

July 2024 Energy Update

Hello, everyone. Welcome to the July Energy Update. 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 this month are:

Are You Being Real?

Heart Energy in Big Focus in July, and

Opening to Listen Differently.

Stay tuned for the full Update.

Hello, everyone. Welcome to this gorgeous Symphony Space in New York, and thank you so much to Symphony Space for allowing us to film an Energy Update here today. We are on tour in North America; we're on the Big Love tour and it's been amazing. Thank you so much to all of you who have come out for the events. And for those of you who weren't able to get a ticket because it has been a sold-out tour, we did just create a live stream of the final night that happened in Seattle, which you can still get access to. You'll have seven days to watch the live stream event. So, if you want to join in with some of the magic from the tour, you can do that and find the link below the video.

We're also thrilled to say that we are, right now, working on a European tour for January. We're going to be in London, Dublin, Amsterdam, Berlin, and Stockholm. Watch this space for dates. The best way to know about any of our live events or anything I'm doing is to get onto my newsletter. Leeharrisenergy.com is the website. If you sign up for the newsletter there, you'll not only get a free gift immediately, but it will also be the fastest way to know what we're doing around the world.

Let's take a look at some of the themes for July. In general, there is going to be an opening in July, especially for those of you who felt a little more tight in yourself or in your life in recent months. As we move through the middle of the year, things continue to open energetically - that's an overarching theme. But the first theme is: Are You Being Real? Are You Being Real? This theme does not come with any judgment. It's not about chastising yourself for not being real. It's more speaking to the fact that new levels of expression and courageous action are happening for more people now.

If we look at expression, it could be things that you need to say to other people or perhaps to yourself. Too often, we have dreams or desires or things that we want to make happen in our life or in the world, and we talk ourselves out of it with the small voices. We tell ourselves we can't, we shouldn't, and we're not allowed. And usually those voices of "can't, shouldn't, not allowed" - we may have been living with those our whole life or for years.

And what happens when a new level of expression arises inside us - we get this desire to say something to somebody that you've avoided saying; it could be a boundary or a difficult conversation with that person, or it could be expressing your love for that person or your

appreciation of that person. As we go to express, some of the old stuff comes up in our mind, comes up in our energy field. And the message is that July and August, too, are going to be breakthrough months for many of you, where you will feel that you are ready to be more real than ever before.

It's not to say that who you were before was bad or wrong; it was just your journey to getting to this place of fuller authentic expression. It relates to what we're expressing to others and to ourselves. So, expressing to others what we need to say, expressing to ourselves what we need to create in our life - our desires, what we want next, and allowing that through - but also taking courageous action. This might be the month or the months where you feel readier than you've ever felt to literally step into action on some of the plans, visions, or dreams you've been working on for the last few years. July and August are going to be very supportive for that.

If you are listening to me and you're feeling a little bit nervous or a crackle of energy while I'm talking about it, it's probably that that is a truth for you. So, give yourself patience as you work through any layers of resistance or self-judgment, and recognize that you're actually having a breakthrough if you're able to step through those things. That's worth celebrating by itself, regardless of the outcome of what you express or what you do. Just that growth journey of being able to allow yourself to step into a newer, more real version of you is huge. So, celebrate yourself if that's going on for you.

The next two themes relate to two very different groups in July. We're going to have the "Trust the Timing" group, and we're going to have the "Time for Action" group.

Theme number two, the "Trust the Timing" group: Transformation takes time. The Chrysalis Phase is Vital. Allow yourself to dream and vision without taking action (if that is desired) and support yourself if you feel held back. Those of you in the "Trust the Timing" group, you're still in a transformation phase. You've probably been in this for many months - you may have been in it for longer - and you might be really frustrated. You might feel annoyed that things aren't moving forward faster, but you recognize you don't quite know what to do yet or all of the pieces haven't lined up so that it's obvious for you to know what step to take. But you're feeling this kind of pregnancy energy inside your body or your soul that wants you to take a leap forward.

Trust the timing. Transformation takes time. Whenever we're in a chrysalis phase, my guides always say that it's one of the most valuable and internally transformational times you can be in. But from a human perspective, you can feel like nothing's happening. You can feel a bit stuck. You can feel like nothing's really going on. But what's beginning to happen inside you is you are readying your body, your soul, yourself to move forward. But trust the timing.

And if you are in that group and you're like, "Yeah, I think that's me. It's not quite time to do what I need to do yet, but I'm really feeling I need to." Don't just suffer through it. You can still vision, you can still dream, but you might not take action. You can write down your visions and your dreams - what it is you're thinking of creating. Because usually, when you're in that chrysalis phase, your dreams and visions, they will upgrade and update if you don't act on them immediately.

