

## July 2022 Energy Update

Hello, I'm Lee. I'm an intuitive and every month I take the pulse on what might show up for you energetically, psychologically, and emotionally. Just a few of the themes that we're going to look at for July are:

**The Forced Pause of This Time** and how it's allowing us to get more in touch with our inner world and our inner power,

**Emotional and Structural Instability** - how that's showing up in the world, and how that's affecting us internally as well,

And lastly, **The Birth of Leadership and Safety in Shining** - a time where many of us will feel safer to shine in the world, despite what we may have been through, and what that really means and looks like.

Stay tuned for those themes and more.

Hello, everyone. Welcome to the Energy Update for July. I hope you're doing okay out there. And for those of you who would like to take a deeper dive with some of the upcoming themes of the year, on the solstice (June 21<sup>st</sup>), I did a completely free one-hour, twenty-minute broadcast, which is now available on my YouTube channel. We'll also put the link underneath this video so you can check it out.

I look at the six months to come and nine themes that I received about what we're going to be walking through in the coming six months. But I also channeled my guides, The Zs. I know many of you were with us. It was great to do, and I'm really pleased that you're getting something out of it. So, check that out if you want to have a slightly longer-range look. But for today, we're going to focus on July. And there are eight themes that came through me this month.

Firstly (and I alluded to this in recent months), this July, August, September period - especially July, August - don't be too surprised if you experience *Forced Pauses or Stops*. Things that you thought were going to have a momentum or plans that you thought were going to go ahead, things being stopped or paused, or slightly diverted. Now, on some level, I know that many of us have experienced a lot of that the last two years, but part of the reason for this forced pause is to get us to reconnect with the wonder and the magic of our inner lives - very specifically reconnecting with our soul power.

When we first get stopped or interrupted, or something goes wrong in our life, we tend to often think of it as a problem or an inconvenience. But actually, if you trust the flow of things, what you will be led into is an experience where you see things differently or you get clarity about something that you would never have had, had you been allowed to proceed as planned. And that's a big part of how we're tapping into our power at this time; the more internal and the more quiet - giving ourselves space in our lives to be able to feel that. And the world as it's constructed right now doesn't give us a ton of space. It's very busy and stimulating and you actually have to work within yourself to create space within that busyness.

So, for those of you who've been feeling overwhelmed or feeling like things are going too fast for you, this is a great time to consciously slow down. And for those of you who are annoyed you are being slowed down, try and get curious about trusting that process and what it might be allowing

you to get in touch with inside yourself. Often when we're stopped after a period of overwhelm or momentum, a lot can release, a lot can come up. A lot of emotion that we haven't really been tracking or able to allow through ourselves can burst out. So often, that's why we resist being stopped as well.

But there is so much gold in allowing not only the feelings through you that need to come through you but giving yourself the space to be able to listen and feel, and really to let universal energy in more than our modern day lives are encouraging us to. So, there's something to these forced pauses and these forced stops, and they're really getting us back in touch with our inner soul power.

The second theme of the month is, *Heart-Generating Energy and Connecting Energy is the Gold of Our Time*, but it's important to know your limits with that too, and the giving and receiving balance of it. We all know at the moment that there is a ton of need in the world. There are heightened emotional reactions to so many different things that are going on around the planet and it can be very heart-breaking, very overwhelming. And the need can be a real trigger for healers, people-pleasers, empaths who don't yet know their own personal boundaries.

My philosophy around when people are in need is, you always know when someone is in an emergency situation and it's your job to help them. You will feel it. You will know that it's supposed to come through you, that you are supposed to give, and that your heart energy or your connecting energy, or the way that you're going to be there for them is going to rise and come through you. But for many on the planet right now, there is overwhelm around the amount that you, your empathy, your compassion, your support might be needed.

First things first. Always. Are you replenishing and looking after yourself enough? Are you filling yourself back up with things that make you feel heart-connected, especially if you are in a role where you're having to give that a lot to other people? But equally, you might be going through a real journey at the moment around giving and receiving. There might be some of you who are learning to give more than you've ever been able to give and you are seeing the joy of giving and sharing, and how giving is a really connecting energy.

But equally, some of you who have been giving a lot might feel a little burned out and a little overwhelmed, and you might need to be paying closer attention to the giving and receiving dance in your life. That can look like filling yourself back up and taking care of your own needs and your own heart, but it can also have the sometimes confronting experience of noticing that relationships or dynamics in your life are not very reciprocal in a way that would be good for you.

