

Hi, I'm Lee. I'm an intuitive, and every month I take the pulse on what's showing up energetically, psychologically, emotionally. This is the October Energy Update and a few of the themes we're going to take a look at for this month are: POWER and the defense of power; CHAOS in the psychic highways and what that's doing to us, HEARTQUAKE energy, how hearts are opening and what occurs as it happens, and WEIRD becoming the new normal. Stay tuned for the full Energy Update.

Hi, welcome to the October Energy Update. And if you are watching on YouTube, please do hit Subscribe and the notification bell. We release many new videos every single week, including my free Impact the World show. So the October themes are many and are varied, and I hope you're all doing okay out there. Because I know that even if you, yourself, are doing quite well right now, and perhaps you're feeling more elevated or more connected or more centered than ever before, which is the truth for many of you, I know that the ripple effect of the amount of tumult on the planet, the amount of chaos, and also the amount of shock and pain that's flying round can certainly make it more wavy than normal.

2020 is unlike any year that I think any of us have seen in the last decade on energetic levels. And that's why when the first theme came through for this month, I was a little surprised by it. The theme was weird becoming the new normal. And of course my human mind goes, well, yeah, that's kind of where we're at. But what I was shown was that this month paranormal, supernatural and the absurd are going to rise on the planet. So for some of you that may mean being more deeply connected to what we would normally call paranormal or supernatural aspects of our life, other dimensions, other beings, those who have passed over. The absurd of course is very much what you might be seeing when you look out at the world right now.

The amount of absurdity that we're seeing out there, the absurdity that we might be feeling in ourselves as we go through this very rocky shift on the planet right now. So paranormal, supernatural and the absurd, weird becoming the new normal and October there is a big spike in that. Certainly the biggest since we have seen since February and March. So that's very much the time when the world went on its axis. So I'm curious to see how that plays out in this coming month. But if you're somebody who resonates right now with the idea that you're getting in touch with the paranormal, the supernatural and the absurd, it's all okay.

As you go through awakening periods, as you yourself start to up to being a multidimensional being or understanding that energy is dictating as much as what's going on in this planet, as what we're taught to believe, which is all of the actions that are taken are instead informing the energy. So when you start to tap into the energy worlds for the first time, we often call that an awakening, having an awakened sense of yourself, having an awakened sense of spirit in your life. And as we know, this is happening for more and more people, even as, and in fact, because of, as we go through this shift that we're in right now at a planetary level where all the systems are changing, all the systems are showing they either need to collapse, reform or change completely.

It's a very unnerving time. Because we've all gone through this together for many decades and grown up through these systems. So even if you want systemic change, even if you recognize things have to shift, we also, as human beings tend to like safety and comfortability. Of course, there is no such thing as safety when you really zoom out and look at life. Life is constantly changing, constantly evolving. There is no such thing as a normal, however, we get very comfortable in what we experience as our normal. And it's very useful to us to have a certain routine or a certain normal. It's helped many of us to be productive, to find our way. Well, more than ever this year, the ground has been shaken in a very big way across the whole globe.

So what we're experiencing right now is a lot of missing identity, lost identity, parts of yourself that you perhaps have never experienced before emotionally, psychologically playing out. And this absurdity that you can see playing out in the world, things that don't seem to make any sense. So what it does to us as individuals is it gives us an opportunity to awaken more. When you get through the discomfort, when you get through the perhaps paralysis or shock of what the hell is going on out here, you have an opportunity to go deeper inside yourself. So the opportunity of the year is for you to become more conscious to yourself, to your values, and then to also see what values you would like this world to hold, what you would like to see more of in this world.

And either working towards becoming that for the world, your immediate family, friends, environment, or getting behind causes, ways of life that you believe in at an all new level. Over recent years, I've spoken a lot about activism, not necessarily the kind of activism we tend to associate with that word where it's protests and being out in the streets. Although that's part of it, that's certainly part of this time, but energy activism, where you yourself are creating more of that, which you wish to see in the world. We can do this in two ways. We can do this in wounded ways, whereby we don't realize that our wound is driving our need to see stuff happening in the outside world, which can be tricky because usually when we're unconscious of the wound that we're trying to make things happen through, unconscious stuff will happen. There'll be emotional kickback. There'll be relationships that don't go very well as you're trying to put this mission into the world.

