

November 2024 Energy Update

Hello everyone. Welcome to the Energy Update for November 2024. I'm Lee; I'm an intuitive, and every month, I take the pulse on what might be showing up for us energetically and collectively as we move through the weeks. Three of the themes for this month are:

Complex Energetics,

Power Shifts and the Fallout,

Rebuilding, Reorganizing, and Reinventing.

Stay tuned for the full Update.

Hello everyone. Welcome to the Energy Update for November. And if you are catching this before the end of November, it's not too late to join our Initiation Workshop that's running online right now. It's a Channeled Mystery School, and every single week I channel my guides, and I also give you a Calibration video to process what comes through in the channel. So, check out Initiation if you haven't already. And if you're in there, great to be doing it with you!

This Energy Update is a very significant one. I think November is the month that many of us have been focused on because, of course, you have the election taking place here in America, and that does affect a lot that's going to play out on the global stage in the coming years. So, even though, of course, I'm recording this ahead of time and we don't yet know the result, what I can speak to is some of the energetics that we're going to experience both because of that and also separate to that.

I'm going to go through each of the themes one by one and explain a little about each of those in the hope that it may help you navigate what is going to be a very powerful six weeks. There is some kind of shift just before Christmas that should come in - I was receiving this morning. But the next six weeks, the headline that I was given is: Complex Energetics. Complex Energetics. For those of you who are used to the word "energetics," you know it's the way that things feel and show up and the energy underpinning of people's behaviors, actions, words, and what's going on with people. The fact that I was given Complex Energetics as a title really makes me curious about what we're about to walk through. Because if you're a sensitive - if you're someone who's tuned into all of that stuff - you're quite used to things sometimes feeling complex anyway.

But the amount of complexity that we are going to be dealing with is going to be very important for us to remember because otherwise, you can feel easily overwhelmed, easily knocked off balance. But you can remind yourself, "This is a very complex time. A lot's going on. I don't have to be able to solve, fix, or save anything or anyone; I just have to hold my ground." So, to some degree, the message is, as we go through the next four to six weeks, as much as you can, hold your ground; find your anchor points. Because it's going to be a big

transitional and transformative time. This is a message that I actually got from my guides that I wanted to read out. It's a couple paragraphs - a couple of short paragraphs. But it was important to share. When it comes to complex energetics, this was the message.

"Our human bodies have never gone through energetics this complex before in human history, even though this time is composed of many elements that are echoes of history. This time can be a great opportunity to transform yourself, but it is also a lot for the nervous system and physical body to process. So, flare-ups in either your nervous system or your physical body can be part of a period like this, can be expected. But the human mind and heart is collectively actually capable of now becoming clearer than ever before, despite certain groups or individuals who want to drive things into a lower vibration and dial the clock back to the past. An awakening is beginning. And you are all continuing the journey of that and building a new future collectively."

That was the message from my guides. And the things I will talk about when it comes to complex energetics are a few things to practice: patience with others, patience with self, patience with the complexity and speed of it all.

If you yourself are feeling like you are too overwhelmed, too chaotic, or too confused to do things, don't do anything. Just stop, pull back, or do the bare minimum if that's where you find yourself. If you're getting frustrated with other people because they don't seem like they've got it together or they're handling things, or perhaps you're relying on them for something and they just don't seem to be able to do it. Be patient with them because, whether they're aware of it or not, they're also going through all of this. So, patience. And patience is often a great invitation to slow down. If we're in a very fast time that's very complex, it's always good to slow yourself down. For myself, on days where I'm busy or there's a lot going on, I know that I have to protect those small windows of time - be they 15 minutes, 30 minutes, maybe I can even do an hour - where I can just calm and be present and slow down.

Really take that to heart because it was interesting, the message from my guides, the Z's, about complex energetics where they speak about the echoes of human history. It's like everything is being squashed in right now, and karmically, we're going through quite a shift as a people. So, there are a lot of challenges and difficulties. We've been seeing that over recent months, for sure. But there are also these massive opportunities for growth and transformation. And that sentence I just shared is true of us as a world, but it's also true of us as an individual. Bear that in mind and stay with it as much as you can. But remember to be patient with yourself; slow things down. The world is not yours to save. Just give yourself time and space as you feel overwhelmed or overstimulated.

Theme number two is: Power Shifts and the Reaction or Fallout to That. This is very much about the election and its ripples. I know there are lots of predictions out there about who is going to win and who isn't going to win. It's interesting; the messages I've received a lot are, "Everything is still possible." I'm recording this a little ahead of November 1st, but that everything is still possible and that it's all still being created. That is one thing. But the thing

that I really want to talk about today is obviously, we don't know what the reactions will be depending on the result here in America, but this is the piece for me to share.

