

## September 2024 Energy Update

Hello. Welcome to the Energy Update for September. I'm Lee, I'm an intuitive, and each month, I take the pulse on what might be showing up energetically, emotionally, and psychologically. Just three of the themes for this month are:

**Incoming Cosmic Heart Energy** - how that's turning us from "I" into "we,"

**Rising Conscious Action** - more people taking positive action for the future, and

**Disconnection Precedes Transformation** - why you might be feeling disconnected right now.

Stay tuned for the full Update.

Hello, everyone. Welcome to the Update for September. If you're watching this as soon as it comes out, don't worry about your calendar! We're bringing this out a week earlier than our usual release date of the first of the month, purely because I'm about to take a break for a few weeks from producing and creating work. I'm very overdue, and we have a big season coming, so that's also why I wanted to make sure I got you an Energy Update; that's why it's a little ahead of time.

But this will carry us through the end of September, and I'll be back on October 1st with the October Energy Update. Can't believe the time is going this fast. I'm sure you, too, are affected by the cosmic speed of time.

Before I get into the themes for this month, for any of you who are conscious entrepreneurs or you want to bring your healing work or your conscious work to the world, I'm bringing back my course, Grow Your Business, in the month of September. It's a full course on how to bring your work to the world in a conscious way, and I can't wait to walk those of you who join us through that. Stay tuned for a trailer for that at the very end of this, if it's of interest to you.

Theme number one for the month of September is: Incoming Cosmic Heart Energy. Incoming Cosmic Heart Energy. This just came through in a message I did for my Portal community, and it was channeled by my guides. The idea behind cosmic heart energy and how it impacts us is that it shifts our focus from being an "I" to a "we." We move beyond human egoic thinking - human programmed thinking - and we start to look at the world in a wider way. We're more inclusive of other people, and it even goes beyond other people. It's looking at the world through a more cosmic or wider lens.

If you think of how we mature and how we grow as we go through our lives - we become wiser the more experiences we have, the more aware we are of our own growth and our own development - the arrival of cosmic heart energy (which is something my guides said is happening right now and will continue to ripple through the world as we go through the coming months and years) shifts our focus into a much wider view.

How this might show up for you on a human level is that you might suddenly start to feel more humanitarian or more cause-driven, but equally, a little less consumed or bothered by

the smaller day-to-day details. It's not that you'll take your eye off details that are necessary, but you'll start to have a wider view and a wider sense of things. Meaning that some of the smaller things that may have previously bothered us as human beings or consumed our attention are no longer as sticky. Suddenly, we have that wider (you could say), more enlightened view, but the key is really "inclusive." The idea that everything that you are doing has an effect on the whole.

What can happen when cosmic heart energy starts to enter us and we start to feel connected more to the wider world is that we shift. We might see sudden shifts in relationships, work, or our focus on a day-to-day basis. You might have been consumed by something for years and it was absolutely right for you. And all of a sudden there is this shift into wanting to live in a more inclusive way, to see the world through a wider lens.

For some, this is going to be very subtle, almost unnoticeable. It will happen in a very slow, subtle way behind the scenes. But for others among you, it might be hitting you quite strongly right now. One of the gifts of living from a slightly more wide-hearted place is that you can start to perceive, see, and sense the subtle, and you trust the subtle movement of things - a little less fixated on details or human drama or things that previously might have been where all of your focus and all of your senses went.

This widening is a spiritual maturity, and it comes from the soul. It doesn't come from the human being. It comes from the realms of the soul, the realms of spirit, and the realms of the inclusive. So, cosmic heart energy beginning to impact us on earth in a bigger way. This month, it comes into strong focus. As I said, some of the gifts can be being able to feel more at peace about everything that you're seeing and perceiving than you perhaps previously were. It can also lead to our next theme, which is Disconnection.

Theme number two is: Disconnection Precedes Transformation. Disconnection Precedes Transformation. Feeling disconnected from life or from the old way of being or doing things or the old ways of the world is certainly something that happens to you as you go through more of an awakening process. Things that used to seem very important or perhaps even very believable to you, you will have outgrown some of those beliefs. Beliefs hold us in a position. Any belief holds us in a place that we want to be in that is either serving our growth or is a true representation of who we've become. But we outgrow beliefs as we grow, and that's all part of the evolutionary process. A lot of people right now are feeling more disconnected, disillusioned, and are no longer buying into some of the stuff that we all used to buy into, operate in, or think was normal.

One of the messages that I got around this is to not forget that disconnection does precede transformation. Often, in order for us to go to the next level of our life or the next level of our experience, we have to let something go. And there will be many, at the moment, who have been feeling disconnected for a while. Disconnection is not a comfortable feeling; it can be very frustrating. It can feel isolating. Often, really, we yearn to connect. We are here on the planet to connect to something. Some of us connect to people; some connect to nature; some connect to animals; some connect to their purpose or their work in the world or the family they're raising. We all need to feel connected in some way.

