

September 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 September are:

Breakthroughs and Breakdowns,

When the Dismantling of This Old Reality Becomes Personal, and

Re-patterning or Holding Pattern - where are you finding yourself?

Stay tuned for the full Update.

Hi everyone. Welcome to the September Update. I'm coming to you live (well, not live, pre-recorded) from England. It's beautiful to be out here in the southeast with some of these amazing, majestic, ancient, "holding" trees that we have here. Sending you love wherever you are in the world. I know it's a big old time as usual, but definitely seems to be accelerating in the intensity of what we as human beings and souls are being asked to deal with. That doesn't seem to be slowing down in a hurry, but there are some interesting nuances to the process this month that are a little different in how you might be experiencing this massive awakening and consciousness shift that we're going through. I'm going to go through the themes that I've been given by my guides and just hopefully shed a little light on them so that you can use anything here that resonates for your own journey and your own process.

Firstly, theme number one is: Breakthroughs and Bouncebacks. Breakthroughs and Bouncebacks. This pertains to, you might be experiencing quite revelatory breakthroughs in your life. You're suddenly having epiphanies, moments of clarity, or (and it usually refers more to this), you're having a breakthrough with something you've been struggling with for a long time, or perhaps an area of your healing that you've found really difficult. Maybe you've been dealing with grief or anxiety or feeling insecure for a while, and at this moment in time, you have the potential for a really big breakthrough around it. Of course, healing progresses and it's layers of an onion for most of us. It's not necessarily having an objective that our healing has to be done tomorrow because we're here on Earth School; it doesn't quite work that way. But there is a massive potential for huge breakthroughs right now in terms of your process, your experience, and your life.

It won't be so evident in the outside world that we're in a breakthrough phase; that's going to come more in a year or so from now, a year or two from now. But for you personally, the breakthroughs will be hitting you because the consciousness is encouraging them. Bouncebacks refer to, certainly a phenomenon I've been experiencing this last few weeks, is you might go very deeply into something that's either difficult or heavy or something you have to release, but you come out of it far faster than you're used to. Perhaps in the old days, it took longer. Perhaps the story you told yourself was, "Uh-oh. When I go to this place, it usually takes me three days to get my balance back." But there is this quite "springboard energy" right now of breakthroughs and bouncebacks. It means you don't get huge periods of rest.

It's not like you get huge periods of status quo. It can feel a little bit zig-zaggy like that in the process, but if you pay attention and see whether or not this feels true for you,

many of us ... Hello! Many of us will feel that we're noticing this pattern of: We're having breakthroughs and we're bouncing back far faster than we used to, or we are used to the experience of our healing. Everything is accelerating and this is one of the ways that's showing up. The second theme: Fracturing the Old Reality Becomes Personal. Fracturing the Old Reality Becomes Personal, reinventing you. What this means is ... I think at the moment, one of the biggest topics of discussion that many of us are having is we're looking at the fracturing of our world, whether it's the environment, whether it's systems, and of course those two things are actually quite colliding and in collusion at the moment.

There is this global conversation, often spread through the narrative of fear, particularly by parties who might be interested in us being afraid of everything that's going on. Not to say that there aren't emotions to be had - fear, grief, nervousness - things to process, sure, but we're going through a period of time where the old world is really falling in ways that we have never really seen before. We've heard about it for years, but now the evidence of that fracturing is increasing. What this does to us is it can unconsciously create more fear and anxiety inside us. So, watch out for your habits and your patterns. Escapism, wanting to hide, wanting to crawl back into bed for the rest of the day is not to be judged at a point like this.

It's fairly logical that the overwhelm of what we're going through can get to you, but this is why we have to figure out how to regulate ourselves; what are the healing methods, techniques? Who are the people, places, and things that actually help me feel more centered more of the time? Because as the world is spinning, what happens is the old reality fracturing becomes personal. We are also fracturing and reinventing the parts of us that were previously in relationship to the old reality; how things used to be, how things used to feel safe or set or held in a certain way. As those things fall down or show signs of being unstable and wobble, it has a direct effect on us. It's why you can't separate what's going on in the outside world from what needs to go on in our inner worlds. We are both being prepared for a very different future that we will all need to come to in a very different way, but we are also shedding old ways of being, patterns, personality aspects, behaviors, routines, it's all up for grabs at the moment.

