

December 2023 Energy Update

Hello everyone. Welcome to the Energy Update for December 2023. I'm Lee. I'm an intuitive, and every month, I take the pulse on what might be showing up for us personally and globally. Just a few of the themes for December are:

Moon Energy Activation and what that means for you,

Death, Shock, and Loss - how are you coping? and

Strange Messages and Strange Events, including from other realms.

Stay tuned for the full Update.

Hi everyone. Welcome to the final Energy Update for the year, although I'm happy to announce I'm doing a free Annual Forecast on December 21st, the day of the solstice. I've done this for a few years. I take an in-depth look at what themes will be showing up for us in the year of 2024. And I do this live broadcast completely free. So, if you'd like to be there for Visioning 2024, check out the link below this video as to where you can sign up to be present for the live broadcast.

But for today, we're going to take a look at seven themes that I've received for this month of December. They are a little varied, which tells me a lot about the nature of the month to come. But I first want to just touch base on how you're doing after the last couple of months.

I'm hearing and seeing reports and feeling from people the sleepless nights, the shock that people are going through. Last month, one of our themes was "Recovering Your Nervous System" and how we have to take care of ourselves, not as an act of soothing or repair, but in times like these (these very specific transformational times that we are in), your ability to self-care and look after yourself is actually going to lead to your strength as a person, how you show up in the world, how you show up for your loved ones, those in need. So, thinking about how you can continue to deepen your practices around how you look after yourself and your own personal well-being while we are going through a very tumultuous time on the planet.

This month, there are some themes that refer to that, but there are also some other very high energies that will be present. Depending on where you are at in your own process, where you're at in your own life, you're going to relate to some or more of these themes than others. But let's get started.

The first theme of the month is: Moon Energy Activation. Moon Energy Activation. I'm not often given messages about moon energy or sun energy, so this really struck me; it was the first theme I was given. What I was told this means is there will be a potent moon energy in December. This supports the mystical, revealing of the hidden - this can be hidden realms, mystical elements - but it can also mean revealing of things that people or groups are hiding in general. That can come to the surface globally, but it may also relate to some of your personal relationships. Maybe there's something that you've been hiding that you will reveal this month. Or maybe there are people around you who have been hiding things that will suddenly rise to the surface.

But moon energy also most deeply relates to opening of the heart and your "third eye," or your intuition becoming stronger. So, Moon Energy Activation in December. As you sit with this, it means that those of you who are already intuitively wired, intuitively led - perhaps intuition is a huge part of

your daily life - don't be surprised if you get some real power surges this month; that can be quite destabilizing.

I've had a few friends in my universe in the last few months who are very intuitive and wired that way, who are going through some massive transformations in the way that their intuition comes to them. Some of them are having intuitive experience in areas they previously never did - whether it's being more aware of loved ones or people that they're meeting who've passed over, speaking to beings from the other side, which isn't normally their thing - but suddenly it's becoming their thing. Others are having messages come to them in dreams in a stronger way. So, whenever the third eye is activating, it activates for all of us, no matter how used to working with your intuition you are or aren't.

If you are someone who doesn't really think of yourself as intuitive, and that's maybe something you ascribe to others, don't be surprised if, in December, you start having more of those intuitive experiences, synchronicities, awakenings. I always say that the simple acts of intuition that we often dismiss are things like you receive a text message, or an email, or a phone call from somebody that you were just thinking about in the last twenty-four hours. That is the crossing over of our psychic highways. We're aware they're thinking of us or we're thinking of them, and that makes them think of us. That's one of the most common ways that we have evidence of our intuitive connection.

But then there are so many layers to intuition. And the one thing I always remind people is intuition is so personal, and so it should be. It's like people sometimes ask me questions about channeling, as if they think they should be channeling a certain way. My experience in life has led me to understand that there is no "way." There is no one way for anything. We're multi-dimensional beings having multi-dimensional experiences.

But when you look at the realm of intuition, it relates to the senses; it relates to what we feel; it relates to what we know; it sometimes relates to what we hear, what we see, what we perceive. So, there are many intuitive senses in us, and these are going to be rising. I think sometimes there is a kind of excited idea about that: "Oh, great, I'm going to get more intuitive."

