

March 2025 Energy Update

Hello, everyone. I'm Lee. I'm an intuitive, and every month, I take the pulse on what might be showing up for us energetically, emotionally, psychologically. Three of the themes for the Energy Update for March are:

The Slow Lane is the Fast Lane,

Dimension Jumping, and

Light for Healing Enters in March.

Stay tuned for the full Update.

Hi, everyone. How are you doing out there? I hope you are doing okay. It's certainly a very thick time energetically for so many of us all over the world. And one of the most important things that we're really going to have to learn to do and continue to cultivate as we go through these months is an ability to self-care, which is a little different to self-repair or self-soothe. Self-soothe tends to be a way of regulating ourselves in the moment. Self-repair is often recovering from something that we've been through and bringing in the healing that we need to repair. Self-care is an ongoing process—a way for us to look out for and look after ourselves as we go through these "almighty times," which is a sentence I was given by my guides earlier and which will show up a little later down the list. But all of this relates to the first theme for the month, which is: The Slow Lane is the Fast Lane Right Now. The Slow Lane is the Fast Lane Right Now, and this means a couple of different things.

Slow healing and a need to rest and recover was strong in February, and that will continue through March. We're all here to live and sustain ourselves through these almighty times on earth. So, attend to being slow with yourself in whatever ways you can and restore when you can, as much is being asked of us both externally and internally right now. The Slow Lane is the Fast Lane. If you look at this through the lens of healing, it's often when we are in a slower period of our life or a slower experience of our life that incredible healing is taking place; there are all kinds of things moving through us that are lining us up for our future and where we're going. It's often those times that we can feel the most frustrated or like nothing is happening that are (I've heard from my guides) some of the most fertile times when we are rearranging ourselves for the future.

That truth is part of The Slow Lane is the Fast Lane. Some of you might have a feeling or a desire or a wish to accelerate things at the moment, but as you can see, the turbulent energies on the planet right now aren't necessarily helping or that stably supportive of speed. So, you don't necessarily want to rush into something that's an electrical mess of wires at the moment. If anything, you want to stay steady with your focus, and of course, you can proceed with speed in areas that you practiced or areas that you've got used to navigating the traffic very fast. But for a lot of the other areas you might be developing in your life to do with who you're here to be, why you are here, and how you are particularly

responding to this time that we're in, all of that requires a little stillness, a little slowness, and also need to restore.

Making sure that you are restoring yourself, not burning yourself out, and not getting overwhelmed without finding ways to pull yourself back from overwhelm—really noticing how you're doing, which is a superpower that we all need to develop. But in times like this, we're really asked to notice how things out there and people are affecting us. Because you will be feeling things more acutely. Even if you're someone who is great at holding your feelings, you'll be feeling things more acutely. If you are new to this level of feeling or awareness, you feel like, "Oh wow, I'm beginning to sense things in a way that I don't think I used to." It's even doubly true for you because the speed at which you have awakened at the time that you have awakened or are awakening certainly makes for quite a rapid ride. The more we can hold ourselves in slowness and stillness, the more we will be a counterbalance to all of that that's going on around us. The Slow Lane is the Fast Lane Right Now is the first theme to be mindful of this month.

The second theme, very interesting, I was given the title Dimension Jumping. And here were the accompanying words: Many of us are flipping faster between dimensions right now, into and out of the highs and lows of life, but also quickly able to shift frequency as a result. Often we go through a release inside ourselves in order to walk into the next height or higher dimension we are being invited into. A low can be followed quickly by a high. When you start to notice this dance is happening within you, it can become easier to be at peace with whichever point you find yourself on the journey.

I think many of us were trained to look for the good moment or see that as the achievement or the kind of evidence that we are getting somewhere, whereas the truth is, as we all know, life is a journey, and we go through all of our ups and downs for good reason.

But this dimension-jumping piece refers to two things. Number one, there will be many of you tapping into sources of higher information now that you've previously either never had access to, or you feel that the veil is very thin for you now around intuition or messages or the experience of energy in the world. That's happening to more and more people. And that might be your story right now and what you are experiencing. If you are going through all of that, remember it's just good to ground; it's good to come back to the body. It's good to take a break when you feel like you've been very immersed in or focused in high-frequency energy, big visionary energy. It's always good to be able to bring it back to the body and ground it so that whatever high frequency or vision we're receiving, we can actually then use it and bring it into our life.

But the other side of this is the part about going in and out of the highs and lows of life far faster than we may have previously. Previously, in a day, you may not have gone through 19 different things, but today you find because you're dimension jumping, you can go through 19 different things. Which leads me back to the first point this month, which is the importance of recognizing the intensity of the times. It's not just something we have to keep running through. We actually have to know because we are running, when we have to stop, and when we have to slow down. That's really important.

