

The Monthly Observations

for September 2023



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

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...

Are you ready for a new month? The last few have pushed and pulled about. This year seems set on helping self develop in a way that helps shed more of what's egoic. We're being nudged to deal with patterns that no longer suit (if they ever did). **Times have changed, hey? All of a sudden, life's asking "me" to hop to it. Source works like that every so often. Through this, It promotes healthy re-beginnings.** If you've been dealing with challenging dynamics and topics, you're not alone.

"August '23" wanted people knowing better. "7"s, "3"s and "8"s promote clarity. All numbers do from different angles but, implicit in this, can be a sense of floundering. Unknowns present to get self wiser. Easy to write when the surf's quiet. **Self can struggle, initially, with movement it wasn't banking on. It's easy to mislabel such things as "bad times". We're inclined to forget: Source ain't physical. Sometimes, the only tool It has to guide self is silence, inaction, lack of clarity or flow.** These things keep us moving, enquiring and, through this, looking beyond what's known. Life can ask self to stretch in ways that first feel alien. Using breath and making room for insights, we help journey get to next best.

Again, easy to write when one's safe and cosy. Harder to remember when change comes full force. The dare remains: always give a slice of your life to the universe as its unforecastable delivery zone. **Everything births on the energetic level. This needn't deny reality. We multi-task in every moment. Whatever you're up to, you also breathe.** In the same light, one can do "this". Last month got people clearer on past stances – their own and others' - in ways that flagged what future wants. If you experienced this, congratulations!

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 file [here...](#)

Oh and, even now, 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 "SEPTEMBER'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 "September'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	9	2032/7
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	49/4	2180/2

This "September'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	5	5	7	3	6	-	-	3	3	3

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....

"September's birth numbers are "9" and "2032/7"

adjustments in perspective come to birth good

The dare is to remember you're always guided, even if your head's in the sand. Day-to-day events can blur such awareness and one's sense of flow and self. "Mine", "yours", other people's... through witnessing/observing, life helps us develop. There's no escaping, especially this year. **This month could call for more spiritual being, not automaton. Implicit in this could birth a sense that you're breaking free of model; eyes re-opening.** "9" helps us sort; spring clean all spaces - body, mind, location, sphere. Through this, it helps energy and stuckness morph. When self over-holds, stuckness gathers. "7" and "9", in higher profile, boost clarity. "Seven's a chapter that likes to help self know things in ways it never questions again.

Hence, "7" is knowledge that's objective; with that, the release of all subjective mind. Such vibes can prevail on subtle levels. Self can think it's clear when it's still in limit somehow. **In this sense, "seven" marks the shift out of boxes; up, out, away from restriction. Egoic level "I" – as a vibe not a name – is inclined to rigidly opine/believe.** "The world is thus" crops life's landscape. As this year's revealing, nothing's ever fully grasped as a possession, insight, role in life's movie. "7" asks folk to let go of all mindsets. This enables us to check whether anything more is on hand. The universe, Source, is constantly giving. Insights tend to pour in when we give them room to do so.

The Divine's ever-ready to communicate, heal, guide. "9" wants folk releasing all they've collected. This needn't mean devaluing any-one or -thing thus far gathered. Energetically clearing promotes space for new flow in any realm. **Physical, mental, emotional, energetic.... All of life reboots when self surrenders to universal will. This "September's specific reality number may well reinforce this.** "2" flags position – the stances "I" adopt internally and in outside spheres. "0" represents Source, space, less action as triggers for development. Five "0"s, this month, hint at invisible worlds – thoughts, feelings, affirmations – as growth prompters, playing through louder.

The dynamics above could force you to take stock of how you've been nurturing your spiritual side (or not). **The felt need for time out is an intuitive clue that it's time to reconnect with peace. That is Source. Balance is a mark that self has grounded.** "3" tries hard to deliver insights that guide minds and stances to manifest right things. It often prompts realisations that matter; revelations; "Oh my G-d!" moments. "3"s, "7"s, "8"s, "9"s and "4"s, this month, hint that such moments manifesting for you and/or others.

