

Current Energy Report

A Season of Transcendence and
Intense Transformation

Saying Goodbye to the Past and Welcoming the Future


January
2025

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THEME FOR JANUARY 2025

Transcendence and Intense Transformation - Saying Goodbye to the Past and Welcoming the Future

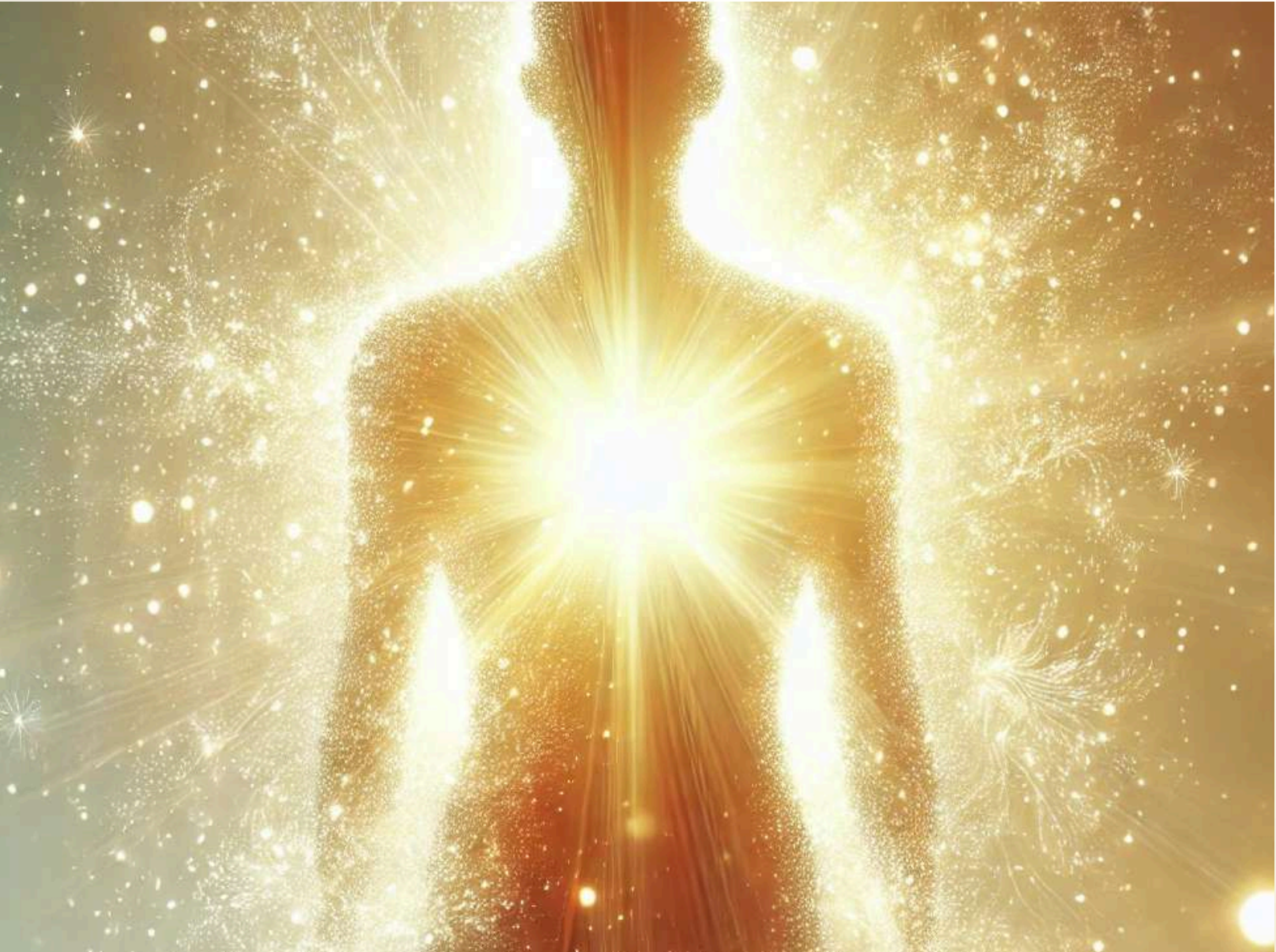
As we step into January, a month of renewal and intention-setting, the energy invites us to align with **our highest potential**. This is a time for fresh beginnings, clarity, and purpose, offering the opportunity to lay the energetic and practical foundations for the year ahead.



January asks us to honor the lessons of the past, embrace the present with intention, and open ourselves to the possibilities of the future.

Reflections on December 2024: Foundations for The New Year of 2025

In December, we focused on the **illumination of the Light within and around us**, paving the way for January's energy of transcendence and intense transformation.



