

The Monthly Observations

for May 2023



Welcome to Psychic & Energy Work's *Observations* for this month. They profile "May" from spiritual, energetic and numerological angles. The aim is to help you process what emerges through a wider lens where that assists. Implicit in this is intuition – how thoughts, feelings and invisible stuff shape physical reality.

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

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...

"April" brought movement, perceptually at least. Did you realise and shift more? Its chart hinted at people getting clear(-er) about how they've been interfacing with their past, present, future. **This year's a zone that wants selves achieving in every sense, including spiritually. That benchmark's hit when all of your cells vibrate with joy in response to where you're being.** If you've been sensing ways to lighten life and mind up, you're doing well. Last month also saw more potent planetary shifts. A few major "stars" have moved recently from long-held positions which also explains why life seemed different/lighter in "April". In one sense, this is just the start.

Read what I wrote about last month in [The Archives](#).

This new month, "May", could reveal how you can harness the rhythms above for the rest of your year. Last month's profile contained three "11/2"s. That's a lot of repetition. It's also rare. Four master numbers created an "interesting" phase. **"11", double one, teaches us about self as a dynamic which plays through all. As we age and wise up, hopefully, we learn to stand objectively.** This is a key part of real adulthood. Feelings matter - so does action – but, in every moment, it pays to remain centered. Growth takes time. For some of us, ages!

How did "April" challenge, inspire, inform you? Wisdom, "7", is another part of this year's mission – i.e. helping self get real(-er), clear(-er) about life. Implicit in these stances is presence; the dare to release all we know to quality check. Letting go of mind, opinion and model helps us grow the good life's offering now. **Manifesting is a like a conveyer belt. What was valid "then" doesn't always hold its value. This needn't see discarding for the sake of newness yet breath and quality time out give life room to confirm things** – i.e. the spiritual, long-term grade of what we're thinking, feeling, entertaining, doing. "April '23" prompted people to check balance, approaches, perceptions; what is "core". Through this, with luck, you stretched further into what you're really here as and for. **Would you rather hear the *Monthly Observations*? order your files [here](#)...**

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

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

"MAY'S PROFILE

Every month brings its own dynamics which interact with the year's chart. **Checking out the numbers in this respect can boost understanding about what's going on in your life.** Such reviews can boost resilience, knowledge of self, optimism. Outlined below are this "May'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	5	2028/3
M.O. - how we're likely to arrive at that point	12/3	120/3
Reality Number - the spiritual result(s) of doing such things	17/8	2148/6

This "May'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 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	7	8	5	1	1	1	3	4	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.....

"May's birth numbers are "5" and "2028/3"

change, future-birthing, manifesting better again

"May's birth numbers are more active than passive, flagging a time for moving ahead. Perceptually, physically, vocationally, etc... this has been the case all year! Don't be surprised if this month nudges you forth to the next degree. Having noted this, "5" can zero-in on perceptions. **Growth births out of energetic spheres. How we view, affirm and project affects flow as a lived experience.** Such things form the base from which all else transpires; therefore, how we create and attract things. "Five" is a busy, dynamic chapter; other than "8", it's the most hyped. Through movement, we discover and sense all sorts of stuff. Where might this month help you get going?

"5" can signal adventures into newness; life as a tourist drive rather than the same old states. It can want self observing, eyes wide open (less from knowing platforms). This helps us sense, embrace more in our landscapes. **Here, "five" can invite pioneering even if we're heading out to the same place. Standing as observer - present, focused, ready to "see" – helps "I" engage totally.** Inherent in this is presence; standing free from past and forecasting. We help tomorrow flow in, through, beyond by releasing prediction re what's happening next. Affirmations – thoughts, fears, feelings – instruct Source about what we believe we're ready to receive and handle.

Don't be surprised, then, if this month highlights how you can influence and shape future to your next degree. "2028" reduces to "3" - realising. That can mean a phase where lightbulbs flash on. It's "3" also shows people how to facilitate flow and interaction, in healthy ways. **All is energy in its first stages – thought, action, money, idea... "3" also denotes lessons in creating.** How are you engaging with your worlds? We're all, of course, one part of a landscape; a teeny, weeny dot in a much bigger photo. This needn't devalue. Accepting place and value helps self receive. Egoic vibes – mine, yours, others' – can leave self believing it's the source or centre of things. "It's all down to me" is one affirmation one can utter at such times. Life's disempowered the second we think this. We're receiving vessels, not just makers, do'ers, thinkers, deciders.