The shadow side of increasing intuition is not always knowing how to interpret what you're receiving. Sometimes, it can cause problems in relationships if you choose to share intuitive information with someone that you are getting that you either haven't sought their permission for or you haven't couched it in a way that they can receive it. Or they're just against it, and they don't want to know.

So, Moon Energy Activation. There is a potent moon energy this month that will be supporting a rise of intuition - anything to do with the mystical, and also revealing of the hidden. This could be us learning more things which we're already learning on the planet on a weekly basis at the moment; things coming out that have previously been hidden or suppressed, but that can also show up in our very direct personal relationships and maybe even ourselves - something that we have perhaps hidden from ourselves or have kept buried in our subconscious that suddenly rises in December. Because it's very much about revealing and bringing to the surface these gifts.

My advice with intuition is always: research. Research yourself, study yourself. Become the one to gather data about the way that your intuition works. I'm not a proponent of, "Great, you've got an intuitive message; go and apply it to your life." Sit with it. Keep asking more questions; keep feeling into it. Seek your own counsel, and perhaps seek counsel from a few wise people in your life if you have the rising of this new energy or this new ability that is a little unknown or untested to you. The way we refine our intuitive ability is to study it, to study how it moves through us, and to study its effect in our life.

I've occasionally met people who claim their intuition is so powerful that they just *have* to follow it. But they're not watching the series of car crashes that they're letting happen in their life because of their "perceived" powerful intuition. You have to ask yourself, "How do you want to live?" Do you want to live in a harmonic way where your intuition is useful and harmonizing for your life and the lives of others? Or do you want to worship at the altar of intuition in a way that makes you sometimes fall into what we call the "guru trap," where you put that above everything else, everyone else's feelings, your own well-being?

Intuition is a challenging power to tap into. It's not just a gift. It's something that we actually have to be very respectful and careful around. So, for those of you who are coming online intuitively right now, take it slow, take a breath, test and retest things, and research as much as you can if this is a new world for you; there's plenty out there. I hope some of that helps. And again, "opening the heart" was the other theme in there that we will come to in a moment, because the heart comes up quite strongly in a few themes from now.

Theme number two - which I resisted, and I'll tell you why I resisted it - the theme was: Allowing. What Will We Allow? And my immediate argument was: We've talked about this for months this year. This has come up in so many ways. And what they said was, "Yes, because it's really important." So, when you ask yourself, "What am I allowing?" Ask yourself on a negative and a positive level.

On a positive level, you can check, "Am I allowing myself to experience joy, or lightness, or abundance?" or anything that's positive for your life. "Am I allowing myself to go and do this thing I feel like I want to do for this person that might bring them positivity, but I'm not really allowing myself to do it because I'm making a decision they might not want it, without following through?" "What Will We Allow?" relates to what we will give ourselves to and what we will give to ourselves. And perhaps on the negative side, what are you allowing in your life right now that needs to stop? Is there an aspect of your behavior that you know you need to stop doing?

This is happening for all of us. We're all shaking off older parts of ourselves - denser or heavier parts of ourselves. Perhaps it's destructive behavior toward yourself or someone else, and you've had this in you on some level for years, and years, and years, but you're noticing it's getting smaller, and smaller, and smaller. That relates to the next theme too, which I'll get to in a second. But allowing - what will we allow? Questions we are asking ourselves personally and collectively. And of course, "What are we allowing as a people around war?" and the energy of war is a huge focus right now. Again, the next theme will speak to that.

What are you allowing in your life that you feel good about? Or what would you like to allow into your life more? The end of the year is a great time to think about the year ahead. There is a collective energy at the end of a year about the year ahead. It doesn't mean necessarily that you can't make changes for your future life in June, July, or August. But because there is a seasonal element for all of us around December and January - and the common thing is New Year's resolutions - there is this tradition in our collective of taking a moment to pause, and look back, and look ahead in this month of December and early January.

So, this is a good time to ask yourself, "Is there anything you're allowing in your own life, or your own behavior or your own patterns that you're ready to let go of, you're ready to shed, you're ready to get help with if you recognize you can't do it by yourself?"