This dimension jumping can feel quite unusual when you aren't used to it. But many of us are stabilizing this as a new normal, which is why the final sentence refers to when you start to notice that this is the journey that you are on, it can make it easier for us to get a little less fearful or resistant when we're in a lower phase. We start to recognize, "Ah, I'm clearing out some of my basement here because something higher or better is coming for me." It's actually that very future thing that often pulls us toward it. And in the process, we start to shed things emotionally, energetically. We don't even know why.

It's why you can experience a day where you think, "Everything is fine in my life. Why am I feeling so sad today?" And if you aren't necessarily being empathic for something going on in the world or a friend of yours or people that you know, it's often just that we're releasing these sheets of sadness that we've carried for a long time, that may have been part of our identity. It may have been a part of the dimension we lived in. But now, we're being asked to let go of some of the older stuff so that we can move into these new dimensions of reality that are landing here on the planet more than they ever have.

It can certainly be a little unnerving, and it can make you feel, "Where's my point of balance?" But if you remember that the dance is the balance and it will bring you to a different point, at some point, you'll be able to weather those periods where you're feeling a little uncomfortable with some of the, let's say, lower dimensions you're experiencing.

The third theme is: Light for Healing Enters in March. Light for Healing Enters in March. March will bring in the strongest healing energies since the year began. This energy will be repairing and disrupting destructive energies within us and around us. This bodes well for physical healing, but it can also be a disruptive force in areas where harm or damage is being caused to the balance of an area of life or the world at large. We know that there is a great deal or a great lack of compassion playing out in the world right now when it comes to areas of the planet, groups of people, the world, and all of us at large.

We're seeing that play out in quite aggressive ways, and the ripple effect of that is being felt. This light for healing is going to be somewhat of a disruptive force in this coming month. That's the message I received. It will be interesting to see how that plays out, but it's to do with balance energetically. And when things are being dragged so far into imbalance, there comes a point when energy corrects itself, and it starts to come back the other way. So, it'll be interesting to see what plays out globally around this light for healing.

But on a personal level for you, it can also relate to areas of yourself that you either are needing help with—perhaps you're going through something very physical right now that you need healing energy support with—or it could be a psychological or emotional pattern that is moving through and out of you, perhaps an area where you're not caring for yourself so well or you are not so balanced toward yourself and your own life. And this is being exposed right now because of this healing energy support that's coming in.

So, healing will be quite strong in March as an energy, and for some of you, it will probably be the main character in your month. You might find that March becomes all about healing, either because of you personally or someone very close to you, or you spend a lot of time working on, "How do I create a more healed version of myself and my life?" Remember, our

more healed self is simply a self that can be more present, more whole, and more available. We're always evolving, but the more we heal the dented or wounded parts of ourselves, the more becomes available for us to be here.

Theme number four: Re-evaluating Your Relationship to Self and Others. Last month, I spoke about the feeling of disconnection to old habits or people, places, and things. A lot of people are experiencing this. "What is it that I enjoy now? What is it that I want to do now? The things that used to work for me, I'm not really feeling a connection to." This month continues that theme but with a more forward-moving intensity. It will mean you will put your personal connections under the microscope—your personal relationships. Whether these show up in the workplace or your personal life or other areas, you will be looking at how you connect. It's not just about who the other person is or whether or not you are with the right people. You'll be looking quite deeply, some of you, at, "How do I connect in this relationship? Is this how I want to connect in this relationship? Is there something I could be doing differently to create a richer level of connection between us or harmony or communication?"

Rather than this being about choosing or no longer choosing certain people, it's actually more to do with how we relate to others and what are we ready to be more available for now? That will be under the microscope for many of you, and that's partly because of this disconnection. We have to get disconnected from things that used to be our habits and our patterns in order for us to bloom into something new. Because if we stay doing the things that we've always done, there's no need for a new bloom to take place.

Personal connections under the microscope—your relationship to your body, health, and well-being is a part of that, and your way of living life. A lot of people are questioning that right now. And understandably, with the amount of quite aggressive changes that we're seeing globally around how we live our lives. Even though some of those ramifications are going to take time to play out, the minute they are seeded, many of us start to feel them, start to be in response to them, and in relationship to them. Just as things are changing out there, so too does it have a knock-on effect in us accordingly.

Theme number five—this actually came from my Annual Energy Update, which was a written Energy Update this year because I had a whole thing where I lost my voice for a little while. I know many of you have already printed out that PDF. If you want it, we'll make sure we put it in the link underneath here. But there were two themes from the Annual Energy Update that I was called to bring into your focus for March.

