

The 7 Universal Year ... a very significant year for Lightworkers, Soul Searchers and Spiritual Seekers by Michelle Buchanan <https://www.michellebuchanan.co.nz/>

Welcome to 2023 Everybody.

The more we understand what is going on around us, the more we can capitalise on this powerful energy and use it to our advantage to improve our quality of life, humanity, and the planet as a whole. 2023 is year of Truth, Awakening, Health and Wellbeing & Spiritual and Personal Growth. This is a year where the “inner work” we do from within, can improve our circumstances in the outer, physical world.

This is a year where having a strong SPIRITUAL FOUNDATION and a strong sense of FAITH will help us to overcome any personal and global challenges ... and this is the key to everything. We're CREATIVE beings MANIFESTING our reality after all, remember!

Therefore, making space for quiet time alone (especially in nature) to simply BE, to process new information, and to contemplate the deeper meaning of life whilst adopting (or expanding upon) consistent spiritual practices such as: individual and group meditations, breathwork, mindfulness, self analysis, prayer, yoga, Qi Gong, EFT (Tapping), for example - will be of great benefit to us all this year. Because when we raise our own vibration, we raise the vibration of the Collective Consciousness as well.

This is a great year to research, investigate, and analyse information and explore even deeper down the rabbit hole of truth, whatever truth means for us personally. It's also a year to learn, develop, study and become a specialist in our craft, whatever our own individual craft or topic of study may be.

During this year where many global and personal truths will be exposed, it's important to process our emotions in a “healthy” way and to “acknowledge, accept, forgive, let go, and move on” rather than hold on to negativity of the past, for the sake of our health and wellbeing. To process our challenges in a positive way and to let go of the things we cannot change so we can move towards HEALING, LOVE and LIGHT – and creating a better future (and present) for us all.

May 2023 be the best year it can be for everybody. Shine bright and never lose FAITH in better things to come ... for collectively we can create MIRACLES with our unified intention of a NEW and BETTER EARTH.

If you would like to learn more about this “7 Universal Year” energy that influences every one of us as well as your own “Personal Year Number” that is more personal for you, feel free to listen to my “2023 Numerology Forecast” below:

<https://youtu.be/lnmE7TgM89c>

Once you've heard the introduction you can calculate your “Personal Year Number” for 2023 then fast forward to your forecast at the given times below:

Personal Year 1 = 29:41
Personal Year 2 = 32:02
Personal Year 3 = 36:18
Personal Year 4 = 40:05
Personal Year 5 = 42:26
Personal Year 6 = 46:49
Personal Year 7 = 49:37
Personal Year 8 = 50:43
Personal Year 9 = 54:05

Michelle