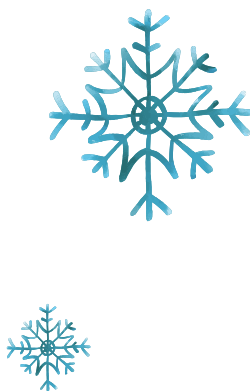





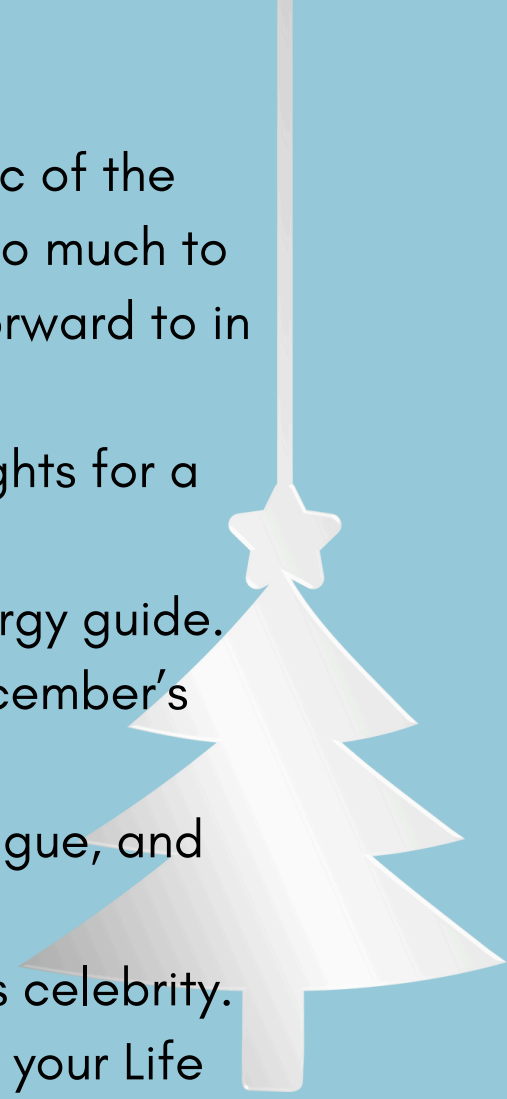
December Newsletter 2024

Soul Shift Studio @ Four Seasons
Numerology





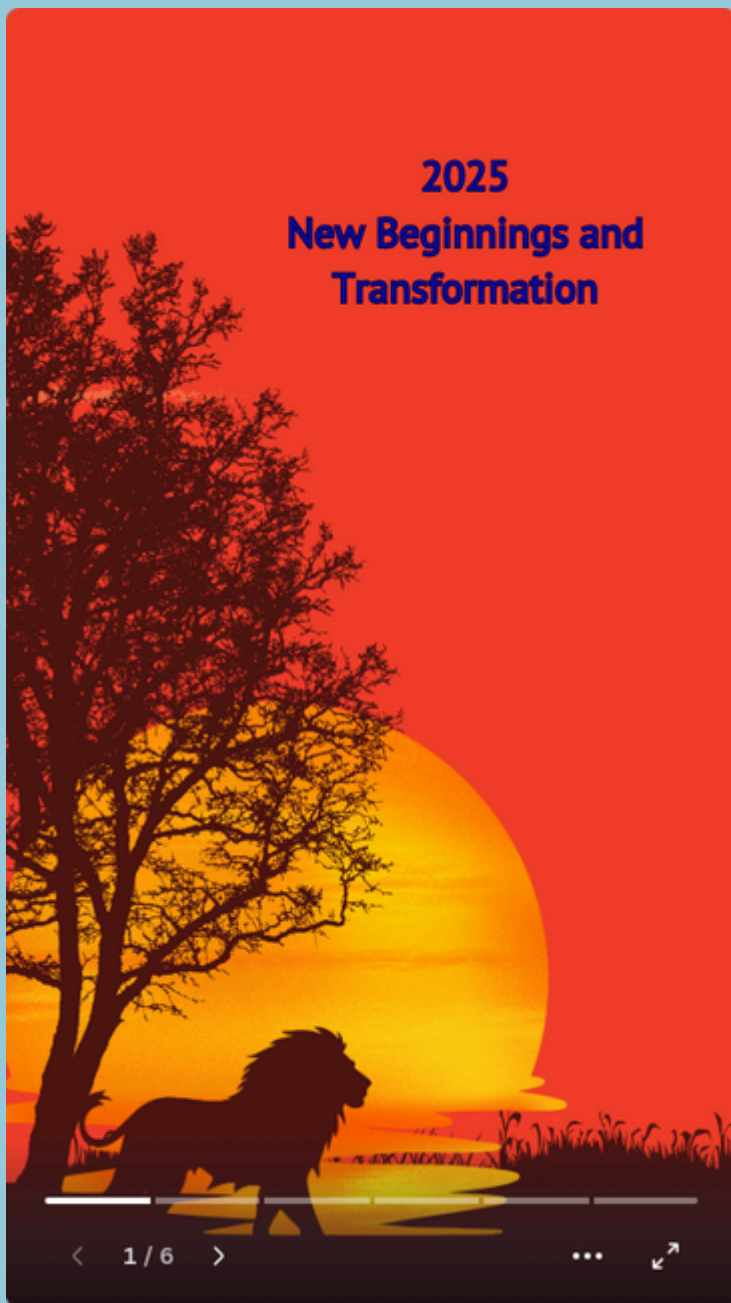
As the year wraps up, and the magic of the Christmas season fills the air, there's so much to talk about! Here's what you can look forward to in this sparkling issue:

- New Year – New Forecast, and insights for a fresh start in 2025.
 - Month by month, 2025 universal energy guide.
 - Numerology wonders hidden in December's Universal Energy.
 - Glittery sprinklings of creativity, intrigue, and festive inspiration.
 - A numerology spotlight on a fabulous celebrity.
 - Creative and fun ways to celebrate your Life Path this Christmas.
 - Insights into Christmas Archetypes.
- 

There is so much to get through

What are you waiting for?

Dive right in and keep an eye out for this months amazing **freebies**.



2005 insights.
Coming soon



Grab a mug of cocoa, turn on some holiday tunes (Taylor Swift fans, this one's for you!), and let's dive into a fun-filled December, brimming with joy, meaning and soulful connections.

Heads up for 2025!

This rich, full newsletter format will only be available to our paid subscribers from next year. Group posts will continue to share highlights, but the deep dives, freebies, and exclusive insights will be reserved for our dedicated community. Help us spread the cheer! Share this newsletter with friends, family, and anyone curious about numerology, creativity, and soulful living. Let's grow our tribe and make 2025 a year of discovery, together!



Numerology Forecast 2025.

A Universal Year 9 Energy.

The Themes of 9:

- Ø Transformation, endings, reflection, and completion.
- Ø Letting go of what no longer serves to create space for new opportunities in the upcoming Universal Year 1 (2026).
- Ø Spiritual growth, humanitarianism, and finding deeper meaning in life.
- Ø There's a whole year before the Universal Year 1 arrives, so plenty of opportunity to focus, wrap up those loose ends, release outdated patterns, and embrace compassion and self-awareness.





Well, that's the number 9, but what does it actually mean?

I'm feeling excited. Is anyone else feeling that knowing energy? A little 'buzzy'?

Another year, the last one in this cycle. Let's embrace transformation.

The 2025 energy is not just about endings – it's also about making space for a fabulous new beginning as we transition into the energy of a Universal Year 1 in 2026.

So, without further ado, why don't we dive straight into those universal monthly energies for 2025, and figure out how and if they can support our plans 😊 Blending the Year 9 energy wherever we can.

As you read through my interpretation of how we can work with the Universal Year and Month energies - try thinking about your own Life Path and Expression number energies and how they can blend and support you in what you hope to achieve.

Struggling to understand your own monthly energies?

Book a reading, it couldn't be easier.

Simply hit the LINK at the bottom of this page.

I have a 9 energy motto for everyone, and feel free to steal it,

'Let go to Grow!'

Honestly, whether it's old habits, relationships, or beliefs, 'let go to grow!'





Here it is – Your **FREE** 2025,
Guide to the monthly energies.

What a great guide this is.

I thought about sharing a link, but decided that it's so
much easier just to read on! So here it is:



January – Universal Month 1

ENERGY – All about new beginnings within the energy of endings.

Initiate fresh projects but stay mindful of lessons from the past. It's a month to step forward, be courageous, whilst still honouring the need for closure.

Planting the seeds for future growth.



February – Universal Month 2.

ENERGY – Co-operation, emotional sensitivity and harmony.