This doesn't necessarily mean that you are not going to be friends with all the same people that you are currently friends with. It might mean you need to invite in a few more people into your life and be open to some more give-and-take in relationship from new people in order to balance your existing world. But it can also mean that this is a time where you are reckoning with how balanced your relationships feel.

You might be doing a review of the balance in your relationships and it's no one else's fault if we're over-giving to somebody. If someone's got used to us giving to them, they're going to, quite happily, receive for a while. It's on us to take a review of what's going on and notice if we feel off-balance. I say all of this because heart-generating energy is the gold of our time, which means, it's needed, it's wanted. People are needing to feel good in their hearts, their center.

And so, if you are somebody who's holding space for that for others - you might be going through either an overwhelming period right now where you're having to redress the balance around how you are filling yourself back up. But also, you might be going through a review of that giving/receiving dance in your life, and you might be noticing it's a little off-kilter, and that's something that you can actually address - that's going to come up for quite a few in July. So, be good to yourselves as you navigate that change process.

The third theme (and this came up in the solstice broadcast as an overarching theme for the next six months) is *How Are You Reacting to the Emotional and Structural Instability on the Planet Right Now?* Not only us as a world but also, how is that affecting you personally? These are very emotional times, and they are also times where, not only are we seeing a lot of structural and systems instability and questions around all of those systems, but emotionally, people are worn out, exhausted, overwhelmed. It doesn't mean everybody's in that space.

Many people are doing well in themselves or on their path, but collectively we have this overwhelm and we also have a lot of people who perhaps aren't yet aware of their emotions acting out, lashing out. It's the only way they know how to process their emotions. It can be a jarring time to your own nervous system. Are you tracking the emotional and structural instability in the world and incorporating it into your review of yourself? What I mean by that is, it's very easy for us to feel "off" on a certain day and think, "Oh, what's going on with me or what's going on in my life?"

But actually there are so many waves in the world at the moment that it's important to also recognize that we are connected to all of that and it's affecting all of us, even if on that day we aren't up-close and personal with somebody who is in that kind of need. The emotional and structural instability is something we're feeling and it's also changing who we all are inside. It's giving all of us a moment to hook out of the patterns and the safety in the structures that we knew, and that we have been running historically through our lives.

Everything's a little more fragile and a little more tenuous and this can actually really bring us to presence and to life, but it can also make us shrink back and be in fear and be afraid of what's going on in the world. So, really understanding that that is part of our time right now, and that's in the air, and that's moving through you too.

Holding that awareness will help you rise through it and actually harness that time for transformation rather than feeling pummeled or overwhelmed by the transformation that we're in. It's a dance. Some days you might feel more afloat than others but try and remember that this is a worldwide experience, and it will help you depersonalize it in a way that will be helpful to you. I hope that helps.

Theme number four is, *Birth of Leadership and Safety When Shining*. This was a strong one. You might be coming more into your leadership right now, which can look like becoming even clearer about the way that you parent or perhaps in your group of friends, you are finding your voice in a new way. Not leadership over others or trying to be in charge of others. Instead, leadership being one with yourself, knowing who you are, knowing what you need, knowing what you can give, knowing what your strengths are in relationships - really coming into a new knowing of who you are and why you are here.

This *Birth of Leadership* is something that's going around, but there will be a whole group of us this month who are rising in that, in a very clear and visceral way. You'll be feeling that you feel different to how you were before and that leads me to the next point which is, *Safety When Shining*. Many of us on the planet are usually a little bit afraid to stand out or to shine. Some people are great with that, and they love that, and they're built for that, and that's what they're here for.

But for many of us, there is the fear of, "What will happen if I stand up too tall or if I express my opinion at the dinner table?" And that's what I mean by, "shining." It doesn't necessarily mean you're standing on a stage, speaking to lots of people or performing for lots of people. It's more just allowing who you are to really come out in your life more and more. And so, the reason that *Birth of Leadership and Safety When Shining* are a tandem theme this month is because that's going to be some of the growth edge for those of you that are rising in your leadership, doing what you want to do in the world, being who you want to be in the world, expressing yourself in a new way.