Let's say you have a dream and a vision at the beginning of the month. By the end of the month, if you keep letting it percolate and move through your awareness, it may have upgraded a few levels. So, when you're in that "Trust the Timing" phase, you don't have to be completely inert. You are allowed to vision and dream, and most importantly, support yourself. Give yourself experiences, people that make you feel a little better and a little more aligned so that this process is not frustrating for you. There will be many of you who know what I'm talking about, and you'll feel you're there. It won't take too much longer, but it is important to just wait it out if you aren't 100% certain.

Okay, number three, the "Time for Action" group. You are the opposite to the group I just spoke to - there are change waves incoming for all of you. You'll be feeling the ability, the freedom, the opportunity to make the changes in your life that you've wanted to for a while - could be months, could be years. You will easily be making changes, and you will be supported. The right people will come in, the right moment of clarity will come in. And when that happens to you, it can be quite electrifying. It can feel a little like you've got lots of Kundalini energy or electricity running through you because you're literally becoming your future and stepping into your future. So, it's important when that's happening to know how to regulate yourself.

It's great if it's fun; it's great if it's explosive and joyous, but we do also need those calm moments to ground and to let our bodies integrate this new energy. So, the "Time for Action" group, there's going to be a load of you out there who are just putting things into place that you've wanted to for a while. Enjoy and take care of yourself on that process.

Number four. This is a big one for the month, a big one. Heart Energy in Focus. Heart Energy in Focus. July, heart energy is going to be very strong for many different people in many different ways. Will you allow your heart to rise and to open? And are there healings or releases happening for you on a heart level? It might be that you suddenly feel clear-hearted about how to say something to somebody or heal something with somebody that you've maybe had going on for months or years. You yourself might suddenly just be feeling more heart-aware in your life. There are more moments, more often, where you are feeling, "Wow, I'm alive, and I can feel my love for this person," or "I can feel my love for this activity or this thing." Heart energy is going to be really strong.

It will mean that for some of you, you might have people around you in your family or friend group who are going through some stuff, and you might need to be there to support them. Again, we can always support others so long as we know to look after ourselves as well and not just completely give ourselves away. Because whenever heart energy is big in the world, depending on a person's level of awareness and how much they're used to working with their emotional body, it can bring up (for some people) a certain level of chaos, a certain level of pain.

That may also happen for you. But for this group who are watching this video, it's more going to be the case that you will be there for other people whose hearts are popping open. You might just be the midwife for that process for them. Heart Energy in Focus is a really beautiful but powerful theme. It can show up in different ways for different people, but

that's going to be not just for July; it's going to move through August as well. Enjoy that if it's hitting you, and take good care of yourself too, because it's a big one.

Okay, number five. This is an interesting one that my guides gave me: Cosmic Opening Energetically. Cosmic Opening Energetically. This was alluded to last month in some way, but what they explained to me this morning is there will be a cosmic opening energetically in this month and in months to come that will literally burst lower frequencies on earth - personal and global. Let's say there's a very low-vibe agenda going on on earth or a plan to keep people down - anything that's coming from a very low place. This cosmic opening energy is literally going to be coming in and sweeping a lot of that out the way. It doesn't mean it will take everything away overnight, but it does mean that low-vibrational plans will be interrupted because of this energetic that's coming in.

For you, how that might show up for you personally is in your own life, you might suddenly feel this removal of heaviness or weight that you've been carrying for a long time. It may show up in a personal relationship that suddenly gets lighter and brighter in a way that you couldn't have even imagined. It almost feels miraculous that this upshift has taken place.

For you, look out for that and notice the surprise you might have that suddenly, low vibrational energies, identities, things that you've been dealing with are quite swiftly removed. These things might have been around you for a while. That's coming energetically, cosmically, to earth. So, that's why it will feel somewhat miraculous when it happens because it won't seem like it's going at human speed. It isn't. It's hitting us in a completely different way, bursting lower frequencies on earth. And that relates to both personal and global events.

Number six, interesting. I argued about this one because it seemed too simple, but hey, simple is always best, and they were very clear. Theme number six is: You Are Alive, So What Will You Create? You Are Alive, So What Will You Create? It's a silly thing, in a way, because you would think we all know we're alive. But in truth, we can be very "asleep at the wheel" in our lives, and our culture can have us very "asleep at the wheel," making us not necessarily appreciate the fact that today we're alive on earth and none of us are promised tomorrow. We don't know how long we've got left. So, it's really important to A, live, and B, create the life you want to experience. Because if you create the life you want to experience that aligns with your values and why you think you are here, your purpose, it will have a ripple effect on others in a very good benevolent way.

We have one incarnate life on earth, so what do you feel compelled to create next? Now, there's no pressure if you hear that sentence and you are like, "Lee, I'm in the 'Trust the Timing' group." Fine. Remember, I said to those of you in that group, you can still vision; you can still write things down. You don't have to try and make them happen. But what is it you want to create next? And a good way to do this - and this is something I do myself - imagine you only have, let's say, three months left to live, and you know that. What would you do with that three months? What do you want to see? What do you want to give to people? What do you want to receive? Who do you want to be with? It's a great way of just fast-tracking us into presence and really bringing that aliveness through the body of, "What do we want to engage with?" I will repeat the theme I argued with, which is: You Are Alive, So What Will You Create?