And then equally, what could you be allowing into your life that either a belief you've held for years, or a trauma, or just not really putting the time and the focus into creating that circumstance for yourself - what is it you could now focus on allowing into your life? And just put some conscious

energy towards it. Put an intention towards it. Say it out loud. Write an affirmation of what you want to bring into your life. It's amazing how, when we do that, the body crackles.

Let's say you are feeling really lonely right now. Will you allow good people into your life? Will you allow good community into your life? Will you allow a great set of new friends or a love of some kind into your life, or a pet, or whatever it is? It's amazing how, when we write those intentions down, usually there's an emotion in the body. There's a reason we haven't allowed those things. It's not as simple as, "Oh yeah, I'll just allow that. Never thought about it before. I'm completely clear of thoughts or emotions around this." Usually, you write it down, and something moves in the body. That's why writing down your intentions and your affirmations is a good practice. It's not so that you remember, it's so that you start moving the energy through your body. So, what will we allow? Both negative and positive. This theme of allowing keeps coming up in 2023. So, it's important.

Theme number three. It's a fairly obvious one, I think, to those of us that have been tracking everything the last couple of months: Peace Bringers. There is an activation of the need for the allowance of peace on the planet. There is an activation of the need for the allowance of peace on the planet.

I know one of the things that has been so distressing for so many in the last seven weeks or so - and of course, maybe you're watching this at the end of December, in which case it's almost three months - has been the amount of fighting that's going on in people's opinions about the war in the Middle East or all the wars going on around the world right now. Those of you that are peace bringers, you will be getting very serious about your mission right now.

I've seen some amazing discussions where people have really sat in their heart and their mind and been able to communicate very effectively, even if there are disagreements. But conflict energy is rippling in all areas, so we have to be mindful. Conflict energy is a very traumatizing energy for us. And of course, historically, we have so much in our ancestral collective body around conflict energy, so it activates very quickly - it triggers safety. It triggers, "Are we okay?" And what's interesting about conflict energy is, because it comes from the base chakra, it hits fear - it tends to ripple quite strongly.

You've seen this playing out in the world. You may have been having it in your own conversations. You may have been engaged in online conversations where conflict of opinion is flying around. So, just be really mindful about that. It's very easy to get triggered. It's very easy to get pulled into an argument, or a fight, or one of your own wounds around the fact that you are shocked that people are seeing things in a very different way to you. But that is the world we live in at the moment. Part of the healing of where we're at as a society right now in 2023 is that difference. But again, if you really ask most people on the planet what do they want, they want peace and they want safety.

Most of us on the planet want that. But it doesn't mean we're also not working through our own issues of peace and conflict; it exists in us because we've grown up in this world. If you are a peace bringer, you will have already been in a massive activation the last couple of months. But especially in December, there is going to be a stronger energy around you understanding and deepening your mission of peace. Now, some of you won't be out there as activists in the world, but you might be the peace bringer on your street, in your family, in your immediate group. Or - if you're not a people person - in the area that you live, with the animals that you're with, the nature that you're with. It all has an effect.

If you are a peace bringer, you will be having much more clarity and forward momentum in December, even though some of you will have felt very activated since October. But there will be a

little more, shall we say, ease, clarity, and purpose around how to crank up the dial on the mission that you are here for, which is to help to usher in peace in whatever way you can, in whatever areas you can. It's intense work.

That's also why I go back to what I say to all of us: When you're working on the front line in any way, shape, or form - whether you're an emergency worker or whether you are an emotional emergency worker - whatever your role is, this is why we have to keep an eye on our own nervous system when we are working with the nervous system of the others and the world, which is really activated right now.

The next theme, number four, is: Strange Events and Messages from Other Realms. Strange Events and Messages from Other Realms. This was an intriguing one to me. What I got for this is: Meaningful moments with strangers, and unexpected messages, strange circumstances, and events. And the message is: This is the otherworld, and other realms coming into our human world more and more. Are you seeing it?