So, don't be alarmed if you feel disoriented, confused, like you don't quite know where the ground is. That's very much a story on Earth. But the ground that we need to deepen with is our internal. I'm like you, I don't always find that easy at all. Some days that's much more challenging than others. But I do know that if I understand what it is that helps me feel centered on the days I need to really work harder at that, then I tend to get my equilibrium back. And then there are days when I just have to let the process move through me and do whatever I can to help it move; whether it's physical movement, whether it's conversation, connection with certain people; sometimes it looks like staying completely to myself and just letting it move through my system. There's a lot of that going on right now for a lot of people; It's intensifying.

It's unconscious when we tend to act it out on others. When we tend to unleash our irritation on others, when we tend to unleash our own negative emotions on others because we don't know how to handle what we're feeling or transmute it in ourselves, it's why a lot of people in the world right now look like they are losing their minds (as we'll often say), in the way that they're behaving. But the way through for all of us is going to be learning how to be in a deeper relationship with our inner selves. That's

quite challenging when who our inner selves are in 2023 cannot look like who our inner selves were ten years ago or twenty years ago because the world does not look the same and is asking something different of us. We're reinventing ourselves from the inside.

Some of you might be doing it in an externalized way - that's a little harder at the moment. Some of you will be successful, but the majority of us will be more doing it on the inside so that we are ready for, I don't want to say ready for 2024, because we're going to be as ready as we can be for 2024 and all that that brings, but there is something to us understanding that we are in a shedding process that can take away some of the mental chatter or some of the wanting to push against it as if it's wrong.

Confusion is Part of the Speed of Change; theme number three. Confusion is Part of the Speed of Change. There's not a lot for me to say about that theme, but the fact that that theme was given to me very clearly, and I even questioned it, and I went, "Really? I think..."

And they were like, "No, no, no, that needs to be said." Confusion is Part of the Speed of Change. It's okay to be confused. I think we have often been trained to think that life shouldn't be confusing or if it is confusing, something's wrong. Don't worry if you have moments or long periods of confusion. It is a very unusual and in many ways, uneasy time on Earth. So, if you are someone who isn't on the "front lines" right now, either helping people on the front lines or on the front lines yourself, as we will all find ourselves being at various times as we go through this passage of time, you might be feeling a little off kilter in yourself. Don't worry too much about feeling confused, but recognize that sometimes, choosing the smallest, simplest thing that you can do or give your attention to takes away that feeling of like I'm spinning out in reality, off my orbit.

Theme number four; Are You Re-patterning or Are You in a Holding Pattern? Are You Re-patterning or Are You in a Holding Pattern? I had this image come to me this morning. It's in the movie Titanic where the boat is vertically in the water and many passengers have climbed to the top and they're waiting for the next impact. There is a lot of that energy going on right now, a lot of "freeze" going on in the world for lots of people. And it's interesting because what I'm shown is some people are (necessarily) in a holding pattern right now,. This goes back to what I said earlier about more people will feel internal at the moment than they will be externalizing, and that's okay. A lot of our external actions happen in here. They get created in here, and then we bring them to the outside world.

Some of you will be successfully re-patterning and you're probably going to feel great. You're re-patterning aspects of your life, behaviors, and you're going to feel great about it. You might even be telling everyone else who's in a holding pattern, "Wow, this feels great, just try this." But for the people who are in a holding pattern, there's not going to be a lot they can do. The holding pattern serves a purpose; it's a gestation period. It's being in the cocoon. You're being held in place until you're ready to move to the next level. So again, I know it can be very easy as aware or spiritually minded people or people who like to work on self-growth, to start to judge your speed or where you're at or whether or not you're at a certain level. And as we know, all of that's just a program.

All of that's just a mental pattern that we all need to continue to let go of. So, if you think you're in a holding pattern right now, the fastest way to get through it will be to accept the holding pattern and find your way to be most comfortable and effective from

within it, rather than fighting it or thinking something's wrong. That pertains to what will be the final theme of this month. The next theme this month is: Ancient Sensory Wisdom Returning. Ancient Sensory Wisdom Returning. The psychic senses and the body is where this pertains to. Ancient sensory wisdom is something that ... It's interesting, I've just been doing a brand-new series called, "The Future Human," a lot of channeling and a lot of channeled information in there. And they were talking a great deal about how the ancient past is now coming back through our bodies.

