

The Monthly Observations

For November 2023



Welcome to Psychic & Energy Work's *Observations* for "November 2023". They profile this month from spiritual, energetic and numerological angles, to help you process what comes your way. Implicit in this is your intuition – what you sense as you travel and how it tries to inform. Thoughts, feelings and invisible currents constantly shape physical life.

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...

Last month. Oi. How was it in your world? Did you feel rather pushed and pulled? Things are speeding up. Lots of stuff to deal with. You're not alone if you've been experiencing this. **Life's nudging self to balance in this moment; release all things that no longer help. Societies, communities, global.... no zone is exempt from the shifts that are going on.** I wrote about this in my *Observations about This Year*. Even now, they can be worth reading especially if your "October" felt extreme.

Last month brought eclipses and master numbers. Astrology and numbers often partner up to nudge. [Pam Gregory](#), a UK astrologer, regularly profiles what's happening on a spiritual, planetary level. Master numbers up the ante – last month called for more balance, realness, right. **If you had to deal with louder vibes which were less than decent, you were not alone. The key in such moments is focus and breath. Egoic self always has another party trick. We'll never master it in full.** It's how the universe helps us evolve. Life's good when it doesn't feel too prickly. This month also brings karmic vibes around quality and self-knowledge. They're regular themes but don't be surprised if they're more noticeable this month.

Check out my [Monthly Update for "October"](#) if you're feeling battle worn. Last month pushed and pushed. In such moments, we can have less time to zero out. **Now's a great time to take a few moments; perhaps, get back to exercise. Life often goes haywire as a mirror. What is "not right" trying to show you?** The unconscious choice to go, go, go – i.e. forget to nurture balance as a felt, real state - often finds self bombarded by outside life. Last month's chart spoke of healing, space and release work as potent tools. You have to first fill up to make great things happen. How are you going at doing that?

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

[Watch her Monthly Update](#) which also talked about these things.

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

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

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.

THIS "NOVEMBER" 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.** Such reviews can boost resilience, self-knowledge, optimism. Outlined below are this "November"s key numbers 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	11/2	2034/9
M.O. - how we're likely to arrive at that point	40/4	148/4
Reality Number - the spiritual result(s) of doing such things	51/6	2182/4

This "November"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	7	7	3	6	1	1	2	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....

"November" delivers birth numbers of "11/2" and "2034/9"

processing ego brings about closure

We can forget such things when we're in the thick of stuff. "1" represents self as a rhythm, as it manifests in all. It's a phase that flags choice as a chance and a shaper; how we're a little like radios. **Energy is real. Life's a realm full of currents, a bit like a very high wall. Every row of bricks represents a different wavelength.** We're all born into a certain range. This explains why certain things we gel well with whilst others we don't. What level of self do you want to hang out with; experience from outside; offer out yourself? We can sometimes forget that we choose what we tune into. "November" could reveal more to you on this point.

Everything starts as invisible current. Thoughts and feelings shape how we respond. Yes, our own but also those we hang out with. Collective vibes impact what self brings home. Life can find us too busy to remember that. **Your spiritual connection is your primary petrol supply. It feeds mind and heart, as food does physical body.** Following on from a few months of fullness, this "November" could restate this to you. Honour your felt need for silence and more chats with Source. We attract what we, as choosers, energetically take in.

"11" can help self build resilience – perceptual, internal, outside. "1", denoting "I", represents the spectrum of self-ness as it can present. **"Eleven – two" chapters often dare people to mentor lower-level vibes in themselves or others. They can find us needing to influence even if we'd rather hide.** Self only channels these sorts of wavelengths because it over-listens to the wrong voice. Egoic or soul? What wavelength do you want in your world? Limitation, fear, bias, unkindness are all egoic qualities. Only self in child channels them as constant, be that for a year, day, hour. None of us are exempt from such things. We learn from astral "I" and, spiritually connected, help it find balance, fairness and reason.

