

Free Channeled Broadcast, March 10th 2021

Hi, welcome to this special free channeled broadcast - you are joining us for the replay. We just had a wonderful live experience. It goes for about an hour and 10 minutes, which is a little longer than planned, but then you never quite know how these kinds of messages are going to roll. I'm sure some of you have signed up for this probably because you know me from the Energy Updates that I put on YouTube and Facebook every month, but you might not be familiar with my channeling. So I thought I'd just give you a little context for the channeling that I'm going to do. It was about 22 years ago that I first heard the voice of my guides. I wasn't looking to. It was a surprise, but it happened.

What happened to me when I first heard them was, for quite a few years, they became my teachers. And they really started to not only teach me about some of the things that I was going through in life, some of the things I was seeing in the world, but the compounding effect of channeling for myself regularly started to change my own energy field, and it made me more intuitive. I think like all of us, the intuition was there for me, and I'm sure many of you are the same; you have a story of how your own intuition developed. But one of the things I've learned about channeling and why we go to channeling is, we're often looking to reactivate that frequency inside ourselves.

If you're here because you enjoy channeling in general, or perhaps you're going to enjoy the channeling that I do today and it will resonate with you, it's always interesting to pay attention to the 'why' of that and what is the information, but also the frequency doing for you. I have a monthly members' community called, The Portal, and it's quite common when we do our monthly broadcasts that I will see our community saying, "It's really weird when Lee starts channeling, I fall asleep and then I wake up again near the end, and I don't remember anything that's happened." I always say, don't worry if you don't really remember the words or you do zone-out like that when you're experiencing channeling.

I remember many, many years ago, I was in my 20s and I had a Reiki session, and the Reiki master, when I came out of it and said, "Oh, I think I just fell asleep," they were like, "Don't worry, the energy was still going in." In this broadcast today, I speak for a little while intuitively and then I channel. The other question I just wanted to answer for some of you who've posed this question before is, "What's the difference between when I'm doing an Energy Update, or when I'm channeling my guides, the Zs?" It's very different for me. When I'm channeling, they see from a perspective and a viewpoint that is very different to my human perspective and viewpoint.

As an energy intuitive and the person who brings you the Energy Updates every month, I will usually receive several themes from these guys, and I'll just jot the title of those themes down. Then I'll turn the camera on, and I will let come through me the words around those themes that are meant to come through. It's a kind of channeling, it's a step. But when I let the Z's speak through me, as I do every month for my Portal community or in workshops or on recordings, it's a different kind of transmission.

That's just a few things for you to consider and think about, but now we'll drop you into the very beginning of the broadcast and I hope you enjoy what you experience today. One of the things that I have come to understand is, channeling is in all of us, whether or not you speak to your guides directly or your team of angels, or you're someone who connects with animals, or you're someone who connects with the spirit of nature. Channeling and this ability to go beyond our human conditioned mind, our ego, our thoughts, what we see as 3D reality, is not only quite normal to us, but as my guides told me over 20 years ago, "As you go through life, you're going to see this become more and more commonplace."

Often, the reason that we're drawn to channeling is because we are using it to remember what we can do ourselves. When I work with entrepreneurs, I always say, "The customer is self-centered and they should be. We don't kindly go and browse around a shop to support a shopkeeper if there isn't something in it for us, if we're not looking for some kind of exchange." I always think with channeling, it might be that your thoughts about channeling are that you're going to it for some help or some elevation, but what is often happening is it's us getting used to that vibration in ourselves. I'm not unlike many channelers out there in that I was taken to see a channeler.

I was a little skeptical when I left, and I was really into personal development, metaphysics; I was into all of that. But I was a little skeptical about this man closing his eyes, having a slightly funny voice and I walked away thinking, "Why couldn't he have just said that?" Now I fully understand because when I channel my guides, they say and see things that I am not seeing or sensing at this level. They can only bring through what I and we are able to take and use. The reason I share that, for those of you who are new to channeling, is that more and more of us are coming online with our gifts, our sensory ability, and our heart. Our heart energy is asking to grow on the planet.

As I was driving here this morning, I was thinking, "Gosh, what an interesting time to be doing something like this," and they spoke to me, as they often do. They said, "This is the best time," because all of us are trying to navigate our way to a better existence on the planet, and it's crunch time. We're up against quite a lot right now, whether it's environmental, whether it's systemic. There's a lot going on, but one of the things that they have said over the last few years, time and time again, is that, "You are needed and now is your time." They insist that if we are alive on the planet right now, there isn't a mistake. I know it's a common thing among sensitives and light workers to want to say, "Oh, I'm sure I'm on the wrong planet," or "I'm not coming back here again. I don't want to come back here."