But if you're awake to yourself at a level that you perhaps weren't previously, meaning you've got a bit of a handle on your wounds. You're like, "Oh, I know that I have these attachment issues." Or, "I know that I have this history of this being in my life and it's been a sticky area for me." It's a great place to be. The old way of spiritual thinking would say, clear your wounds, heal your wounds. And until that's done, you're not going to be in a place to make a difference on the planet.

I would argue, and I believe many of us would, that actually, the more you can be aware of your stuff at a human level and what you have gone through, the more useful you can be in helping the healing on the planet right now. Our own, and also what needs to be brought to this outside world. And there is a lot of healing that is coming up this year. We've already seen these crisis points, this rising of certain areas, certain groups. Healing has been first and foremost, and it's going to continue. I mean, that's going to be a theme over the next few decades. We, as a society are going to become more and more aware of how the ills on the planet are driven by the ills inside us. Again, not comfortable, not always fun, but when you get to a certain point with that and you start to recognize what your own stuff is and have a bit more facility to, with compassion or grace or understanding, be able to work with other people's stuff, then we can start to build bridges.

The reason I bring bridges up is I know that sometimes the extreme reaction that we can have is to want to just smash everything down and start again, break everything down, let everything destruct. One of the messages my guides have given me many times over the last decade is they say, even though many of you panic about what you're seeing in the world, the timelines on the planet have been a lot smoother, slower and more graceful than they could have been. Meaning things could have been a lot worse, a lot sooner. So there is a steadiness to this time, that's giving us all a grace period to some degree to figure out what the solutions need to be for the planet as a whole. And this is a real turning point year, 2020, and the next three, four years are going to be crucial in terms of what we as a people can do to start to enact change in this coming decade.

Will we remain asleep at the wheel? Will we continue to look for safety and comfort that doesn't really exist? Certainly not in the way that we've been, believed that it's wrapped around us. Or will we start to slowly as a people wake up and enough of us start to ask for demand and create change? And that's the period of history we're in right now. And it's emotionally intense. And when people are unconscious of what is moving through

them, it creates a lot of the fight and division energy that we're seeing right now. I know that much of that gets focused on, things like politics or government issues. But we're seeing division in general in society, as people are desperately trying to cling to what they want to believe or do believe is true about life. People are clinging to life rafts left, right and center.

So the other theme that I got for this month, which was a little surprising to me was, 'speak your truth'. The reason this was surprising to me was I think there's a lot of people speaking their truth and creating division. But the message was, speak your truth, not to battle with someone else or to stamp on someone else's truth. But instead, to add your voice, your opinion and your feelings to the mix. Not in a combative way, but the more you speak your truth, the more you will help to actually dilute the division energy on the planet. That was the message. So I know there is a tendency and I've been through this, I'm sure many of you have been through this. There comes a point when you learn not to speak your truth. It's like, "Oh, this isn't going to be helpful. They aren't going to want to hear this. This isn't the way I should say this. They don't want me to talk about my spiritual stuff because they're just going to roll their eyes and kind of say that again."

Something I've been called to talk about from my guides over the last few years is those of you who learned to be silent many years ago, it's time to find your voice again. And that doesn't mean speak all the time. An economy of our words is very powerful. Some of the most powerful people I've ever met in my life, they didn't say much, but when they did, because of the way that they said the words, and the way that they brought them through, there was a power and an integrity and an energy in what they said. So try to get out of the idea that you sharing your words is so that you are understood, heard, respected, people agree with you. That won't necessarily happen, but you might say something that in the moment, a person hears it and is a little bit like, "Hmm..." And they walk off. But if they hear it two or three more times from other people, in other ways, it will start to land.