So? "11" dares us all to live as adults to the next degree. Where can you release limited mantras, negative projections, insecurity? It might be yours; could be others'. Everything is linked. We're all mirrors. Don't be surprised if this month helps you nurture spiritual self and connection more authentically. **"11" can want self demonstrating grown-up, example of what soul would do. It's leadership as balanced, considerate, kind. Heavy handedness has been a feature this year.** Use breath and release to help lower level shift out of your world. Louder "me v you" presents because it seeks resolution. You're in it to effect good. All atoms want peace and closure.

We come to understand then act. "2034/9" suggests this "November" will help people review and quality check. "Four" is the builder making decisions about quality, approach, how to grow next. It's all about the base; with that, assumptions. They shape a lot of what unfolds. **"9" is tomorrow calling for the space to unfold as it can. We're energetic and spiritual ushers. Are your manifesting paths clear of dust? "Nine", as the future, triggers spring cleaning; a sorting out so as to receive.** For

"my" sake and others', it's a phase that wants release of what no longer fits. So? Listen to your gut as you move through your landscapes. What are you ready to lose, move on and clear? Make room for nothing. It's the everything which starts next. Do this using breath, exercise, quiet. Let Source come in as It wants to enter. Get back into receiving position. Come out of knowing and striving so much. The more we do this, especially in a "7" year, the more we tend to attract quality.

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This month's M.O.s are "40/4" and "148/4"

awareness, confidence, surety

All of the just-mentioned states are "4" rhythms. "Four" promotes understanding about life, past, next, "me". It's a phase that eye opens; a time when folk become more ready to act precisely.

Interesting terms are "manifest" and "attract". They sometimes infer that flow's just one-way – i.e. only towards the human being. In one sense, that's right. Life's about receiving. Yet what we take in is what we pump out. Here lies the rub: choice, again, is key. To get the right flows, it pays to first select our pump. Life constantly pulls focus horizontally. That's important for trade, achievement, interactions yet manifesting starts on the energetic level. What comes towards self stems from what s/he's making most powerful/source.

What does that mean? A feature of egoic life is loudness. Astral self attains place and value through things which grab our attention. Visual, audio, felt, smelt, tasted.... It can play out on a single level or in a mix. **Through what we can't ignore, because it's so loud, egoic self secures the hook(s) it needs. Tension, pessimism, limited viewpoints are egoic states, not divine.** Spiritually connected, these vibes don't exist. Soul is the big picture where there's no need to grip or fear. "40", this month, might guide you to connect with upper, higher rhythms anew. After a few months of fullness, this is wonderful news!

"0" can be read as Source in action. It often marks a phase where self meets universe all over again. In one sense, it denotes life as guidance. **We're not just in a physical landscape. Reality is flow; a living, chatty being. It's constantly trying to inform.** When self opens up intuitively, guidance floods in. "Zero", in this sense, is Source going "Boo!"; letting selves know how real, kind, helpful It is. "0" can be read as your spiritual connection. Deciding to return to and receive from silence also lets healing energies in.

"Nought" also flags "nothing" as landscape. That can be jarring when it first presents. Insufficiency, lack and loss are its hallmarks. Over-mindful "I" tends to struggle with that. Yet everything starts as a moment of "zero". **"Nought" is the moment before flow returns. Remembering this can help shifts happen. It's almost how the Divine ensures we pay It attention - "come, live with me to help goodness unfold"**. Frame of reference determines self's source of supply. What are you making "G-d", most powerful, right now? Is it divine, balanced, peaceful... or not?

"4", as review, could call you this "November" to check and upgrade things. We have six presenting this month. You could sense these sorts of things. **"8" also features this month at M.O. level, flagging self's vision and manifesting abilities. It is often read as the vibe of abundance – physical, yes; spiritually, too.** "Eight" is "success" and the wisdom required to get all parts right. It comes to highlight what, for each "me", really creates a healthy and fulfilling life.