This feeling of disconnection is a limbo space or a pre-birth space that you go through before you transform and become someone or something new. Try to remember that disconnection is part of the process of change, and it precedes the new you. It's part of the chrysalis process, and lots of people right now are in that middle ground, that middle space. You don't just have to suffer through disconnection. Perhaps it's time for you to look at new things that you might want to connect to. It's very easy for us to recognize, "Ahh, the things that used to fill me up, light me up, that I was drawn to, they're no longer working for me." But we sometimes forget that we don't always just have to wait it out. Sometimes that's part of the process, but other times, if you are becoming someone new, what new things might you want to engage with or connect with now? That's part of the message of this theme, Disconnection Precedes Transformation.

You might be letting go of the old, sure, but it's because something new is coming toward you; many of you can feel that. And if you can feel the new coming but you haven't really viscerally experienced it yet, start putting the feelers out and trying new things and doing things that you wouldn't normally do. That's one way to be an active participant in your reconnection process, and essentially, your rebirth process.

Theme number three: Arrival of the Unusual. Arrival of the Unusual. I had to smile when I was given this theme because I think many of us feel like a lot has been unusual for maybe many years. But the fact that this was given a name, to me, tells me that it'll be interesting to see what plays out between now and the end of September.

Arrival of the Unusual will relate to strange phenomena on metaphysical and physical levels. Now, those who are aware, researched, have looked into the other sides of life - there's not a lot that you might find unusual. In fact, to you, normal life might seem very unusual because when you're looking at it through your wider lens, you'll go, "Well, this doesn't quite make sense and hasn't made sense for a long time."

But strange phenomena on metaphysical and physical levels - this means two things to me. It means that there is going to be more collective discussion, emergence, or the arrival of things that previously we've been told are strange, or we've been told to consider don't exist or aren't real. This can relate to things to do with disclosure, but it can be more far-reaching than that, more far-reaching than just galactic disclosure. It can literally mean the appearance of strange phenomena that you aren't used to seeing that are beginning to peep through the veil a little bit more. It might be that you become more psychic. It might be that you're starting to get messages from the other side. I've recently heard of a few people having experiences with relatives or loved ones who've passed over, and that wasn't their experience before, but all of a sudden, they're having that.

But the other side of this is strange phenomena on physical levels. The arrival of the unusual can mean unexpected or unusual behavior from people in your life or things that looked very set suddenly having a 360. It doesn't mean it's going to happen for everybody, but there are going to be a large number of you who tune in on this who will start to notice the arrival of the unusual. Even if you in your mind don't think what's happening is so unusual because you've always felt like, "Oh, I've always felt like this could be true or part of life," the fact that

it might be playing out to you and to other people around you, that will be the unusual thing. So, the unusual becoming a bit more usual, basically.

Again, I have to smile because I think many of us are on to that over the last few years, but this is a whole new level of it. So, it will be interesting to see how that plays out. Strange phenomena on metaphysical and physical "life" levels. Strange happenings - don't be too surprised if that plays out because that's part of the energy of this time.

Theme number four, and this has come up a few times in the last year, but it came up again: People Power Rising. People Power Rising. The message behind this is that the tide is turning versus the fear template of the last three and a half years that we've been living in. A lot of people a few years ago understandably got scared, were asked to be scared and shrank. And people power was not very evident for a while, even though there were subgroups who were trying to move us forward as a society.

There's a real shift now, and this is just the beginning. 2024 is the beginning of people power rising; we're going to see this through the next few years. But it involves humanity standing for humanity, even in the face of us being blocked from doing that, potentially. It's interesting; this makes me think of what we've just seen play out globally a little bit and people standing up for other subgroups and saying, "No, this is not what we want. This is not the world we want. This is not what we believe in. This is not what we want to create."

This is a time (and the messages have been coming through) that we, as a people, are about to rise in our true power. Not necessarily power that's trying to overthrow or enslave others - we certainly see enough of that playing out on the planet - but really people speaking from their hearts and from their humanity about how we want this world to be in the future and what we're here to help usher in.

There is a bit of a battle between humanity and other factors and forces on the planet. The soul of humanity is going to be really important in the years to come, particularly as our world is becoming more technological; there are all kinds of things flying around in those areas that we have to be mindful of. People Power Rising is going to continue to be a theme through the rest of the year, but between now and the end of September, we're going to see some spikes in that and people coming out of their fear shell or their confusion shell. Because fear and confusion definitely marked out a lot of the last few years.