Flow begins on the energetic level. This "May" could help you ground. Presence helps clarify self's landscape which is, at one time, collective and personal. "8" prompts selves to see "success" as an end state that is so much more than material gain. There's nothing wrong with that. **Where are you currently headed? "Eight" reveals how self can cook better again.** I write this often. Do your current methods, models, approaches, targets truly suit you? Remembering values enables self to answer this question with absolute truth. What truly, authentically fits? What might you need to leave or walk past now? We're each here as chefs. "May" could help you tweak and deliver your perfect outcomes.

You know, "202" has been hinting, since "2020", at how we can share space inclusively, to the next level. An interesting thought given what's been playing out globally since then. Through conflict, aggression, land grabs and peace, we're all being prodded to look after what really matters. Positioning's a potent "2" reminder. This vibe likes to highlight where and how to best receive, give, observe and function. **Pick a place that really suits you. You're in the world to co-create perfection.** "Don't be a victim" is another "2" message. Isms like these make a difference to achieving. Are you

hanging out with the right crowd and vibes? There's always a zillion neighbourhoods on offer. We tend to find our place best when we choose to receive divine guidance.

You know, we're still emerging from a long, long phase when inner self has been ignored and variance from norms was something to reject. Self only ventures well by listening to its spiritual voice. "3"s also surface as M.O.s this month. Scroll down to read more about this vibe. Recurring numbers flag magnification in dynamic, opportunity, learning curve. **"3", as "create", wants folk flowing with rightness – that sense that all's on track; nothing's amiss. Gut feel never lies yet, in spite of this, we can dismiss it.** Even here, we learn about life as a landscape; how it tries to guide us well. Dismissing intuition helps self learn that life is supportive. How we connect as energetic, intuitive beings determines whether we can actually affirm that. What we focus upon really matters. Only egoic self limits, lies, misleads.

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This month's M.O.s are "12/3" and "120/3"

two "3"s denote lessons in flow, action and what we entertain

"3" also flags expression – to oneself, other beings, the universe. In the first instance, it flags the importance of taking the time to process stuff. Petrol in is offering out. Clutter affects how much new good can come in. **Do you make time to fill your tank before you head out; remember and connect with what you really want to run with?** We can all get too busy. Through this, life reminds us about what matters most of all. Physicality is manifesting's end point. Everything solid births from the invisible realm.

Partly egoic, we're constantly invited to choose which self now drives our bus. Healthy time out helps to mentor mind-full "I" well. Meditation, exercise and/or nature-filled views, done well, always value-add. How are you maintaining you as an engine? Are you feeding soul or only surface "me"? We all channel both levels of persona regularly (constantly?). That's not the issue. Conscious choice is. **"3", from these angles, is "entertainment". What are you supporting, willingly or not? Even here, lies an invite to check position(s). To gauge performance well, benchmarks are needed.**

What type of mood and vibe matter most to you? Do all areas of your pie chart, life, feel right at core (not just sound and look good)? Self can be too outwardly focused. We need to reference that way

to mingle and get stuff done, yet upwards is the best way to get good guidance. What one focuses on is what tends to grow most.

When "12/3" appears twice in a profile, life can want selves being choosier. What do you value as a felt, experienced state? Is that playing through all of your world? What might you need to release and bypass? Putting up with, suffering, shouldn't be a constant theme. **Life asks selves to choose the right distance to live from. It's only at this point that one can truly love anything.** Respecting difference helps co-existence. Gut feel fed by spiritual guidance help us do this. "12/3" speaks of such dynamics; so does "120/3". The latter includes "zero" – nothing that is everything (Source). "0" flags self's intuitive connection. Nurturing this fosters healthy, wholesome, genuine steps forward.

Soul is part of "I". So is ego. We're here to live in and create states of balance. Neither level of "I" needs to be or create "issue". Don't be surprised if this month shows you how to grow more that spiritually fits you. Know what you want to live amongst – receive and give. Just this step can find you really hitting targets long-term. **Choose a level of selfness that completely prospers creation. Everyone loves offerings like those!** Spiritual self doesn't deplete or mislead; doesn't trigger tension or negatives. Any sense of "not right" is a solid, gut-felt prompt that more goodness can grow as a lived experience. Win-win's Source's goal in every moment. No-one or -thing is here to miss out. All is equal value as the essence it is. Too much focus on thoughts, wants and models can stuff flow up!

