

Hi, I'm Lee. I'm an intuitive, and every month I take the pulse as to what's showing up energetically, emotionally, psychologically. This month for September 2020, we have several themes, some of which are: Creative Surge Continues through the month of September, Karmic Consequences for Dark Energy now Beginning to Rise, the Twists and Turns continue, Nothing is Quite as it Seems, and also Physical Symptoms as a response to the Major Energy Shifts we're in. Stay tuned for the full Update.

Hi, I'm Lee, and welcome to this Energy Update. If you are watching on YouTube, please do remember to subscribe to the channel and hit the notification bell so that you receive content from us whenever we release a new video - me and my team put out a lot of free content, so be sure to subscribe so that you don't miss any of it. Let's take a look at September and tonight I'm accompanied by the winds of change here in the garden, which is highly appropriate for where we are right now! So many of you will have already been noticing over recent months, perhaps physical symptom responses to the major energy shifts that we're in. And while for some of you, those physical symptoms will be things that you'll want to look at, work on and perhaps take into account as something to heal, for a lot of us, those physical symptoms will come in quite quickly and briefly.

So for example, a lot of people are processing quite physically the speed of energy that is moving through us right now, because everything is changing very rapidly. And unlike the earlier months of the year where the theme was shock and fear as to how rapidly the world was changing, this last month or two, we've gone into a very different phase of transformation for 2020. So as the initial shock, fear and trauma response to COVID and everything else that was going on in the world is moving out a little more, and people are becoming a little more normalized to it to some degree (but also we can't stay in that fight or flight for a very long sustained period of time), what is beginning to happen now is a lot more change energy. And so actual transformation inside is beginning to move up and out. So this is why many of you will be seeing major energy shifts playing out in your actual lives.

So the relationship changes, the work that you're beginning to do in the world that looks perhaps a little different to what you were doing many months ago, or literally having to deal with consequences and fallout from the major changes of 2020 that you didn't see coming. These last couple of months, you will have been able to take action in those areas in a different way, but equally some of you, as a response to that, maybe noticing you have physical symptoms. Physical symptoms can show up for us as we're going through big changes, as a way of the body getting our attention - showing us where there are areas of imbalance. Yes. So that's when we need to check things out if we have any concerns, "Is there something here that I need medical or holistic help with?" But a lot of the time it happens when we're in deep awakening shifts.

So it's not an imbalance that is a permanent bodily problem, but it's a response to the shifts that we're going through at high speed. And we're moving at a very rapid rate, so our physical bodies aren't doing what they used to do - and we also live in a more toxic world. So it's highly understandable when you have some of these physical responses to immediately think the worst about your physical body. And that's why I'm a big believer in anything that you're seriously worried about - give it attention, get it checked. But a lot of you will notice you're having acute physical symptoms that may last a day or two, and then they fully go away. Part of this is our bodies trying to assimilate to all the changes that are going on. So this is going round and this is set to continue as we go through September.

So are the twists and turns! So there are many twists and turns right now in all of our lives. And I don't just mean on a global scale. You know, the things that we have all been experiencing together,

even if we're experiencing them in slightly different ways. Everybody has been swept up in the themes of 2020 so far, but you'll be having very direct twists and turns in your life too. So things that you didn't see coming, and that may sound like such an understatement in 2020, right? But this is going to show up in quite a big way in 2020 in September. And I think it's easy when we hear that kind of sentence to think, "Oh, what's going to go on politically or environmentally." Especially when you look at what's been going on in August, just in the US alone with the fires and around the world, there are so many different things kicking off that we're not used to seeing. But Twist and Turn energy, which began in August and is going to continue to run through September means there will be surprises.

Little but important surprises that you didn't see coming. And your mind when they happen might want to panic. But remember, if you've got through this past six months, you can get through whatever these twists and turns are because the ground is really shaking now. And so what we're all being asked to do is to fall more deeply into our presence. And I'll talk more about presence in a couple of points. That said the Creative Surge is going to continue through September. So because we are through a little more of the adrenalized fight or flight energy that was taking place between February, March, April, May, you're going to be able to actually create things in the world - whether it's changing your circumstances or whether it's acts of creation, whether it is writing a book or whatever it is that feels important to you. And it's very easy in times like this, to wonder, "What's the point of your act of creation?" Especially when you see a lot going on in the world.

But the one thing that my guides are always saying is that each of us are a puzzle piece in the hive that we live in and we have to take care of our puzzle piece. And if we follow what it is that we want to create, it's going to add something, not just to our lives, but to the lives of others around us. So we need to listen deeply to that creative impulse in order to get to that state. And that's something that has been highly sponsored. I spoke about it in the August Energy Update - this rise of creative energy - which will have been activating more people on the planet to create differently. And boy, oh boy, do we need that in the world right now. Hang on my notes - my notes just flew off. Welcome to yeah....winds of change. Hang on.