During that period of time, people have re-found their own senses, and it's their senses, their hearts, and what they feel is right and true that is going to start pouring out more. When we do that as groups and we multiply, we are far more powerful, and that's how we affect consciousness going forward. That will be interesting to see how that plays out.

Theme number five links very closely to this one. It's Rising Conscious Action. Rising Conscious Action. More people becoming compelled to create and shape a positive future. We know that we have a lot to deal with. There are so many things right now that are vulnerable areas of our lives, the earth, the world as a whole. But more people are beginning to innovate, come up with solutions, and start to move us toward a more positive future. Your path of that might be the work you do. You might be one of those innovators.

You might be someone who is compelled to bring something to the world. You might be someone who is helping people navigate this change.

We're all doing it in different ways, and equally, we all do it in our living rooms and talking to each other when we meet and when we gather. It doesn't always have to be done through the lens of work, but rising conscious action is usually people who are very compelled to put their energy, their time, their passion, their skill behind something that they can see is going to uplift and upshift humanity; we're going to see a lot more of that. That's growing; that's growing in numbers; that's growing in energy.

And equally, if that's not your path, you'll feel that in your bones and in your conversations, even if you're not someone who is supposed to pour that into a work container. It is the work that you will feel compelled to do and talk about in your local communities. Rising Conscious Action - theme number five.

Theme number six: Climate Events and New Technology. Climate Events and New Technology. These are ongoing at this time, but the fact that Climate Events was given to me makes me curious to see what we experience in the coming weeks. But there was a caveat to that theme - new technology. Climate issues that we are facing and the new technology coming in to support those. The message I received was that it takes us going through some of these climate events for the new technology to surface and rise. It's a little like problem, solution. As we go through some of these new problems that we're facing because of the changes in the climate and the geography, we are going to hear about, see, and experience an increase in solutions that we've never quite heard of before.

This is going to come not just from the younger generations; there are some people out there who've been working on this for decades and decades, and this is the moment where they get to bring these things in. Even though there is much talk (understandably) of what we're facing as a world right now in terms of weather shifts, geological shifts, all of that... or geomagnetic events (I should say), the new technologies that are coming in, that's going to be the surprising thing over the next few years. We're going to hear more about it, we're going to see more about it, and there are more people working on solutions than we have yet heard of or understood. It's going to be an interesting time. Some of these rising events are going to bring these things to the forefront and into focus. It's an interesting time where that's concerned.

Theme number seven: Opening Hearts. Opening Heart Energy on the Planet. Anger into love and other fast and seemingly miraculous shifts in people. Anger into love and other fast and seemingly miraculous shifts in people. How I break this down and what this means to me - anger into love - is pretty self-explanatory. It's someone who you think is so defended and so angry and so fired up about something that they're not going to soften; they're not going to open their heart.

But the message is that we're in a time of opening hearts. So, either people who you traditionally have seen as angry or defended, they're going to be able to access love and softness quicker than you realize. Part of it might be your skill in the way you handle the conversation with them. Of course, it doesn't mean tolerate abuse, and it doesn't mean

hang out with people who are repetitively angry at your own expense. But it does mean that you're going to be surprised at how quickly certain people are ready to soften because hearts are opening. Anger tends to be a defensive mechanism when it comes to defending against love or defending against opening the heart. You're going to see anger moving into love a lot faster than you might have expected and seemingly miraculous shifts in people. That means people you would never have expected to behave or react the way that they end up doing.

That's the theme of opening hearts and love that's beginning to permeate the world. Of course, it doesn't mean everyone or everyone you would like to behave that way is going to do it. But you will start to see a shift in it, and you will see it also because you are a better conductor of it than you ever were before; you being less triggerable; you being a bit more emotionally aware; you being a bit more emotionally open yourself, it will give the anger nowhere to go. Whereas two angry people fighting, it's like ping pong. But when an inflamed, angry person just meets an open heart and peace, they don't really have anywhere to go.

Sure, sometimes a very open-hearted person can be a trigger to someone who's defended. That's when you need to stay on your game and go, "Oh, okay, I think I need to exit this conversation because they're getting worse, not better." But what you're going to see more and more is people popping into their hearts in ways that you wouldn't have anticipated or historically expected. It's a good thing but pay attention to it and also recognize that your frequency is going to be part of it.

But again, you need to know when it's not going that way and protect yourself and remove yourself if necessary because people are very emotional at the moment, and that's par for the course, par for the world that we're in. People's emotions are rising before they open. For some people, it takes time - they have a lot of stuff to work through before they can open; that's the path for many of us. But it's happening fast.

