

## June 2023 Energy Update

Hello, I'm Lee. I'm an intuitive, and every month, I take the pulse on what might be showing up for you energetically, psychologically, emotionally. A few of the themes for the month of June are:

**Owning Yourself** - are you owning who you are in the world?

**Re-engineering Our Relationships**, and

**An Incoming Freedom of Mind.**

Stay tuned for the full Update.

Hello, everyone. Welcome to the Energy Update for June. Stay tuned at the end of this video for a little insight into my upcoming Soul Magic online retreat that will be happening very soon. More on that later. We have a lot to get through today. I know that the last months for so many of us have involved a great deal of energy movement, psychological emotional movement, and literal big events happening in our personal lives and also the outer world. We're going to take a look at some of the themes that I've been given that you may either find yourself in right now or just recently or might start showing up for you in the month of June.

As ever, take the themes that resonate and that apply to you. Don't worry about the rest. We're a big group here, so not everybody is going to experience all of these things. Theme number one is: Owning Yourself. Are you ready to own who you are in the world and shed who you are no longer? Whenever we're being asked to own ourselves at an all-new level, it can often be that lessons, messages, or experiences come along to support that for us. Now, that could look like somebody coming along and being very complimentary to you or giving you an opportunity that you're not sure you can really fulfill, but you go and do that thing.

And then all of a sudden, everyone around you is, "You did great at that thing," and you suddenly see a skill that you have that's natural to you that you perhaps previously weren't owning. The shadow side of lessons around owning ourselves is when we go through tough moments with other people or with circumstances in our life, we either experience ourselves in moments of victimhood, or we directly have experiences in our outer life that put us into the victim mode, or we become the victim of losses in our life that really negatively impact our life. There is this ongoing theme of, are we owning who we came here to be?

In June, there's a big spotlight on this theme. Don't be too surprised if you're going through some of those uncomfortable growth pains that we can often go through on the journey to owning who we are. Because usually, we've been talked out of who we are by critics or naysayers, or people who just don't see or believe in those aspects of us, or we just may have never uncovered these things in ourselves. Owning yourself is a really important key journey.

Because when you own who you are in the world; what it is that you feel you are here to say, what it is you feel you could offer; how you want to be and how you want to move through the world, it really changes a lot of your experience of what goes on around you. You suddenly start to have experiences that you would desire or want because you are showing up in a way that you can meet them. But for most of us, there's usually a little bit of a trial by fire to get there. We sometimes have to go through old wounds or issues or difficulties.

If you're someone who right now is experiencing a lot of, let's say, victimhood in yourself - either because experiences have put you there, perhaps you've gone through some really tough things recently and you're feeling really disempowered by everything, or perhaps it's more subtle than that for you, perhaps you're feeling a little off in yourself, you don't feel empowered, you feel like you've lost your inner compass or your North Star - recognize that the opportunity is for you to actually go deeper into owning yourself when you get through the other side of this.

Start remembering who you are. Start remembering what you like in life. Start thinking about the things that have gone right for you or things that you have been able to help others achieve or have go right for them or the way that people affirm you, the positive things that you've heard about you over the years, because that victim state is a tricky energy. We usually have to fully buy into it and believe in it in order to get some kind of healing circle going. But then the trick with victim energy is to be able to also have an observer state that goes, "Oh wow, I'm really in the 'victim' right now and I know that's not my final destination. I know I'm going to own myself at some point. What is this moment trying to teach me, and what am I ready to let go of in order to become the next version of myself?"

The second theme this month, not a word I normally would use, but it's the word I was given: Boom Energy Through June and July. Boom Energy Through June and July. Big revelatory and change-bringing energy is at play in our lives. This can be personal, and this can be collective. How I interpret that in different language is things that are very impactful or very sudden. That can be as small as a conversation you have with someone that carries a boom energy for you.

It wakes you up or it shakes you up, or you have to then have a follow-up conversation. That can be the boom. But equally, the boom could be some outer event that you either don't see coming or don't anticipate that really causes that impact in your mind, your body, your emotions. It wakes you up. It shakes you up. It's a revelatory and change-bringing energy that's at play in the lives of many of us and that can show up personally and collectively. Whenever I hear that message from my guides, I'm always curious what's going to play out in the world. Sometimes very big things play out in the world that are quite obvious during messages like that.