"September's birth numbers signal even more cut-through than you've lived thus far. If life's recently tested, this month could leave you feeling clearer/stronger. Always remember: your spiritual (energetic) condition matters. These two states go hand in hand. They're no longer options to embrace or not - especially this year. **Source is on a mission to sort and ensure more genuine,**

spiritual "I". That requires truth; less focus on the surface. Mental and physical matter but they're what results from our energetic state. Source squeezes self to birth healthy future. Breath, time out, fresh air, looking after spiritual "you" are what help life unfold and deliver the best. We're not here just for "me", "you" or "each other". You could say, then, that this month is due to guide people further into constructive consciousness.

Stuckness takes hold whenever self is gripping or gripped. Silence and rebooting – healthy pauses – clear lower level head stuff. We foster soul-full shifts by choosing to let go. **Optimise what happens next by releasing in mind's eye. Source loves a card game and often asks folk to play their hand first.** That comes in the form of expression and surrendering all gripping – "mine", "yours", others'. Dare to express stuckness at all levels to help yourself reboot and come to closure ("9").

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.

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

life's always helping journeys (re-)build

"4"s abound in this month's M.O.s, signalling overhauls where life seems "down". "Four" denotes frameworks; patterns, views, assumptions. These things shape and feed flow. **Through thoughts and feelings, we attract. This month could prompt reboots on these levels, too.** "4", after all, is the building number. It doesn't want dodgy result or input.

In this sense, "4" – like "7" and "9" – wants people sorting. Quality is also a "4" goal. What, in your mindsets and/or approaches, could benefit from an upgrade now? **Six "fours", this month, speak of a chapter that will trigger performance checks. Life only does this to get life more perfect.**

Numbers flag self's emergence through the release of limit. Through this, soul emerges as a more public vibe. We can hold back a part of our truth when that's not needed. Self doesn't have to ever be right. It "simply" has to offer, participate to help goodness bloom. Through this, it invites the buy-in of others. We're all here to value-add and contribute.

"8", at M.O. level, could reveal how to foster the above to your next degree. How can you help life get even better? "4", "8" and "7" shed light and add meaning. Don't be surprised if you wake up this month. **Awareness is another "four" wavelength. It nudges the review of plans and stances, all in the name of smoother, peaceful, more graceful end states.** Coming to "I know" – self's next

lightbulb moment – helps us work with reality. Out of this can come a sense that “I” (you!) am living true(-r) to purpose, path, instinct. You might sense, here, how this month might help you kick into a higher gear or two. As the first month of “2023”'s last quarter, “September” often adds potent value. Hence, a deeper sense of self could emerge this month, in you and/or others. That could play out as sorta a wake up time. **“4”s not just a phase where clarity blossoms. It likes to promote solid, forward strides. Quality progress is its target; no more tacky-poo weighing soul/path down.** Life is forever onwards and upwards. Folk often sense that they're making good progress when the “4” count's high. As outer or perceptual movements, preparation's part of (re-)birth (5).

Lastly re the M.O.s? “0” and “8”, at this level this month, hint at rightness flowing back into self's scenes. I hope this is right! **This year's been flagging the importance of balance as an input and shaper in manifesting. Spring-clean whatever calls your attention. Don't be afraid to let it all go.** That needn't involve physical gestures. In mind's eye, “just” release every-thing and -one. Energy seeks resolution. It always clears well when we stop directing it. Come back to your place as a receiver. Miracles can happen when self “just” does this.

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.

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“September”'s reality numbers are “49/4” and “2180/2”

clarity always boosts awareness

Notice more “4”s here? Feel free to revisit what's outlined above because repeating digits numerologically often flag louder levels of learning through what they promote. This can point to challenge and delight. **No number only speaks of tough times. “Four” can bring a sense that life is solid, frameworks are healthy; everything is flowing right.** “2180” adds down through “11” to “2”, giving it master number qualities. Those digits speak of self having to work with more invisible, intuitive, spiritual dynamics.

“11” is, ultimately, all about relating. Sharing space, this month, could be louder as a theme.

“Eleven” flags self as a dynamic. It often nudges people to better facilitate the right level of “me”.

Via self and other, we regularly learn through what isn't soul-full. In every moment, we're adult

and child. Taking care of our spiritual connection helps us guide ourselves, others and situations well. "One" can be a time for learning, more precisely, how life functions with, for and around "me". We're all here as unique paths. Flow isn't mono in form or quality.

