

Four Seasons Numerology

Newsletter

January 2025 Edition



Welcome

Happy New Year, dear creative numerology enthusiasts!

I'm Shaz, your guide 'extraordinaire' (only joking), 😊!

I am Shaz, but perhaps not quite so 'extraordinaire' LOL.

I am the heart and soul behind Four Seasons Numerology, Soul Shift Studio and originally The Quinks Groups.

I'm a numerologist, creative guide, and reiki practitioner with a passion for helping people transform their lives through the power of numbers, creativity, and soulful self-discovery.

With over 30 years of experience as a psychiatric nurse, supporting individuals and families through life's challenges, I've learned that transformation is always possible. Now, I use numerology, creativity, and energy work to help people of all ages and stages, rediscover their passion and purpose.

I'm also a proud mother and grandmother, living an ever-evolving, vibrant life in beautiful Bulgaria. My journey has taught me that while we all get a little lost sometimes, the right tools and guidance can help us find clarity, confidence, and a deeper sense of self.

I'm passionate about sharing the vast wisdom I've collected from the many times I've journeyed around the sun. I love to make a difference.

That's enough of me, LOL, welcome, and if you're joining us for the first time it's great that you're here to share the fun!

Let's get back to Four Seasons, and this monthly newsletter

- your go to source for creative numerology insights, light-hearted fun, and practical inspiration to help you make the most of your unique numbers.



Your Editor, Shaz xx

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As we step into the fresh energy of 2025, I'm thrilled to welcome you to this third issue of the Four Seasons Numerology newsletter.

Whether you've been with us from the start or are just joining us. It doesn't matter, I'm simply thrilled that you're here now. Together, we'll explore the magic of numbers and how they can illuminate your life's journey—with a dash of creativity and a sprinkle of fun.

This newsletter is designed to inspire, inform, transform and uplift. Expect monthly numerology insights, creative twists, and practical tips to help you navigate life with clarity and confidence.

Let's make 2025 a year of self-discovery and empowerment through numbers!

This newsletter is for all you biro buddies who are curious about numerology, and all you number nerds who love a little creativity. No prior knowledge required, the only thing I ask is that you enjoy the read, participate where you can and laugh often!

Oh, and maybe discover a few bits and bobs along the way.

At Four Seasons Numerology, I always try to offer something for everyone, whether you're exploring life's big questions, seeking clarity, or simply curious about the magic of your numbers. My groups and workshops are tailored to different interests and needs, creating spaces for personal growth, transformation and connection, in a safe environment.

My Soul Shift Studio group evolved from Four Seasons and has been developed as a private space for women who are on a spiritual journey of self-discovery.

At Four Seasons Numerology, here's a little of what you'll find:

- **The Power Five Series:** Unlocking the secrets of your core numbers through creativity.
- **Reiki with Your Numbers:** Energising.
- **Personalized Numerology Forecasts:** A roadmap for your best year yet.
- **Workshops & Bespoke Packages:** Designed to help you thrive and grow.