Other times they can be more subtle. It may find you through world events in June or July, or it may find you in your personal life, or it may be both. But these boom energies are usually the kinds of moments that come along and really shift things in quite a big way. It doesn't always mean the shift is for the negative, even if in the moment it happens it may look like

something we don't want or something that we don't know how to handle. But often, these boom energies shake loose a lot of the old. But in the moment of going through them, we can be in a little bit of shock and recoil because of the size or the impact.

Again, it goes back to theme one, Are You Owning Yourself? Are you figuring out how to own who you are on this planet that we're all on for a pretty brief amount of time? Let's not waste time letting others run who we are, overly influence who we are to our detriment. Let's figure out who we are, what we're here to do, and lean into that, even if we're nervous. In fact, I'd be surprised if you weren't, because most of us don't take our power without having to heal areas where we were either previously made to be disempowered or have allowed ourselves to be disempowered.

Of course, on a collective level, that's playing out too. We have a lot of disempowering things going on collectively that many voices, hearts, bodies, and souls are working to call attention to and shine a light on. But for you, it may be that you mostly find yourself in that boom energy personally.

Re-Engineering Our Relationships. Re-Engineering Our Relationships. Now, interestingly, that can be a dramatic sounding theme, but the good news about this one is, what my guides were explaining is, subtle energetics are at work when it comes to re-engineering our relationships. During the months of June and July, you may actually notice that you can re-engineer your relationships in a more effortless way than before. Things, relationship dynamics can fall into place with loved ones or people that you know in a subtle and more effortless way than ever before. You may go, "Oh, phew," because it was a lot more dramatic a few years ago, but it's all of the work and all of the consciousness in each of us and among us as a people that starts to facilitate that level of ease that perhaps we weren't as used to many years ago.

The more you're owning who you are and your way of being and you're not doing that at the abuse or the detriment of other people, you're working on it to become a better version of yourselves that can actually be more useful and helpful to people at large, then you'll find that a lot of these re-engineering of your relationships can happen subtly, but noticeably. You might notice certain people in your life who maybe these were people you struggled to see eye to eye with before, or you could sometimes feel a conflict energy between the two of you.

You might suddenly notice that some of that has just dissipated, and you didn't even know when it was happening, but it just happened. There is this subtle energetics that's re-engineering our relationships right now for the good. Pay attention to that. And if you see it, celebrate it. Because it's a good thing to notice and celebrate and be grateful for, but it's on the back of all of the work that you may have been doing over recent months or years.

The fourth theme is: The Consciousness Stretch. The Consciousness Stretch. Where consciousness is concerned on the planet - which is the high and low energetics that we're all existing in - can you feel the consciousness stretch?

We are simultaneously being pulled forwards by higher consciousness and being pulled backwards by lower consciousness. And somewhere in the middle, that's where we find our new strength. My guides have explained this many times over the years that the higher consciousness that we are now experiencing on the planet is also making some of the lower consciousness fight, flare-up, try and get control. You can look at that in the outside world and you can see examples of that playing out for you on a global scale, but you can also see it in yourself.

You can see the part of you that's evolving or suddenly has this vision of who you're going to become in the next version of yourself. And "oops," lo and behold, two days later, in comes your inner critic to try and pull you backwards. This is an energetic principle that is at work in our lives all of the time, but right now the stretch is really big because higher consciousness is pulling us forward more aggressively than before. I don't mean aggressively in a negative way, it's just where we're going. Equally, you can sometimes feel like your head is spinning on certain days because you're really having to let go of old stuff at high speed.

Some days it might feel to you like you're going high, low, high, low, high, low and you can't balance. That's why for several years, the messages I've been receiving are we have to take care of ourselves, we have to pay attention to our self-care and our balance. How can we regulate ourselves? That's going to look different for each of us. One person's yoga is another person's "I just sit in the garden and look at the trees." Whether it's yoga, meditation, emptying your mind, being still, gardening, cooking, dancing, music, talking to your favorite friend, what are the things that bring you a sense of peace, balance that help you regulate in this world, and are you employing enough of those practices, especially if you're feeling yanked around by consciousness right now?