So speak your truth not because you want to win a fight, not because you want to tell someone else they're wrong. If you're in those kinds of positions, you're dealing with wounds and that's okay. We're all dealing with wounds at some point or another. But get mindful of that and get aware of that because that's going to help the people who are throwing their wounds at each other through division to have other frequencies in the conversation that are allowing those, what we would call base or lower energies to elevate. So what I mean by this is you can stay silent and you can stay out of a war that just looks like a war that's going off, sure. And there will be times that you won't want to wade in. But there will be times that we do need to speak our truth, so that our truth is heard in the mix, even if it isn't agreed with, but we're adding it. We're adding our energy to the conversation, which is changing the frequency of the conversation.

So consider that this month. Ask yourself, is there a feeling that just moved through my body that I want to express? Shall I express it? Am I unattached to how it's received, but I recognize the importance of saying it. Complex in a way, but these are complex times. Nothing's very simple right now when it comes to the energy.

So the other two pieces that came through this month were earthquake energy and heart-quake energy. So earthquake energy, if you think of an earthquake, it tends to rattle what's on the ground and it brings certain things down. It will bring houses, buildings down, it will create splits in the ground. So there is an energetic earthquake energy at work. It's been at work for a few months, but it's going to get stronger in October. And what that means is it will fast change, divide, or rearrange your grounded life. Now, I have to throw in a caveat here, which is those of you who are awake, or perhaps you recognize you feel like you're more in touch with higher frequencies now than you used to be years ago, you'll be noticing that manifestation is faster for you, that these rearrangements on the grounds are happening more effortlessly.

And this is something that comes with awakening. You might be really good at manifesting the people or relationships that you need in your life. Perhaps that's a really unwounded area for you. Perhaps money is an area that's tricky for you or has got some heavy stuff, because of your family line or the people in your life and the way that they feel about the energy of money is a little more knotted up. But what you'll notice is manifestation becomes just a more normal kind of superpower. And it's not even something you think about at a certain point in your awakening. It's just, "Oh, I'm thinking about this," and three days later it appears.

So whatever your particular skill is, for some people, it is manifesting things they need, or money. They're very unblocked in that way. That's one of their superpowers. For others, it's relationships, friendships, support when they need it. Just be open to recognizing that even within all the chaos of these times, manifestation as a superpower is really on right now. It's very present. It's very in the air, and more of you probably don't even think about it anymore. But if you think back to three to five years ago, you weren't living at that frequency of fast manifestation.

So it's really important, because number one, it will help you at these times where you might need to think, huh, I need something. I definitely need to bring a bit more of this energy or this type of thing into my life in order to help me stay balanced at these times, but equally to talk about it with people around you, because the more this becomes normal to you, and those of us who this is normal for, there is always an osmosis effect on the planet. So more and more people are going to start to see that they can manifest things quite quickly. And they won't really even think about it as a superpower. It will just be part of their life.

So it's becoming a new normal on earth, and more of you will be feeling that, but don't forget that it is a directed energy, meaning you can become conscious of what you might want to bring into your life and literally put it out there. I need a bit more peace this month. That seems like a crazy thing to ask, because that isn't what's going on in my life, but I'm just going to put it out there. I need more peace this month. You'll be surprised how quickly these things can come in, especially for those of you who've been at this for a very long time, or for those of you who are riding that high of awakening right now that you can often experience in those first few years.

So earthquake energy is one thing, and that's rattling what's on the ground in our life, and it can bring big changes very fast. So don't be surprised if even in this seeming period of inertia this year, 2020, where so much has been stopped, what I'm seeing and feeling and hearing from people and getting from up here, is things are actually still able to move quite fast, if you allow yourself to go with the movement, rather than just recoil in shock or grief at what is going away or what is changing. So it's important to honor your grief, but also to stay open to what can come in.

Heart-quake energy was the other term I was given. So we're already seeing this, but what came up for the month of October was heart expansions through struggle, challenge, and shock. Or if that isn't happening to you, you'll be having a lot of heart compassion for those going through those things right now. Many of us have been through several dark nights of the soul. It's often what those who wake up go through. So you can have a lot of compassion when you see someone in that impact, when life has hit them and they're really in shock or in fight, or flight, or freeze. So you might be a real compassionate heart to those in your life right now. And that's something that you'll be finding it really joyous to give.