And then in comes that fear of, "Is this safe? Am I safe? Am I safe to shine? Because last time I stood up in a room or last time I did something like this, it didn't go very well for me." As we move into that, we do get the opportunity to let go of old patterns of behavior that are in our bodies, they're in our memories. We have walked through those moments where things didn't go so well. There will be a whole group listening to this who are on that edge right now. Just know that there's no rush. You can take your time. You are shining. You are learning how to shine your light for you. Not for others, even though that may seem odd because some of you think you are trying to do it so you can be there for others.

But actually, you've got to do it on your time scale. You've got to do it as and when you are ready. And part of that involves us letting go of past times in this life or other lives where we felt we were persecuted, rejected, abandoned, or pushed away because of standing for who we are, being the leader of ourselves and our mission that we're supposed to be on the planet. So, it's a growth edge for all of us, but there's a big wave energy of support around that right now.

So, more of you might be feeling more confident than ever to do that. Don't beat yourself up if you noticed fear is a part of that dance - that's called, "healing the fear inside," so that you can stand on whatever stage it is that you're shining from, whether that's one-on-one with another person or whether that is that you are leading groups.

Okay. The fifth theme (this also came from the solstice broadcast, but this came in strongly for now) is *Allowing Change and the Shedding of Old Identity, Story and Energies* to take place. A letting go that feels very visceral. Now, again, if you've been around me for a few months you will have heard me (in recent months) talk about this major identity shift that we are in. It's a planetary thing, but it's also individual. So, you might be thinking very differently about your life or your way of being than you were even three to six months ago.

And there's something unnerving in that. It can be exciting, but it can also feel like you're a little unmoored or a little unanchored. And what's going on right now for lots of people is, there is a very "felt" experience of letting go of this stuff. You might be having action replay in your mind or your dreams, or your daydreams of events and things that you've been through in the past. But these experiences are happening fast and moving through the body with a certain level of intensity, but also speed.

More of you than ever before will probably be feeling the visceral nature of that letting go. And at first when you have that moment - you're thinking about a past event, suddenly it pops into your mind and then all of a sudden you have an emotional release about it that you weren't expecting - you're like, "Wow, why am I crying about this thing from 10 years ago?" It's because our bodies are getting more adept at allowing us to purge.

For those of you who are following what I'm saying and it resonates with you, don't be too alarmed that the body is doing this. Because what the body will start to do is, when you get into a place where you can allow that level of feeling through, it's very powerful and it's fast. At first it can seem unnerving, but there will be an incredible gold on the other side. By shedding what you no longer need, you allow yourself to go into a chrysalis form and to become the next version of yourself.

But at the moment, this allowing change (and a shedding of old identity story and energies) to take place is really powerful. And I always say that we are composed of our history. Even if we no longer relate to our history or we've had to heal some of our history, I think that's an easy thing to try and remember, especially if you are worried about letting go of the past. You're like, "But I had good memories and I had good experiences." We all did, but we have to sometimes no longer be identifying with those things.

And so, some of you might be going through quite an uncomfortable identity shift at the moment in order to create room for the new to come in. And that links into the next theme, which is, *Letting Go of Older Dreams or Desires Willingly* to create space for new ones. Now, when I got this theme, I was a little argumentative because I thought, "Well, actually, sometimes we need to go back and pick up our abandoned dreams. Sometimes we need to go back to abandoned dreams and allow them to birth in the now."

And my guides were like, "Yes, that's true but we are not talking about that. We're talking about letting go of older dreams or desires willingly to create space for new ones." There will be a wave of you who are surprised that you are letting go of something that you thought was important to you, or perhaps was important to you for a long time. And again, you can still love it. You can still honor it. But many of you will be doing this in order to clean house so there's room to bring in some new dreams and some new desires and goals.

That's a big wave moving through quite a group of you at the moment. As you let go of those older dreams or desires, you will create space for the new to come in. So, if you are doubting that, yet it feels true to let it go, just trust that in the coming months, something new will come in because that vacuum of energy will need to create something new in its place.

Theme number seven is, *Aware Releases*. If you are aware and conscious of yourself, your life, and your journey - say you are somebody who pays attention to self-growth and your own awareness of what you're moving through, your patterns, your behaviors - July and August will bring deep and potent, more effortless releases. Some of you are going to go through quite a healing cycle in the next couple of months. As I said that, I felt some of you freak out. You're like, "Oh! No more healing!" It's okay, you can call a break to healing if you want. You can focus on keeping your life simple, joyous. You are allowed to slow it down if it feels like it's been too much.