Very important to not just feel at the mercy of that consciousness stretch and instead to go, "Okay, I'm going through a lot. I'm going to up my self-care. I'm going to up the amount of routine I give myself to just stabilize." Because when we are stretching and healing and growing, the superpower when we're in a phase like that is "integration." It's not necessarily the big vision that does all the work.

It's your ability to come back to your body, come back to stillness, quieten down your life enough that all of that visionary energy that has crackled in you gets time to slowly seep its way through the body and work into your wiring in a new way. You may be noticing a lot of the themes this month are very closely connected, because there is a huge energy dance at work for all of us. It's interesting, things may seem a little calmer to you in your external life perhaps than other times, but what's actually going on right now for all of us internally is a lot at high speed. Just make sure that you are controlling the speed when you need to and that you are creating small "sanctuary moments" for yourself, whatever that looks like for you, so that you can calm down that consciousness stretch if you feel like it's really, really got hold of you right now.

Denial and Burial is Harder Than Ever in The Self and in The Collective - This Leads to Collective Disclosure and Personal Disclosure, Which is Deep Healing with Sometimes Sharp Shocks on a personal level. Okay, I'm going to have to break that down a bit. For those of you

who don't know me, I've been channeling for twenty-three years, and I get given the themes for these Energy Updates by my guides.

I was a little struck by their word "burial," because they gave me the theme, "Denial and Burial is Harder Than Ever." Of course, to many of us, burial means something else and a little more "end of life." But they're talking about the things we may have buried in our own psyche, the emotions we may have buried, but suddenly now can come to the surface; that consciousness and we are at a point where we can start to release some of the buried old stuff inside us. That is not just wounds and trauma, by the way. That can be gifts. We may have buried our gifts. We may have buried our brilliance.

We may have buried our magic because it just wasn't safe for us to let that be a part of our life at a certain point. This goes back to, are you owning yourself? Are you owning any buried parts of your gifts, your brilliance? They need to come back. Denial is harder than ever. Let's talk about the collective side. I think it's why one of the things that many of us are noticing in the last couple of years is how much is coming out to the public that previously was hidden or buried on a collective level. That's going to continue. That's really rolling now.

But on a personal level - which is the one area of us that we have the most direct influence over, and of course, how we are composed influences the outside world - denial is going to be hard for you at this point in your life. Perhaps there's something you've been avoiding doing or seeing in yourself or changing and it's going to get harder. It's a little bit like with addiction, they talk about for many addicts, it will be rock bottom that causes them to make a change. It doesn't always have to be that way. There are other people who go, "Ah, this habit is costing me more than it's giving to me, so I'm going to stop."

But for some, it really requires rock bottom. I don't get the sense that many of you are going to have to hit rock bottom on some of these issues. I don't think it has to be quite that dramatic. But for some of you, it may require some sharp shocks. Because on a personal level, the fact that denial is harder than ever and burying things inside yourself is harder than ever means it's a season of deep healing to heal some of the things you may have denied to yourself or others or buried with sometimes sharp shocks on a personal level. That could be as simple as someone saying to you, "Well, you know you've always been irresponsible with money," and then they move on.

They're not being horribly judgmental. But the minute they say it to you, it hits you between the eyes because you've always slightly denied that to yourself. But hearing a friend of yours just say that so matter-of-factly to you, it shocks you, but it also makes you look at it and you go, "Oh wow, have I always been irresponsible with money? Is that how I want to keep living? Do I want to clean that up because I could get to the bottom of why that is, and I could change it." That fits in with this theme of healing.

The next theme is: Resolving Emotional Flares. Resolving Emotional Flares. It's interesting how these are all so connected this month. Continuing emotional flare-ups in us or ongoing areas of healing in our lives or physical health symptoms, they may be flaring right now. An ongoing healing area in our life could look like your lifelong issue with low self-esteem. It could look like your lifelong issue with being irresponsible with money. It could look like your

lifelong issue of "I'm so desperate for romantic partnership and I haven't given it to myself for 10 years, and it feels like a big wound now." This is a time of resolving some of those things, but emotional flares will often accompany that.

It's like the wound gets very loud, or you have a flare-up in response to other people, events around you that may or may not be a true representation of where your flare-up goes. But the reason you're flaring up is because it's time to get rid of this stuff. It's time to move on with this part of your life and let it go, let it be less of a character in your story moving forward. Equally, physical health symptoms or warnings might be coming into the lives of some of us to just get our attention, an imbalance in the physical body to get our attention around looking after ourselves better, a certain area of the body and what it may correlate to energetically.