While I get and understand that, the people I have in my life who've had near-death experiences who can report how extraordinary it feels when you pass over, and the light that you're feeling before you come back, is that there's always a reason for us to be alive on the planet. Right now, one of their biggest messages is that we are creating our future more than we could possibly realize. I think that's particularly pertinent at a time when possible futures might be shut down to us, or we believe they're shut down. Look at what we've been going through this past year, and a lot of the fight, dissonance, fear, and sadness around everything that's going on on the planet right now. One of the things they say is that this time is being used to continually unfold your consciousness.

There will be some of you watching this who are doing that through raising a child, and you're raising a child in a way that will bridge that child from the generation that many of us came from (if we're older) into this new generation, into what it is they're going to need to be. Equally of course, your child is teaching you because it's always a two-way street. But there might be those of you who aren't raising a child. Perhaps you have some sense of mission, some sense of purpose around something you want to do on a grassroots level in your community, within your group of friends. Perhaps you want to do work online which more and more people are beginning to do; stepping into their abilities as healers, change makers, way showers.

I shared this not too long ago, but my story is very common to a lot of the people I see working in this field. It was my hobby and my passion, and it's what I did at the weekends, and it's what I did my job for - to earn money for the workshops I would go to. Because back then, we didn't really have the plethora of information and ways that we could connect around spirituality, consciousness, healing. Now there's so much available, which is great. The reason I bring all of this up is, I believe the Z's are going to give us a message that will be in line with what I'm saying, because what I'm saying is coming through a stream.

I also don't know what they're going to say. But I'm aware that for some of you who maybe signed up for this because you've watched an Energy Update, or someone sent it to you - if you haven't experienced channeling before, see how it feels for you; it's okay if it doesn't resonate for you. It's okay if I don't resonate with you. There will be other people out there who might. But the message I've been called to understand and deliver in my 22 years of channeling and 17 years (almost) of doing this for work is, this is in all of us. It doesn't mean everyone needs to speak to their guides. I certainly wasn't looking for mine. For me, it just happened. But there will be some spark inside you of desire, vision, something that you feel you're here to manifest.

Even though the times that we're in right now are very tumultuous and the energy can be quite stop-start at the moment, there's really deep healing going on. One minute you're feeling great and the next minute, you're like, "Oh, what is this?" That's moving through us very fast as a collective. The message I feel for this group today and this broadcast that we're doing - welcome to those of you who are live and many of you are watching in the future - is to ask yourself, "Where do I want to rise in my life?" Not with pressure, not with judgment, not with comparison to other people or kicking yourself or beating yourself up for where you think you haven't risen so far, but just to hold that question in your mind, just for the next 30 minutes or so when I channel, "Where do I want to rise in my life?" And to believe that that rise is possible.

If that rise seems complicated - let's say you're in really limiting circumstances right now and the rise that you want is really big - to intend for it and to trust that you can bring it to yourself and then to stay intuitively open as much as you can to each step, each helper, each piece of the puzzle. And if it's that important to you, to be willing to give it time. Your emotions - your uncomfortable emotions - might want to manifest this week or this month. It might be possible for you to do it, but perhaps in nine months or in 12 months' time because

there's going to be a whole journey for you to unfurl as you do it. I say all of that because I can feel that 'pull' in many of you; that feeling of, "I know I'm here to do something else, I know I'm here to do the next thing."

It might not be a doing, it might be a being. It might be that what you're doing in life feels great, but you're, "Ah, you know what, I wish I could get a handle on my stress," or "I wish I could bring in a bit more peace. I wish I could pace my life differently." The message they were giving me in the car was...well, they were above the car, but you know what I mean - as I was driving, they were saying, "Everything is more possible for us as a world and as a people than we might be led to believe by the traditional narratives, because the traditional narratives are going to ask us to acquiesce and agree to what that narrative is driving us toward." There might be nothing wrong with that.

It might be exactly what we need. But when you bring your soul online and you allow your soul into your life, either more of the time, most of the time, or perhaps even all of the time if you've reached that place, the way we drive the car (no pun intended) becomes quite different. It only takes one of us driving the car differently to open energy, to change energy, to bring a different movement in the energy that's happening on Earth. I'm speaking about the energetics that drive our actions, the energetics that create the form that we have in the world, in our world, in our lives. If you're one of those sensitives who are very overwhelmed right now by everything going on in the world, I think all of us can agree with that to some degree, it's going to be really important for you to focus that on your own life.

