

Four Seasons & Soul Shift Studio- November edition.

Hello, and welcome to your monthly newsletter from Four Seasons and the Soul Shift Studio.

November's Theme: 'Fiery Fun and Funky, Bonfires and toffee apples. Universal energy of 1.



This month we're firing up with 'Life Path sparks!'

Yes, we'll be talking passion and the Life Paths!

What sets your Life Path on fire? Whether you're a slow burn, or a spontaneous 'BOOM', we'll be exposing all.

Featured this month.

- Bonfire Night Antics
- November Number Insights
- Creative Fireworks Challenge
- Life Path Sparks.
- What's new
- Celebrity Hotspot
- Something else

It's November, there's a chill in the air. You've probably already pulled out your woolly hats and mitt's, scotch broth and a toffee apple!.



As we cosy up for bonfire night, the energy is buzzing with excitement, and the universal month energy of '1' invites us to take a leap into new adventures!

It's time to gather those creative sparks, fumble with some fireworks, (hopefully not literally), and let's light up the sky with our burning tales!

If you're at a bonfire this month, try what I do. Take a look at each spark as it leaps from the fire, follow it before it dies and disappears. Imagine each spark symbolises something new. Embrace the moment, with plenty of 'Ooooooh' and 'Ahhhhh's!' It's a great feeling.

If you are not at a bonfire this month, take a look at the November night sky, imagine each star as a fire spark, symbolising something new. Enjoy the moment.
Coming up: 'our bonfire night antics'!!

Buckle up and be brave 😊

We would love you to share a November story about something that sticks in your mind. A bonfire night story would be great, but it doesn't have to be. It could be about your best, or worst, outdoor disaster story.

Post at <https://bit.ly/3XezagF> Four Seasons, or <https://bit.ly/4gpnolM> Soul Shift Studio, throughout November and be in with a chance for a FREE mini numerology reading. 🍀



Here's my bonfire night story.

Last year, being as I am, 'The kitchen Goddess!' 🙄 it seemed fitting that I should make something foodie for bonfire night.

Keeping with the theme, I decided sticky toffee and gingerbread. Good choice eh?
I spent a day swirling around my kitchen, the smell of toffee enticing and tempting.
Alas, my Goddess was not up to par, the gingerbread looked burned, I thought, but OK.

Later, as the night got underway, and everyone's eyes were facing upwards, with the glow of the fire and the night chill bringing out rosy cheeks for one and all. Each mesmerised by the spectacular firework display, when suddenly, a huge racket snapped everyone away from the main event.

Uncle Bert began darting around on the wet grass, almost 'pinball' fashion, and loud groans escaped his covered mouth, he dropped his gloves as he suddenly darted right, and into the house, not stopping to remove his muddy wellies.

Everyone watched in stunned amazement, fearing the worst.

Moments later Auntie Lily was back outside, addressing the now very quiet, rosy cheeked reveller's.

Whatever had happened, it couldn't have been as serious as everyone first imagined. There were no flashing blue lights, or sirens so presumably not life threatening.

'Uncle Bert will be back outside just as soon as he can free his denture from the ball of toffee it has become embedded in', was Aunt Lil's announcement!

There was a delayed silence, a pregnant pause, just a second or so but felt much longer, before one person began to titter.

Soon, everyone was laughing, belly laughs of relief, and then a male voice bellowed over the top of the laughter, 'WHO MADE THAT *'BEEP'* bonfire toffee?'

All eyes were on me!!

I wanted the ground to swallow me up.

I'm a life Path '2'!!
Never again!





November Number Insights.

November 2024 – a universal month **1**.

- ✓ This is perfect for fresh starts and bold moves.
- ✓ The entire month supports new beginnings and innovative thinking.
- ✓ This is a great month for pursuing ideas or launching something you feel passionate about.

Maybe you have a new project. November 2024, a universal year **8**, blended with November, universal month **1**.



What to expect.

- ✓ New beginnings with a focus on achievement, ambition and material success.
- ✓ Fresh starts, but with purpose. New ideas and initiatives will be better if rooted in practicality and ambition.
- ✓ Independence and self-leadership, following your own path but with clear goals that you can

manifest with authority. Think long term success.

- ✓ 8 is connected to material wealth and abundance, so November could bring opportunities to support this.
- ✓ November could be your month to start something new with longer term potential. Number **1** motivates and **8** brings discipline and focus, both great qualities for success.

Other November dates to watch out for.

- ✓ On the 5th and 14th there may be some unpredictability with a universal day **5** at large!
- ✓ 5 energy is a chance to break free from routines.
- ✓ On the 3rd, 12th, 21st and 30th we have a **4** energy. This is practical and grounding.
- ✓ On the 6th 15th and 24th, we have the **7** energy. Time for reflection. Insights from within.