They've been talking about this for years, but now is really the time. It's going to almost be dislodging some of us in ways that we're not used to, even those of us who're used to having awakening moments or awakening experiences. You might be having some pretty wild things going on right now. For many, it will affect your psychic ability. You might be having psychic messages, you might be seeing ghosts, you might be having elementals appear to you. There are a whole range of psychic experiences that you can have, including the sensory. Some people hear, some people feel, some people see. But the other side, if you're not one of the people going through a big psychic awakening or if that's something you already have alive in your life, you're already pretty adept at going in and out of your intuitive faculties, those of us in that camp, we're being asked to open the senses in our body at a new level.

So, you're either going to be opening from here and up, or if that's something you're already very adept with, it's going to be everything down. This is going to be a time where body healing, healing of physical ailments will come up or body activations, or you will be craving doing things for your body that perhaps you either have resisted or never considered. You might suddenly find yourself really craving being active on a daily basis and it surprises you because you've tried to do that for years, but you've never been able to get there. Boom! It's here. The energy in the Earth is invoking this for many of us. Ancient sensory wisdom is returning. Even at a time where there are those on the planet who would like to see us away from our ancient sensory wisdom. It's why we are beginning to have this massive activation in people. The younger generation are able to take it in fast, but those of us that are in the middle to older generations, we're also primed to receive it in a different way.

It's happening worldwide and essentially; it's waking more and more people up. For those of us who've already been on this path for a while, it's deepening the way that we see the world, the way that we experience the world, and essentially what we would call, "enlightenment energy," becoming more of the norm - seeing through the veils of illusion in this reality. It can be jarring when that happens, especially if it's the first time it happens for you. It can bring up all kinds of things; grief, shock, feeling dislodged from reality. So, if you know anyone going through that, even if they're in the joy moment around it, the excitement moment around it, "Wow, I'm getting all this psychic information," keep your eye on them and be there for them if they suddenly go through a little bit of a wobble as their body tries to calibrate what's going on. Because the old reality of their inner world is fracturing, and so too is it happening for us.

Everything is changing and that's tricky for our minds because our minds have got used to tracking what's going on and thinking that we know what's going on. Of course, all we really know in truth is this exact moment and everything that's come before. And even those of us who are futurists in some way - we have the ability to feel into timelines - our minds are going through their own kind of breakdown right now as we are being

asked to become more embodied with all of this ancient sensory wisdom. The psychic senses and the body. You'll feel this wave moving through you, many of you. And by the way, if you're anyone who helps people with those areas, you'll be busy. There will be more and more people in either your community, if you help people in your community, or if you do that for work. There will be more and more people with more of a sense of urgency coming for what you're offering.

The sixth theme is: Clearly Seeing the Vibrations and Emotions in the Narratives We Are Being Given. Now, I'm not going to talk too much about the media. I've talked about that a lot. It's so fascinating to see how stories are reported and to ask yourself, "Huh. Why am I being made to think that about that person, about that group, about that country? That's a very opinionated article. Why is the writer of this article or the corporation behind the article wanting me to see that a certain way?" That's happening worldwide and we all have to get very discerning. But again, bringing it back to the personal, you'll be seeing this in your relationships with others. You might be clearly seeing vibrations and emotions that aren't necessarily what the person is saying to you. Perhaps they're using words in a very unnecessarily aggressive way or judgmental way.

And what you'll start to notice is not their words, but the judgmental energy they're coming at you with, equally ourselves. We might notice, "Ooh, I was a bit judgmental in the way that I said that. I'm not quite sure why that came out of me that way." So, there is this upleveling to clearer and cleaner vibrations and emotions that we are going through. Emotions aren't going away, but they are going to move up a few levels in terms of how they're experienced. As we go through this, we tend to have transformational conversations or sometimes dissolutions in certain relationships as well, where you're not going to be in friendship or business partnership or whatever partnership with that person anymore. But it's a really potent time for transformational conversations where you can say to someone, "Did you mean to say that in that way, because I experienced it as quite angry and I'm just checking, was that what you were meaning?"