Meaningful moments with strangers and unexpected messages. If you've been around me for a while, you know that I love talking about the people I meet in the airport or in the Uber, because that, to me, is the real test of us as people. Of course, we have really deep, close relationships but to me, it's what happens when you walk around the world, and you bump into people and have conversations where there isn't a foundational relationship present. It's just very much a momentary interaction with other people in the world.

This was an interesting one to me. You might be noticing an increase in your life around highly meaningful interactions with seeming "strangers." Perhaps messages coming through strangers; messages are everywhere. So, if we really pay attention to what someone is saying to us - the vibrations that we're finding ourselves in - we can always zoom out and go, "Why am I experiencing this right now? What is it that the universe is bringing me to, asking me to see or feel, maybe asking me to choose differently than what I'm standing in front of? Am I awake to what's going on?"

There will be a level of messages from angels that you meet in human form as you walk around the world. But equally, this goes back to the moon activation and the intuition. The otherworld and other realms are really beginning to peek through into mainstream life more than ever before. So, for those of us who this has been somewhat normal - for me, I'm twenty-five years into this feeling more normal. Though, of course, it's arguable because you don't always feel it's normal when you're speaking to someone who it's not normal for. But more and more people who previously had never looked into this kind of stuff are having experiences they cannot explain.

The Z's, my guides, have said for years that we're in this time now where the unusual is becoming more usual. It doesn't mean that tomorrow the world's going to look like a spiritual festival, and nor should it necessarily. But it does mean that we as what we used to believe we were as humans is really changing, and it's becoming a lot more connected to other dimensions, other realms. You yourself might just be having a deepening in that area. But it's fascinating that your friends, your relatives, people that you meet that you wouldn't have thought you'd have been having that kind of conversation with - more people want to have that conversation, and they're looking for people to have the conversation with.

Even if you've been someone who's very "in the spiritual closet" about your own experiences or your own beliefs, this might be a great time - that if someone brings it up with you - just to gently have that conversation with them. It might be helpful or galvanizing to the person to be able to have this conversation with someone else. Not necessarily that you're putting yourself in the role of therapist

or guru for them; not at all. Just human to human, having a normalizing conversation around that which was previously not that normal.

I often have them, and not because people know what I do; I usually don't talk about that when I meet people out and about in the world. But of course, because of my wiring, invariably, people talk to me about that stuff. So, I'm noticing it's happening more for me. But more than my own personal experience, this message came from above, and I'm seeing it and hearing it from people out there in the world. Strange Events and Messages from Other Realms.

First rule is: Don't freak out if it starts happening to you and this is weird for you. Second rule is: check it out, research it, pay attention, make notes on what's happening to you. Go and look for other people out there in the world, or go online and see, is this happening to other people. And thirdly, help to be a normalizing or a galvanizing force for those people in your life who are having these experiences and it's more shocking to them. That's what that theme relates to.

Okay, theme number five: Arrival of the High Heart. Now, the high heart is something that I heard them say within the last year or two; I feel like that came out as a theme with a different slant. The high heart is harmonic. So, when the heart flows, knows, and sees from a rounded, intuitive, and peaceful perspective. More of us than before are able to live from our hearts in this way now.

The Arrival of the High Heart. Let's say you're in an argument with someone, and their wound is activated, and your wound is activated, and you're trying to punch it out through words, or emotion, or standoff, or not talking to each other, or whatever. When the high heart is there, it all gets bypassed, which is great. When your high heart is allowed to remain in your body, there is a far bigger perspective at work than an egoic wound or something that someone's upset about that you then get upset about and is back and forth, back and forth, back and forth.

The high heart's just bigger than all of it. Because the high heart is taking in the third eye, which can see the bigger picture, and also your crown chakra and above - your connection to your soul, your connection to that which is far bigger than the size of our human life and focus. It's hard to completely bypass your human life and focus. And for most of us, it's not where we're supposed to find ourselves. We're supposed to live with more soul and more awareness as humans, and that way, enlighten what the human can be. So, the arrival of the high heart as a theme is a good thing because it means that more of us will be able to live from our higher knowing, seeing, and feeling hearts than ever before, more of the time. It's an amazing energy in conflict, which is why I think it's coming out now and why it links with the method of peace bringers.