And if you're someone who is quite mission-focused, mission-ready - you know what you're here to do - you might be out there bringing this energy to others. Of course, for all of us, balance is going to be important. Even if you are the most driven, mission focused extrovert that you know, you will still need moments where you're quiet, moments where you recharge. If you give yourself to those regular recharge moments, you'll find you don't burn out, but if you avoid them and you keep running and running on adrenaline or on a momentum of energy that's going to deplete you, there will come a point when you're asked to stop.

The reason I bring that piece in about balance is because some of you will have that in your history - that burnout - and you might be performing at a higher level than ever before, whatever that performing is. Whether you're parenting, being a partner, being a friend, being a family member, you might be surprising yourself at how much energy is coming through you at the moment, and that's a sign that you're tapped in. That's a sign that you are allowing your soul energy to come through you, and to be responsive to what's going on in the world right now. But be mindful of pockets of rest, pockets of receiving. They might look different to what they would have looked like two or three years ago.

Two or three years ago, it might have been three days off. These days, it might just be an hour or two of meditation or yoga, and that gives you the same effect because energy has got faster. But equally, if you're not feeling very mission-focused and you're listening to this with some envy - and envy is always a clue, envy is always a clue that there's something else that you want to bring into your life, or that you could create for yourself that you're not creating -

that's always worth exploring when we feel envious. It's not about the other person or what someone else has. It's about something in us that needs to either undo our idea that what they have is something that we want because maybe we don't really, we just think we do.

By exploring it, we'll see what's the truth of it, or it might be that they're doing something or having something or experiencing something that you also wish you could. The key is we have to create it. If you're listening to what I just said and you're like, "Ah, I wish I was in my mission," you can be. You will be. You just have to set your intent and then be willing to intuitively carry out each step, each action. The big key and this is the final thing I'll say before I channel, the big key to becoming an activated creator in our world is to embrace the fact that it is a healing path. It is not that we have to overcome our fears, doubts, issues with our self before we create in the world.

Quite the opposite is true. It's that we just need to be able and willing to go with any discomfort; what's moving through us as we step towards this goal, this dream, this vision. If you're already into growth, healing, spirituality, metaphysics, the great news is you really letting yourself become a master creator in this world of your life, of the way you show up, of things that you're creating that you're putting out there for people - whatever it is. It might be all of those things. It's going to be really important that you embrace the healing path that that is, because that will accelerate you.

If you allow yourself to surrender into, "Ah! The path of creation is interesting, intense, electrifying, and strong in these times," then you'll allow yourself to grow muscles you didn't know you had and find aspects of who you are as a soul, coming in and moving out some of the things that you believed about yourself in the past as a human being. Nothing wrong with any of those things, they're the building blocks on which we build our future. But at this time, there is a lot of nostalgia; there are lots of memories around your past, who you've been in life and equally, there is a request for a very new future. That's something that we're going to create as a collective, and it's something that you're going to create in and for yourself.

Those two things are very hand in hand. If your mind has listened to anything I've just said and is starting to fight (either me or yourself), it's okay. But notice, there's a fight going on and get curious about what's underneath the fight. Rather than stopping at the fight, "Oh, I can't be a creator because I'm not creative, I'm nowhere near as good as my friends," notice that's the part of your human self that wants to get in the way. You might just need to work with that a little bit and love that part of you, and ask that part of you when and how it became so wounded. What are the roots? Where did I get that belief? And seeing that belief and giving that belief space and time allows us to let that belief grow and release and become new energy that we can use in the future.

Okay, so I'm going to channel probably for around 25, 30 minutes, so get comfortable. I always say to people you can close your eyes. It's probably the best way to experience it. Not a lot will be going on visually here. I'll have my eyes closed, but you take a journey inside yourself when you listen to a channel. Sometimes, you'll listen to every word and other times, you will use the words coming through me and the frequency coming through me to springboard you off into other thoughts or dreams or visions that you're having. Oh and

because I know some of you will ask, "Who are my guides?" I call them the Z's, as in the letter zed as we would say in England.

I call them the Z's because the people who followed my work early on started calling them the Z's. There are 88 of them in the group, but as they said, they extend wider into source, so none of us are a fixed thing. Take me as an example. This body, this identity, my name is Lee, but I'm not really Lee. I'm also a composite of all of you and all of the people in my life that I am merged with, connected to. I'm this way as a result of all of those relationships. They say nobody is really completely alone without being in relationship to other things. What they said is we are a group, but we also (as we would understand it), channel. They said we're a collective and you can think of us like a consciousness library, but we can tap into all kinds of other pieces of information just as we can.