And then you can have a dialogue with them where they can go, "Oh, God no, I didn't mean it that way." And that gives both of you a chance to reset what you're both willing to experience and agree to, and deeper understanding occurs from that. Equally, people might be doing that to you. You might be doing it to yourself. You might be recognizing that some of the old ways that you communicate or navigate around the world, it's feeling a little thin now. It's no longer feeling true or robust. That's where some of the confusion comes from because you might be in the holding pattern. You might not yet be re-patterning your behavior, but you might be in a holding pattern while you notice, "Ooh, I can't do that behavior anymore." It's a very "fine" time and there will be a lot of subtleties that many of us are more aware of now than we would ever have been aware of before. And a great thing to do is just to notice.

If you don't know what to do, just go, "Okay, I'm just going to notice this." My guides have always said that awareness is the precursor to change. When we become aware of something, it's a step towards changing it, but we often become aware of it first. And then lastly, very pertinently, and it kind of wraps up everything I've been saying: Allow It to be Earth School. Allow It to be Earth School. As souls, we're here on Earth School and we're here collectively, right now for a massively transformational time. But within that, we're also here for our own individual evolution because you can't separate those two.

Allow It to be Earth School - when I asked why this theme, I very clearly heard, "Because some of you are so surprised about what's going on on the planet, about what you're experiencing in your own individual life, and what you're experiencing in your own energies, emotions, and thoughts - it seems so surprising to you that you just have to remember, 'Oh yeah, it's Earth School, and I am moving through something.'"

It's not that something is going wrong or has gone wrong or you've done something wrong. It's that this is moving through you for a release or a transformation or an upgrade. A release, a transformation, or an upgrade. So, bear in mind that particularly the month of September and a little bit into October (but particularly the month of September), there's going to be a lot of cleaning up energetically going on for many of us. It may be showing up within us. It may be that we're there for it in the outside world with others or a little bit of both. I hope wherever you are in the world right now, you are able to find whatever it is you need to keep yourself as balanced and as aligned as possible. It's a little bit like being on an inflatable ball right now at times, but it's part of the process. It's part of the process.

Thank you for tuning in. As ever, if you want to go deeper with me and my work, I have my monthly members' community, The Portal, where "The Future Human" begins as an exclusive series in The Portal this month. But this month, my big focus is going to be the launch of a brand-new course from me called, "Grow Your Business." I'm someone who, twenty years ago, was a passionate student of self-growth, metaphysics, spirituality. Never once thought in all those years that I would end up being someone to work in this field. But as we know, more and more of us are needed. The way that you offer your healing, the way that you offer your creativity, the way that you bring the art of your work to the world is a big deal. And for many of us, overcoming things like self-sabotage, "Why should I do it? There are already five people, twenty people out there that I could say do it better than I can." There are so many reasons to bring your work to the world. "Grow Your Business" is two things: I will walk you through the practical steps required to bring your work to the world in ways that work for you, but that also work for the people that you're serving, whether they're customers or whether they're followers. And then the other side is the energetics. Why do we get in our own way and think that we can't do this thing that we're actually compelled to do? It's something I'm very passionate about teaching, and I will also be doing a free broadcast later on this month. Check the link underneath this video for all the details. And it's called, Breaking Through: Six Areas to Consider When Growing Your Conscious Business. And then starting at the end of September, the "Grow Your Business" course for those of you who want to take a journey with me and also go through some live clinic calls with me, where I'll work directly with those of you in the course on what it is you're building in the world and how to bring it in a bigger and better way, not just for the world, but for you too; for you to feel good about what you're doing, because that's so important and drives everything.

Lastly, our remix album, Metamorphs, just came out. Nine brilliant, conscious music producers took eleven of mine and Davor's tracks and they remixed them into these 2.0 versions that we've been releasing across the summer. You can stream Metamorphs now or you can download it or get a limited-edition CD version at my website, leeharrismusic.com. Check that out. Until next month, take care, everyone.

See you next month from California.

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