This month calls us to release the ties of the past with gratitude and embrace the unfolding future with courage and grace. January's energy centers on grounding your unique soul's blueprint into action, **aligning intentionally with your divine purpose and goals**, and riding the wave of cosmic renewal and clarity.

Key *Cosmic* Alignments

The Numerology of 2025: *a 9 Universal Year*

2025 marks a 9 Universal Year in numerology, symbolizing completion, spiritual growth, and the culmination of cycles. This year invites us to release what no longer serves us, integrating the lessons of the past while preparing for new beginnings. In January, this energy aligns perfectly with the theme of renewal, encouraging you to let go of resistance and trust in the unfolding of your divine plan.



December 30, 2024

The Black Moon

- The rare Black Moon at the close of December brought with it profound energy for releasing old cycles and preparing for the new year ahead. This lunar event amplified the power of endings and renewal, creating a fertile energetic space for January's intentions to take root.



January 1, 2025

Mars Opposite Pluto

- **Quantum Understanding**
The year begins with an intense alignment between Mars and Pluto, urging us to balance personal desires with collective responsibilities. This energy demands transformation and the courage to release power struggles.
- **Ascension Focus**
This alignment pushes you to step into your power while remaining connected to a higher purpose.
- **Effects You May Feel**
 - A drive to take action but feeling conflicted.
 - Opportunities for transformation in relationships or work.
 - Resurfacing of unresolved control issues.

Power Intention:

"I harness transformation with courage, balancing my desires with higher purpose."

January 2-3, 2025

Quadrantid Meteor Shower Peak

— Quantum Understanding

A spectacular meteor display with optimal viewing in the pre-dawn hours of January 3. This celestial event inspires awe and invites us to connect with the vastness of the universe.

— Ascension Focus

This shower brings cosmic clarity, reminding us of our infinite potential and the interconnectedness of all things.

— Effects You May Feel

- Moments of awe and inspiration.
- Heightened intuition and dream activity.
- A call to realign with your cosmic purpose.

Power Intention:

"I align with the infinite possibilities of the universe, trusting in the magic of new beginnings."

January 6, 2025

Mars Retrograde Re-enters Cancer

— Quantum Understanding

Emotional introspection deepens as Mars moves back into Cancer, highlighting the need to address unresolved feelings.

— Ascension Focus

This energy supports healing past wounds and reconnecting with your emotional truth.

— Effects You May Feel

- A pull toward family and home matters.
- A need for emotional self-care.
- Challenges around expressing deep emotions.

Power Intention:

"I embrace emotional clarity, releasing patterns that no longer serve my highest good."

January 11, 2025

Lunar Nodes Shift into Pisces-Virgo Axis

— Quantum Understanding

This transition emphasizes spiritual growth and practical healing, influencing collective karmic direction until July 2026.

— Ascension Focus

The Pisces-Virgo axis invites balance between spirituality and practicality, encouraging you to align with both your higher vision and daily actions.

— Effects You May Feel

- A stronger focus on service and purpose.
- Realignment with spiritual practices.
- A desire to simplify and detoxify your life.

Power Intention:

"I integrate spiritual wisdom and practical action to align with my soul's path."

January 13, 2025

Full Moon in Cancer

— Quantum Understanding

A time for emotional release and nurturing, focusing on home and family matters. This Full Moon amplifies self-nurturing practices and emotional clarity, creating space to release attachments that no longer serve your soul's growth.

— Ascension Focus

This lunar phase encourages deep self-care and reconnection with your emotional center, providing a safe space for healing.

— Effects You May Feel

- A pull to focus on home, family, and emotional security.
- Heightened sensitivity and intuitive insights.
- The release of old emotional patterns.

Power Intention:

"I release emotional patterns that no longer serve me, embracing balance, clarity, and self-love."



January 17-18, 2025

Venus Conjunct Saturn

— Quantum Understanding

This conjunction brings a serious tone to relationships, emphasizing commitment and responsibility. It's a time to strengthen bonds and make long-term decisions.

Ascension Focus

This alignment supports cultivating grounded, authentic connections and prioritizing meaningful commitments.

Effects You May Feel

- A deeper examination of your relationships.
- The desire to strengthen emotional and material stability.
- An increased focus on loyalty and integrity.

Power Intention:

"I honor my connections, building relationships rooted in trust and authenticity."

January 20, 2025

Sun Enters Aquarius

Quantum Understanding

The beginning of Aquarius season encourages innovation, individuality, and forward-thinking. It's a time to embrace your unique contributions and align with your higher vision.

Ascension Focus

This solar shift highlights your capacity for creative thinking and collaboration with like-minded individuals.

Effects You May Feel

- A surge of innovative ideas and creative energy.
- A pull toward freedom and authenticity.
- Desire to connect with community and collective goals.

Power Intention:

"I celebrate my individuality, stepping boldly into my authentic power."