The final theme, theme number eight. Again, this came from my guides: Trust in Your Journey Through the World. Trust in Your Journey Through the World. Rather than the world itself, your journey is your point of focus and awareness. What this really means is I've heard a lot of people (I get it, I understand) saying, "I've lost trust in the world; I've lost faith in the world," and I totally (trust me), I understand why people would say that. Particularly if you're in a very difficult situation right now or your circumstances are hard right now, it's very easy for that to be your reality.

But the reason for the message, trust in your journey through the world, is that from the minute you're alive to the minute you take your last breath, you are on a journey. You are on a journey through the world that no one else is going to have - no one. You may be alongside other people who are in the same part of the world who are going through similar things politically, geographically, but no one is going to experience it the way you do.

One of the things about losing trust in the outside world or an external relationship is it forces us within. Because the only place we have left to find our faith, our spirit, when all the walls around us close, is in here. And we have all been talked out of going within. We've all

been taught to externalize or to believe in externals, or to play externally, but many of us were not trained (from our culture or our youth) to go within and have a relationship in our inner journey - with our inner journey.

Are you trusting in your journey through the world, no matter what the world looks like? Because the world - if you look through history - has gone through all its ups and downs in every stage. And of course, this is a very intense time on earth. But you could go back to periods of history and find the same reality for different people at different times. In order to be able to navigate what we're going through, trusting in your journey through the world is a very important point of focus and awareness, rather than just deciding you don't trust the world. This is also your world, and this is also how you create reality.

It's interesting, on my Portal live broadcast for August (which I just did), there was a message about going back to the sacred - going back to practices that are sacred to you, rituals that are sacred to you, things that reset, soothe, and redirect you - and that we have to do that. I've been saying that for a few years and also practicing it myself, but it's true. It's more needed than ever right now. So, trust in your journey through the world rather than only letting your point of focus about your journey be the world itself and what you think about what's going on out there. Because in here is hugely influential, hugely influential.

I think of the stories I know of people who've been imprisoned for years or decades and they had a spiritual awakening. The human mind would go, "Well, they were stuck in a prison, and their freedom was taken away." And yet, that's where some people found freedom because they went within. It's not to take away from bad circumstances or difficult circumstances that you might be up against right now, but especially if that's your story and that's your truth right now, trust in your inner journey as well, and cultivate a relationship with that so that you can find some space inside yourself in order to be able to navigate all of this.

I hope something that I shared can help you navigate the coming weeks. Thank you for tuning in. I mentioned Grow Your Business. It begins on September 15th. It's a whole smorgasbord of different kinds of aspects of how you put your work out in the world, with a big focus on the growth journey that we go through to do it. I've been doing this for 20 years now, and there was a time when I was doing everything myself, editing everything myself, just creating this thing that I felt compelled to do. And now I work with a team of 19 people. We do so many different things. There are so many spokes to it, and a lot happens to get this - this video that you're watching right now - there's a lot that goes on behind the scenes to make something like this happen. And that's what Grow Your Business is about, including the growth journey that we have to go through in order to allow ourselves to put our work out into the world, which is a whole other thing.

I go into a lot of detail; it's really good value for everything you get, and I do live clinic calls as well. September 15th, Grow Your Business begins. Join us if it feels resonant for you. We'd love to have you there, and I'd love to work with you.

We have some live events coming up, which I'm thrilled about. The Big Love tour is coming to the UK and Europe in January. January is a month we often need a little infusion of light

and love. So, we're bringing it to Dublin, Amsterdam, Berlin, Stockholm, and London. The dates are January 3rd to January 12th. Check out the links below this video or go to my website, [leeharrisenergy.com/events](http://leeharrisenergy.com/events), and you'll find all the listings there.

I'm thrilled to say we have decided to do one final event in North America this year, live. We're doing a Weekend with Lee and the Z's, and I will be accompanied by Davor Bozic with his musical magic on the weekend of December 7th and 8th. There's a limited number of people we can have at the event, but I felt really strongly I wanted to be in the room for a weekend of cosmic connection, grounded teaching, channeling, music, and sound healing. It's going to be an upshift and an uplift for everyone who comes. We can't wait to do that. That's in Los Angeles; it's in the Los Angeles area. December 7th and 8th, Weekend with Lee, the Z's, and Davor.

And lastly, thank you all for the appreciation you've sent our way for the album Songs From the Sun. We released our new music album last month called Songs From the Sun. It's a fusion of English songs with Kirtan Sanskrit lyrics and melodies. You've sent such lovely messages in. We're so glad it's working as a piece of sound healing for you. If you haven't heard it yet, you can stream it online; you can get a CD. We had a beautiful vinyl version made if you're a vinyl lover like I am. You can get that at [leeharrismusic.com](http://leeharrismusic.com) and all the links. So, until next time, everyone, sending you lots of love. And here's an insight into what Grow Your Business is going to bring and offer.

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