Think about strengthening partnerships and connecting on a deeper level with others. Collaboration and compassion take centre stage.

Nurturing relationships and teamwork are important.



March – Universal Month 3.

ENERGY – Creativity and Self Expression.

Share your thoughts and emotions freely (if you can). It's a great time for creative pursuits and uplifting communication.

Embrace joy, and artistic flow.

April – Universal Month 4

ENERGY – Stability and hard work.

Build solid foundations by tying up any loose ends. Practical tasks and steady effort are rewarded.

Now is the month for grounding dreams into reality.



May – Universal Month 5

ENERGY – Change, freedom and adventure.

Now is the month to let go of what's not serving you. Be flexible and open to adventure and change, while at the same time balancing growth with responsibility.

Exploring possibilities and releasing old patterns.

June – Universal Month 6

ENERGY – Responsibility and care.

Prioritise family, home, and relationships. It's time for healing and fostering emotional connections.

Balance and nurture.



July – Universal Month 7

ENERGY – Introspection and Spiritual Growth.

Reflection on your journey this far. Quiet contemplation and solitude may bring clarity and purpose.

Seeking inner wisdom at this time.



August – Universal Month 8

ENERGY – Power and Abundance.

Harness your personal authority to make meaningful progress. It's time for manifesting success and managing resources wisely.

Take charge with confidence.

September – Universal Month 9

ENERGY – Culmination and Transformation.

This is the peak of the year's energy – release what's no longer aligning with your soul's path and prepare for renewal.

Letting go now, and embracing change.

October – Universal Month 1

ENERGY – New Cycles are emerging.

About now we will begin to see glimpses of the coming Universal year 1 (2026). Start visualising your goals about now and begin to move forward with motivation. New opportunities and new initiatives.



November – Universal Month 2

ENERGY – Practice patience and co-operation.

Strengthen bonds and cultivate peace. Balance ambition with emotional intelligence. Building bridges and unity.

December – Universal Month 3

ENERGY – Expression and Celebration.

Reflect on the lessons of the year and celebrate your progress. Share your gratitude and creativity with those around you.

Joyful closures and inspired expressions.



There we have it, the Universal energies, month on month.

It's a good idea to make a note of these number energies,
in a diary or on a calendar

Before we move on to something else, here are **three 'R's** to take aways for 2025.

1. ***Release*** – Let go of anything that's holding you back – we have the 9.

2. ***Reflect*** – Learn from the past and move forward with clarity – we have the 1 year approaching.

3. ***Renew*** – Prepare for the fresh start in 2026 by completing this 9-year cycle with intent.

'HAPPY & HEALTHY, 2025 EVERYONE'



Affirmations! Hey! I almost forgot!

- I've prepared affirmations for each life path number, for the month of January.
- Not only this, but I've also included a calendar for January.
- Even better, I've saved them to a mobile phone wallpaper size,
- Coming January - FREE calendar download!
Yes, absolutely **FREE!**

There are more FREE gifts, coming your way!

Subscribe to our newsletter from January and you'll be eligible for all the exciting merchandise, insights, offers, and much much more.

How crazy is that 😊

Gifts from me to you.

Available from January.

I think you'll love them

Shaz xx

The Wonders of Numerology, Hidden in December's Universal Energy!

We're sticking with numerology for now, but don't you worry all
you creative souls,

The fun has yet to come 😊!

Not long to the close of this 2024 year, and this month of
December brings with it an intriguing energy in the world of
numerology.

This last month of the year is often viewed as a time of
reflection, closure, and preparation for new beginnings that
January promises.

Delving beyond the celebrations and holiday cheer, what does
December hold, hidden numerology wonders in the deeper
layers, that can provide us with insights into the energy of the
month and offer guidance for those who are willing and
wanting to tune in.

We're already familiar with what has been a year of action,
focus and ambition, for the many who have been aligned with
the Universal Year Energy of 8. The promise of material
success, balancing spiritual and material worlds. Creating a
sense of achievement.

December, with its Universal Energy of 11, shifts our focus to
spiritual awakening, intuition and higher consciousness.

This unique combination makes December a perfect time to
reflect, release, and align with deeper truths, whilst embracing
the festive magic of the season.



Decembers Hidden Power!

With the energies of 8 and 11 at large, December gives us a dual focus to consider.

8 = Strength, Building, balancing and stepping into our personal power.