There will be many of you who are riding a new experience of, "Wow, I can really just be here in my heart for my friend or my family member in a way that they didn't let me before, or I wasn't capable of before, or I was a bit shier. And I'm not having to do a lot. It's not like I'm giving them endless hours of counseling. I'm just able to be here for them in my heart, and it seems like it's doing them some good." And equally, some of you will be getting really active around that. There are lots of people right now who need help in different ways. So that visionary energy I spoke about in September will be combining with this new level of heart compassion. And many of you will be creating structures, activities, ways to help people, and that's fantastic. That's really needed right now.

But the heart-quake energy can also mean your own heart expansion through a struggle, a challenge, or a shock. And it's going round. So don't be too surprised if even if you're generally good, you just have a little heart pop this month. The image I got was, it was all centered around the torso and it was just here. It was like this big area this month, the heart chakra. So don't be too surprised if your heart gets moved this month. But really let it in because when the heart opens, even if initially it's through pain or shock, it really infuses us. And it brings a lot of life energy with it after we're through the initial impact.

The next theme did not surprise me at all. The theme is power and defense of power. We're seeing this play out at a ... in so many different ways. If you look at the outside world, power and defense of power. And what this does, what this energy being in our world does right now, and it's kind of ugly head is up. It brings with it a defensive energy and defensive energy triggers, anger, fight, and avoidance. So when there's big fight energy and there's defensive energy flying around, it can trigger in others or in us anger, fight and avoidance. They're different ends of the same scale, but avoidance is when you're, "Oh, I just don't want to know. I want to put my head under the covers. I just want to check out. I just want to do anything I can to check out of this and pull away because it's too much, I can't take anymore." But equally the anger and the fight can kind of rile through you and just be careful about how seductive that can be.

There's nothing wrong. Our anger is part of our energy and that fire needs to come through us and flush. But be careful, it's not combining with your thoughts and your wounds, because it's very easy to do that right now because you're seeing that play out a lot in the unconscious energy on the planet. People who aren't quite aware why they're throwing their feelings around. Their feelings need to go somewhere, so they're just throwing them at this person, at that thing. And it's okay. They're trying to work them out their system, but be mindful about how you get drawn into that and whether it's really your place to get drawn into it, whether it's good for you to get drawn into it. And hey, if you get drawn into it, it's perfect for you. It's all okay. You did it. You got drawn in. But you will notice that that energy is far stickier than it is authentic right now.

So just be mindful and be aware of that high emotion when it's coming out of people near you and whether or not you truly want to engage with that. And whether it's really for you, because it's seductive and it's sticky. And it's all about this power and defense of power that we're seeing playing out. I spoke a couple of months ago about the power-control-freedom triangle that we're seeing play out. And power and defense of power is going to be a world theme in October. And so that means it's going to ripple through all of us. Okay.

In October, the psychic highways will see a lot of chaos. So those of you that are used to tapping in, getting messages, everything up here, just be aware. It's as chaotic up there right now, as it is down here, and things are changing so fast that you may have previously been able to put your weight behind psychic information, that right now is either changing so fast or is so chaotic, you might be getting fragments, piecing two fragments

together and thinking that they make a whole when they don't really. They're just two random fragments that collided.

So I think, I've always, as someone who's worked intuitively for 20 years, I always think that you have to ground these messages, take your time and be very grounded about what's coming through. But especially this month of October, the psychic highways are going to be very active, very chaotic. So as ever, choose wisely and trust your gut. See what your body gives you as a reading, not just what's going on up here in your mind, come down into your body, ask your sensory body, is this a yes or is this a no for me? I do something called the body test, which is, if I have a kind of, yes, no question, and I can't clearly get the answer up here, I ask my body which feels better. So I give it option one. And I see whether my body feels open. Then I give it option two. And then I compare which option felt better in my body. That's a way of trusting your gut if you don't have a strong relationship with your intuition.

The body is the last thing I wanted to talk to you about this month. It's our strength right now. So be very mindful that there's a lot of fear energy flying around regarding COVID and other things. So be careful of avoiding or pulling away from your body because that's very in the air. We're being encouraged to pull away from our bodies. And so just be mindful of grounding into your body, especially as we're more disconnected, because we haven't been together as much as we would normally be.