But I think for most of you, it will feel good to have these deep, potent emotional releases. And that goes back to what I was talking about a couple of themes ago. But "*Aware Releases*." You will be

aware as it's happening what it is you're moving through. And depth and potency, again, will leave a vacuum on the other side. You're shedding and clearing yourself out so that you can call more in, especially as we move towards the end of this year. That's going to be a really good time for you to really focus on the year ahead. But right now, we're very much in a kind of "psychic surgery" phase in terms of rearrangement for many of us anyway.

The final theme of this month is, *Loneliness and Boredom*. The message came through that quite a lot of you are feeling lonely and/or bored at the moment. And so, whenever loneliness is part of your story, can you connect with others and how can you connect with others? Especially if you feel averse to connecting with others - whether others to you means humans, whether it more means animals and pets, whether it more means nature and the outside world which is its own spirit - how can you slowly but surely start to reintroduce yourself and change this pattern of loneliness?

With boredom, where that often shows up for us is we feel disconnected from life. We feel like we're not connected to life. We're not connected to our purpose. We've become disconnected in some way when we feel bored because we can't connect into something. So unless the boredom is really serving you and you've been working really hard or really busy and so this period of boredom actually feels luxurious to you, if it's bugging you or bothering you, the message I got about loneliness and boredom is, this can be a trauma hangover from all that has happened these past two years.

As we know, all of us were asked to radically change the way we live for two years and radically change the way we got to interact with each other. And so, as we are slowly emerging out of that period of time, it can be hard to bring yourself back. Some of you might feel a little bit arrested in loneliness and/or boredom. And it is going to take some willingness on your part to just start to get curious about, "Okay, what do I need to walk towards? Who do I need to walk towards? What do I need to do? How can I get engaged again?"

And as with anything that we're trying to overcome, start small. So, if you are really struggling with depression and you've tried everything, and you've looked into your supplementation, and you've looked into making sure you have certain activities in your life, the way to start to approach your healing around depression is to celebrate the small moments where you didn't feel quite so depressed. Or you could actually feel the joy in something or appreciate something just for 30 seconds and to start to notice and celebrate those moments, start to cultivate more of those.

It's the same with the loneliness or the boredom path. If you are not feeling very purposeful, what small acts of purpose today - not grand things that are massive and hard to achieve, but - what small acts of purpose can you celebrate? For some of you, there is this arrest, this trauma hangover from the last two years that this is going to be a really good time to start to break out of it, but it's going to take your willing and your curiosity, and then being open for support to come in.

So, if you are resonating with what I'm saying, this moment of this being named for you is just one of those moments of support. And there will be many more so that you become more aware, "Ah, I can change this. I can come out of this. I do not have to stay fixed in this state anymore. I can start to move out of it slowly but surely." Good luck with that if that's the place that you are in.

Okay, so as I said, thank you everyone for tuning in this month. And as I said at the beginning, there is a full length one-hour, twenty-minute, six-month Energy Update (including some channeling from

my guides) which is freely available. You can find that at the link underneath this video or on my YouTube channel. And I'm delighted to share that we are bringing my channeled workshop, *Transmissions*, back for its third year. We begin on July 13th and every year is completely new. I've already tuned in and got the themes from my guides. We'll play a trailer for you so that you can experience a taste of what *Transmissions* will be in just a moment. So, stay tuned or use the link under the broadcast to learn more about the channeled experience that is *Transmissions*.

In The Portal this month, we are beginning a new offering. It's a special video workshop from me, *Who Are You Becoming?* And that is going to be a four-part series. That starts in July, as well as all of the other offerings in The Portal. The Portal is my members' community where we offer you support tools to help you cope, thrive, and process what we're going through, including a 90-minute deep dive broadcast with me every month.

So check out The Portal if that resonates. And if you are a Portal member by the way, you do get a discount on the *Transmissions* course. So do check that out on the page too.

And last but not least, this month we are thrilled to be releasing Katy Samwell's album, *Medicine Songs*. Golden World Music is my music label and me and my music team have wrapped ourselves around Katy's project, and we're thrilled to be bringing it out now so you can stream it - you can hear this beautiful healing album.

You can also see a couple of videos online. I feature on a couple of tracks myself and it was produced by Davor. So, we hope you enjoy *Medicine Songs*. You can find that at [goldenworldmusic.com](http://goldenworldmusic.com), my music label. But for now, everyone, I'll leave you with a short insight into what *Transmissions* will be. Take good care of yourself and see you next month.

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