Theme number one from that Annual Update: Freedom From Self-Suppression, Freedom From Self-Suppression. This is a huge theme for this year. Many of us are in the final phases of long healing cycles, issues or areas of life that we have been in a struggle with for a long time. This could be some childhood wound that you feel has plagued you your whole life, and that's been a long healing cycle for you, even if you've got better and better at it. This year brings with it the power to have many of us just be done with a lot of those cycles—things that have defined us or been part of our identity for a long time—a very rapid change. So, this freedom from self-suppression is a huge piece here.

It's interesting, isn't it, that we are looking at where we are being allowed or suppressed globally? And at the same time, what's happening in people is people are beginning to find their voices, find who they are, get clear about what they think and feel, and find healthy and powerful ways to express and also bring those energies out into the world to be of positive effect and impact. Freedom from self-suppression is no joke. It's quite a big arc, but it's an arc that we're all in, and there will be areas we're all really expressed. There will be areas that each of us has gifts in, and we feel comfortable being expressed in those areas, but we all have the areas we are less comfortable in.

That's what's going to come into focus for a lot of us this year; having a look at the parts of you that maybe never got to develop in the past or, worse, you were encouraged to suppress them. You were encouraged and experienced circumstances that made you shut them down. Those doors are beginning to open now. For those of us who are on a bit of a rocketship this year, freedom from self-suppression is going to be an interesting underlying theme, and it might be worth you just keeping that in mind as you go through your life and navigate the way you're showing up in places. Ask yourself, "Huh, was I fully expressed there in a way that I could have been?"

Being fully expressed is not about being the loudest person in the room. In fact, often the loudest person in the room is not usually that authentic with their expression. Being fully expressed is knowing that you were able to be present and show up and communicate and behave in ways that feel aligned with who you are, rather than mental thoughts or fears or societal conditioning stopping you doing that. It's a real edge for us because it taps into areas of survival, persecution, and being extricated from the group. There are lots of very core wounds within us as humanity around being fully expressed as who we are. So, this is a big one, and lots of us are looking under the hood at that one right now.

The other theme, theme number six, also came from the Annual Energy Update: Two Steps Backward Before Two and a Half Steps Forward. Two Steps Backward Before Two and a Half Steps Forward. You might be experiencing this in your life right now. You might be going, "Oh God, everything just seems blocked or seems to take a long time. But eventually I get there, and I get to where I want to get to, but things aren't quite going the way that I thought they would."

This is one of the big themes of this year. This theme will require a great deal of strength to hold our nerve during this process. This will show up in our personal lives, but also global issues. Because of the higher consciousness energy at work on the planet right now, there will be a continued disruption to plans around the disempowerment of humanity, and much of that will come from people themselves speaking up and taking action. Which leads to the next theme, which I'll go to in a second.

But this Two Steps Backward Before Two and a Half Steps Forward, one of the messages on the Annual Energy Update was reminding us to hold our nerve around things that we see playing out that look like they're going a certain way, but they will often get cut off or, just at the moment where they're going to solidify, something will disrupt them. There will be a lot of chaos around plans this year, including big plans that are announced to us. Because it's

going to be a very chaotic year. The message there is not necessarily just to think, "Oh, everything's going to be fine. I don't need to do anything." It's not that. But it's more about recognizing the emotional impulses in the self when you see how something's going and learning to, perhaps, let something play out and keep your eye on it, and observe it, and adjust yourself accordingly. Or play your part accordingly, which might mean speaking up or standing on behalf of a cause that you can see is under threat.

We will all have different resonances for different things in those areas. Two Steps Backward Before Two and a Half Steps Forward, see if that's showing up in your personal life and also just apply that as one of the ways that you look at the global situation. Not the whole story, but a piece of the story.

Okay, theme number seven: Despair, Anger, and the Boundary of "No." Despair, Anger, and the Boundary of "No." This is a very global theme, but again, it can show up personally. As more begin to realize that others might not have your best interests at heart, there can be a despair and/or an anger that happens. This can show up in your personal life. It can be some of those relationships that maybe have suddenly changed in recent months or years that are quite shocking to you at the time because you feel like, "Oh, hang on, I thought there was some kind of connection here."

But things can change quite quickly with how people are right now. There is a lot of vibrational shift going on in relationships, which means they get stronger; they transform, but it can also mean that any that aren't super solid or were no longer supposed to be super solid for you—they were supposed to step out of the way so that the new can come in—they will change. This realizing that others might not have your best interests at heart and there being a despair or an anger that happens around that or a sadness that can be very personal. But also globally, there is a lot of shock going on for people from all sides and all ideas, and that's going to continue. As we go through the year, this is going to be a real reckoning year around we the people and how much involvement we are allowed to have in how things are going or not.