They say try not to think of us as one fixed entity. We are instead an energy group and some have been incarnate in the planet, some haven't. They speak about themselves as a voice of galactic source. They say that they are connected universally, rather than just identified with the Earth as, for example, sometimes the angelic realm will only be very identified with the Earth and the angelic realm. They come from a more universal standpoint. Zachary was the name I was given as the lead spokesperson, and then I met a few others; Zapharia, Ziadora. For a while, they all spoke individually and then around 2013, they homogenized and became one group again because they said, "Unity is what we need, not separation."

They said, "We will now speak as a singular voice." So that is how they became known as the Z's. If any of you have read my book, *Energy Speaks* or heard the audio version of it, 90% of that content is channeled material. Okay, a little sip of water, get yourself comfortable.

The Z's: Hmm. Good, hmm. Frequency shifts on your planet are strong, intense, and fast at this moment. It is occurring universally, but especially for Earth, the planes of Earth. The Earth plane is rapidly multiplying. Meaning, you are no longer living in the more (we would say), one dimensional world that you were. However, it does mean that an enormous amount of healing is taking place within your collective. You have seen this.

You have seen this in the public focus in the last just few years especially, where much of the (we would say) one-dimensional aspects of your society are having to become more multi, more unified. Whether it is racism, sexism, or any of the 'isms' on your planet; they have to move in order for you all to experience the next level of consciousness. As with any wound, there can be those who do not understand that the wound can transform; who push back against the wound healing; who try to fight the wound healing, because they do not know who they will be if this wound disappears. Equally, it is the same for those of you who feel wounded by any of these 'isms' or 'schisms', but what we would say to you is this...you all incarnated at this time of great healing on your planet."

It was always foretold and it was always forecast, and it was never going to hot-up (as it were) until after 2012. We have said this many times to Lee's community in *The Portal* and on recordings that have been put out there, but it is important for you to remember that what is happening on Earth right now is far better a timeline than it could have been. Meaning, there have been what you would call averted calamities along the way, particularly in this last

nine years or so. You see, the way time works is, you are usually playing with at least three core possibilities on your timeline.

What we will explain this as is, you today might have the option to have a bad day (if you like), one full of challenge because of the vibration that you are in now, that you are finding hard to shift. Because you do not shift your own frequency, the day is anything from a little bad to a little mundane or mediocre, and that is the day you have. There is nothing wrong with that if that is the day you choose to align yourself with. You see, you have to be very careful about judgments that higher is always better, for those judgments will only slow down your ability to reach higher states. Very important to know if you are judging yourself about the state you are in, you are slowing down your ability to move to a higher one.

If you love the state that you are in with some compassion, and you recognize you are a little bit grumpy or upset or sad about something - it's okay, but let those feelings be seen, heard, and loved in you in order for you to then be able to go higher. The sooner all on Earth learn to love the state that they are in more unconditionally, the higher the frequency this planet will move to, but we digress! Back to these timelines. Timeline one is your mundane or grumpy or upset day. Timeline two is a quite good day, a day where you are able to shift your frequency. Because of where your energy field is on that day and because of where the energy field of the Earth is on that day, you are capable of having a quite good day.

Maybe a quite good day is enough because last week, a lot happened for you and you are still integrating and processing it. A quite good day is enough of an energy jump for you to acclimatize to, and that is the perfect place for you. Then there is timeline three. You have what you would call an exceptional day, one where you are connected, peaceful, you have epiphanies, breakthroughs. You let more of your soul self through into your human form. You meet people and do things that are going to be part of a higher timeline for you in the future. Those meetings and those moments feel so good to you because you are feeling the higher future in them.

For example, when you meet a person who is a significant player in your coming year or two and there is to be lots of happy (we will say) co-working or co-relating with this person, you feel very good in your body for that moment, for that time that you are together for your body is feeling the future timeline. This is something we have talked Lee through, and he now talks others through it. You can always run a check in your body as to which timeline feels better. For example, if you are trying to decide on an option that you have in life and you can't decide whether you should choose yes or no, we always say, just for a few seconds - perhaps 10 or 15 seconds - let your body feel what it would be like to walk toward option A.

Think of something in your life right. Now think of a choice you have to make. It could be a very simple and small choice. It could be, "What am I going to eat for lunch?" or it could be something far bigger that is plaguing you right now. Ask your body to first of all try on walking towards option A around this choice and see how your body feels. And now option B. If it was the lunch option and you are trying to decide between eating the salad or the sandwich, those would be your two choices, your A and B. Now see what option B feels like and sit with that for five, 10 seconds. In which option did your body feel more open, more

expanded, more the way you would like to feel?

That is the option you can walk toward and choose. You see, this is a useful exercise. Lee calls it the body test. Before you have a deeply intuitive body, and that is forgotten, many of you like to focus on the third eye and the intuition and the crown, and all of that is well and good and it is all true. However, the more intuitive you become as a being, the more aligned with intuition your body becomes. Women know this very deeply, and they tend to have this relationship because of their connection to bringing life through their body. It doesn't mean all women who don't bring life through their body do not have this connection. It is just in the code of the woman's body, but equally, a man's instinct is a little different.