Now you have these number insights, you can take strides towards alignment, by setting your intentions early, staying flexible and letting intuition guide you.

Overall, November offers a great blend of bold new beginnings with practical, results-driven focus. This encourages and supports both personal growth and real success. All you have to do is let the energies guide your decisions and schedules for the greatest outcomes.

Creative Firework Challenge.

Are you ready to fuel your creative firework frenzy.



Pens at the ready 😊

With the spark of the Universal Month **1** igniting your fire, this month's challenge is to write or draw something that symbolises '*new beginnings*' for you. Maybe you have been inspired by a firework display

Perhaps you would prefer to imagine you're sending your dreams up to the sky, and the galaxies beyond.

Can you design a firework that represents something that you want to pursue this month?

Have fun with this. There are no prizes for the best artist or author. This is your opportunity to take some quiet time and explore ideas, innovation, new pursuits, purpose and beginnings.

Maybe this exercise will help you.

- Imagine three things that you dream of.
- Write these down.
- Now dive deep into the embers that light the passion. Expand. Write. Draw. Question.
- Narrow it down to one, and perhaps this is the one.
- Could you turn it into an affirmation?

****Remember:** '*Any mess can become a masterpiece when you embrace the chaos*'

Life Path Sparks- brace yourself lovely people.

I am not sparing anyone 😊

Keywords 'Passion and Fire'

Life Path 1:

Fuelling your fire for independence. November ignites a passion for leadership. When your ambition collides with fresh energy, expect a bold spark of change to set your goals ablaze!

Life Path 2:

LP 2's has a natural gift for connection, and this merges well with November's fresh start **1**. Imagine when collaboration collides with personal passion. An explosion with new depth and meaning.

Life Path 3:

Creativity and expression are bound to soar! As your artistic fire collides with November's energy, there'll likely be an eruption of enthusiasm that propels you into the spotlight.

Life Path 4:

Grounded but passionate. This month brings structure to your desires. When practicality broadsides ambition, sparks will fly. Who knows, maybe this is when you turn your dreams into reality.

Life Path 5:

Freedom and passion, and a spectacular adrenaline burst! November has the oxygen to ignite your adventurous spirit, thrilling changes and spontaneous decisions that light up your path.

Life Path 6:

Bring love and compassion into the spotlight. Your nurturing nature caresses November's fresh energy, and gentle sparks of healing and harmony radiate outward, touching those you love.

Life Path 7:

Seek deeper truths with fiery intensity. As your quest for knowledge collides with November's dynamic energy, flashes of insight fly, illuminating your spiritual journey.

Life Path 8:

Power meets passion! What a combination. When your ambition crosses paths with new beginnings, you can only anticipate a spark of personal empowerment that drives your goals to a whole new level!

Life Path 9:

Light the World fire of compassion! Your desire for global change and November's number 1 forward motion, there has to be sparks of transformation igniting, bringing your vision for the humanity to life.

Life Path 11:

There's bound to be a surge of inspiration firing up leadership potential and a desire to express unique intuitive ideas. Impactful initiatives, passion and fire.

Life Path 22:

The energy of November 1, can empower transformation of dreams into reality, fuelling a passion for structure and strategic growth. Master building with lasting impact.

Last but not least, although I'm almost out of passion and fire at this stage LOL 😊

Life Path 33:

A fiery month for new beginnings, healing with renewed vigour and purpose.

A BEAUTIFUL LIFE



After all that

My infinite inferno has been doused out,
No longer flickers, no longer shouts.
Once a blaze that burned so bright,
Now whispers softly in the night.

Embers cool, but lessons learned,
From ashes rise, new passions burned.
In quiet moments, I'll find my way,
To reignite the fire someday.

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What's New.

- ∞ December – Commencing January 2025, I thought it would be great fun to feature a members journey into numerology and creative writing every month.

This could be written or video chat.

I remind all our members: this is not a call for expertise. Everyone's journey is unique, and there is no right or wrong.

If you would like to be share your story during 2025, get in touch with me, Shaz, asap:

fourseasonsnumerology@gmail.com

- ∞ Suggestions – This newsletter can only ever be as good as it's members.

With that in mind, we rely solely on you telling us what you would like to see more of. Share your ideas and suggestions, likes and dislikes at fourseasonsnumerology@gmail.com

No matter how big or small, we want to hear.

- ∞ December newsletter will have an opportunity to win a FREE, FULL numerology reading. Too good to miss. Share and invite friends and family.

Celebrity HOT spot.