11=Illumination, The energy of enlightenment and divine connections elevates this festive season, reminding us of the magic of giving and receiving – not just gifts, but wisdom, love and forgiveness.

Here lies the hidden power – harmonizing material and spiritual, the practical and transcendent.

A great month to align your external achievements with your inner purpose.

December is also the 12th month of the calendar, $1+2=3$ = Joy and creativity!



Ready to get in a Festive Creative Mood?

Here's '5 ways you could align with December:'

1, Festive Candle Meditation

Light two candles: Perhaps one gold, for the energy of 8 (strength and success), and one white, for the energy of 11 (spiritual illumination). Reflect on how these energies have shown up in your life this year.

2, Affirmation Practice

For the 8 energy, 'I embrace my power and align it with my highest good'. For the 11 energy, 'I trust my intuition to guide me toward truth and light.'

3, Write your reflections

Ask yourself: 'What have I built in 2024, and how has it prepared me for the future?'

Journal. Perhaps a letter to self – lessons and challenges, or maybe a simple list, 'To release' & 'To Do'

4, Prepare for the New Year, 2025

o Spend some time envisioning how you can integrate the wisdom of this year into the opportunities that lie ahead in the new year/

5, Create a Festive Release Cookie Jar!

Find an old jar and paint it with festive colours and designs.

Write down all your worries and fears on small pieces of paper throughout the first 33 weeks of December and place them in the cookie jar.

On the Winter Solstice (December 21st) burn the contents of the cookie jar as a symbol of release. (Preferably outside – safely)!

As you 'deck the halls' and exchange gifts, remember to nurture your soul with the gifts brought in with the energy of December: **Clarity, Courage** to let go, and **Connection**.

Glittery sprinklings of creativity, intrigue, and festive inspiration.

Here it is, all you creatives 😊 the moment you've all been waiting for.

Beginning with 'festive inspiration'.

Do you feel inspired when you think about gifts for people?

Are your gifts practical or pointless?

Do you try and match the gift with the person, or is that all too much hassle?

How do you wrap the gifts? Do you leave it to your eldest child to sort out.

Do you bother wrapping or buy a gift bag – it's easier



I have the answer to your problems!

The Perfect Gift Idea for each Life Path,

And not only the perfect gift, but the perfect gift wrap!
Numerology providing you with solutions to Christmas Gift Shopping!

Don't forget to comment in one of the groups if you use any of these ideas, or take some pictures and post throughout December, at:

<https://bit.ly/4gpnolM> - Soul Shift Studio

<https://bit.ly/3XezaqF> - Four Seasons Numerology

Not a member of the groups yet? No problem. Soul Shift Studio is ladies only, but Four Seasons Numerology, the 'Mother' Group is for anybody and everybody.

Enjoy.



Here goes! Prepare to Impress your friends and family with:
'The Perfect Gift Idea, Wrap and Tag.'

Life Path 1: The Leader

Gift Idea: A motivational planner or journal.

Why? Ones are visionaries who thrive on goal-setting and taking charge. A sleek, minimalistic planner, or a goal-oriented journal is perfect for inspiring ones next steps.

Wrap – Strong, bold-coloured wrapping paper (red, black or even leopard skin design) to symbolize strength and determination.

Extra - Add a gold or metallic ribbon for that regal touch, symbolising their leadership qualities.

Tag – Write an empowering affirmation like 'Step boldly, for this is your journey to lead'! (They'll love it).



Life Path 2: The Diplomat

Gift Idea: A cozy throw blanket, or an Essential Oil Roller (perhaps Lavender or Chamomile).

Why? Twos are naturally sensitive and love creating peaceful environments. A cozy throw or calming oil helps them to feel nurtured.

Wrap – Soft, pastel-coloured paper, lavenders or light blues, to embody their gentle nature.

Extra – Attach a small charm or dried flower to the ribbon, bringing a peaceful vibe.

Tag – Something like ‘May this bring you balance and harmony’. This would be appreciated.

Life Path 3: The Creative Communicator

Gift Idea: Colourful sketch book or a set of artistic pens.

Why? Threes have a creative spark and love to express themselves. A sketchbook, or a set of unique pens invites their creativity to flow without breaking the bank!

Wrap – Vibrant and fun paper, polka-dots, abstract shapes.

Extra - Use colourful ribbons in a mix of bold hues, adding a touch of playfulness.