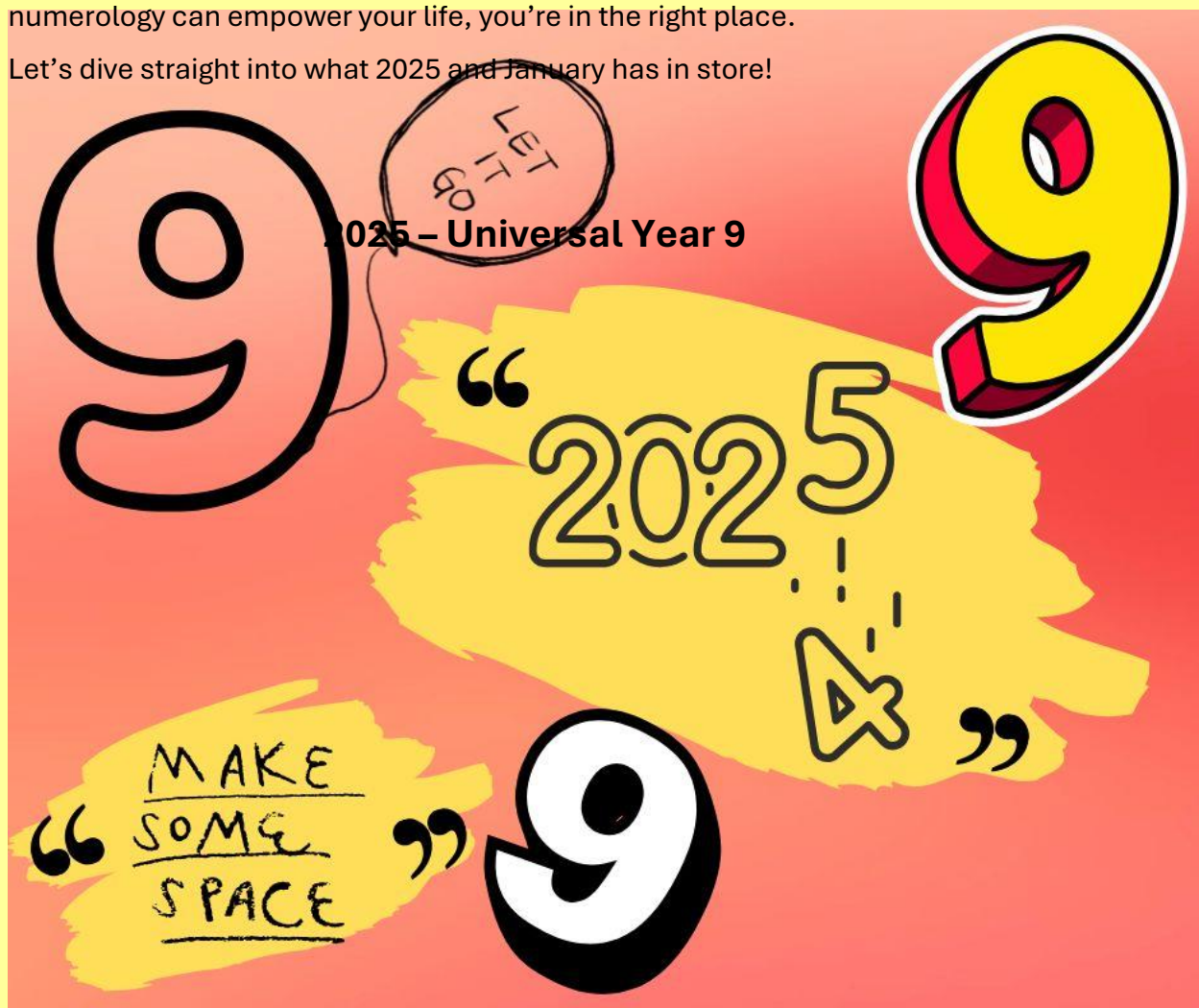
Numerology is more than numbers—it's a pathway to transformation, empowerment, and writing your own soul story.

Whether you're looking for guidance, inspiration, or just a touch of numerological magic, I'm here to help.

Are you ready to begin your journey? Let's connect and discover what your numbers have to say. Get in touch - (fourseasonsnumerology@gmail.com)

So, if you're here for self-discovery, a bit of escapism, or to explore how numerology can empower your life, you're in the right place.

Let's dive straight into what 2025 and January has in store!



This year brings the energy of endings, reflection, and transformation.

The Universal Year 9 invites us to release what no longer serves us and embrace personal and collective growth. Here's how you can align with this cycle:

- ∞ **Declutter Your Life:** Let go of old habits, beliefs, or even physical items that weigh you down.
- ∞ **Heal and Reflect:** Take time to process past experiences and allow healing to take root.
- ∞ **Complete Projects:** Tie up loose ends and celebrate your accomplishments.



∞ **Prepare for New Beginnings:** With endings come fresh opportunities – get ready to embrace them in 2026, a Universal Year 1.

Quick Tip/Good Idea – Journaling prompts

Write down three things you want to release this year, and also three goals to focus on as you move forward.

Keep it safe somewhere, ready for when you need to recentre yourself.

Throughout the coming months, why not let the numbers guide your path to these goals.

I think accountability helps, so here are my 3 goals and releases.

I'm happy for anyone to contact me at any time throughout the year to see how successful I'm being. (fourseasonsnumerology@gmail.com)

Alternatively, hit this link: <https://bit.ly/3XezagF> and ask me publicly 😊 at Four Seasons Numerology Group.

My three goals are:

- ✓ Clean Eating.
- ✓ Be more visible (a 'biggy' for me)!
- ✓ Complete my eBook series.