There were many November celebrities to choose from. Here re just a few.

- ❖ Howard Carter – Archaeologist
- ❖ Parker Brothers – Monopoly
- ❖ John F Kennedy – Assasination
- ❖ Mark Twain – Author & Humourist
- ❖ Bruce Lee – Martial arts & Actor
- ❖ Winston Churchill – Politician
- ❖ Gordon Ramsay

So, a little spoilt for choice in November, but since we're running with the theme of fire, and passion in this newsletter, who better than Gordon Ramsay!

'Gordon James Ramsay' Born 8th November 1966.

Married father of 6, Gordon is best known for his fire in the kitchen. Celebrity chef with a brutal temperament. Gordon is the middle child with an older sister and younger brother.

His first job was 'pot washer' in an Indian restaurant.

I think it's probably fair to say that we have all come across Gordon Ramsay at some point in one of his many television programmes. We most likely have all formed an opinion of who this man is and what we think of him, but is the public persona the real deal?

Let's take a look at the numbers of this fiery Scot.

08-Nov-1966 a Life Path 5

Gordon James Ramsay – an Expression number 9

Hearts desire (soul number) – 2

Personality 7

Birthday 8

The numbers alone are not at first glance aligned with the celebrity as we know him.

We all know that **2** energy is sensitive, likes harmony!!
The **7** energy, reflective, quiet, intuitive, seeking within!!

The **9** – humanitarian, compassionate, fighting the cause.

If I asked you to describe the fiery, foul-mouthed Gordon Ramsay that we all know from TV, in terms of numbers, these probably wouldn't be the ones.

Let's now think about the numbers in context and what we know of Gordon Ramsay away from the TV screen and public persona.

Our life path – our purpose this lifetime. The core essence of who we are and the path we are meant to follow.

In Gordon's case a LP 5. – generally known as an adventurer. Freedom seeking, new experiences and opportunities. Adaptable and versatile. Thrive with change. Often engage in travel, in pursuit of the next adventure. Sociable, and often attract people. Risk takers.

Hmm, now we are starting to see a glimpse of the real Gordon. His life has certainly taken him on many adventures, and he has travelled the world in pursuit of his next adventure, both professionally and personally. Despite his foul mouth people are drawn to him, he is charismatic, and without a shadow of a doubt a huge risk taker. As a LP 5 charisma and people magnet, can place them in a position of natural leaders, great at inspiring and motivating others.

Without going too deep into Gordons numerology forecast, let's jump over to his Expression number.

This is a number **9**. What does this tell us?

Firstly, an expression number is also referred to as a 'Destiny number'. This number is said to reveal your natural talents, abilities and potential and is the vehicle to achieving your Life Path. This number possibly gives you the most insight into your strengths and challenges, and how to align with your true self.

People with a **9** Expression number, such as Gordon are known for their deep desire to help others. They want to make a positive impact on the world and hence why they are often referred to as the 'Humanitarian'. Idealistic, they are often able to prioritise the needs of others over their own. Wise and reflective, and again are capable of leadership.

How does this align with Gordon?

Here's the charity work that Gordon doesn't advertise:

- ⌘ Scottish Spina Bifida Association – Honorary Patron since 2004. Launched 'Buy a Brick' appeal in 2005.
- ⌘ 2006 – Launched 'What's your favourite 'F' word-Gordon's fundraising.
- ⌘ Supports VSO – HIV & AIDs in India.
- ⌘ Together with his wife, Ambassadors for 'Women's Aid'.
- ⌘ Supports Cornwall Air Ambulance, a charity close to one of his many homes.
- ⌘ UNICEF

These are just a few, but I would say there is definitely a hint of humanitarianism and compassion. Wouldn't you?

In summary: Behind all that heat and fire that we see, there's a man who is clearly aligned with his core numbers and making the absolute most of them.

Something Else.

In this November issue of Four Seasons and Soul Shift Studio newsletter, we've hopefully stuck to the theme of the month: A universal 1 energy, and of course 'Bonfire Night'.

Hopefully, we've succeeded in our mission to merge numerology with creativity, for a journey of self-discovery.

This is currently a free newsletter – and will remain so throughout 2024, so tell all your friends to subscribe now. Share amongst your many groups. This newsletter may be just the tonic for some people, less fortunate, less mobile, number curious, creatively engaged.....

As always, we rely on your engagement, so be sure to channel your inner Prosecco,.....Oops, Picasso! Share your master pieces. Suggest improvements. Participate.

Very predictably, our December theme will be Christmas and perhaps 'snow'..

Keep an eye on your inbox for this Power Packed newsletter.

Until next time

Happy November

Shaz xx