January 29, 2025

New Moon in Aquarius

Quantum Understanding

An ideal moment to set intentions related to innovation, community, and authentic self-expression. This New Moon supports planting seeds for growth and expansion in alignment with your soul's purpose.

Ascension Focus

This lunar energy encourages you to embrace your visionary potential and create from a space of alignment.

Effects You May Feel

- A burst of clarity regarding your goals for the year ahead.
- Inspiration to collaborate and contribute to community-driven projects.
- A strong call to step into your unique purpose.

Power Intention:

"I align with my soul's vision, planting seeds of expansion and innovation for the year ahead."



Ascension Energies for January

Schumann Resonance and Solar Activity

- The combination of heightened solar activity and shifts in the Schumann Resonance suggests a dynamic start to the year, with potential implications for both technological systems and human well-being.



Physical Symptoms to Watch:

- Tingling sensations and energy surges.
- Emotional waves and heightened intuition.

Practical Tips:

- Spend time in nature to ground and stabilize your energy.
- Use journaling and visualization to clarify your intentions.
- Engage in breathwork and energy healing to support physical integration.

Power Intention:

"I integrate the incoming Light Codes with ease and grace, aligning with my highest truth and purpose."

New Year's Context:

Transforming the Old into the New

- January marks the gateway to a new year, a powerful transition point to release old patterns and step into renewed energy. The shift from 2024 into 2025—a 9 Universal Year in numerology—invites us to embrace completion and transformation. This is a time to reflect on the lessons of the past, integrate their wisdom, and set clear intentions for positive change.



- The message for this new year is simple yet profound: Let go of what no longer serves, and open yourself to the possibilities of what could be. The cosmic energies of this month are here to support your transformation, offering clarity, alignment, and the courage to embrace the unknown with trust and grace.

Tips for Positive Transformation

1. Reflect and Release

Take time to identify and acknowledge the patterns, beliefs, and attachments that no longer serve you. Journaling or meditation can provide clarity and help you consciously let go energetically with gratitude for the lessons they brought.

2. Set Intentions with Purpose

Align your goals with your soul's true desires, focusing on how you wish to feel and who you want to become. Let these intentions guide your actions and choices.

3. Embrace Flexibility and Grace

Stay open to unexpected changes and trust the flow of the universe. Challenges often bring growth and opportunities for expansion.

4. Nurture Your Light

Prioritize self-care and elevate your vibration through joyful, nourishing practices. Spend time in nature, meditate, and engage in activities that uplift your spirit.

5. Take Inspired Action

Transformation is a balance of inner shifts and external actions. Take consistent steps aligned with your intentions, trusting that each action moves you closer to your vision.

Power Intention:

"I honor the flow of transformation, releasing the old and embracing the new with clarity and purpose."

Closing Message

January 2025 marks a profound time of transformation and renewal, inviting us to shed the old and step boldly into the new as we transition into a Nine Universal Year. This is your opportunity to honor past lessons, align with your soul's purpose, and embrace limitless potential. Through trust, grace, and inspired action, you can nurture your Light, ground your intentions, and co-create a reality that reflects your highest truth and vision. May this season empower you to release, realign, and rise into the fullness of who you are meant to be.

Power Intention for December:

"I step into this season of transformation with trust, grace, and clarity, aligning my actions with my soul's highest vision and purpose."



Goal-Setting

Quanta Freedom Healing™ (QFH)
for January

Goal Statement

“I fully release the past with love and gratitude, stepping into the infinite flow of renewal and transformation as I align with my soul’s highest purpose and vision,”



This goal-setting aligns beautifully with the profound energies of transcendence and renewal this month. As we step into **a Nine Universal Year**, January’s cosmic alignments inspire us to release outdated patterns and embrace purposeful transformation.

Through these **January Quanta Freedom Healing™ goal-setting shifts**, you will let go of resistance, integrate the wisdom of past experiences, and anchor yourself into the quantum flow of co-creation—embodying clarity, trust, and infinite possibility.

Shift Themes for January

1. Release and Completion

January's energies support shedding old cycles, beliefs, and attachments, paving the way for clarity and renewal. Themes of closure and gratitude are emphasized, creating space for transformation.

2. Grounding New Intentions

Aligning with cosmic renewal, this month encourages setting intentions rooted in your soul's authentic purpose and highest vision, ensuring you build a foundation for lasting change.

3. Transcendence and Trust

With significant planetary alignments and ascension energies, January invites us to transcend fear and resistance, stepping boldly into the flow of trust, grace, and self-empowerment.

4. Co-Creating with Source

Embracing your quantum creator potential, this month highlights the power of inspired action, intuitive alignment, and partnership with Source to manifest your soul's desires.

5. Integration of Light Codes

With heightened solar and planetary activity, January facilitates the integration of higher Light Codes, activating your capacity to hold and express expanded frequencies.

Much love and blessings, Mel