Because the high heart doesn't need to fight over right or wrong, it doesn't need to defend its territory. It understands that all territory is exactly what's supposed to be happening. And it's able to stay contained, centered, and balanced. The high heart is harmonic. More of you might be feeling this high-hearted energy in yourself, in your life, in your ability to let things just roll off your back, or that kind of way of being. So, when the heart flows, knows, and sees from a rounded, intuitive, and peaceful perspective, that's the harmonic high heart, and it's getting stronger on Earth for more and more people right now.

Equally, you might be the person who finds yourself in the presence of a high heart while you are defending something. And that's okay. If you are defending something and you're like, "They're very peaceful - oh, okay," because that can help you too. That can help you put down the fists and just go, "Okay," because you know you're not under threat. They're not trying to kill you. They're not trying to annihilate you. They're not trying to make you wrong. There's a difference of opinion, and that's par for the course. But opinions are always based on emotions. Opinions are never thought-based

only. It's why whenever anyone says, "This is not emotional for me," when they're in a fight or when they're in a strong opinion, they don't understand that thought and emotion are completely closely linked.

Death Energy, Shock, and Loss. Death Energy, Shock, and Loss. I've said to a few different people in my life in the last two weeks, I cannot believe how, on a daily basis, either someone close to me, or a friend of someone close to me, or someone that we know, or events in the world - something is hitting somebody in a really big, powerful, difficult, shocking way. An energy of loss and death. There's a lot of death flying round.

Of course, you've heard me talk about how our mainstream media needs to be reformed. Because if we are only ever focused on the negative through our mainstream media... Someone in my life recently said they wanted to put the news on in my house. And I said, "No, no, no. I don't just have the news on. I selectively look at news. I won't let that broadcast into my house because of the vibration it's broadcasting." They understood, but they were surprised because it wasn't something they considered.

The thing about death energy, shock, and loss is we've got an ongoing ripple effect of world and personal events that are really strong. And this can lead to either we dig deeper into our personal compassion and grace, either for others in the world, or our way of handling it. We're like, "Okay, I'm going to have to dig deep here on how I can handle this and show up." Or the other end of that is fear and withdrawal, or worst-case scenario, fight. You can go into fear, that leads to fight. You can go into fear, that leads to anxiety, panic attacks. You can go into withdrawal because you just want to pull away. "I don't want to know. I'm just going to back away from all of this." They're temporary states. They're not states where your full energy is available to you. You have to be able to work through those feelings.

It's okay to recognize you're in fear. In fact, it's good to recognize you're in fear. The problem is when we don't. The problem is when we don't know that our fear is running the show, our wound is running the show, then we're in trouble. Then, as humans, we just start replaying things that aren't going to be good for us and aren't going to be good for the world.

So, ask yourself how you're dealing with this ongoing theme of death energy, shock, and loss. And I say that not to get you to emotionally react to those words. If anything, it's a real challenge for you not to. Can you see that as a theme in the world and use your all-seeing eye to recognize that's going on and to know that there are times when you will be emotionally affected by that, but that it's not good for you to be consumed with an emotional reaction to that theme? That won't actually be good for you or anyone. It's challenging. I'm not saying it's easy, but it's a really important thing to be aware of. Because right now, that's very much the "energy weather" on the planet. And that's something that we are learning strength around, not necessarily because we like it, but because that's the weather that we find ourselves in. So, because of that, we find ways to rise within it and to gather our strength for this very particular time on Earth.

The final theme of the month, which leads from the heavier theme that I just gave you, Are You Letting Yourself Feel Wonder? The energy of wonder - W-O-N-D-E-R. Are You Letting Yourself Feel Wonder? When did you last look at your life, or something in the world, or a person, or a thing that you're doing, and feel just "heart open" about it or lit up about it? And if you hear me say that and that distresses you or depresses you because you think, "Oh my God, I can't remember," okay, then it's time. Now, it's time to sort that out. It's time to go, "What do I need to help me get back on my feet? Because I can't live like this. I can't do five more months like this. If I've done this for three, six

months. That's not okay." That's not who we're supposed to be. It might be you need to let support or help into your life to allow you to move to a place where you can still have moments of wonder.

