

The Monthly Observations

for March 2023



Welcome to Psychic & Energy Work's *Observations* for this month. They profile "March" from spiritual, energetic and numerological angles. The aim is to help you process what emerges wholistically. Implicit in this is intuition; how we interface with the world of energy. Thoughts, feelings, collective vibes influence everything.

These *Observations* can be worth reading with *This Year's* forecast. It's due to offer noticeable invites to move into and channel your 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...

It's always worth reviewing last month as a way of preparing for our new zone. "February's chart saw many of the numbers, "0" to "9", appearing three or more times. That often boosts the spiritual and intuitive themes life invites us to work through. Inherent in this is personal growth and the need to make sense of invisible things. Thoughts, feelings, energetic stuff... your personal chart also impacts how life unfolds. Read what I wrote about last month in [The Archives](#). Get in contact [here](#) to get across your profile.

Last month wanted folk becoming clearer about where to from "here". With the numbers "4" to "7" at three or four as a tally, the main creating rhythms could have seemed louder to you. "4" flags awareness and getting ready; "5" is when we launch on that; "6" brings a break to digest and rejig; "7", getting wise(-r) re how life flows now, specifically for self. If you worked through such rhythms last month, you were in sync.

"Time to prepare" was part of "February's" mission. Life seeks constant "up". After three years of stagnation, many are only now really waking. Last month boosted people's readiness to get on – be that getting out again or planning for the future. I hope it unfolded well in your world. "March" will continue tuning selves up to journey with their new-found awareness.

Click [here](#) to read my *Observations about 2023*. The yearly chart has a monthly influence.

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

Psychic & Energy Work offers face-to-face, video, phone or email consultations. Every format is just as effective. **To book or ask a question, contact Fran [here](#).**
ps... Fran's not on email all of the time. Call or sms for a prompt reply.

"MARCH'S PROFILE

Every month brings its own dynamics which interact with the year's chart. Outlined below are this "March'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 | 3 | 2026/1 |
| M.O. - how we're likely to arrive at that point | 25/7 | 133/7 |
| Reality Number - the spiritual result(s) of doing such things | 28/1 | 2159/8 |

This "March'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 "positive" or "negative". What we can find jarring comes to promote better states of being. A count like this can help explain things.

The tally for this month is:

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

"March's" birth numbers are "3" and "2026/1"

it's time to realise a little more re being self

"3" is the marker for flow and creating; sharing, exchanging; working with life. It can be a time that needs us airing what's inside more, aloud to ourselves and/or others. **"Three" zones, in this sense, mark communication as a more prominent theme. Inherent in this is how we get guided and choose to channel wisdom and energy.** "3", in this light, is expression between humans and as intuits. The latter includes anything which "just pops in". Making things up, imagining, takes effort.

The dare in all this is to consciously choose what one connects to and, thereby, guides and protects. "3", in this vein, is time to realise; a chapter when insights surface more regularly. Clarity of thought, vision, perspective can get louder in zones like this. **Interestingly, "1" wants self knowing more about "I", "me", "my" as a rhythm which plays out in "self", "them" and "you". It shows us more about child vs adult as it presents through any being. Self-ness, in this sense, is a dynamic not a**

personality. When we know/remember this, reactivity declines. A lot of what we sense is “just” a current fact. Self can view life as a landscape that's influenced by energy big time. This doesn't detract from the reality that we're responsible for whatever we be and do. Egoic rhythms mentor us in self-ness; help us decide how we'll next stand. “1” wants self discovering more about what being individual, independent adult means. Through this, it tries to guide us to be, live, think and offer wiser and wisely. Did “February” guide you through such dynamics?

“3” with “1”, this “March”, could help you get clearer about how, what and why you're “here”. Everything starts on the energetic level. What we offer outwards stems from what we take in. Thoughts like these can hit home when viewing “3” through its manifesting lens. **The third stage of the “1” to “9” cycle likes to highlight self's role in creating. Everything starts as an affirmation; models, beliefs, views impact what births.** “3”, being flow”, helps folk discover how to position as receivers and observers. Doing this helps us sense what to pick up on and let pass. It also informs us about our landscapes, situations, others, selves.