The boundary of "no" will show up more globally as a result. And many of us will feel called to hold that energy in not just verbal but also proactive ways. The boundary of "no" is us closing a door in a certain direction or certain relationship or just holding a boundary around what we will and won't do with another person. Again, this can tap on all kinds of stuff to do with bonding, attachment, and connection to others. It can make it a little edgy for those of you that like to connect. But boundaries are really important because they reflect alignment. Boundaries reflect alignment. It's not about walking around the world going, "Yeah, I just want to say no to everybody." That's different. That's a whole other game. It's more about recognizing, "Ah, no, this is not a "yes" for me, and I need to express that or communicate that somehow." So, that's a global theme for March and also a personal theme.

Lastly, theme number eight: Underexplored Old Abilities Coming Forward. Underexplored Old Abilities Coming Forward. One surprise during this time, for many, will apparently be old abilities coming forward for you. Either talents or abilities you used to possess but had long forgotten, or past life gifts that you didn't know you had but are so effortless when they

appear in your life because you have a strong past relationship with these gifts. Why is it that somebody can just take to a certain thing later in life? Usually there's some alignment or some past life experience or some past life gift. Sure, it can be that any of us can tap into that power when we really focus our creativity, but apparently, more of us are going to be bringing forward either abilities we used to have and use that we abandoned at some point along the way, or gifts and abilities that we didn't know we had that are going to literally come through us.

The message around this one is there won't be much thought involved. It's not going to be the kind of thing where you sit there and go, "Well, I'd love to play the guitar, and let me think about that, and let me get a teacher." No, it's going to be a bit more sudden and surprising, or it comes through you in a way that is quite shocking. I think for many, this will be the opening of their psychic gifts. Many of you might be opening more to your intuition and your psychic gifts, but actually, put that group aside; this is just going to be a widespread experience, not just in March, but in the coming months. So, look out for that and see if it shows up for you. I hope whatever ability you get, it's very helpful to you and those around you in your life.

That is all of the themes for this month. So, let's take a breath together. Good exhale. I think we all need a good exhale at the moment. I've noticed that even if you are doing a very good job of keeping yourself focused in order to stay strong or resourced, it doesn't take long for the energy to find you through someone or something. It is a very active process right now around keeping yourself as aligned as you can, and on the days you don't feel aligned or in the hours you don't feel aligned, be as good to yourself as you can and rest and recover. It's really important.

A few different things are coming up from me in future months. I'm very happy to announce that this month, on March 18th in America, and it will be next month in the UK and other countries around the world, *The Future Human*—the book that I co-created with Regina Meredith—is coming out. We had a very long publishing delay on this, so we're really happy that it's finally coming out into the world.

The book is in printed form, and the audiobook version is the actual conversations that took place between Regina Meredith, who is the journalist from Gaia TV that I'm sure many of you know from her very popular show *Open Minds*, which I've been on many times. She interviews my guides, the Z's, on all kinds of topics to do with now—everything from our systems, power, who's running the planet, and what's going on, AI. It's a very deep and broad look at all of these topics that Regina has been researching and studying for a long time, and she's in dialogue with me while I'm channeling. It certainly packs a lot of energy. It comes out in March 18th, if you feel called for that, *The Future Human* can be found at all online retailers, and you can order it from any bookstore if it isn't there.

Next up, we have *Soul Magic* in July, which is my six-day energy immersion. It's basically both energy mastery in that I teach many energy principles throughout the week, but it's also a mystery school. Because for the group who gathers, there will be a set of themes that I will receive right before the week begins that we will be working on in the room. There's lots of

Q&A, lots of channeling, there's music, there are exercises, and there are community gatherings. And I'm thrilled that Anita Moorjani will be my special guest this year. She and I will be co-teaching one afternoon on the Power of Sensitive. So, it promises to be a jam-packed event in beautiful La Jolla, which is just outside San Diego, California.

We also have the Australia tour coming up. We'll be in Australia and New Zealand from April 16th to May 1st, and we can't wait to get started with that. We'll be in Auckland and then we're doing several cities in Australia. So, look forward to seeing you for the Big Love tour. And as ever, if you want to go deep with me each month and also experience many of the different self-care resources that myself and many guests I bring into The Portal offer, The Portal is my member's community.

Lots of love.

Until next month. We will see you back here, and I hope you take great care of yourself.

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