

September 2022 Energy Update

Hi everyone. I'm Lee. I'm an intuitive and every month I take the pulse on what might be showing up energetically, psychologically, or emotionally. Some of the themes for September are:

Healing and Deep Awakenings,

Disorientation of Inner Shifts That Are Preceding Big Outer Changes, and

Intense Acts of Power - how they're showing up and how we're responding to them.

Much more to come. Stay tuned for the full Update.

Hello, everyone. Welcome to the Energy Update for September. I hope you're doing well. I know in August, one of the themes of the Energy Update was, To Rest or To Transform. Some of you may still be in that process of recognizing you either need deep rest at the moment, to catch up with everything you've been through, or some of you might be playing the "transformation game" in a big way and you might be really empowering change in your life. But we definitely are at two different ends of that pole. So, it's interesting coming into the month of September because the first big theme I was given was, A Wave of Healing and Deep Awakenings this month. This is going to be the overarching theme for September. And it will carry into October and November. But in a way, the two things often go hand in hand.

As we heal parts of ourself or beliefs or old wounds we were carrying or old ideas that kept us fixed in place, we often do go through a deep awakening and we see things differently. And we allow ourselves to engage with the world in a different way. This is happening in a very big way right now, because the last two and a half years have been so disorienting for so many people and have put a lot of us into a healing spin, or an identity spin. This energy of healing and deep awakening that's going to be coming in strong in September, you might find yourself really beginning to recover and rebuild yourself - your new self. Or you might just find that because of everything you've been through in recent months or years, you suddenly start to see more clearly with your new identity.

In a way, this healing and deep awakening energy creates a new baseline or a new foundation. For many of us, we may feel steadier than ever, or steadier than we have for the last year or so. But equally, depending on where you're at with the process, it can also amplify or energize things in your life. This healing and deep awakening energy is going round. Of course, not everyone's going to experience it in the same way, and not everyone is going to believe that it's happening to them. But we are definitely in a planetary and collective "spin."

Let's have a look at some of the other themes that relate to this overarching theme: Disorientation of Inner Shifts, Preceding Future Change - Contraction Before Expansion. What this means is you might (right now) be feeling very disoriented in your world. I know that's an understatement given how things are going on out there. But you might be feeling very disoriented in your own identity, in your own life. This disorientation will feel very personal. Other people in your life or other things that are going on in your world, they may all be apparently carrying on as normal, or so you believe. But you yourself might feel a little bit like you're sleep-walking through things and you just aren't quite connecting with things in the same way. It's not necessarily a bad feeling to you, you don't feel that something is wrong or that you need to take action to stop it happening, but you feel a little bit like this energy is running through you.

This is what I often call or name for myself, the Chrysalis Energy or the Contraction Before the Expansion. There is going to be a lot of this going round where you will be changing internally - perhaps in response to what you've just been through or what you've just let go of - but more often than not, it's in response to what you're calling in, in the future. A concrete example of this would be you have decided that you want to enter a romantic relationship again. Perhaps it's been a while or you haven't really put energy or focus toward it, but now you've decided that you do. On your timeline, that romantic relationship is about three months away, but because you've put that out there and you're putting energy and effort and intention behind it, you are beginning to change internally to ready yourself for what's coming. You might be hearing from exes right now. You might be dreaming of exes. You might be thinking of times in your life where connection was beautiful and strong, or when connection got lost or abandonment or rejection wounds came up for you.

Essentially, you're getting ready for the future, but you're doing it very internally. I often call this, "contraction before the expansion." We might either pull our energy in or notice that we're going through a lot of abstract or seemingly difficult shifts that we can't quite put our finger on. But then if you keep walking through your life, a month or two or three later, when a new relationship comes into your life which brings with it a whole new energy and a whole shift in you, you can understand a little bit more, "Ah, I was preparing. I was energetically reconfiguring who I am inside so that I can be open for this next phase."