Big picture views foster good decision-making. “Three” flags “create” and how we're here to partner with the Divine. The more we understand the power of these dynamics, the better we shape and influence life. “2026” glides through “10” then on to “1”, making it a master number subtly. **“0” boosts lessons in “1” and, therefore, stuff about the individual journey. We're each, of course, a bundle of uniqueness. Standards can help but shouldn't constrict.** “1” can promote the need to stand as independence; back your (felt) horse so to speak. Implicit in this is listening to gut feel. Resilience stems from this; as does healthy focus. Following your hunches moored in self-knowledge is “1”. “0” magnifies that. Both of these numbers trigger more space and silence.

Through greater space, room is created for self to discover what matters now. Every path's unique. “10” can reveal what this means in as a physical world pathway. **We're not here to constantly agree or mimic. Sharing doesn't mean identical twins.** “Ten/one” helps selves ground in what they value, sense, know, choose. We are, in this sense, separate train journeys. Each set of tracks is here to run parallel. We're not supposed to be/get too caught up in each other. When this occurs, stuckness and restriction form.

Hence, “1” and “10” remind self of such things and, through this, show us how to truly back our “horse”. Knowing yourself is a life-long process full of rest breaks, lessons and adventures. “March” could highlight these sorts of wavelengths so as to help you make headway. **“2026” flags lessons in placement; how are you positioning you, other, goalposts, methods? We don't have to shrink back too much to share space. Love and peace exist only at the right, felt distance.** “3”, “10” and “1”, this month, could help you verify the grade of what you're entertaining. Through this, life guides selves to balance – goodness as outcome, sense, state. It's listening, sharing, inclusion that life seeks. Collaborating as separate pathways.

Spiritual self – soul – can coexist in any setting. “2026/10/1” phases reveal the role of genuine “I”. “6” is a feeling, supporting number. It likes to care, nurture, heal. Health, peace, balance are its other markers. It also denotes authentic self 'cos you don't birth real love if you're not real you. “1” flags “leader” as experience that shapes us. It's elder in us all - “me”, “them” AND “you”. **We're all**

here to lead; live as example whether we're into such things or not. Self's constantly discovering how to kindly represent and manifest whatever it values. Egoic "I"s focus is "me"- and short-term-based. Soul's is more big picture. Grounding, clearing, processing spiritually helps beings accommodate more inclusively.

"Which "me" is driving?" is a huge question. What's leading you as an ethic, goal, viewpoint? Inherent in growth is dare and achievement. "How can you stretch?" might be a "March" question to you. Coming in the third month, life's trying to set folk up for the rest of the year. We've "heaps more" time to achieve. In this vein, this month is still showing people all they need to kick their goals. Spiritually, physically, mentally, financially.... Harness this month's rhythms to tighten where that's needed.

"3" is a great receiving mentor. To do and create, we need to take in first. Self can relegate this statement to diet but it applies energetically. To attract/manifest what we sense we can, it pays to first observe and embrace flow. Everything starts on the energetic level including hunches, gut feel, inspiration. If something just "pops in", it came from outside you. **Receiving is key in sensing, grasping, enjoying life. Do you know this enough to let it and the universe really help you?** Making space to observe and empower needs self watching as an audience member first - rather than concluding, doing, making happen. Yet egoic self loves to rush in. Choosing to witness before we start responding in thought, action, speech helps self notice the good life's trying to show us. Reality is not only a picture. It's a landscape that informs but only when we let it.

In a time of huge unknowns, it can pay to choose – just for a second – to get out of flow's way in order to know, be and offer more as a quality grade. **We're multi-skillers – yes? - here to see, be, do and receive at the same time. We're subtly doing this all the time as bodies but can get too focused when overly in mind.** Pausing to observe helps self prepare, choose, launch, fire potently. Breath and allowing flow creates room to learn, confirm, discover things. "1" and "3", as dynamics, collaborate; steering self to insights that feel great long-term. "1" is "I know me" as gut feel and conscience. It helps us access potential as each being's own unique zone.

Fran's Clearing Cards® help you connect

Life flows best when we let go of egoic self. Mind can pull us off-track at times. Taking time to reboot makes a difference.

Everything's linked and explained, assuming we give that the chance to occur. **Psychic & Energy Work's Clearing Cards® carry two levels of message. Either or both can help you shift and intuit more.** To purchase or read more, go through to my [Shop](#).