I'm back. Okay. Let me try and stick this back here. You see, this is kind of typical, right? This is exactly what I'm talking about with the world right now. So let's see if it stays this time - Twists and Turns baby! Okay. So the Creative Surge is going to continue. So you'll be riding that energy, but you will also notice it relates strongly to Collaboration. This has been a theme in the last few years, but you'll have collaborative moments with people where you'll be able to come together and combine your talents and your visions. That's very different to coming together to heal something. So be careful, don't sign contracts in business partnerships until you're sure you're with the right resonance. Because sometimes we get involved in business endeavors, relationship endeavors, friendships to heal something. And healing is happening super-fast right now. So you'll get through the healing with somebody really quickly.

So unless you're really sure you're supposed to collaborate with this person, just take your time. But creativity and collaborative energy is going to be strong and continue through the month of September. And that's what, on a world scale, we really need. We need to create the new, because it's very easy to just look at what you're seeing that isn't working, look at the things that are falling down and go into a, "We're doomed!" mentality. And also to look at how that story is being fed to us over and over in the outer narratives that we're being given. And that's an incredibly disempowering energy to be given. It's not to say we don't have some serious issues on the planet. We for sure do. But if we only believe that our timeline is one of negativity and limitation, we will also help create and reinforce that.

So anybody who's feeding you that story, you want to be very wondering why they're feeding you that story and what they're going to get out of you feeling disempowered. You have to be really mindful of that right now. Okay. So the other thing that's going to come up this month is a Lot of Downloads for people who are Activists in their field. So we're moving from reactionary activism into visionary activism. The difference is a reactionary activist is somebody who has an emotional, physical reaction to something that they see that's going on in the world. And they realize they have to stand for the other side of it. They have to stand against it. They have to stand for it. And it comes from an inner reaction. So a lot of activism comes from that place. And that's the grounded life force. The body's senses telling you, "No, I have to stand against this."

The visionary activism is about to get *really* strong. It's been brewing, but over the next year or two visionary activism is going to get *really* strong. And what's good about that is it means that your activism is going to be far more effective. So rather than being in response or reaction to that which you need to fight in order to bring a different solution, you're going to have some downloads about different ways to do things. Different ways to be an activist, different energetic approaches, and different strategic approaches. And that's really important because you can't fight fire with fire. You need to do something different. So I was very heartened to hear that this morning when I was tuning in that the activists of the planet are about to become more visionary and that energy is going to be dropping in over the coming months and year. So it's a good thing.

Karma and Consequences for Dark Energy is also now going to uptick. So we're entering a phase - and this again will go over the next few years - where dark energy, dark energy on the planet, dark intent, people who have dark intent, whether that's they have global dark intent or whether that's, they have dark intent towards one other individual. They aren't going to do so well. Doesn't mean that they won't get away with certain things, but it's not going to go so well for them was the message that I got this morning, because there is a karmic energy at work, and there are consequences at work for dark and ill intent. So it's going to destabilize their plans and it's going to bring that same twist and turn energy I spoke about to you guys, to them. And this is now about to start rolling. So it's going to bring level of chaos to everybody.

I think sometimes in that narrative that I'll see in here, out in the world, there is this feeling of, "The world's in chaos, the strings are being pulled and we're powerless." Not so much. This is not the message I'm getting from here. The chaos is for everybody and for dark intent - dark intent against humanity and dark intent against the Earth and dark intent against life. It's not going to go so well. And that energy is going to ramp up in September. So expect to see some of the chaos that we're seeing. We can't move through the next few years without the chaos, which I know isn't pleasing to the part of us that wants harmony, but it just is, which is why we have to really work our own balance, our own center and understanding what it is that we're going through. Understanding, this is the time that we're in this. As much as any of us wish we could click our fingers and have it be completely different, we can't. This is the time we're in, but there's a lot of power and innovation and creativity to come out of this time, which most of you who tune into me will be feeding into and putting out into the world.

And that's your purpose. That's your role at this time. Now, for those of you who are sitting there going, "Oh my God, Lee - I'm just so overwhelmed. I don't feel I can create anything good." I'm really happy that you know you're overwhelmed. That's a real gift. Don't judge yourself. Don't force yourself when you're overwhelmed, when you're exhausted, when you're traumatized, that is not the time to try and save the world or create a book that you think will change people's lives. That is

the time to heal, my friends. We've all been there. We've all had that dark night of the soul. And the best thing you can do in the dark night of the soul is recover. So don't feel any pressure.