So really work with your body and ask your body what it needs. We've become very mind based. We've always been a mind based society, I guess. But we're especially encouraged into that way of being right now. So really give your body a good grounding of whatever it needs, whether it's dancing around your house, whether it's making sure that you ceremoniously shower or wash every day, get in contact with this body of yours, because it has an incredible wisdom and incredible energy and it is sentient and it wants to serve everything that's opening here. So we really need to ground this energy, especially because November and December will be big months on the planet.

I don't yet know what that means. I'll know a bit more as I get towards the end of this month and I start to do the November Energy Update. But what I was shown was because they will be big months on the planet, grounding yourself in this month and developing grounded practices, whatever that looks like to you, it might look very spiritual. It might look super normal. It might be you just jumping up and down in your house for a while, or just shaking your body, whatever it is. But getting into your body and not detaching or dislocating from your body, because that's definitely being encouraged in a way right now. And that's not good for us because we will lose our power if we do that. Just be aware of it. Be kind to yourself. It's a stressful time. It's a stressful year. Do the best you can and remember to manifest or intend for what you need more of in your life if you're really struggling right now. Whether it's more contact and communication. Whether it's more energetic support. Whether it's more faith that you will come through some of the challenges that you're facing right now, or that you've just been hit with, or that this crazy year has presented you with, you will be able to rearrange things, but start with the most immediate need and start small.

Whatever you're doing in the world, and wherever you live, I just wish you love for this month, and a reminder that everybody is, in different ways, going through the same energy together. Sure, different circumstances, but no one's getting out of 2020 unscathed. Everybody's being affected by what's going on, even if it is to different degrees. Look after yourself well, and be good to yourself, and be good to others where you can.

Thanks for tuning in. As I said, don't forget to hit Subscribe on YouTube and hit the notification bell and you'll get all of the free content that we're putting out every week, usually three or four videos a week, including our *Impact the World* show.

I will share with you in a moment the short movie, short video, that we've created for our message for this month, which is, *You Are Needed And Now Is Your Time*. It's a one hour channelled message that is underscored by sound healing music from Davor Bozic and finished with a song that Davor and I created called *Awaken*. That's available to all of our Portal members, or it's in the store, but we've taken an extract so that we can share it with you and we'll play that in a moment.

The Portal is my monthly community where we offer tools, resources, help, to help you navigate your sensitivity, this time on the planet. We have loads of goodies in there. If you want to check out The Portal and try it out for a month, you can find The Portal at [theportal.world](http://theportal.world) or use the links below this video. As I said, *You Are Needed And Now Is Your Time* is the free MP3 that's included in this month's membership.

We just released a music video called *All Who Walk The Earth* and it's for one of the songs from our upcoming album. It will come out in November, it's called *Awaken*. You can freely watch this video on YouTube, or you can stream the track, or if you want to support the music, you can download the track either on iTunes or at my music website, [leeharrismusic.com](http://leeharrismusic.com). We'll put all the links below, but you can check out the video here on YouTube by typing Lee Harris, All Who Walked The Earth. You'll be able to see the video that was created in Slovenia on the border of Slovenia and Italy. They did an amazing job. I hope you enjoy it.

We are starting *Empaths vs. Narcissists* again. We bring this course out every year and me and my team hold space around what is essentially a two-month journey that will help you recover from the power dynamic that you can get embroiled in if you're an empath who is in a dynamic with someone who is somewhere on the narcissist scale. As I say, we can all behave narcissistically in different moments, but sometimes we get ourselves caught in relationships where one person is more in the power position and you're in a position of giving your power away or having your power eroded. It's a dynamic that plays out all through life everywhere, but if you have found yourself stuck in one of these, this is to help you recover from it and to understand it so that you don't necessarily recreate it in your life again.

It's one of the most acclaimed courses that we've done and we love bringing it out every year. It's running live now and you can sign up right through the end of October if you want to take it. So you can check that out at the link below or visit [empathsvsnarcissists.com](http://empathsvsnarcissists.com).

Last but not least, we will leave you with the trailer for *You Are Needed And Now Is Your Time*.

Big love everyone and see you next month. Thanks for tuning in.