Okay, number seven: Opening to Listen Differently. Opening to Listen Differently. As we all know, there's a lot of shouting going on in the world right now and not as much listening, but this is an interesting theme. If you listen to what is being said by people, their energy rather than their words, their energy rather than their words, because energy tells you everything. We can all say the same sentence in myriad different ways, and it would give that sentence a different meaning. But if you listen to what is being said by people and you focus on their energy rather than their words, you will hear differently.

Beware the invitation to emotionally fueled arguments. Beware the invitation to emotionally fueled arguments. This theme could really have come out every month for the last countless years, but apparently it's important this month. So, just be mindful of that. If someone is emotionally fueled in the way they're arguing their point, do you really want to get engaged in that? Is it more important for you to be right than to emerge unscathed? Because whenever people are emotionally triggered and lit up about something, you're really not talking to them in words anymore. There is an emotional or an energetic battle that is beginning, and you either choose to walk in and play with it and sometimes get pummeled or sometimes come out slightly feeling victorious but not really, because no one wins in that kind of thing. So, just be aware of that.

The level of emotion is heightened in a lot of people, and a lot of people are just throwing their emotions around; they aren't able to hold them. They don't really understand their emotional body at this moment in their life, so they just fling things around. And then we receive it, and then we carry it, or we have to release it; we have to move on.

So, opening to listen differently. If you could just be still or take a moment to, if you notice you're feeling a little upset by what someone is saying, rather than allowing your own emotions to start pinging, can you go, "Ah, what is it that they're really saying? Oh, I see they're really, really angry. I understand they're telling me a story about something that's happening in the world, but what I'm most aware of is this enormous anger that has become triggered because of this thing that has triggered them. I don't know why they're triggered. I'm not in their life. I don't know what their personal history is, but clearly, something has triggered them."

Sometimes you have to step out of those conversations, even if you hear words that you feel very differently about or you don't agree. Sometimes, you just have to back away. But at the same time, open to listen differently this month. That also includes hearing your intuitive messages, hearing your guidance, hearing other beings, other messages - whatever is true for you. That's going to be a big one in July.

And finally, and I think this came up last month too, but it's a good one for all of us to remember all the time: Find, Then Hold Your Center Wherever You Can. Find, Then Hold Your Center. What keeps you grounded, alive, happy? For you, it might be swimming, it might be speaking to your best friend, it might be playing a certain piece of music. It might be a physical practice you have. Are you doing enough of it to keep you centered and grounded in these pretty tumultuous, energetic times that we live in?

Find Your Center means make a commitment that you are going to notice when you're off balance. And you're also going to know what the 4, 5, 6, 7, 8 things that you can do could possibly be on that day. I've said this before: if you're in a really rough time in your life, I remember this myself when I was really going through some depression, I actually needed to keep a list of what worked for me. Because in the moment of depression, I wasn't very motivated to figure things out. But because I'd left this list of things that I like to do that help raise my vibration, all I had to agree to in the depression moment was to pick up the list and choose the thing that I can do today - that I can do in this moment. Just pick one, and it will start the process.

So, for all of you, find then hold your center. Maybe it's good to make a new list because so many of us are changing so fast that the things we (maybe) relied on a year ago don't work anymore. Maybe have a list of things that help you feel centered in your life. Keep it somewhere, and make sure you're practicing those things because it's going to allow you to feel more open, more in flow, and more capable of your life and this world right now.

That is the July Energy Update. Thank you for tuning in, everyone. Just a quick recap: if you want to see a livestream of our final night of our North American Big Love Tour, that is now available, and you'll have replay access, so do tune in on that if you would like to.

Also, I released my How to Channel and Why course this month. That's 20 years of my working with members of the public as a channeler, as an intuitive, and as a teacher of tapping into your own inner guidance. It's a really accessible, easy course to take, and we've tried to make it fun and easy for you through video, video content, audio content, and bonus interviews. There's a lot to it. So, if you would like to develop a personal channeling practice, that course is available now, and I will be doing a live Q&A for it in July. There is also a brand-new album that's coming out on July 12th - a music album called Songs From the Sun. You receive a download of that as part of the course ahead of time. Watch out for that mid-July.

And lastly, The Portal is where I teach monthly. I do a live broadcast every month. I answer questions, I channel the Z's, and then all members get a host of helpful, supportive, and transformational video and audio every month. So, check out The Portal if it resonates. Take good care of yourselves, your hearts, your people, and your bright spirit this month. I look forward to seeing you in August. Lots of love.

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