The three things I intend to release are:

- ✓ Unhealthy foods (obviously LOL)
- ✓ People Pleasing.
- ✓ Unrealistic Expectations (of self).

Keep an eye out the first week of January when I will be asking people at <https://bit.ly/4gpnolM> Soul Shift Studio Group, and Four Seasons

Group to share their three things. It would be great if you decided to hop over there and share a post or comment.

A Jubilant January Jumping off with 'tabula rasa' – Ok I'm probably over egging it a little with 'tabula rasa' but January is the first month of the year and holds the energy of fresh starts.

A quick digression – 'tabula rasa' has an amazing sequence of numbers. I hoped it would equal '1'. It doesn't LOL, but check this sequence. 212331 9111

Amazing, so many 3's available!

Back to January, the first month of the year and incredibly a Universal Month 1.

Let's not leave it there. All you people that know me, already know that I like to mince things up a little.

How about we add your Personal Month to the mix.

Don't be disheartened if you don't know how to calculate your personal month. I'm about to show you.



Top Tip: How to calculate your Personal Month Number,

And your Personal year number!

- 1) Personal Year – Add the digits of your birth month & birth day with the digits of the current year.

**Remember: we don't reduce the master number 11 – Nov. You will need to reduce the digit to a single number. This is your personal year.*

**Some numerologists work with personal years birthday to birthday, and others work with the calendar year. The demonstration here is with the calendar year because it is easier to calculate. If you, (like me) prefer to work with your energies birthday to birthday, please contact me, for advice: Shaz, at fourseasonsnumerology@gmail.com*

2) Personal Month – Add the number of the calendar month to your personal year number.

**Example: January is month 1, February month 2, March month 3..... etc*

If you are in a Personal Year 5 and want to know your personal month for March, then you would simply add Personal year- 5+Calendar month-3 = 8

So, your personal month number for March would be an 8.

Now you've got to grips with the equation, let's interpret the month numbers.

- PM 1: Leadership and bold new beginnings.
- PM 2: Cooperation and meaningful connections.
- PM 3: Creativity and self-expression.
- PM 4: Stability and laying strong foundations.
- PM 5: Adventure and unexpected changes.
- PM 6: Love, harmony, and nurturing relationships.
- PM 7: Reflection, learning, and spiritual growth.
- PM 8: Ambition, success, and financial focus.
- PM 9: Completion, generosity, and letting go.

OK, how exciting can we make this now, mixing things up! Here's what my January looks like when I blend my Personal month with the Universal month and year:

January, Universal Month 1: plus January, Personal Month 4: and both in a Universal Year 9.

What do I make of my 1, 4, and 9

For me, I interpret this to mean that I could take the following actions:

- Universal Month 1 energies will help me to clarify my goals for 2025.
- Personal Month 4 energies encourage me to ground my great ideas
By focussing on how I intend to organise and plan the steps to achieve my goals. The step-by-step instructions so to speak.

I could get creative with this and build a vision board, first my great ideas for 2025 and next my actions.

- Let's not overlook the universal year 9 energies – hmm, perhaps I need to leave something behind, clear space, or release something. I may need to consider my idea (1), and actions (4) and ask myself, do I need to create space for these to work (9).

This is very simplistic but hopefully gives you an idea how to get started working with your number energies.

Head over to the groups and let us know if you managed to work out your personal month number, and how you plan to embrace the energies for great results.

Imagine, if you were to tailor your findings to specific areas of your life: career, relationships, personal development, hobbies etc. How fabulous would that be?

How about we end this feature with an affirmation for January?

JANUARY AFFIRMATION:

'I embrace fresh beginnings with clarity and discipline,
building a foundation for my highest purpose while
releasing what no longer serves my growth'.

NEW FEATURE:



Dear Dora.....

Your numerology questions
Answered.

Throughout December, I ran a 'Dear Dora...' feature amongst friends and family, to test out its popularity.

I am asking all of you lovely subscribers now if you think it should be a regular feature in our monthly newsletter?

This is an opportunity for everyone to ask a numerology question, and each month one of your questions, together with my answer, will be featured here.

I chose to share Sophie's question this month, simply because I thought it was a question that many people would like to ask.

Sophie asked:

Dear Dora, how can I use numerology to make better decisions in 2025?