This month's M.O.s are "25/7" and "133/7"

two "7"s could guide you through a little more head stuff

"7" can be read as spiritual wisdom; well-adjusted knowledge; no ego here. As humans, we are all partly egoic. Through this, we learn and evolve. A key note of growth is discovering the difference between short- and long-term view. Few of us remember this when we're born. Experience helps us "get it" in fullness. Life is always revealing ways up. Through this, we learn heaps about manifesting. When we listen to spiritual guidance – not just mind-full rhythms – we help goodness flow as an energy, experience and outcome.

Learning doesn't always play out in a straight line. Some of us do circuits around the same tree. Life is an onion in this respect. Later after layer shifts and informs when it's ready. "7" flags the dance of knowing as an event that's teaching self all the time. Presenting through self, universe, life, we all run with opinion, model, mantra. They're an implicit part of egoic self. **Mind-full "I" can't stand too much quietness or balance. That's sorta like eating bran for breakfast – great for the system but no big buzz "here".** Astral-level "I" needs chatter in the background. It's an active, doing vibe that's incapable of sitting or living quietly.

"7" is the moment life asks people, just for a moment, to release all that. As such, it flags self choosing to connect to higher level views and vibes. Through meditation, exercise, breath and/or time in nature, life helps self reboot. **"Seven" dares people to let go of all thinking just for a moment to let newness in.** Spiritual release work doesn't need self rejecting what's been or is. It's just the invitation to release all grips, those around self and his/her/their own. Like putting phone down and taking your hands off, letting go lets every atom move as it needs to. The world of energy is moving all the time. It's over-whirring mind that creates blockages.

Opinion, bias, judgment, etc can add value but shouldn't cause stuckness. Observe what you know but don't let it glue you, other, creation, flow. The moment we do that, we foster limit. Much in life encourages self to know then act. Release work and spiritually manifesting requires the opposite. Letting go doesn't mean losing wisdom; becoming inactive; ignoring things. It does, however, help self learn and know more. Through this, we become practically wise to the next level.

You know, the trouble with selfies is their tendency to encourage mind and "me" to lock stuff in. Wherever we opine whatever too firmly, we foster constriction, negativity, limit. It's easy, in full swing, to forget compassion; the need to explore why what's occurred. Opinion and bias, as self's views or another's claims, can do heaps of damage. **"7" wants people staying present; knowing what they know without locking down. Wisdom is also a flowing current. What's required today isn't always valid tomorrow.** A person may be "a" on day 20 but that doesn't mean that's all she'll, he'll, they'll be. Each of us, I'd argue, wants that of each other: the chance to explain, explore and heal. We can help that unfold through spiritual practice – i.e. regularly releasing all of mind to see again. Meditation, exercise, breathwork – how will you do this to enhance your world this month?

The last thing to observe about "7" as a mindset is how it can affect the body. Rigidity increases when we forget to allow movement and flow. This, too, can be a "7" message – "It's time to get

moving. Stop staying stuck.” **Physical and mental health often reflect how we've set ourselves up energetically. Sedentary life – as movement or thought state – plays through the body in all sorts of ways.** Don't believe blindly but, if you've been “feeling it”, test whether more movement can help. Stretching, counselling, yoga, watching nature, acupuncture, energy work – yes, breath work again..... there are many ways to release and return to full flow. The body's not a jar unless that's how you keep it. Imbalanced “7” – as “I know” and “I judge” – can play out as ache and inflexibility. Listen to your body. It, too, is an intuitive channel that wants to show you how to exist as a wholistically healthy being.

Finally? “125”, with “5”, wants self as an adaptable channel – not necessarily because first views are wrong. We can always know more, even as expert. It's only in this stance that we help life stay well. **Two “three”s in “133” speak of potent, healing vibes. They also flag the need to embrace flow – converse, express, work with life.** “1”s feature here, too, so what's written above re that number apply here. “2” shows us more about relating, co-existing; how each of us can stand in any setting. How we interface impacts what unfolds. Use voice, mind, breath and space to get wiser this month about past, present and where to now. It really wants to be a constructive chapter.

clearings, healings & meditations over video or phone

... not to mention readings and other forms of energy work. Life can present in ways that stun, often just as we need to stay grounded. **Via phone, video or email, I tune in to help you understand and clear.** Sessions are recorded so that you can revisit the guidance you're given.