Men and women - and we are aware that there are many of you now on the planet who are balancing that gender playing field by not identifying as either gender - they have different ways of being with intuition. It is important to honor and respect that. But all of you have the ability to feel in your body which path to take and yet, this is so often something that is neglected. Many of you are so busy in your mind, understandably, for you are being asked to largely engage with your world through the mind, that it can become something that is forgotten - where you come back to the body for a second and ask the body how it is feeling, and what it would like to do next and where it would like to go.

If you want to become more intuitive, we would simply ask you to practice this body test as often as you remember to and do it with the small and simple things, so that you learn how to be with this as a barometer before you apply it to the big, big things or the things that might be hard to undo or change. It is okay to take big decisions big, bold moves if you are also willing to retrace your steps, should those big bold moves prove to be not quite what you wanted to do. This brings us back to our three timeline example. Now of course, there are myriad timelines available, but currently where human consciousness is, most of you as humans will have approximately three on any given day, where you can resonate or vibrate.

We would like to again clarify that having a day where you are on perhaps your lower timeline, the timeline that isn't full of flow, connection, or joy can sometimes be exactly what you need. There is still a judgment within your spiritual, mental community that higher is better, and that is not actually the truth. If you were to say higher is always better in the path of healing, you will never heal anything. You will not be able to encounter those lower parts of yourself that need to be brought to the light, need to be loved. The reason we remind you of these timelines is, there is a narrative on your planet right now and in fact, we will say there are many narratives.

There is not just one narrative - you may be aware of one or two. But there are a great deal of narratives going around that would like to predict the future. We would say to you, it is simply not possible and where there is a narrative where the future is trying to be controlled, we will say they are going to be people, areas, and groups that are going to run into all kinds of trouble, particularly when you get to 2024 and beyond. For the dense energy you are all in as a planet right now is dense for a reason, but once you get to 2024 and beyond, it is going to lift somewhat.

Now that doesn't mean everything will look like sunshine and rainbows every day, and we are sorry for those of you who want it to look that way, but we promise you, if it did, you would be bored and you would not be incarnate on this planet at this time. Many of you are here as warriors. You may identify as being a father, a friend, a daughter, a co-worker, but many of you are here as warriors. You are here as warriors for consciousness, and that does not mean you are perfect, you are fully healed, or you are enlightened. It simply means you are here to stand for the growth of your own consciousness and to be an ambassador for the growth of consciousness on the planet.

Now, isn't everyone doing that? You could argue yes, to some degree, for everyone on Earth is playing their part, but there are those who are here to (shall we say) lift the playing field. There are others who are here to help keep the playing field healthy or safe or organized, and all of those skills have their place in the tribe of humanity that you are, but it only requires 10% or less of you to affect a room. We will break that down further. Let's say you walk into a room of nine other people so there are 10 of you in the room. Your frequency can change the whole room. Your consciousness can change the whole room. Even if you do not speak a word and in fact, we would argue that sometimes, it is those who do not say a word that are affecting the room in some of the most powerful ways.

The reason we bring this up is because so too is the opposite true. You have recently been as a world discussing and experiencing polarization; high negativity, high positivity, high negativity. It is also true that one person who wants to drag everyone else onto their timeline in a room of 10 people has the capacity to do it if the other 10 don't know it is happening, don't know how to resist it, or have not yet claimed their own sovereignty as souls. This is why boundaries are so important and in a human mind, the idea of boundaries can cause all kinds of arguments. We have seen and heard many of you will say, "Well, boundaries is not good because, then you are not loving and you are not in oneness."

Oh, boundaries is essential. Boundaries is essential. You will not be able to fully open yourself, or to this world if you do not know at which moments and to which groups or people you should not be open. It is not your job to be here to merge with every single individual on this planet. There are so many of you, and the truth is you are merged with everybody because you are here in existence at the same time, but you will never know most of them. You will never see most of them. You will never be in the same room as most of them. But you are a consciousness field so it is very important for you to understand boundaries as a warrior.

This makes you the best warrior. A warrior who only knows how to attack causes quite a ripple of damage in the energy field. We understand that this can happen and be part of life, but what we are encouraging all of you to understand is, you are a warrior of the heart, you are a warrior of consciousness, you are a warrior for higher energies, and this means two things:

- You are allowing those frequencies into your human body at an all new level, and that is new for you and that can be its own process, its own job.