My answer:

Dear Sophie, thank you for your great question. I would suggest you start by leaning into your Personal Year and Personal Month numbers.

These will give you insights into the type of energy surrounding you at any given time.

For 2025, we have the universal year energy of 9, so focus on wrapping up loose ends and seeking closure where needed.

If you're making decisions, ask yourself: 'Does this help me complete a chapter or move forward with clarity?'

These short snap answers seemed to be well received.

If you have a question for February send it my way, and you might be featured in our next issue.

Well guys, I was undecided about whether or not this next feature would be appreciated, but I think it's worth tackling it now!

'Counting the Cost: a Cracker of a Christmas:

A numerology guide to January's Financial Reset!

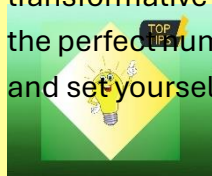
Are you like me, the tree's packed away, the baubles are back in their boxes, neatly stowed away for next year, and you're now wondering if your purse had a little too much mulled wine this festive season! Sound familiar?

Don't worry, I've got a plan for making numerology work for us 😊

January is typically all about fresh starts, and numerology is here to help you balance the books and reclaim control in a Universal Month 1 and a Universal Year 9.

You are probably thinking 'hmmm, OK Shaz, dream on!' but truly, I believe we can work with '**numerology's money reset energy**' to make a difference.

The assertive energies of a Universal Month 1, January calls for new beginnings and bold steps. That's what we'll do. It's a time to take the reins and implement strategies to streamline our finances. Remember, I always like to throw more than one number into the pot with numerology, so bring in the reflective and transformative power of number 9 (the universal year energies), and you have the perfect number alignment to release old habits, clear away financial clutter, and set yourself up for abundance. Sounds promising doesn't it?



I'm giving away my 5 top tips for a money reset. If you have other suggestions, ideas, tips, then let us know in the groups.

Tip 1, Declutter for Cash – The 9 energy loves us to 'let go', Take stock of the items that we no longer need – unwanted gifts maybe, old clothes, unused gadgets, hidden items collecting dust at the back of shelves. Selling them online or at a local market can bring in a surprising amount of cash while making space for new opportunities.

Tip 2, Start a Savings Challenge – A great way to accumulate whilst at the same time creating a good habit.



Start with 1p or 10p for each day of the month, depending on your budget.

Save in a jar or money box as follows:

Day 1, = 1p Day 2 = 2p Day 3 = 3p Day 4 = 4p..... Repeat each month

If you have a little more surplus income, try 5p or even 10p!

Day 1, = 10p Day 2 = 20p Day 3 = 30p Day 4 = 40p

By day 30, you will have accumulated £4.65 or if you went with the 10p system £46.50

Imagine, by the end of the year you would have in excess of £55.80 or even £558.00

How amazing is this!

Another cool way to save would be to multiply the month energy of 1 by your Life Path or Personal Year, and then multiply your answer by the Universal Year energy of 9.

For me: $1 \times 3 \times 9 = 27$ I could simply save 27p/day and by the year end I would have £98.55

Now that's a great idea and would make a fabulous challenge.

Who's up for a fun money challenge?

TIP 3: Review your subscriptions – The 9 energy is perfect for wrapping things up. Check for unnecessary subscriptions or services you're not using (yep-streaming platforms included!). Cancelling a few subscriptions can free up funds for future goals.

TIP 4: Get Creative with your Side Hustles – January's 1 energies are great for innovation. Tap into your unique talents or hobbies and turn them into extra income. Are you great at baking, crafting or writing? Start small and let the 9s wisdom guide you to share your gifts with the world. I'm on to this. I love my idea. I actually brought my sewing machine down from the loft before Christmas in anticipation, and my bead boxes are to hand. Watch this space! LOL.

TIP 5: Manifest Abundance – Numerology reminds us that energy flows where attention goes. Write yourself an affirmation focussed on abundance and financial growth, such as: *'I welcome opportunities to increase my wealth and happily release financial stress'*. Place it somewhere that you'll see it daily, keeping your focus on positive change. (Maybe a vision board, or special altar you have).

I would love to hear how this works out for you, assuming you plan to take part. As always, keep an eye on the groups where I'll be sharing my financial successes, (and failures LOL) throughout January.



One last idea: why not set yourself a 'No spend January' challenge. Essentials only.

Make your rewards non-monetary.