It was interesting, that theme was given to me with a lot of emphasis. Disorientation of Inner Shifts Preceding Future Change. It's not just your past you're letting go of, it's your future that you're calling in. That inner disorientation can just be you getting ready for what's coming two to three months from now in your life and allowing yourself to calibrate to the future. It can often feel a little strange when you're in that space. Many of you will be experiencing that. I hope some of that can help you clarify what's going on for you.

The third theme this month is Intense Acts of Power. Intense Acts of Power playing out. This can relate to the impact of power moves or volcanic energy from others or yourself, but then followed by triggering or repair and awakening or healing. Let me break that down. I get my messages from my guides, the Z's every month, they give me the themes for the Energy Update. Then it's my job to try and translate them as best I can as to how it will look on a grounded level. When they gave me the theme, Intense Acts of Power, I was a little bit like, "Ooh, I don't know how we feel about that," especially as we are a sensitive group. Of course, we would like to see more harmony, more light, more love on the planet. But this is what they explained to me, that September is going to bring with it a more volcanic energy in certain moments, certain places and it can also mean world stage events. So, world focus events, leadership events. We'll see what happens as we go through September.

But what they were saying about why we needn't fear these intense acts of power is, the impact of these power moves or volcanic energy from other people around us, or perhaps you're the person it's going to come through, it will then be followed by or will trigger, repair and healing. An example of this might be something happens with somebody in your circle that's quite volcanic, or it's the kind of power move where they take a big action that perhaps doesn't have a lot of care around it, there isn't a lot of heart in it, there isn't a lot of, "I'm worried about how this is going to affect people in the group." Instead, they take a big, bold action that impacts people emotionally in your group. In the moment it happens, there might be a shock or a horror, or you might feel resistant to it. But

what the guides were saying is that as we go through these moments, it gives us a chance to see how our nervous system responds and to perhaps recalibrate some childhood or earlier life healing. It's not anything to be afraid of.

You may not be somebody who overly gets affected by this, this month. It is going to show up, though, in certain ways, both smaller and bigger. So as you go through September, understand these intense acts of power can actually lead you to (after being triggered) noticing something from your past also got triggered and you can heal it, you can let it go. You can release it. In many cases, intense acts of power often characterize the kinds of people or places that we feel comfortable being around. For example, if you have a friend that's very explosive and you're not the kind of person who enjoys that explosive energy, this might be the moment where if this month they're more activated than ever, one of their moments of acting out in a powerful way might be the moment where you go, "Ah. I don't know if I can be around this as much anymore. I'm going to need to give myself a bit more space because this kind of energy is not something I can work with, be with or reciprocate."

The next theme is Heart Heat. Heart Heat. There's going to be a lot of heat around the heart energy for many this month. This can show up in a few different ways and look like a few different things. But the scale of this heat runs from emotions that you feel that heat you up and break you open. And the other end of the scale is deep connection to heart, gratitude, and love - those you connect with. I guess, the easier, brighter, more (you could say) pleasurable or enjoyable way of having your Heart Heat this month is if you're just feeling more love, or more gratitude, or more presence or deep connection with someone, that perhaps you either haven't felt that with before, or there's a repair. Or just a new level of heart connection with someone in your life.

But of course the lower end of that spectrum is events that push into our heart and crack our heart open. It's true that every time we go through a grief wave, we have the opportunity - and it doesn't mean everybody is able to rise to this, it depends on where they're at with their trauma and what kind of support they get but - we have the opportunity after a grief wave to come back even more heartfelt than before and even more grateful for the present moment and the people in our life, because of the loss or the heartache we've just gone through.

So, Heart Heat is going to be a theme this month. Depending on who you are, where you are or what you need, it will either come in the form of something that really opens your heart and your emotions in a big way, or it might be that you notice you are more often in heart energy; you're more often feeling present, peaceful, good, grateful, loving about things, no matter what's actually going on in your life, because there are people who have real challenging lives who manage to maintain that energy. Then there are other people whose challenges do not lie in their external world, but because of where they're at, it's difficult for them to feel that level of presence or heart, until something comes along to get them into a mode of healing and awakening. Which as we know, is the overarching theme that I'm bringing to you this month for September.

