

Monthly Report

Personal Year 2

July 2026

Personal Month 9

G'day! Welcome to a massive month of completion and deep emotional release. You've been riding the wave of a Personal Year 2 all year, which is heavily focused on patience, intuition, building connections, and mastering the art of cooperation. However, flipping the calendar to July 2026 brings a major cosmic turning point. As the energy shifts, you are stepping directly into a Personal Month 9. From a psychological perspective, this combination is incredibly profound. While your Year 2 energy has spent the last six months teaching you to be gentle, supportive, and deeply attuned to others, the Month 9 energy arrives to demand a grand autumn clean of your life. The 9 represents endings, closures, humanitarian hearts, and letting go of what no longer serves your growth.

This month, your sensitive Year 2 ego is being called to stand tall and gently but firmly close the chapters, habits, or relationships that have run their course, clearing the deck so you can ultimately move forward unburdened. The main mental hurdle to watch out for right now is the temptation to hold on too tight out of fear or nostalgia. Because the 2 year makes you deeply sentimental and focused on keeping the peace, the closing nature of the 9 vibration might feel a bit raw or triggering. You might find yourself over-analysing past choices, feeling a sudden surge of emotional exhaustion, or experiencing "buyer's remorse" over boundaries you've recently set. Recognise that this emotional intensity isn't a setback; it's a vital psychological detox. You are processing and shedding the old identity shifts you've been navigating all year. The trick is to navigate the fine line between healthy closure and emotional burnout by allowing yourself to feel the feelings, without letting guilt trick you into staying stuck in old cycles. To navigate this month like a pro, you need to actively lean into behaviours that soothe your nervous system and help you release stagnant energy.

Nature is going to be your absolute best mate here, making it the perfect time for long, solitary morning walks in nature or along the beach. Let the ocean tide remind you that life moves in beautiful, natural cycles of coming and going, clearing the mental fog and grounding your thoughts. Because this cycle can leave you feeling entirely "in your feelings," you must consciously pull your awareness back into your body by feeling the sand or grass under your feet. Pair this physical grounding with a daily "morning brain dump," writing down pages of stream-of-consciousness thoughts before checking your phone, to stop those swirling memories or unexpressed emotions from keeping you awake at night.

This period is also a beautiful prompt to reconnect with your gut instincts and practice compassionate detachment. Psychologically, your intuition is just your subconscious processing data faster than your conscious mind can keep up with, so if a dynamic or a project you've been nurturing this year suddenly feels heavy or "done" during your quiet moments, pay close attention to that physical sensation. Turn off the podcasts, the radio, and the background noise for at least 30 minutes a day; give your brain the gift of literal silence to allow your thoughts to settle naturally. This month isn't about pushing for massive new beginnings, but rather gracefully tying up loose ends so you can trust your evolution completely.

Ultimately, this month is a gorgeous gift wrapped in a bittersweet package, the vital final piece of the puzzle for your Personal Year 2. By the time you wrap up this Month 9 cycle, you'll have a much deeper understanding of your internal blueprint, a lighter heart, and a crystal-clear vision of who you are when you aren't carrying everyone else's baggage. Trust the process of letting go, let your mind do its deep-cleaning behind the scenes, and don't feel pressured to rush into the next phase just yet. Rest up, forgive, release, and get ready, because once this transformative clearing phase passes, you'll be firing on all cylinders with the ultimate emotional clarity to step beautifully into your next chapter!

“Friends are as companions on a journey, who ought to aid each other to persevere in the road to a happier life.”

Pythagoras