Tag – ‘Let your creativity shine’ - a great note of encouragement.



Life Path 4: The Builder

Gift Idea: Multi-tool gadget or DIY kit.

Why? Fours enjoy structure and practicality, and projects. A DIY kit or a handi-tool appeals to their love for hands-on, and order.

Wrap – Neutral, sturdy paper, minimalistic design, reflecting a person with a grounded energy.

Extra – Tie with simple twine or natural fibre, with a sprig of greenery tucked in perhaps.

Tag – Something inspiring – ‘Steady progress is a masterpiece’.

Life Path 5: The Adventurer

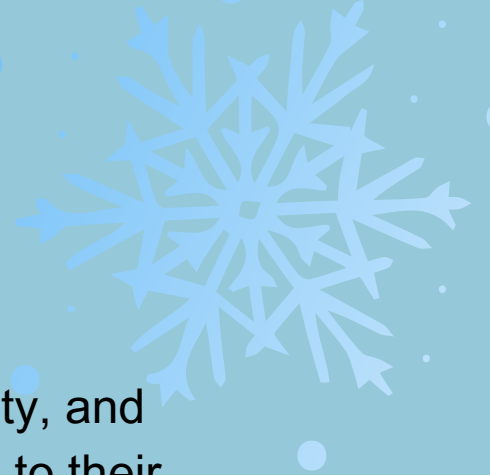
Gift Idea: Portable Charger or Travel Journal

Why? Fives are explorers and thrill seekers. A travel journal or a portable charger fits right into their on-the-go lifestyle and adventurous spirit.

Wrap – A fun, map themed or travel inspired paper.

Extra – Wouldn't it be great to attach a miniature compass or travel charm, symbolising their love of freedom.

Tag – ‘Here's to new adventures’ – what more can you say.



Life Path 6: The Nurturer

Gift Idea: A hand poured candle or a small plant.

Why? Sixes have a strong sense of care and harmony, and a potted plant or beautifully scented candle offers warmth and brings a nurturing energy into their space.

Wrap – Earthy tones, greens and creams, warmth and stability.

Extra – Tie with raffia or natural fibres again, and add a small, everlasting flower.

Tag – ‘A gift as caring as you are’ – very personal.



Life Path 7: The Seeker

Gift Idea: Meditation stones, or a journal with prompts.

Why? Sevens are introspective and spiritually inclined.

Meditation stones or a journal with introspective prompts are affordable and yet deeply personal gifts that align with their need for solitude and reflection.

Wrap – Deep, mystical tones, indigo or dark green, introspective.

Extra – a ribbon with a tiny crystal attached or a particular symbol that will speak to their spirituality.

Tag – ‘Inspire your journey within’.

Life Path 8: The Powerhouse



Gift Idea: Elegant pen or desktop organiser.

Why? Eights love success oriented, high-quality items. A nice pen or stylish organiser appeals to their sense of ambition and order, without being overly flashy.

Wrap – Luxurious paper, good quality.

Extra – Satin ribbon. No less. Perhaps a small charm or gemstone, something to give it that ‘polished’ look.

Tag – How about this for the 8 – ‘Success is within you’



Life Path 9: The Humanitarian

Gift Idea: Donation to their favourite cause in their name, or a reuseable tote advertising the cause.

Why? Nines are compassionate people and care about the world. A donation to their charity, or an eco tote bag supporting their charity resonates with their humanitarian values.

Wrap – Eco-friendly, recycled, or re-usable fabric.

Extra – Natural twine of course, and perhaps an environmental symbol, or a whale charm!

Tag – ‘One gift, one heart, one world’ will not go unnoticed for their altruistic spirit.



Life Path 11: The Visionary

Gift Idea: Oracle or affirmation cards, inspirational deck of cards.

Why? Elevens are intuitive and deeply spiritual, so a small, inspirational deck of cards offers guidance and aligns with their visionary side.

Wrap – Holographic, the only paper that will do, reflecting their visionary energy.

Extra – A thin ribbon with a tiny feather or celestial charm.

Tag – Given number 11s spiritual aspirations, why not write something like ‘A little something to illuminate your dreams’.

Life Path 22: The Master Builder

Gift Idea: Blueprint notebook or geometric desk sculpture.

Why? Practical yet creative – that’s 22s. They’ll appreciate a notebook to jot down big ideas, and a desk sculpture is both functional and inspiring.