The creative energy will still be moving its way through you. And that's the thing about creative energy, creative energy doesn't necessarily mean action. I think of myself, I'll think of things that it will take me 12 to 18 months, sometimes two, three years to create in reality. So creative energy is visionary energy - it's ideas. It doesn't always mean you have to bring it into action, but there are certain periods of time where action is supported and September is going to be one of those, especially the first half. Deep presence is revealing itself. And this reveals itself in you and it reveals itself in relationships. So, many of you, I've heard lots of talk over the months of relationship shifts and breaks, but actually the dominant theme right now is deeper relationships; relationships that are better; communication that is better; understanding that is better.

Yes, there is a division energy on the planet, for sure. And the division energy is strong. But again, some of the narratives that we are fed would have us believe it's far worse than it really is. This is what they were saying to me this morning - there is an incredible energetic healing force at work in human relationships. And it's coming because of the vulnerability. We've all become more vulnerable in different ways in 2020 as a whole world. And so that is allowing a lot of fractures to heal and sure, it does mean some relationships will separate or go their separate ways so that they can both go on and find the right energy formula for themselves in a friendship or in a marriage or in a business partnership. But a lot of relationships that you were already in will be becoming deeper, including the one with yourself.

So deeper presence is really on the table and is really available. And there will be tools and practices you might bring in to create deeper presence. Maybe you're meditating more than you did before. Maybe you're journaling or drawing, or maybe you're looking more consciously at this world and nature than you ever have. Who knows how you are bringing deeper presence into your life. But the energy of deeper presence is just more readily available. So sure a lot of people are vulnerable. A lot of people aren't necessarily comfortable with that deeper presence, but they are more available to it because of the shock that the world is not quite what we or they thought it was. And the pattern and the routine that we were all in got hugely interrupted this year for good reason - even if some of the intent behind those reasons isn't necessarily good.

The resulting emergence that is taking place in humanity is strong. The ancient power that's rising very slowly is very important and is very needed for the shift in consciousness. Because if we, as human beings, can't help bring about a new world, then we aren't doing what we came here for in this period of history. Linear Timelines have Gone Astray (if you noticed!). It sounds obvious to say it, but that was the headline I was given. Linear Timelines have Gone Astray. So, there are multiple timelines available to all of us all of the time, depending on the choices that we make individually and collectively. So, you could have (to break it down really simply), you could have a not great day, a decent day or a really good day, depending on how the energy of the world around you lines up and depending on how you navigate your way through it, and how consciously you choose to hold an intent to have the highest day possible, even if the day is tough. You could take two different people, give them the same set of circumstances, and because of the life experience they've had, and because of the way they focus themselves in their lives and their personalities, they would have completely different experiences of the same outer reality.

So, that's what I mean by linear timelines have gone astray. You'll be tapping more into multidimensionality. It relates to that twists-and-turns energy. Things just aren't as predictable as they used to be. And that makes things very interesting. It relates to why we're feeling in the

present, but linear timelines going astray means you become more multidimensional. You become more sensory, you become more intuitive. You can't always make sense of it, but you're like, "Ah, everything feels a bit weird."

It should feel a bit weird because things are a bit weird now, except weird is becoming the new normal on the planet. That's the difference. The old mainstream ideas of what weird was, are getting a little bit closer to everyone in the mainstream. So, people in the mainstream who previously would have dismissed the idea of intuition or, "I only believe things if data can show me it exists" (which is fine - I love data - I love backing things up with science, for sure), but people are having experiences they can't quite put their finger on or explain. But they are having those direct experiences, and that's because linear timelines have gone astray.

Multidimensionality and the power of our dreams is getting stronger. And dreams happen two different ways. Number one, when we're asleep - we have healing dreams, we have strong dreams. A lot of people think they are having prophetic dreams at the moment, but really investigate that because prophetic dreams are quite rare. Unless that really is your experience to be a prophetic dreamer, dreams tend to be messages. Dreams tend to be messengers. Dreams tend to be healers.

It's not to say that you can't have prophetic dreams, but I've met so many people in the last 12 months who believe they've had a directly prophetic dream, and dreams tend to work more with all of the dimensions. They don't tend to be highly predictive on just 3D linear time. They tend to have a lot more color and detail than that. And they're designed to open us up.

So, there are the dreams we have when we are asleep, and there are the dreams that we have when we are awake or having a moment of daydreaming. And those dreams have kicked up a notch, too. You might be replaying memories, relationships. You might be having ideas. You might be realizing something you wanted to do eight years ago suddenly seems possible. There's a lot going on outside the linear timeline of everyday life.

Consciousness is getting stronger, so you will be having all kinds of sensory, dreamy, dimensional experiences that you can't put your finger on, can't always explain. Just stay with it and enjoy it. You'll be amazed how some of it will manifest into reality in quite effortless and surprising ways.