To enquire or make a booking, click [here](#).

Read google reviews [here](#)

“March”s reality numbers are “28/1” and “2159/8”

leadership births best when self is clear about its path

Subtle “10/1” also appears here – not only as a birth number – this month. Feel free to revisit above comments to see what magnifications could play out. Two “8”s within the reality numbers speak of success as lesson and end point. **“8” can be a time for honing one's vision. What are you here for? Are you on path?** We're never off it really but can start assuming that life's a straight-line route. Moments that spin, prevent or send detours all add up eventually. “8” likes to flag what matters on self's journey. For each “1”, this can include different things. This month's “1”s are due to team up with “8”s to show us all more about this.

“Eight” can, therefore, ask people to sense where life's not right - subtly or loudly - and work out how to address that. All numbers want everyone succeeding. Models, rules and mindsets can get in our

way. **Life flows to help us clear from stale patterns. Some have to do that more as a theme. Yet, through every step, we learn to channel and value our own unique way of being.** "2" shows us how to relatively share space whilst respecting each different trek. "8" wants that, too: all selves being true to themselves and mingling like that. Difference is what makes life rewarding yet, often, we can reject it as "wrong". That's egoic self in anybody really. It doesn't enjoy too much of what's unknown. Yet, success requires "1" to step beyond limit and embrace newness all of the time. We love variety when it comes in a certain way. The numbers, this month, could see you stretching into wider scopes that feel long-term right and fulfilling.

In one sense, "8" is the last burst of action in the cycle "0" to "9". It's the crescendo, so to speak; the final push up hill before we start to glide. That subtle "10/1" could find you doubting – "am I ever going to make it?" Are you going the right way? **The universe has a vested interest in guiding you well. Through this, it helps us witness and support everyone in/as truth. Win-win's the theme the universe drives on. It's constantly inviting self to embrace this.** Only egoic self forgets – on a regular basis! – that we can all fit through the manifesting doorway at once. So, "8" is a lesson in cooking and baking. How do we best attain goal and dream? If that's not balanced, someone gets left out. That causes ultimately problems for everybody. We're witnessing heaps about this around the globe. Imbalance is forcing change in all sorts of ways. "What is success?" is a potent, "8" inquiry that is only fully answered when wholistic health is embraced.

"Eight" can also be a busy chapter. "10" can inflame this, asking people to ground more. "1" denotes adult – that level of being that nurtures all soul - remember? Go, go, go can end up depleting. Where are you ready to rebalance and release outdated and/or unconstructive layers? This "March" could help you with this. **"2159"s "nine" will assist folk in drawing good conclusions to next, healthy zone. It ends, sorts out and spurs compassion. We're due to realise and learn a lot this month.** An end point of "1" and another of "8" – as realities – hint at greater consciousness, too. Don't be surprised if "March '23" shows you heaps in ways that really matter and empower you.

A nice, final point is that this month marks the end of "2023"s first quarter. At this time of the year, preparation's key. **"2023", as a phase, also has "7"s in it. This vibe often wants us sitting still first - like time in the classroom, it wants to show us things. Some days, self can see this as punishment. It just wants to get on.** Why's the universe getting in the way?! Yet, here too, receiving is pivotal as lesson. It pays to take in well to promote good stuff. Insights, perspectives, attitudes affect how we position, (re-)act, offer. "7" can bring a pause in proceedings which the universe uses to highlight what matters as practical, constructive realisations. We only gripe about it up to the second that insight comes through. As soon as that births, self's usually grateful for the delays. Frustration melts; gratitude flows; knowledge and understanding abound. Be patient with delays, this month, if they surface. Life only slows us down to lead self to better outcomes.

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.

Contact to book a session concerning past, present or future, or energetic phenomena;

Organise meditation sessions and files, and audio files;

Buy my Clearing Cards®;

Read about last month or earlier in The Archives;

Check out my courses;

Read some articles; and

You may know that I used to join Michael Hunter on the Metaphysical Show via Adelaide's Three D Radio on the first Thursday, most months. Michael is reviewing how the Show wants to look (and hear!). In the interim, I'm recording and posting some thoughts here. [Click here to hear my substitute for February.](#)



Happy learning and realising in March!

contact Psychic & Energy Work with questions or booking requests