A relaxing bath, a cosy movie night, etc 😊 Good Luck xx

Four Seasons Numerology – Celebrity Hotspot.

Spotlight on Adele: The Life Path 9 singing sensation!

I'm not sure why I was drawn toward Adele for our celebrity hotspot this month, but I'm so glad I was.

Adele's Life Path 9 is absolutely a reflection of her journey through life, characterised by compassion, creativity and a drive to connect with humanity on a deep level. This is beautifully reflected in her emotional music and philanthropic activities.

I have to ask who has not cried at '*Sometimes it lasts in love, but sometimes it hurts instead*' or '*Sweetest Devotion*', or '30' or.....

Now would be a great time to listen if you haven't already.

<https://bit.ly/4iKGHr9>

Adele has an Expression/Destiny number 38/11 adding a significant layer to her numerology profile. (She also has Master number 22 from her surname)!

The Master number 11 is often associated with intuition, spiritual insights and inspiration. It indicates a destiny focussed on bringing light to others through her work. I think we would all agree that Adele accomplishes this admirably with her powerful voice and relatable lyrics.

The 38 reduces to 11, showing how she transforms experiences into wisdom and then shares them through her music in a way that uplifts and heals.

The combination of Life Path 9 and Expression 11 suggests that Adele is someone deeply attuned to emotional and spiritual realms, making her more than an artist, she is truly also a healer if in a metaphorical sense.

She's a voice for the collective heart, and we all need to hear that these days!

The Challenge for Adele: when 9 energy goes into overdrive, it can lead to overthinking or taking on too much responsibility for others' happiness. Let's also not forget, we have a Universal Year 9. All that 9. Let's wish Adele well, recommend balance, and watch this space!

When Good Numbers go Bad: Chaos Edition

Here goes everyone, a poem about my own crazy numbers LOL.

During the 10 days leading up to Christmas, I had the ridiculous idea to run a mini-series in our Four Seasons Group, called '*When Good Numbers go Bad*'.

I thought it was hilarious, and such a refreshing change that I considered replicating it here.

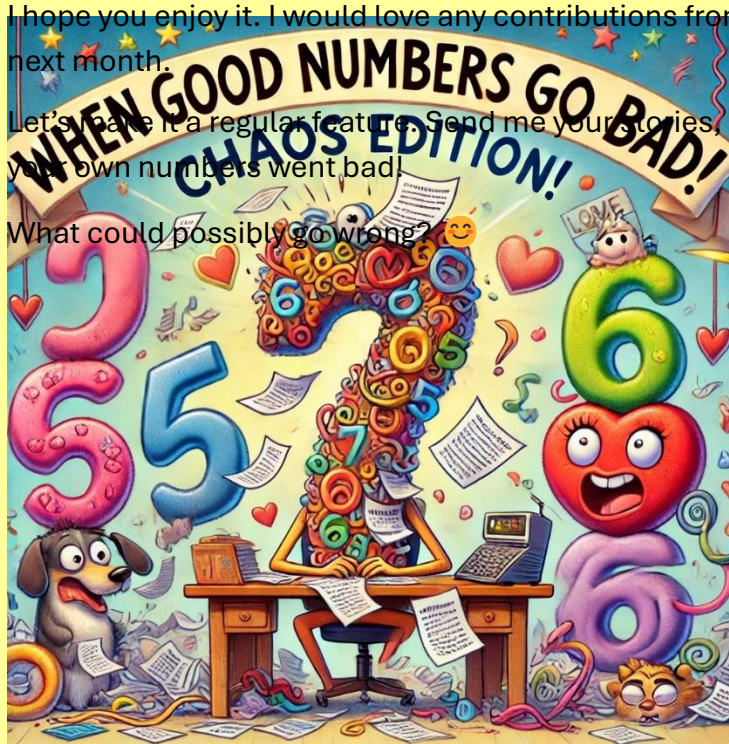
It didn't happen, I hadn't scheduled early enough, and I didn't want to repeat what had already been published.

Fear not LOL, I then had an even more irrational idea, to write a poem about what happens when my own numbers turn bad. Well, only my Life Path, Destiny and Heart's Desire I should say.

I hope you enjoy it. I would love any contributions from all our members for next month.

Let's have it a regular feature. Send me your stories, poems, paintings of when your own numbers went bad!

What could possibly go wrong?