Whether you're experiencing it physically, emotionally, mentally, resolving these emotional flare-ups in our life that have been ongoing, that do relate to old themes for you. It's not necessarily new things. It's things that may have been a life lesson for you for a long time. But we're in a time where, again, because the consciousness is pulling us forward, they can't hold on where you're going to. They can't hold on where we're going to, so they flare as they're trying to release. Sometimes it can be very inelegant. It can be quite jerky or dramatic, but that's just the way it may be coming through you.

But if you pay attention to the fact it's happening and you realize it's happening to you, the way we deal with these flareups is everything. Apply grace, love, and awareness for the best and fastest results. Let's say you have a big emotional flare-up with your romantic partner or the person you're married to, and it's the same old issue that's come up before, but maybe it's way more dramatic this time or a sudden thing they did flare it for you. By all means, have the flare, but can you apply as much grace, as much love, and awareness as you can when the flare-up happens and directly after and in any ensuing conversations?

It will help a lot. It will take you to the other theme of this month where re-engineering relationships can be happening more effortlessly than before. If you're in one of the flare-ups right now, just see how much grace, love, and awareness you can hold while you're flaring and invite in while you're flaring and afterwards, and it will give you the best and fastest healing results. The next theme is: The Freedom of Mind. Freedom of Mind. The old mind is falling away and is allowing presence and possibility at new levels.

Our old ways of thinking, our old ideas about life, our old ways that we were trained to see or think or perceive the things around us, they're falling away more and more both societally, but also on an individual level. That may mean that you have to stand for your own new thoughts and desires, even to those close to you, even the person who normally is always in your corner. Because you're having a freedom of mind, they may not be there yet. And likewise, it might be the other way around. A friend of yours might present you with something that you're a bit challenged by, but it's because they've gone to a new level of their mind.

Some part of their mind has unlocked and is unlocking them in a way that you may or may not be ready for. Freedom of mind, it's allowing a new level of presence for life, possibility

for your life to come in. For some of you, this will be glorious, and you'll be like, "Oh, this is great. I've been waiting for this for years." For some of you, this might be a bit, "Hang on, I'm a bit confused. My mind is not doing what it used to do. I feel like my patterns and my rhythms are off because I've got all these new ideas and concepts that haven't yet landed in my body." Be patient with yourself.

Be patient with others too, especially if you find yourself in the position of having to stand by your new thought or your new way of thinking to those who are close to you who are a bit like, "Oh, I don't quite know where you're going with this." Be patient with them like you're being patient with yourself. This freedom of mind is rolling across the planet. It doesn't mean everybody is completely free in their mind, but it does mean that freer ways of thinking about things, seeing things, and feeling things are happening for all of us in different ways and in different areas at different times.

Small, but powerful upgrades around the way we think, around the way we perceive. It's all connected to consciousness, heart energy, intuition. The mind has to free up to some degree to allow all of that in. Many of you will be experiencing that freedom of mind right now and if you're not experiencing it through yourself, be patient with that friend of yours who doesn't seem to make sense to you right now. The test is, do they look happy? If they look happy and grounded, they're fine. Leave them to it and you may eventually get it. If they look a little all over the place, that's different. But be patient with this freedom of mind in yourself and with others.

Lastly, the final theme for this month is: The Wisdom of Anger. The Wisdom of Anger. Now, this theme has come up a few times over the last year or two. I was a little resistant to type this one out, but they were insistent! So, we're clearly having to go around this theme a lot. The wisdom of anger. The question for you is, is your anger a boundary or a reaction? For example, the boundary that you feel inside your body like a flame. Sometimes if your body flames up, this is an experience I have, I feel like a flame in my body, that's a boundary.

It's like I'm supposed to stand in or for where I'm at. It doesn't always mean it's going to suit the other person. It doesn't always mean it's going to please them. But for me at this point, it's a very intuitive flame that comes through me. The other kind is where you take that flame and turn it into a flamethrower, and you start torching the room and torching everyone else because you're having a defensive reaction against what someone else is bringing to you. Of course, it's a fine line. It's not necessarily to say this one is perfect and this one is not. The two can very easily meet each other.