I've been around people in the worst kinds of circumstances - terminal illnesses - and it's interesting how, even in those circumstances, wonder can still... And in fact, often with oncoming death, wonder gets stronger. Because there is a wonder of the miracle of being alive. In this theme, I wrote here: Remembering the wonder of being alive and the miracle of it. Childlike wonder is a powerful force. Then we live from a less programmed place and a more possible place. The reason your kids ask you eight million questions when they're little is because they are coming to the world from a place of wonder. They've got enough soul amnesia about this place that they're like, "What is this? How does this work? What does this mean?" They have a level of wonder around their engagement with the world.

It's not that kids aren't very quickly learning about areas in our way of being that would shut them down, but that the wonder doesn't go away for quite a while if the child is held in enough support in those early years, that they can let their wonder reveal itself and play in the world.

It's an interesting time. I know many of you won't necessarily celebrate Christmas, but for those who do celebrate Christmas, I think wonder, gratitude, presence (I mean presence with a C-E, although I know the T-S kind exists as well), those are the qualities that are often cultivated, or some of the higher qualities that can be cultivated at a time like this. Can you let yourself feel some wonder in December?

And wonder (again) doesn't mean extreme joy or extreme excitement. It just means that moment where you take a breath, you look at your body, you realize, "God, I'm alive." And especially with how many people we are hearing about who are losing their lives, or struggling with their health, or all of those things, it's really important to, within your compassion around all of that, also be able to go, "Wow, I'm alive today. What does that mean? Why am I here? What am I here to do? What can I engage with?" Really important energy on the planet right now, and one that's easily forgotten in heavier times.

So, are you letting yourself feel wonder? I surely hope you can this month. That's my wish for you: that you can either feel some wonder in December or you can make an intention that 2024 is going to include more of that for you.

Again, please join me on December 21st for my live solstice broadcast. I will be in England, so I'll be broadcasting live from England. We'll put the link to Visioning 2024 underneath. And much like one of these Energy Updates that I do every month, there will probably be around seven or eight themes that I'm going to download for 2024, like a big arc of what will we be seeing in the year to come. I will also channel my guides for the last part of that broadcast as well. So, for those of you who've never experienced that, I'll be doing that too.

And then the other thing that I have coming up in January, which we'll play you a trailer for in just a moment, is my annual Rebirth course. It's my longest-running online course. We're about to do our seventh year of Rebirth. It's always a really fascinating time for healing, for visioning forward, for creating the year ahead that you want, and we always get amazing people from all over the world. Thank you to those of you who are joining us again. And for those of you who'd like to see if Rebirth is for you, we'll play you a trailer in just a moment.

But lastly, this month, I'm thrilled that we have put out into the world our new musical album, Medicine Mantras. I know many of you have already seen the videos, which were created by Rebecca

Hall, our wonderful video editor and animator, to these musical pieces that Davor Bozic and I created earlier this year, actually, specifically for my Portal members.

They are affirmations and mantras that I've received from my guides over the years. One example being, "I release any energies and emotions that are not mine." It's a saying I've used for years at the end of workshops, in my daily life - making sure that you're just keeping your energy field clean.

My idea was: what if we set them to music? What if I create a melody for them, and then Davor and I create this musical world for them so that people can remember the melody? And that's what we did. My Portal members received them first early this year, with other recorded material that I give them every month. So, check out The Portal if you're interested in following along with me every month on a monthly basis.

But the Medicine Mantras are now available. They're on all streaming platforms. I wanted them to be with you so that, as we go into the new year, you could have them infusing your homes, your hearts, your minds. And thank you to everyone for the beautiful feedback. The cover for the album is just over my shoulder here (maybe a little out of focus), but we also have a limited edition of CDs, which have been moving very quickly. So, if you do want it on CD, I would recommend you get one of those now from leeharrismusic.com, which is where you will also find links to all the streaming platforms and digital downloads.

Okay, everyone, leaving you with a trailer for Rebirth. I hope to see you on December 21st. If you don't make it there, but you'll be back in January for the January Energy Update, have a great end of your year, and I really hope you can take some time to ask yourself, "What am I allowing? What do I want to call in? And can I let myself feel some wonder?" Take care.

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