"1" can help people see and live these isms in a more conscious way. It often prompts self to let go of what's outside; to first focus on and refuel as "I am". **There are, of course, two sides to self-ness: exclusive and inclusive; spiritual v mind. The latter's "just" a bowl for receiving and creating. We often forget this and let it over-drive.** What are you channelling, encouraging, allowing – perhaps, even sitting in? This "September" could reveal more about how you can manifest and influence things.

We swing between both levels of "me" often. As soon as we release, egoic "I" re-boxes and names. Through activity, self confirms its existence. It doesn't like too much silence at any time. Peace is a place where "I" cannot hear "me" as an individual. **Stillness is full of universal knowledge and insight. Egoic self loves this once it's made the transition and released all separateness.** "4", as the base, wants petrol tanks replenished before we head out to mingle, work, etc. It asks people to pause, take stock and rebalance. By coming back to centre, we ground and prepare for all our next bits.

Doing the above breeds states which include. "4" this month, as an awareness trigger, could lead you into truer states especially if you've felt worn recently. "Double one" teaches self how it can back its horse; see itself as whole, ready to share goodness. **Soul-full being is devoid of gaps, flaws, lack, weakness. Only egoic self needs to guard or protect against negative.** Awareness is not a wary platform. It's alert, present, able to participate. It doesn't go in having made its mind up about (i.e. affirmed) what will play out. Life's an energy – not just a canvas. It communicates and guides when self gives it the space to. We only need to hedge, fear, etc when we're disconnected – i.e. unable to remember/sense Source is here.

Your spiritual connection breeds divine accompaniment; full-ness that won't let you down. Through breath – always breath! – self holds the power to shape, share, build well. The overuse of will can breed stuckness. **Source already knows what you're here for; what you need (or not!); and how you can tread best. The more we "just" let go of memory, space, control and mind – as predicting, defending platforms - the more life guides, heals, protects.** This month's specific reality number, "2180", could help you (re-)embrace life and flow as entities.

So? Let life speak, reveal and assist you. That always helps self's journey unfold as it should. "8" can feel busy as a chapter. Three of them appear in this month's chart. **"September" could find you discovering more about your vision, plans, goals. Are you happy? Is everything in order? What needs to shift so that your answer is "yes"?** "8" and "2" could team up to help you stand truer to gut feel – your intuition - in mind and in life. How can you journey truer, realer and in line with what you sense? The body is an intuitive prompter. When things don't feel right, life's guiding you. Tension is a message that something needs to shift. How well do you work with it?

This month could help us all from such angles. Listen to your gut (feelings!) to find your way. Gather from others but don't forget to listen to inner you. We're all intuitive. Source always offers. **Clear all space and mind from chatter. Come back to quiet and "I don't need to know as a first step"**. When we make room for good guidance, we help ourselves intuit/receive best. "Double 1" flags deeper self-knowledge – the kind that steers "me" through thick or thin.

Life teaches us all, over time, to respect our "inner voice". We can help this happen by, first, choosing our frequency. Don't just accept any old rhythm. **As a manifester, self's here to co-create with discernment. Intuitive download doesn't necessarily mean big picture. Take a moment or two to decide upon the energy you want guiding you.** Invisible and intuitive doesn't mean that what you're sensing is there for the highest good. Aim for the top; the CEO of creation. Let It give from Its perspective, not just yours. You have a choice about what is going to guide, mentor, heal you. Aim for the highest. Don't just go for middle-layers.

So? Success, clarity, further break-through, more robust definitions of self.... Don't be surprised if this month leads you into these types of states (and/or others). Get out of flow's way. **Position as observer to glean all you can before springing into gear. Through this, we promote and grow wisely.** Life's always up to a better state of being. No matter the challenge, the dare's to remember that affirmations matter. They're potent tools. Always end your statements with a positive up-swing.

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 "September 2023". Fran observes how Jewish New Year often brings noticeable, energetic shifts. She looks at through the lens of this year's birth number, "7", and provides exercises to help you reboot.

Oh and remember to visit this section any time from 16 October to watch next month's video Update.

breath, out through mouth, helps self stay real

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