But here's the thing about anger at the moment. Unaware, reactive, and blaming anger, anger that wants to attack - also can be seen as denial, by the way - is very different to a fire boundary that moves through the body. The question is (and this is how to use the wisdom of anger), are you listening to your own inner fire and figuring out how to use it responsibly? Are you listening to that inner body signal and going, "Oh, my body's trying to catch my attention here. I just said 'yes' to that thing I didn't really want to do or say yes to. My body just... I got really inflamed because I just betrayed myself. I betrayed my body through words

perhaps to please that person or because I thought I didn't have any other choice and now my body is flaming."

The wisdom of anger, is your anger a boundary, or is it a reaction? In America, there's a website called, Nextdoor. I think it's different in the UK and other places, but boy oh boy, is there some reactive anger that you see on those websites. It's very interesting to see where we're at as a collective and the vast range of people who can be very reactive, judgmental, and attacking of others on a website like that. And then these incredible voices of peace, peace-making, angelic, who come in and hold space.

I find that a very interesting website to take the measure of, how are we all doing as a collective right now with these strong feelings? And that is what is going on. We are having very strong feelings. Anger can be a very destructive feeling, or it can be a very wise friend to you. It can be trying to get your attention. Just pay attention to the wisdom of your anger, not necessarily that you need to run out there and tell everybody off when you're angry, but what is that fire trying to get your attention around? Will you let it be a friend and an ally to you? Will you learn how to hold space for it so that it doesn't come flying out of you? That's something we're all working on and refining right now.

Those are the themes for June. Thank you for tuning in. I just did a free broadcast. It's a 75-minute teaching called, Accessing the Magic Within You. You can find it right here on my YouTube channel. We'll also put a link underneath this video. It's called Accessing the Magic Within You. I talk to you about your spiritual magic, but also your human magic and how we've all been trained to believe that we don't have human magic. We've been taught to see magic as this distant force, and I do not believe it is at all. It's running through and around us all of the time.

The free workshop gets you thinking a little differently and invites you to do a couple of exercises to find some of your own. And then I channel my guides, the Z's. It's there. It's free to all. I hope you enjoy. It was also something I wanted to do because Soul Magic, the online retreat that we are running from June 14th to June 26th - although you don't have to be there on those dates, you will have all the material for your lifetime, or as long as there's an internet - if you join, it's really a powerful space-holding for you becoming the next version of you. My guides, the Z's, and I are often talking about these times, and we're often pointing to different things going on in these times.

I wanted something that was really going to cover the next decade or two. I wanted to hold space for timeless teachings on relationships, the healing power of relationships and what they really represent on an energetic level, abundance, manifestation, how we're magnetic, how to flow with our lives and call more to our lives. But not only did I bring those messages through, I do it in tandem with Davor Bozic, who is my dear music brother. For the last decade, Davor and I have brought the magic of the channeling with his intuitive music at the same time to live workshop rooms around the world.

We've never done it on video before and we've never been able to bring it to so many of you. I wanted to do something very, very special. We'll play a trailer in a minute for you to get a sense of what Soul Magic is about, but please join us if you feel called to take your way



of living and being to the next level. That's the space that I and my team are holding for you in June, and we can't wait to get started. Lastly, speaking of my guides, the Z's, this month we had the Conversations with the Z's book come out in Europe. Book two of Conversations with the Z's, it's called Awaken Your Multidimensionality.

It came out in North America in May, and now we're here in June, it's coming out everywhere else. Thank you to all of you who have got a copy of the book or listened to the audiobook. These are incredible conversations. Starting next month in July, we're going to preview all of the audio of book three to the members of my Portal community. We always give my Portal community members advance audio copies of the book material. We start a brand-new journey called Demystifying Reincarnation and Karma, which is the book three topic.

We start that on July 1<sup>st</sup>. The Portal is where every month, I go live with me and the Z's, answer your questions, bring not just my own work, but the work of many others to support and uplift your life as we go through these very interesting, but very powerful times. With that said, I'm going to leave you with a glimpse of Soul Magic.

Lots of love, everybody. I hope to see you in Soul Magic or inside The Portal.

And until next month, take good care of yourself.

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