"8", as such, can ask folk to look at what they're using and/or running with. Like all other numbers, such things can play out loudly or subtly. Sometimes, life seeks huge adjustments; at others, only tiny moves. **All in the name of getting life as right it can be, "8" helps us into quality states and positions. What are you cooking, eating, entertaining? Are you fully happy? If not, what could change?** "8" asks these questions AND dares folk to honour their senses so as to make life perfect at the "me" level.

The above suggests this month wants to see what's "not quite" moving so as to make room for "what's great". Life might ask you to do this in a number of ways. **At this stage of the year, we're preparing to enter "2024". What better time for reviews and sound checks?** Next year is an "8" zone, too. These next few weeks could help you practise your manifesting and influencing stances; review what's important; add or lose from recipes be they physical, emotional or energetic.

So? Take time, regularly, to speak with the Divine in whatever way suits you. Quietness is best - people-, talk-, noise-, clutter-free moments. **Natural settings make a big difference. Come back to earth - visit water, garden, walk more. Such manoeuvres help to empty mind.** As this occurs, we often release what we've been caught up in. Let go of reality to give it room to shift and inform.

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"November"s reality numbers are "51/6" and "2182/4"

balance, understanding, more sympatico perhaps?

The reality number denotes where we'll come to, irrespective of how we position ourselves. All numbers speak of egoic and spiritual aspects. By second we choose although, in certain moments, life corners/forces. "51/6" comes every "November" to show us we can and how forgiveness gets us out of our way. **Egoic "5" can see busyness, erratic being. Immaturity, intransigence, self-ish-ness are egoic "1". Out of balance "6" can feel too intensely; be inauthentic; under- or over-care.**

Through what is "not", we're constantly birthing "what is" as we know/sense it can be. "Six" also flags a time for healing. That can occur on any level, self's or world's. It's a time for catharsis and re-energising, and often sees insights dropping in.

"6" can also want more fairness, justice. Don't be surprised if you're asked to help that. It goes without saying: the world has been just a little imbalanced of late. The trick is not to focus outside of you as a first step. **Let go of the world. Give it back to Source to check, manage, influence wherever It can. This is how release work can pay dividends. Egoic self always takes a central spot. For as long as we're stuck in subjective responses, we're keeping ourselves stuck in what we don't want.** Let go of all, everything, to begin with – the stuff you love and the rhythms you don't. Check them all in for checking, sorting, healing. Let the universe help you wherever It can. What you release will always come back if it's yours really. We tend to over-own when we're in egoic wavelengths.

Coming back to balance boosts understanding. "4" denotes the quality check. "2182" hints at more precision in views, patterns, approaches. What's needed now? Where is stuff redundant? This month seems sure to help folk build well. That, sometimes, requires us cleaning up our lot a bit; making room for new to flow as it wants. **In one sense, this month's chart is amazing. What better time to spring clean; get ready for a new year? "4", remember, is the number of building. What sort of world do you want to end up in?** "51/6" and "2182/4" are here to help us get to genuinely right – therefore, fitting – states. Mood is everything in energetic life. Feeling never lies. It's where truth takes root.

So? This month seems a very spiritual chapter, perhaps more than usual for some. It could bend and stretch, and ask you at times to do same. **What's outside is outside. Remembering this is potent. It helps release subjective; grow fair, grounded "I". This is the place where goodness births from - the type that feeds all souls, not just one.** The world's losing grip on its self-focused; the patterns that emerged last century. If you've been feeling that, you're doing well and right on track. Life's asking every being to seek, breed, be goodness as a living, physical, practical reality.

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 "October 2023" where Fran talked about "7" and this year's chart; how it's here to help us all move free from old and stuck. She outlined why such periods can feel heavier and less helpful than others. Through this, self is helped to sense its breakthroughs in a way that sees future life break free.

Please note: due to illness, Fran didn't post an Update last month. She will be posting one in December. Come back any time from 17 Dec to watch it here.

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