This one is one (I think), many of you will enjoy, although as with all of these themes, you may already be experiencing these things. The Psychic Highways Are Revving Up. The Psychic Highways Are Revving Up. This is a major month for seeing, feeling, and healing beyond the veil. It's interesting, in the last few months, I've had a few conversations with a few different people about how many people they're noticing in their life are beginning to become a little more spiritually focused. I don't necessarily mean following spiritual teachings, but they're having spiritual

experiences. They've either got in touch with a medium and spoken to one of their passed-on relatives, which is a revelation for them because they've never experienced anything like that before - it connects them into this idea of a life beyond what we see on a 3D level every day.

Equally, some of you might be having very powerful channeling or synchronicity experiences in your life or feeling like you can see, perceive, and feel in ways that you didn't before. Those of you who've been psychically inclined, or let's say, practiced for a long time, you'll be noticing leveling-ups going on, in ways that you might be a little thrown by, as we often are. We get comfortable in the way that we are psychic or intuitive. Then we go through a growth period and, lo and behold, we are, to quote theme number two, "disoriented," because we don't quite know this new territory that we're in. No matter where you are on your connection to what you believe about yourself as an intuitive or psychic person, that energy is going up right now.

So, if you want to be caught in the tailwind of that, and on those revved up psychic highways - if you're struggling with grounding - I always find it's great to write things down. Either what I'm noticing or experiencing in myself as a response to the psychic messages or experiences, but equally, writing the messages themselves down. Even if you're a visual psychic person and you are more "sensing" things, you might want to take some notes about what it is that you're feeling. Whenever we take notes in that way, it really helps us ground something that can otherwise be very etheric and a little unknown to us. Certainly, in our time in history, in our culture, we haven't had much training, initiation or support around recognizing that we're all intuitive. We just haven't remembered to be able to connect into those realms where there is so much information and sensory experience that we can have. *Psychic Highways Are Revving Up in September.*

The next theme is *New Outer Connections*. Now, it's interesting, because I feel like probably every year, this theme shows up on one of the month's Energy Updates, but when this came through today ... new outer connections means new friends, new partnerships, could be new work relationships arriving in your life. The reason I think it regularly shows up in these is because that is just a part of evolution and awakening and healing. But why they explain to me that it's going to be stronger this month than it has, for (say) the last three, is there has been an enormous amount of relationship shift going on in the last six months. Sometimes very internal and it doesn't play out necessarily in any of your outer dynamics.

But as we know, many people have been going through shifts in dynamics, and who we are then changes who we are in our relationships, or it means that how our relationships show up to us need to be approached differently. Often, it's us changing ourselves that does most of the work, but sometimes it does mean that relationships change, and they end a period of fertility in your life and you might spend less time with somebody. This month, because there has been such a clear-out and a clarifying around the kinds of relationship that you are looking for, not just in the outside world, but with yourself to the outside world, you're going to see a big wave of new, outer connections beginning to come in September through the end of the year, but September is where some of that connective energy is a bit more available than it has been the last two or three months.

Coupled with that, and this relates to all of the relationship changes, *Healthy Detachment is Becoming Easier for Many of Us*. *Healthy Detachment is Becoming Easier for Many of Us*. Now, you might be listening and going, "Oh my God. Right now, I'm in such a thing with my father-in-law and I do not feel detached," but that's probably why. Because at the end of the day, one of the things that all of us are working on is, "How can we be present with each other in a peaceful, sovereign and

soul-aligned way?" Most of us came in as kids and we got to experience all of the conditioning in our immediate groups and environments. We put all of that on as an outfit. We put on the same outfit that everyone else was putting on, but we weren't necessarily able to maintain who we were at our core. We started to adopt behaviors and relationship dynamics that probably were what we needed to as a kid and probably kept us safe or helped us navigate our way through childhood.