Wrap – Geometric patterned paper, lines, architectural.

Extra – Clean, simple ribbon, coolly finished with an origami shape!

Tag – Something to inspire – ‘Building a future you envision!’





What's left to say about Gift Ideas?

I feel we've just about got it covered,...
although...

- Hmm, perhaps you actually don't know your friends Life Path.
- Or could it be you know the number but not sure what it means?

Maybe, you were thinking of something a little more personal?

Here's an alternative option.

Dazzle your friends this Christmas, with a glitzy, insightful, numerology reading, offering them a great, transformational New Year!

You've got to agree, that would be a 'surprise'
Want to book a numerology reading for yourself or someone else?

This is not just a basic reading: we're talking about a reading with extras.

A Christmas bonus!

Any numerology readings booked, throughout December, will also receive a full forecast for 2025 Personal Year and Personal Months. That's two readings for the price of one.

Only; £29.99!

Grab it whilst you can!

The perfect gift.

December ONLY.

email: fourseasonsnumerology@gmail.com

Wreck the Halls with bows of holly

Here's a Christmas Carol to keep you going, as we move on to our main feature – Our Celebrity Hotspot.

Firstly, sing alongto the tune of 'Deck the Halls with bows of holly'

Introducing....

'Wreck the Halls' by 'Holly Daze'

Wreck the halls with stress and chaos,
Fa-la-la-la-la, blah-blah-blah!
Forgot the gifts, please Amazon save us,
Fa-la-la-la-la, blah-blah-blah!
Spilled the Bailey's on the carpet
Fa-la-la-la-la, blah, blah,blah!
Lost the mop, please make it stop,

Christmas cheer has lost its sparkle
Tra-la-la-la-la-la-la-la.





Check out this month's '**Celebrity Hotspot**'.

'Taylor Swift: A Star Aligned by Numbers'

Unwrapping the secrets in her numerology chart this Christmas.

Born December 13th, 1989, making Taylor a **Life Path 7**.

Taylor spent most of her early years living on a 'Christmas Tree' farm. (how apt), Pine Ridge Farm, Pennsylvania.

Life Path 7 – the number of introspections, wisdom and spiritual depth.

People with 7 are usually seekers of truth, often drawn to art, philosophy, or spirituality. This could explain some of her poetic songwriting and introspective lyrics that resonate deeply with her fans.

An example that springs to mind, 'Mirrorball', 'I'm still a believer, but I don't know why/ I've never been a natural, all I do is try'

Here, it sounds like Taylor is revealing her insecurities and the effort she puts in to being seen and loved – a deeply relatable theme for anyone striving to 'fit in'.

Taylor's Life Path 7 reflects her ability to explore the deep, introspective themes of some of her songs with a spiritual undertone.

Fans connect with her lyrics not just because they're poetic, but because they touch on universal truths about life, love and self-worth, - not unlike numerology.

Named after singer songwriter 'James Taylor' she was named 'Taylor Alison Swift' making her an **Expression number 4**.
Taylors Grandmother was an opera singer, influencing Taylors early years singing in church.

4 reflects structure, dedication and a strong work ethic.
No one can argue that Taylor's meticulous approach to her singer songwriter career, perfectly aligns with this energy.

A Fun 4 Fact: we know that 4s are builders and perfectionists, and Taylors commitment to re-recording her old albums ('Taylors Versions@') is a prime example of this archetype's determination to claim ownership and create something lasting.



Hard work as an Expression 4 has certainly paid dividends. Taylor became a billionaire in Oct 2023.

Lastly, with a **Soul number 3**, representing creative self-expression, charm and joy, this also aligns perfectly with Taylors artistic and lyrical talents, emphasizing her natural ability to connect with her audience.

Just for fun, let's end the celebrity hotspot with a look at how her first three core numbers blend, and a link to one of my favourite Taylor Swift Christmas songs.

LP 7 and Soul 3. Result – an artist who can share deep wisdom in an engaging and light-hearted way. This talent makes even her most personal songs accessible and relatable.

Exp. 4 and Soul 3. Disciplined 4 gives structure to impulsive, creative 3, channelling creativity into a polished and impactful end result.

Soul 3, LP 7 & Exp 4. Creativity, depth and reliability. A winning combination. 3 brings refreshing spontaneity and charm, 4 keeps her grounded and 7 guarantees profound meaning.

I think we can safely say that Taylor is 100% aligned with her hidden numbers.