Stay as steady as you can. Steady is where the power lies. Now, as I say this, I know that steady isn't necessarily the norm for this year for anybody. But the reason I was asked to say to you, "Stay as steady as you can," is it's really important because steady is where the power lies. If you're at home with the kids right now, and you're having to deal with that, and you've got work or you've got stresses or you've lost your job.

I mean, I get it. Steady is not going to be an easy thing to attain, but the more you can just give yourself short, small moments of steadiness, steadiness is going to power you up. There's a lot of power in stillness right now, and a lot of power in you feeling steady. So, even if your life is chaos, see if you can give yourself five minutes a day, five times a day. Set an alarm on your phone or whatever you need to do to try and make sure that happens.

And the steadiness could just be stillness. You could just go out the back door of your house and look at the sky just for five minutes. And you might think, "God, my mind is racing. My mind is racing." Doesn't matter. Just give yourself that five minutes of looking at the sky, mindlessly. And if you practice that five times a day, you will start to stabilize a little more. You will be able to introduce steadiness to your life. Steadiness is where the power lies.

And finally, Conflict Energy will be Depleting to you. Now, I know I'm stating the obvious, because I think to many people conflict energy is depleting. Some people love conflict energy. It kind of ignites their fire. But the veil is very thin right now. So, conflict energy, even to those of you that normally like it, it kind of turns you on a bit and you get all fired up - it's going to be disturbing to your energy field.

So, many of you will find that... especially those of you who watch and tune into me because you're already highly sensitive or you're figuring out that you're highly sensitive and you're trying to navigate that, conflict energy will be very disturbing to your energy field. So, just be aware of that.

It doesn't mean you're going to be able to escape conflict energy. And it doesn't mean stick your head in the sand about things that are going on in the world that are important to you. But it does mean just start to notice where conflict energy exists in subtle ways. Because, sure, if you're watching two people have a verbal or a physical fight, it's very easy to see that as conflict energy. But conflict energy shows up in subtle ways. And conflict energy usually shows up as resistance or a wound that is releasing through somebody. So, you're going to notice a lot of that going on in very subtle ways.

If you're a very sensitive person, which again, if you're watching me, you probably are, or you're watching this going, "I thought this was going to be about electricity," which I sometimes do see... I do hear people think this is an energy report like electricity, but you won't even still be watching right now. You'd have turned off 10 minutes ago!

Just be mindful of it because the conflict energy is depleting, so be aware. And if you get depleted because you're around too much conflict energy, or you've exposed yourself to conflict energy, do something to restore yourself. Again, it goes back to steadiness is where the power lies in September.

Lots of love, everybody. I hope you have a good month, and hey, if we're all still alive, I'll see you at the beginning of October for the next Energy Update. And I just want to do a big shout out to our Transmissions group who just went through our Transmissions workshop, amazing experience to take that journey with you in August.

And for those of you... we've had many of you asking over the last year - when I was going to rerun my Empaths vs Narcissists course. We are actually opening booking for that this month, so it's open now, and we will start that course on September 26th, and it will run for almost two months because we like to hold space around that for a long period of time and it's a fairly extensive course.

It's called Empaths vs Narcissists, A Power Dynamic and How to Recover From It. It's been one of the most popular things I've done over the last few years, and it's a healing course. So, I'll play you a short trailer for that at the end of this Energy Update, so stay tuned if you want to check that out, or you can visit EmpathsvsNarcissists.com.

This month, the new MP3s that we are releasing are a brand new series actually, called Energy Alchemy Meditations. These are a combination of channeled and grounded meditations. I wanted to, rather than necessarily channelled information, I wanted to create some short, 15 to 20 minute reset tools.

And these first two meditations this month will be the beginning of this series, and this month it's called The Energy Recall Meditation, which is to bring yourself back to yourself. With all the chaos and all this stuff going on in the world, how do we re-center ourselves.

And then the other one is The Magnetic Abundance Meditation. Abundance in all forms, not just necessarily form abundance, but how we feel about our own inner abundance in life and our experience of being present with the abundance of life. Those two are both, as usual, accompanied by music from sound healer, Davor Bozic, and they are available in my store this month, or they come free with your Portal membership.

The Portal is our monthly community where our group get lots of different resources and tools to help you navigate and upshift your life every month. It's an amazing community. And every month I do a 90-minute live video broadcast, everything in The Portal is archived, so you have forever-access to the broadcasts, and Steven Washington creates Qigong. There's so much in there.

If you want to check The Portal out, go to theportal.world, or you can find it in my website, LeeHarrisEnergy.com. So, thanks so much for tuning in, everyone. Stay safe, have a good month. And here is the trailer for Empaths vs Narcissists. Take care.