There has been a war of beliefs and choices among people. One of the things that we're about to experience in November is the culmination of all of the recent months of pent-up energy. And that's going to have to go somewhere, no matter what the result is. There is going to be a release of energy that has been very pent-up. For example, I wrote a sentence here, which would be a great thing you could say to people if it always worked for everybody. But so many people, I've noticed, are in a very divided opinion and stance about what they think should happen and what they think shouldn't happen. If only we could say to each other, "I believe that you believe in your belief. I do not experience what you believe in my life, so my experience and thus my beliefs are different to yours."

But we don't seem to yet have the collective maturity to be able to recognize that. Many people do, and many people practice that. But for others, there is a lot of emotion, there is a lot of fear, there is a lot of anger, and there is a lot of fight energy going on. One of the things that is going to happen during the month of November is a release of that energy that is very much driving towards this point. Power shifts obviously will be happening on a global scale, but pay attention to them in your personal life. Some of you may have wisely chosen to abstain from heated conversations. A conversation that has inclusion for everyone's opinion and experience is wonderful, but a conversation that doesn't have that just becomes a battle. So, power shifts playing out for you in how you interact with other people around this topic, and then, of course, collectively, what's going to happen after things are said and done.

Again, goes back to why it's going to be very important to look after yourself well this month. And be very mindful of what and who you're exposing yourself to for how long, so that you can stay as strong, as robust, and as connected as possible - connected to yourself, connected to universal energy, and connected to people that you love, things that you are doing in the world that bring meaning to your life and the lives of others. That's the place to always keep one part of your focus as we go through these next few weeks.

Theme number three (and this, I'm sure, relates to this): Lower Vibrations Acting Out. Lower Vibrations Acting Out. A lower vibration is someone having an angry outburst. A lower vibration might be someone being self-destructive, going down a destructive path. Lower vibrations will be acting out because of this energy storm that's going on through November. So, look out for that yourself and others. Maybe you take a bit of a plunge into depression or anxiety or pull up some stuff from your past that feels difficult to deal with. Maybe you're being self-destructive. And the question is, will you notice? And will you change course? Will you get support to help you change course if the self-destructiveness is bigger than you can handle by yourself?

This could be a breakthrough month for you, even though you might have to rub up against rock bottom or a type of rock bottom for you to get there. So, Lower Vibrations Acting Out. The message is: take care of yourself; be kind as you shed. I've always said for years, 25 years ago when I was first looking into self-growth work, there was often this judgmental hard on

yourself attitude of, "Oh, you're not doing as well as you could!" and "Here you're regressing," and "Here you're in resistance." Nowadays, the approach is entirely different (thank goodness), and it's more loving and kind and accepting of any parts of yourself that you would like to improve.

Because you're not going to necessarily get there by aggressively dragging that part of yourself to a place it's not ready to be in. Be kind to yourself as you are shedding lower vibrations, and be spacious with others who are shedding theirs. This is definitely a "dark night of the soul energy" at work for a lot of people. And so, you are going to have to know who are the people that you are going to be up close with who are going through a dark night of the soul, and who are the people whose dark night of the soul is bigger than your design or isn't quite right for you. You're just going to have to be mindful of these lower vibrations.

That brings me to theme number four, which is an interesting one. I was shown this multiple times last night when I was tuning in for these themes, so I have to go with it because it kept coming back to me, even though I was questioning it. In the third week of November, there is some kind of energy lift or bright light. That's what I was shown - very bright light energy in the third week of November, like a big upshift. This can speak to surprises, calm, or celebration after a storm, uplifting events for the future - and this is the interesting thing because these words came very strongly - even if those events appear chaotic at the time. So, whatever's going to be playing out in the third week of November, it might be immediately celebratory and feel good to you, or it might be jarring or throw you off, and at the time, it might seem chaotic. But it's actually a bright light energy that's a very important foundational piece for our future. That's going to be playing out around the third week of November.

Theme number five: Rebuilding, Reorganizing, and Reinventing. Rebuilding, Reorganizing, and Reinventing. You might be feeling the inspiration to do this in your life, or if it's happening to you rather than through you, trust the process. So, if somebody or something in your life suddenly changes on you or happens without you seemingly creating it, ask yourself, "Is this actually going to help me in the long run? Is it helping me rebuild, reorganize, or reinvent myself, my life, or some element of it?" Because that energy is really in the air right now, even as I'm recording this at the tail end of October.

It's going to continue to permeate through really the next few years, but we're going to have a strong couple of months around rebuilding, reorganizing, and reinventing. If you're feeling clear in yourself and are generally doing a good job of holding your own vibration as steady as you can, or as bright as you can, or as uplifting as you can, you are going to be doing a lot of that rebuilding, reorganizing, and reinventing through choice, through vision, and through creativity. Perhaps it will be done unto you to help move you to another place.