The Day my Numbers went Wild! (Poem by Shaz E Newman)

Here's me, Life Path 11, the inspired seer,
I started the day with visions so clear.
But chaos struck as my instincts ran high,
I heard too many whispers, come from the sky.
Should I lead, or I assist?
Am I a '2', or should I persist?
My balance was tipped, the scales went askew,
And there I stood rooted, juggling dreams anew.

Destiny 9, a wise old soul,
I took the reins with a moral goal.
I shouted my message, 'let's save the world, let's heal the pain!'
But someone forgot to explain the 'how' again.
They rallied the troops, with a passion to fight,
Then burned out quick, like a dimming light.
'Who needs a nap?' they sheepishly said,
As I laughed aloud and shook my head.



Member Feature – A Poem by Sor Lorafaryn

Green Elf Witch High Priestess in Green Witchcraft (or simply Eileen to some)

Let me introduce my friend Eileen, a modern witch and lover of poetry. I first met her at The Quinks writing group, where she arrived as a guest of our mutual friend Liz.

Eileen's passion for poetry spans the ages, from Shakespearean sonnets to the poignant works of war poets—and everything in between. She loves to experiment with her craft, which is how she came up with the idea for this wonderfully creative Christmas poem.

The poem was constructed after Eileen asked a group of supporters to contribute a single line from their favourite poems. The result is a delightful and collaborative piece of festive magic.

Thank you, Eileen, for your inspired contribution. To all our readers—enjoy!

*Age shall not weary them,
Nor the years Condemn,
You're a better man than I am,
There was movement at the station.
The world had got around,
The colt from old regret had got away.*

*Phenomenal woman,
That's me,
Today is the greatest day,
I've ever known,
Can't live for tomorrow,
Tomorrow is far too long,
I am a rock.*



By Sor Lorafaryn

Seasonal Insights

Coming February.

'Love by Numbers'

Unlock the secrets of compatibility this Valentines Day!

'Love is in the air' – well it will be before we know it!


Swooning as I write <3

February, Valentine's Day and the month of 'ROMANCE'

Numerology has its own special way of bringing connections to life. Whether you're curious about your partners strengths and challenges, or you simply want to deepen your understanding of numbers shaping your relationship, this Valentines Day offer is the perfect way to explore compatibility.

What's included in your Valentine's Gift?

- **A complete Numerology Forecast:** Gain insight into your own unique blueprint, understanding how your core numbers influence your personality, strengths, and challenges.



- **Compatibility Matching:** Discover how your numbers align with your partner's highlighting shared qualities, growth areas, and the potential for harmony.

Why Compatibility Matters:
Numerology is more than numbers; it's a tool for understanding and celebrating the unique dynamics in your relationships. Knowing your best partner's traits and challenges empowers you to nurture love and connection in meaningful ways.

Don't Miss Out!

Book your numerology forecast this January, and as my Valentine's gift, I'll include a free compatibility matching session for you and your partner. What better way to start February than with clarity, connection, and a little numerology magic?



Ready to unlock the secrets of compatibility?
Let's uncover the numbers that shape your love story!
Book your forecast now.

Here it is, your Gift:

Book your **numerology forecast** throughout January and also the first week of February, for just **29 euro** – a ridiculously low price – and don't forget, you'll receive a **FREE Compatibility Matching Forecast**.

Hit the link; <https://bit.ly/4gNJz4u>

A note to end on.

As we step out of 2024 and into the New Year, I want to thank you for joining me on this creative, numerology-filled journey. For yet another month, this newsletter remains completely free – a little gift from me to you! But remember, it's your contributions that make it sparkle even more.

Do you have a funny story to share? A burning question for *Dear Dora*? A quirky poem that's just begging to be seen? Or perhaps you'd like to shine a light on your creative talents? Send them my way! Let's keep this a community full of shared laughter, inspiration, and discovery.

On a more reflective note, January and February will see us touching on 'SAD Awareness' (Seasonal Affective Disorder), exploring ways numerology and creativity can uplift and energise us through the darker days.

Until next month, I leave you with this cheeky thought: If numbers can cause chaos (hmmm, my Life Path 11/2, Destiny 9, and Soul 7 know all about that), imagine the fun we'll have taming them together! 😊😊

With gratitude, giggles and good vibes, let's leave it there.

Shaz xx

