has equal value. **There really is more than enough to share. Egoic self cannot agree with this. It's a me versus you, win-lose dynamic no matter who is channelling it. We don't have to worry about what other's doing. Self only has control over its thoughts, perceptions, actions.** Focus in on you to offer what is best to and from you all of the time. Minding one's own business is potent. It helps self channel fully what it tangibly and spiritually can.

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### **"July's reality numbers are "21/3" and "2152/1"**

more solidity and certainty perhaps?

The reality number signals the end states we arrive at by embracing the birth number and M.O. states as we do. All numbers speak of spiritual and self-ish wavelengths. It's choice which determines what plays through. Solidity could bloom out of "21/3". It's a vibe that includes all – "you", "me", other. **"3" can be read as creating and producing; learning how to harness and add to flow. In this sense, it highlights what we entertain and contribute. Energetic, affirmation, physical, all forms....** "3" wants self creating what's best, not just for its sake. It can, hence, show us how we're all connected even if we don't want to be. It's the butterfly effect as a spiritual mentor. Where might "July" help you finetune what you run with?

As an end state and realisation, the above sounds appealing. "3" can be a phase where acts tighten to perfect grade. Efficiency, effectiveness, ease, smoothness.... We all enjoy these sorts of moments. "2152/1" brings another "5" to work with. **"Five" can be exciting, energising, rewarding. It often leaves people knowing "I can" more, not to mention "life can, will, does support 'me'". All numbers want us living our potential. Life's job is to flag how we can live more real "me".** "9" might help you end redundant patterns so as to make room to generate new at core. It wants us spring cleaning so our next shipments – in and out – are as good as can be. Don't be surprised if you feel more sorted by "31 July" this year.

"One" also represents compassion – not just to other, to self as well. The problem with monetarily-focused models is how they can squeeze aesthetics out. Yet, quality is felt; it's an energetic wavelength – not just a brand or profit margin. There's nothing wrong with those dynamics in balance. **You're not here to be a balance sheet or billboard. We can all nurture soul a little better. Where are you now ready to listen to feelings? Compassion helps people give out as good partners.** Empathy helps self nurture soul states. Only healthy produce flows from that. People and relationship stuff ("2"); self-ness in "you", "me" and other ("1"); and calls to be adaptable, flexible ("5") could heighten this month. "5" signals "bend" without selling out on values. Through this we accommodate well. That shouldn't/needn't leave self sitting in ill-fit. Test where you can respect difference to new levels this month.

"Your" and "my" uniqueness.... We only get fair trading when they're all embraced. "July '23" could help us all process stuff in ways that enable healthy growth and ventures. There may come a sense that life's more solid, known, secure, robust. **Change only comes to help us to best next bits. Do what you can to run with these currents. We don't need to fret about life on the outside. An initial focus on felt states inside help ensure best next.** Let go of all horizontal worlds energetically and regularly. Doing this helps everything free up; it breathes new life and air into all planes. Life, just like self, wants outcomes that are good – not just on the surface. This is also why this "July" could leave you more confident. Treasure time out and breath to manifest this in your day-to-day life flow.

### 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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**Make use of life's currents. They're always trying to help you.**

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