- Then you are bringing and disseminating those energies to others. And it will often not take place in what we would call spiritual language.

It will simply be your ability to love somebody who is having a hard time and listen to them with an open heart. It will not necessarily be being the best counselor, or the one who can help them out-strategize what their mind is doing in response to the emotion. Love is very simple and if you are good at your own boundaries, if you know how to boundary the time that you need to replenish yourself, if you know how to boundary your energy field when someone walks into the room who is trying to drag the room onto their timeline and it is not resonant with you, you will be okay. This is very important for we would say that to those among you who we would call the sweeter members of this group who are tuning into this message.

Here, we must clarify it takes great strength to be sweet on this Earth. Sweet is often a word that is under-appreciated and undervalued. But to be able to be in the angelic, sometimes elemental or fairy energy that is sweetness, is something that takes great strength and great energy in a world that is not necessarily placing sweetness and kindness as the number one value. For those of you who are perhaps in the sweeter members of this group, we know that it has been a little horrific for you of late. We know that you seeing some of the fighting, judgment and pain that is flying around on the planet has been testing for your soul, testing for your belief, testing for your desire of wanting to be here.

Those tests are always boundary tests. It is not that the people that you might be upset by are wrong and it is not that you are wrong by being upset. It is simply you meeting a new place in yourself and firming up a new boundary, so that next time, you are exposed to that kind of experience or behavior, you will know to stay with it a little less, to not get as involved or perhaps to say something that will change the course of the action. One is not better than the other. It is not your job to change other people if it does not feel like that is your job. You might be the person who always simply walks away, but equally, there will be those of you listening who are wonderful at communicating and changing the energy of the room by tackling those people head on.

You are all needed. The sweet ones, the outspoken ones, the feisty ones, the loving ones, the gentle healing ones, the slightly more aggressive through their action and their mission ones - all of you are needed and wanted on the Earth.

None of you are anything but a reflection of who humanity has become at this time in human history, 2021. But even though the narratives of your current planet and the shifting sands in your systems, in your environment, and in the way that you are all going to have to be with the Earth in different ways in the decades to come, even though all of that is changing fast and you are being asked to look at it with (we will say) panic or fear, so that you will acquiesce to some of the ways that are being offered to you, which at this time mostly are (we would say) of when you look at consciousness and you say 100 is high, at best what we are seeing at the moment in your mass consciousness is anything between a 30 and a 50.

What many of you are here to do is to bring your presence, your energy, and your gifts and

abilities to this Earth in small ways and in big ways, depending on who you are and what your job is that will help get this planet up to a 60 or a 70 in the coming decade. It is possible. If you don't like what you're seeing out there right now - good, you shouldn't! We would be concerned if you did, but what we are asking you to understand is, there is far more to it than what you are seeing right now, or what you are being offered. Can you make peace with the part of you that does not feel aligned with aspects of this planet, aspects of this humanity, so that the parts of you that are fully aligned with why you are here at this time to do the work you are here to do can rise?

Are you willing to grieve the grief you need to move through your system in response to perhaps the year you've had, or the week you've had, or the day you've had, or the life you've had? Are you willing to acknowledge that you're a person who has a certain level of sadness in your system and even though you can feel joy and happiness, there is often this relationship you have to sadness, which puts you, by the way, in about 70% of the population? Your relationship to sadness is not your own, even though you might privately feel it. Can you bring that forward? Can you share that with people in some way?

Even if you don't want to speak about it, can you push against your programming to stay home on the days you're sad, and to see what happens if you go out with that sadness in you, and to see how it moves, and to see how your timeline changes? Our point is you are here to create the future. You are not here just to experience a future that other people tell you is what is happening and by the way, we are not trying to point the finger or lay blame here. To any of you who have a very, "It is us v them," we will say to you be a little careful with that, because that attitude is as one-dimensional as the very energy it is coming from. By all means, if you are a freedom fighter, an activist and right now, you are in a very, "us v them" mentality, and that is the way you are playing the game, we understand.

We support where you are, but we would remind you that even if right now you are fully committed to your "us v them" game, at some point, especially if you achieve what you are trying to achieve, the "us v them" will have to branch out into a more multi-dimensional consciousness than the one-dimensional slant of the "us v them". If you notice - this is clear in your media, your mainstream media - one dimensionality in "us v them" is all you are really offered. You are rarely offered anything that comes from a multi-dimensional heart based place, and the wonderful thing about this time is that more of you are seeing what aspects of the system you don't enjoy, or that you think are missing and you are beginning to create it.