Can you trust the process? The future is actually what's moving you through this. You're nesting for your next phase and birth. In much the same way that people create the room for the baby in their house - or a creative will create a space in their house before they're ready to write the book or write the song or whatever it is they're going to do, or paint -

you're nesting for your next phase and birth when you are rebuilding, reorganizing, and reinventing. It's a very necessary tidying-up process.

Theme number six. This was interesting. An Energetic and Physical Migration Energy is Going to be at Work in November, particularly the second half. An Energetic and Physical Migration Energy is Going to be at Work in November. Now this relates to relationships, geography, and work. Of course, migration - traditionally we think of a physical migration. But also, I know that when a relationship changes in your life (or multiple do), it creates a different space for you to create new relationships or have new people come in. And equally at work, sometimes we lose a job unexpectedly, and at the time it doesn't seem good, but then months later, we've found another one. So again, this ties into that reinventing theme that I just shared about.

But very specifically, I was given, "Energetic and Physical Migration Energy Will Be at Work. Physically moving people from place to place because of need or, in some cases, displacement, but also because of the shifts on the planet that often require people to physically shift their lives or life details in order to be in the new." To be in the new. Again, so much change this month, like a real storm of change coming in from all angles. Don't panic if you are someone who feels like your life is quite settled. This might not affect you, but you might notice it going on around you, and you'll be able to direct things and move things into position in an easier way than you might have for the rest of the year over the next couple of months, if you're in that strong space.

And lastly, theme number seven: Is It an Opportunity or a Test? Opportunity or test? So, opportunities or upgrade tests will abound. Let's say someone came along to me and offered me something that was something I needed. Let's say, for whatever reason, I need a couple of things in my life, and someone comes along and says, "I can give you one of those things if you can give me your next three months." And I'm torn because one of the things I really need, but there's a part of me that's a little hesitant; I'm like, "Oh, three months, and it's only one of the two things I needed." These are often really interesting tests. When you aren't a full-body "yes" to something or when the thing that you've been trying to manifest comes in an "almost" form, the universe will sometimes test us to see if we're going to say yes. And if we say yes - okay, we'll get that thing, and we'll live with that for a while. Then later on, we'll get back to where we were actually going, which was an extra step.

If we wait and if we say, "No, as tempting as this is, it is not a full-body yes. I'm not feeling, 'Oh yes, I'm completely open for this.!' " Waiting can bring in an upgrade. The universe will test you to see if you'll take the first option, and if you don't, it'll go, "Okay, now we'll give you the slight improvement." This is going to be a big theme for many creators, visionaries, and those of you who are very mission-based in your work. You might be going through a period of time where the power of your "no" is more important than the power of your "yes." Saying "no" to things leaves room and space for you to say "yes" to a better thing. So, invites and opportunities may be coming your way. You may only say yes to 20% of these things. They are tests of what you will and won't commit to. Will you hold out for an upgrade by not saying yes too quickly?

Usually I get eight themes, but I got seven for this month because it was quite complex. But I will say that the eighth theme I'm just going to pull right now is: Look After Your Heart right now. Feed your heart as much as you can. Feed the hearts of others as much as you can. Allow yourself to be in spaces where people make your heart feel a bit brighter, a bit lighter. Heart energy is a currency. My guides have said it's going to become the most important currency on Earth that we have. So, given all this stuff that's flying around, fill your heart as often as you can. Remember, we're at one point in time in human history. It's a big time, but it's still one point in time. So, try and make sure that your heart is getting as much oxygen, love, and nurture as you can give it, and in scenarios and with people that you can amplify that, because this is not a time to add extra stress to your plate.

I hope that you navigate the month beautifully. And again, I just want to say, it's not all tricky energetics. There are some really powerful leap-forward opportunities here that many of you will be taking and will be acting on. Thank you for tuning in this month. As I said earlier, it's not too late to join Initiation, which is running now, and you can find details about that under this video. In a moment, we're going to share with you a short video trailer of our upcoming event in Los Angeles on the weekend of December 7th and 8th. This is my first North American full weekend workshop in a little over five years. I knew very clearly that we had to do this at the beginning of December because I had a feeling about this period of time. I wanted to do something that could be in person with as many of you who can attend in Los Angeles.

It's called Weekend with Lee and the Z's. I'll have Davor with me. We are excited to be with all of you who've already signed up, and we still have some places if you want to join us. And lastly, we are bringing our Big Love Tour to London, Berlin, Amsterdam, Stockholm, and Dublin in January. And we can't wait! We had a blast in North America in June, and there's something about being together in the room. So, if you want to come and have an uplifting, educational, transformational experience with us, please get your seats for the Big Love Tour in January. We can't wait to come and see you.

I'll leave you with a sample of the Weekend with Lee and the Z's event for December. Take good care of your hearts this month. And when you can, take good care of the hearts of others when you have some extra to share.

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