"12/3" is also potent because it includes "me", "you" and "creating well". We need one another, even as strangers, for all of life to unfold well. Everyone belongs; all have a value. None of us need to own everything. Egoic self can balk at such statements. It's scared of unity. **Knowing self as life's partner in creation makes a real difference in all sorts of ways. When "I" get that right, perfection ensues.** "3" - "creating" and, therefore "outcomes" – wants us kicking goals all the time. Why would the universe actually want less? By helping you, It's helping Itself get to right end states. Dare to dream. Simply be you to live life to the fullest.

As a last point re "12/3".... We're each here to offer from a different angle. Glean what you can but never live as mimic. Use breath to connect to spiritual guidance and help all fogs and limits clear. The universe has your back 24/7, even on a "horrible" day. An invisible "being", it often guides via lack and loss. Here, too, "3" educates especially when it's coupled with "0". **"Nought" restates that nothing is the very start. Everything births out of total silence; what presents as inactivity first.** Choosing to return to this awareness, self gives life the room it needs to reboot. Surrendering ego, wanting, fearing, tensing triggers action. We never fully actualise until we release 100%. 😊

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“May”s reality numbers are “17/8” and “2148/6”

success and love discovered through stances and meanings

“6” is balance, peace, joy, rightness as experienced - felt and manifested - states. “8” flags success, as described above. The reality number tells us where we're headed as end points. Through the above, “May” will add to journeys. “7” helps people practically wise-up in ways that enhance. “Seven”, remember, also appears in this year's profile. It marks the pendulum swing between human and universal mind. **Wisdom is often defined as “just” what self has gathered. Spiritually, it's so much more than that.** “7” flags the chance to reconnect to the big picture – i.e. the knowledge bank, healing and guidance called the Divine.

You know, Source is an interactive wavelength. It's forever prompting self to see, be, do, have, share more. This needn't point to physical possessions. Spirituality is life's focus and end goal. “7”, here, flags self's release of head stuff; connecting to spiritual wavelengths anew. Doing this helps us learn, discover, quality check. Mind-full - egoic – self functions as if it knows “it” all. It's easy to get ahead of ourselves often. **Healthy time out in quietness helps self release scripts. Doing this, just for “a second” on a regular basis, helps life stay good.** Integrity, peace, openness, inclusion require the surrender of all defences and hype. By releasing all we know, just for a moment – in exchange for nothing – it's possible to help amazing, next good flow.

“Eight” can find visions getting clearer. Why you here? Is life all you sense it can be? Where, if not, might you shape it further? “8” can pose questions like these. It helps us get tight on role, value, purpose and, through this, step well with quality, intuitive feedback. **As relative beings, we cast horizontally out. This can open self up to egoic, mental wavelengths. They have value, too, but they're not everything.** The Divine is up, not only around. It can pay to reference that way to get past what's lower-level. “7” and “8”, as this month's reality numbers, could show you stuff along these lines.

If you've been feeling called to your spiritual practice lately, it's no coincidence. “17” points to greater self-knowledge; more spiritual wisdom; time to reconnect and heal. “2148” flags people stuff; relating; discoveries re self; getting practically wiser again. Through this, “8” and “6” will flourish as limited OR soul-full dynamics. **None of us ever has to choose from one option. Choice and empowerment are always on offer, perceptually at least, even on a dark day.** “Eight” is success as end state and example; not just what we earn and do; the vibes we really resonate well with. The universe constantly pulls self towards soul - in the century “2000” especially. Do what you can to buy yourself time out – the type that recharges all aspects of being.

In conclusion then.... Honour silence. Nurture your need for time out. This can take courage in busy lives. 5G networks can wind people up. Have you been finding it gharder to get back to quiet? Stillness helps self recharge as it needs. Through this, even keel is maintained. **We all, I'd argue, want peace as outcome – inside, outside, globally. No one enjoys roller coaster too much. Listen to your body.** It's an intuitive tool that always guides self well if it cares to listen to it. The more we nurture truth as a palpable, felt state, the more we tend to help it manifest. It only takes one player to move the game to a higher court. Dare to be a channel that connects to, emits and represents what is best.

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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Listen to some extra snippets about this month as of Monday, 15 May. They might help you place what's been happening better. [Click here to hear what I posted for April.](#)

All the very best for an energising, enlightening May!

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