We would say to you, perhaps you are out there creating good news for people. We will use the internet as an example here because it is, in a way, the mainframe way that so many of you are connecting and communicating at the moment. If you have a good news channel, let's say 300 people are following your channel, or watching your page or whatever it is, that is an enormous act of consciousness that you are bringing to the world. You do not need to have the same kinds of numbers as the old mainstream media channels, for that is not the way the world is going. You are moving into multi-dimensionality. You are moving into more of you being seen and heard in the system of your world.

You are moving out of this single focus of control and yet, you are currently fighting against that very system in so many ways, but it will deplete some of you to fight it head-on. Most of you listening to this are here to create something different rather than fight what is there. A small percentage of you, and we commend you for the role and the work that you do, are here to fight it a little more head on, and you will know who you are. The truth is all of you can change and transform your role at any time on Earth. Your destiny is only fixed until you achieve it, and then you get the chance to start again and go to a higher level on Earth if you choose to stay in your body.

You are a generation whose destinies are changing faster than ever before. If we were to talk about, let's say the time period of 1860 to 1920, the destiny of a soul in that time might have been colored by one or two or three themes. Usually when that soul had completed those destiny themes, be they to learn unconditional love or to believe in yourself as a soul, as a human, to accomplish something to do with power to help rebalance lives where you were powerless, we will say to you that for most of you incarnate in this time, your destiny themes are anything from 10 in a (what we would) say more traditional life, through to 18 to 35, for those of you who are going to truly access your multi-dimensionality within your human role.

We should clarify that does not mean you have to change your name, or your outfits 19 times in your life, although some of you might do that and have great fun with it, and that is good. But it means that who you are as a human will slowly and quietly evolve from the inside. This is more than just the evolution that age and changes as you go through your age on the planet around you facilitate, that is a given. All of you will leave a planet that is quite different to the one you were born into in terms of collective consciousness and equally, the changes your own body and the speed of your way of being a human changes will also change your personality, but we are talking about something completely different to those two things, which often are enough.

No, we are speaking about the birth of multi-dimensional consciousness that all of you are not only in, but are responsible for playing a part in, responsible for ushering forward. When you are in an era of love, such as you are, it often is a fight. It can be a struggle to allow love to rise and permeate more people. For the wounds that were in the way of love being more present in consciousness - they have a lot to say. They have a lot of will. They might have ancestral roots that are so deep, and so many of you might be wound into those roots. But try to remember this, a wound is only ever trapped energy, trapped life force that got frozen in amber at a point in time, history or because of an event that happened.

As you go back to that moment and give it time and attention, give it love, help it to heal - you get the chance to get your life-force back. You have the ability to bring in more of your multi-dimensional soul. And in conclusion, we hear some of you screaming at us, "But what will that do to my family? What will that do to my friends? What will that do to my life?" You are at a time in history where you do not need to blow up your life quite as much as you might have in the past in order to allow your soul self to come through, because there are more of you incarnate on Earth at this time going through this process than ever before in human history.

There is a support network there and if your next argument is "Well, I am alone, I do not have support," well then you either need to place some more attention on finding support and be willing to give it the time and energy to put that intention out there, and then follow the breadcrumb signs, or if you have tried that and it has failed, there is some healing you need to do around connection. Something happened in this life or in other lives that has made you believe you have to be alone with your wounds, and that is not the way of the future or the now. You are far more lovable than that, far more lovable and beautiful than you are currently believing yourself to be.

Even if you are able to successfully compartmentalize and there is just a part of you that you think is not lovable, we promise you, for any of you with that thought in your mind, there are hundreds of millions of other people on this planet with the exact same thought - hundreds of millions. When we say you are never here alone, we mean it. But what your human mind, your human eyes, and your human perception might see is, "I am here alone." What we would ask you to reframe that sentence as is, "I am disconnected, I am disconnected from the source of love inside myself," and/or, "I am disconnected from others who can bring me love and share love with me and receive the love I want to give." Love is not giving a gift remember.

Even though gifts are, we understand, a love language. Love is not one single action. It is an energy that builds over time. It is why you get very connected to the people you are around for a long time, because your energies intertwine for many months, years, and so that love compounds. It is a trust. It is a trust that whatever goes on in this relationship, there can always be a return to the presence of love. However hard it gets, however challenging and often, the greatest love appears when you are willing and able to go through those challenges with another soul.

In conclusion, the challenges inside people at this time on Earth have never been greater. Now, for the empaths among you who that just broke your heart, we understand, that's okay, but we ask you to not let that break your heart for too long. We ask you to recognize that is your feeling resonance, that is your empathy and to let your empathy have its moment and have its time, but to also recognize that you are here to help with those people who have the broken heart. And that you being in your broken heart in resonance will just mean two of you are now broken-hearted. Instead, let that broken-hearted moment in your empathic body be a clue, a signal, a call to action.