But as you grow and as you heal, and as you let go of more of that conditioning and you become a bit more authentically you, over time, healthy detachment gets easier. You're going to find that healthy detachment from the chaotic or unaligned events or people in your life will be becoming easier for you. In many cases (and here's the good news), that's getting easier for others to accept too. It's not just you being better at detaching yourself from whether it's people pleasing or feeling beholden, or you have this pattern where you always like to give to everybody in need, but it's now in conflict with the part of you that's recognizing you need a rest. You're kind of struggling with that a little bit. This month, it will be easier for you to let your behavior go.

But equally there is more grace and peace and understanding happening with others around that, in general. Of course, your father-in-law, as I mentioned, he might not want to let go of the battle that you two are in. You may have to make the decision to detach for a while. But what's generally happening is, because most people are more disoriented about who they are and what's going on, on the planet, some of those old connections and ties, they're not as thick as they were. They're a bit easier for everyone to let go of than used to be the case. This is why healthy detachment is becoming easier, which is good, because after that, you come back to your power and you come back to your authentic power and you are giving power.

Then, the final theme is Mental or Psychic Overload. Now, if you think about everything we've said, it's the perfect recipe to feel a little fried in your mind, disoriented, psychic highways are revving up, lots of relationship changes. Part of the healing and awakening energy that is strong this month, means that your mind will need rest. Take it easy and unplug or do supportive and mentally restful activities as often as you can. I think, when we often feel, or we hear this phrase, "Oh, I need to do something that will rest my mind," or "I need to just be quiet," that can actually be hard. I think one of the best things we can do is understand the gears of our mind.

For example, sitting and reading a book can actually be very restful for your mind if you are a little bit fried by all the relationship dynamics you've been doing or all the work you've been doing. You are changing your mind and helping move your mind to a different state. Mental or psychic overload does not mean you have to just stop everything and go cold turkey. But you can have times where you start to recognize that this needs a little bit of a break. It's working hard to try and keep up with everything that's going on and moving through you. Part of that energy this month is you looking after this beautiful mind of yours and having a new relationship with it, where you honor it and care for how it's doing, as much as you just ask it to be in charge of what you do here. That's true for all of us.

Those are the themes for the month of September. I hope there was something in there that helped you. I mentioned my guides earlier, for those of you who only ever tune in on my Energy Updates, I've been channeling my guides for 23 years now. Every month I get the themes for this Energy Update from them, and I write them down and then I elaborate. Well, this month in September, we have a brand-new book coming out called, *Conversations with the Z's*, that's the name of my group of guides. They're in conversation with a psychotherapist. The conversation is all about the

energetics of our Earth and who we are becoming in this coming decade and beyond. It's called *The Energetics of the New Human Soul*. It comes out on September 13th. The book, the audio book, Kindle version, it's all available. For those of you who want to tune in on that, I hope you enjoy. Thank you for your support. We'll put the link underneath.

Secondly, "Own Your Value" is the course I created a few years ago for anybody who wants to work in the spiritual field. If you want to work on having a spiritual business and figuring out how to bring your work to the world and what can best offer value to people, and all of the stuff that you go through, as someone working in business, trying to align your ability and your talent with structure, with systems, and also with self-belief, all of it's in this course, "Own Your Value," which I've added new content to each year. And this year is no different. It's really to empower you to begin your spiritual business, or if you've already started your spiritual business, to take it to the next level, but in an aligned way, in a way that's true for you, true for what you are doing in the world and to give you some support as well as tips.

I will be doing a live broadcast for that (a Q&A) at the beginning of October. Registration closes forever on September 30th. We will put the link to Own Your Value below, would love to see you there, if that resonates. Last but not least, my members' community, The Portal, is the place where every month, you can go deep with my teaching. I do a focused energy reading just for the Portal community every month. In that, I also take questions and I channel my guides who answer questions too. But then there are so many offerings, including, The Portal Presents, where every month I have a new teacher come in and offer a different class or experience to you. We have Qigong, we have meditations, we have recordings from the Z's. There's a lot in there. Check it out, if it resonates - The Portal.

But for now everybody, thanks for tuning in. I will see you next month. Take good care of yourselves so that you can take good care of others when the need arises.

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