Here's a link to my favourite Taylor Swift Christmas song.

<https://bit.ly/3V61vim>

**It's December, and Christmas, so 'high jinks'
are a must LOL.**

It will be a miracle if this works, but here goes!
I'm excited to introduce the 'Christmas Archetypes'
game. A fabulously funny, family activity for the
Christmas period.

'Get ready to discover your family's festive archetypes
and enjoy a sprinkle of Christmas magic!'
The 12 Quirky Archetypes of Christmas.



The 12 Quirky Archetypes of Christmas.

If you have made it this far, welcome to this festive game of self-discovery and holiday cheer!

In this game, you'll explore quirky archetypes corresponding to numerology Life Path numbers, adding a fun twist to your Christmas celebrations.

First of all, anyone planning to play will need to know their life path number.

This is easy to work out by simply adding together the full digits of your birth date and reducing to a single digit.

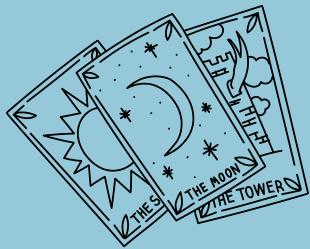
Begin with your birthday, e.g. 23rd May 1990, first make the 23 a single digit, $2+3=5$

Next write May as a digit – 5 (were this Oct, Nov or Dec you would need to reduce). Lastly reduce the year to a single digit, $1+9+9+0 = 19$, then $1+9 = 10$ and finally this becomes 1. Now you can add the three numbers, $5+5+1=11$ Since we don't reduce master numbers, this example would be a Life Path 11.

One more thing to do before we begin.

Print or share the 'Archetypes Quirky Christmas Cards, available to download in your welcome email..





Archetypes Quirky Christmas

- Each player must calculate their Life Path number. It's OK to help each other.
 - Next find your Archetype from the 12 cards.
 - Take it in turns to read out your archetypes rhyme and traits.
 - There is the option to make it more fun by acting out your archetype in charade style. You could also create your very own Quirky Christmas Archetype based on your Life Path number.
 - In addition to the 12 cards pre-prepared, there are several blank Christmas cards that you can print. These are simply waiting for your artistic flair.
 - Perhaps when the family come together for Christmas tea, you could have a competition of 'Best Drawing of a Quirky Christmas Archetype'. Decide a judge before you begin 😊. There are so many ways to have some 'Creative Christmas Fun' with these cards.
 - Post in the group and let us know what you did. Share your artistic talents. Good luck!
- It's all about sharing the laughs, guesses, and holiday cheer!

Well, **fabulous peeps**, we're almost at the end of this December Issue.

I hope I've given you enough to read, do, and think about!

I plan to end with a look at Santa's numbers LOL, but first, I want to make a serious message.

December can be a very lonely month for some people. Echoes in solitude can weigh heavily if uninvited. Be mindful of friends, family and neighbours, be kind and watch out for each other over this Festive Season.

As we wrap up this year, like a badly wrapped gift (you know the one, the round tin), let's remember: December isn't just the end; it's also the doorway to a new beginning. Whether you're counting stars, sheep, or days until Christmas, may your festive season be as bright as the fairy lights and as joyful as the last chocolate in the box.

So, are you ready to unwrap 2025 with purpose and power? Join me for an exclusive look at the universal energies of the New Year.

Sign up now, for a sneak peek at January's insights and discover how to step boldly into the magic of the coming year. Don't miss it - after all, your future self is already excited!



Last but not least – What Life Path do we think Santa is?

It seems to me that Santa embodies the energy of Life Path 9, given his universal kindness, selfless giving, and mission to bring happiness to all.

However, he borrows traits from others too:

- 3 energy for his jolly spirit and creative flair (ho ho ho).
- 6 energy for being the ultimate caregiver and organising the elves.
- 5 energy for his adventurous globe trotting.

The blend of 9, 3, 6 and 5 must be what makes him such a magical figure.

Here is perhaps your last challenge of 2024.

An opportunity to win a FREE numerology reading.

To win, simply find out the birth date of Saint Nicholas, and work out his Life Path number. Post on either; Four Seasons Numerology, <https://bit.ly/3XezagF> or Soul Shift Studio, <https://bit.ly/4gpnolM> before December 25th.

Have a very Happy Christmas, and Healthy and Prosperous New Year.

Much Love
Shaz xx