The action might be as simple as giving that person a loving smile. The action might be as great as gathering a group of friends to rally around this person, because you can tell that they need help and support, and they don't know how to do it themselves, but you can help organize it. Your empathy can be a superpower warrior. You are all warriors, and to truly understand that is to also accept and understand there are levels of war on your planet, both seen and unseen. We know that pains many of you, and we know that you wish it were different, but it isn't. What can be different is the love, compassion, and frequency that you pour into this world. You must never do that when you are depleted.

You must always tend to yourself when you need to tend to your own needs, your own

energy, your own healing, but then you will recover - get up again. You will continue to emanate the frequency of love that you are here to be, here to shine, here to experience, and here to create. You, dear creator, are creating the future right now. Never believe you are doomed, for then you agree to the doomed timeline. By all means, grieve, cry, feel upset, but if you are still feeling upset weeks and months later, you might need to do some deep healing. If those emotions move through you in minutes or perhaps even hours, you know that your system is learning to flush what is moving through it and reclaim your pure life-force for yourself.

This is not a pure planet, so don't be under any illusion, but there is pure energy here all of the time, and you can find it everywhere. You simply need to cultivate more of it in and for yourself, and then plant the seeds of it when and where and how you can and how you feel compelled to. Dear beautiful souls, you master creators - are you ready to be here at an all new level? Good. And if your answer was no, keep working on everything that we have said to get yourself to a place where the second or third timelines become a possibility for you. Find the people who can support you to step out of the burden of the past and allow that life-force to meet your now and your future.

It is not about forgetting, for there are losses that all of you will incur that you will never forget. But there is a difference between having a moment of sadness or grief for something that was lost, and losing your life-force or will to live because of something that was lost. They are two very different states - the same energy scale - but one is in the way of your life and the other becomes a part of the tapestry of your life. Good. A pleasure to be in dialogue and frequency with you all. In peace and in love dear beautiful souls.

Lee: Take a moment to let yourself come back from wherever you went, especially if you went quite far out. It's okay if you've still got your eyes closed, and you feel a little resistant to coming back. You can take your time.

You can just, whenever you're ready, in your own time, you can open your eyes, return to the room. I've been channeling and teaching publicly for, as I said, almost 17 years, and I've noticed a huge shift in the last three years especially - three to four - around this idea that it's time for us to step up. I think the achievement-minded culture of our Earth can give us the wrong idea about that. "Oh, I've got to do this. I've got to do that, I've got to do more. I've got to... no!" Stepping up is energetic. Maybe for some of you, that's going to look like you really stepping into your purpose, but that will never be without a stepping up inside your experience of life. It's driven from the inside.

Harmonizing our doing and our being is a very important phase that we're in, and that they have really been talking about the last four years. It's why I said I would devote most of this year to teaching being a creator. Because that's what I felt they were asking me to do, because my job and the job of my team who will work with me, is to help plant the seeds that you might use to fertilize your garden, that you then plant for other people. It's all a relay race. We're all just handing the baton, but the energy of empowered creatorship, loving creatorship, creatorship that is more of a custodian of the new, and less a custodian of the old, is very much the energy that we are working from.

That's very much what you're being invited to now. To those of you who joined us because you were mildly curious and you've stayed till the end - thank you for being here. It was a pleasure to serve you. And for those of you who enjoyed it, but you aren't a member of my Portal community, or you've never experienced anything on my channeling before, you might want to check out The Portal which is my monthly members' community. We have a special weekend coming up a week Saturday. It's the 20th and the 21st of March. It's called, A Weekend with Lee and The Z's. Very much like what we just did today, but it will be longer. It will be about three hours each day with a break, and I have no plan for that weekend because it's all responsive to those of you who show up.

Much like today, I had no plan. The messages that will come through are the transmissions that are required for the group who choose to be with us. We'll make sure when you get a copy of this replay, which we will send you, it may be as soon as tonight if the processing goes through successfully. If not, it will definitely be tomorrow, and I will make sure that there are links to those things if you want to tune into those. For today, I just send you all love, and thank you for being here. We're going to play a song for you, for those of you just want to take some time to integrate this message. It's a song called, All Who Walk The Earth from the album Davor and I released last November which is called, Awaken.

There should be a thing on the screen that will show you where you can hear that whole album if you want to, but for now, enjoy All Who Walk The Earth. Thank you for being here today guys, and lots of love to all of you.

--

To register for A Weekend with Lee & The Z's, go here:

<https://www.leeharrisenergy.com/weekend>

To purchase or stream Lee & Davor's album, AWAKEN, go here:

<https://www.leeharrisenergy.com/awaken-album>