

May 2024 Energy Update

Hello, I'm Lee. I'm an intuitive. Every month, I take the pulse on what might be showing up for us emotionally, mentally, spiritually. This month, we have several themes, a few of which are:

Major Expansion Energy Coming into May after all we went through in April,

Personal Upgrades Coming in Fast, and

The Battle for Freedom in Increasing Public Awareness.

Stay tuned for the full Update.

Hello, everyone. Welcome to the Energy Update for May of 2024. I hope you're doing okay after the wild ride of April and all of the energy shifts that so many of us went through in that month. It felt like it was much longer than one month. And that leads me to the first theme of this month. As a result of everything that took place in April, May is going to see a Major Expansion Energy showing up - an energy of expansion showing up not just globally but at the personal level. You should feel this in the month of May. Particularly if you are somebody who went through lots of contractions, healings, bumpy times in April, it's going to be a month where you are going to see and experience positive growth opportunities, positive outer shifts.

Even though a major expansion energy could relate to our inner world, this is very much focused on the external. We have a few other themes this month that will relate to the inner world, but it will show up for you in different ways in your work, your personal relationships. For many, it can mean travel opportunities or being invited to other places. So, pay attention to this major expansion energy that might be showing up for you. It's always good, I think, to run a check inside ourselves whenever we are invited to something bigger or offered something that is new. Is our way of operating to go, "Great, I'll move toward it"? or is our default pattern to stay away from it or pull back, or think, "Oh, I don't know if that's for me." Just investigate that resistance if it comes up for you.

It doesn't mean act against your instinct, and it doesn't mean force yourself into something that you aren't sure you want to do. But if you notice resistance to the energy of expansion - particularly if you've been going through a lot in recent months - just recognize this is part of the color of May. Part of what May is going to be bringing is it's going to be drawing us out of ourselves, of existing situations, the status quo. And so, many of you are going to really use May as a month to build on everything that you've been letting go of shifting, moving in your life in recent months.

Compared to April, which was very intense and like an inner propulsion that was moving through everybody, May just starts to open the field out. And for many of us, it might give us more adventure; it will give us more opportunities. But it will be invites coming from outside. It will be things that come toward you, but you then get to choose whether you want to take them. And for some of you, it might be that it gives you more opportunity to

really take initiative, to really power out towards dreams, desires, things you would like to do. So, May is going to have a very wide energy. Even though we will still see a lot of the shakeup that we're going through in the world in this period of years that we're in right now, May is going to feel a lot wider and a lot more open as a playing field.

The second theme for this month is: Personal Upgrades Coming In Fast, Personal Upgrades Coming In Fast. Really, this relates to you becoming more of who you are here to be now. Many of us have gone through major shifts in the last few years. When this Personal Upgrades Coming In Fast shows up for me as a theme, it means that we get to take a step forward after all of the work rearrangement change energy that we might have been subjecting ourselves to or been subjected to by all of the energy and the world changes. So, Personal Upgrades Coming In Fast - this is a sign that you're going to actually be able to actualize some of your long-held dreams.

Now, a note I want to just insert here is it's really important - especially if you feel like things aren't quite happening in your life - to periodically look back at how you're doing compared to six months or a year ago and to ask yourself if, six months or a year ago, was there anything that you were working on bringing into your life or cultivating that actually is now here, that you've maybe taken for granted or just accepted it's here. It's a really good thing to do a review of your last six to 12 months and to ask yourself, "What were the goals and dreams that I had?" or "What were the things that I was trying to cultivate?" For me, a goal or a dream can be something energetic. It might be that you are wishing to slow down the pace that you are running at in your life, and you've been working on that for six to 12 months. And you might still think you're working on it, but if you actually stop and look back, you'll go, "Oh, I have actually made some progress here."

It's very important to track our progress with the things that we want to work on rather than just being addicted to working on ourselves or working on the next thing. We're all here now, experiencing the now. But the reason I share that is simply because this theme of personal upgrades, whenever you are going through a period of your life where you can up-level certain things, it's always fueled by the gratitude and the awareness of how far you've come.

For some of you who've wanted to make some major changes in the way you operate, in how you show up for others, in what you're doing in the world, in your relationship to the outside world, and how you're experiencing all of that, May is going to be a real month of moving things forward, consolidating where you're already at, but recognizing that you can start to take a big leap. May really begins a period of opening out. After the first four months of the year, May starts to say, "Okay, let's look at everything you've been going through, particularly this last few months, and let's see how you can start to actualize that in your life."

For those of you who feel a little cocooned or a little tucked away from the world, or like you've been a very happy hermit, it might be interesting for you to investigate how willing you are in the month of May to come out of the house and do some things slightly differently. That will be a growth edge for some of you as you're given these opportunities.

And as these things start to show up in your life, the question is, "Will you walk toward them? Will you take the opportunity? Will you receive the gifts?" Personal Upgrades Coming In Fast and Major Expansion Energy, they are the first two themes for May, and they're very connected.

If you're feeling a little shy right now or a little bit like, "I just want to cocoon a bit more," get it out of your system now because May is going to invite you out in very positive ways - in ways that will seem uplifting to you and will give you a sense of, "Oh, okay, this is what it was all about. This now makes sense of everything I've been trying to move through." So, there's a lot of that energy, and it's very positive, and it's going to be going round. Those are a couple of the big, major themes for May.

The third theme is one that I'm sure I was called to talk about a few months ago. And this one, it's interesting it's coming back. Trust Wound Healing. Trust Wound Healing. Trust wounds for us are things where we feel like we've been betrayed or let down, or someone abused or took advantage or we don't trust ourselves because of things we have done in our lives, or we feel that we may have broken someone's trust, or we are not trusting our own behaviors or our own patterns that might not be supporting or looking after us. So, trust wound healing is really in focus right now. And for many of you, it will have shown up in April, but there's going to be a new layer of healing around that.

This can relate to relationships, heartbreaks - heartbreaks not just in relationship but in work or in life or around the world, or around the system - whatever these trust wounds are that you've been left with. The problem with a trust wound is it's a place where we shut our energy down until we are able to bring our heart back. There are going to be opportunities for you in May to come to terms with some of these trust wounds if you haven't already been doing this in recent weeks. Some of you will have already been doing this. So, forgiveness and letting go.

Sometimes forgiveness is not the choice that people make. But letting go of the hold that the wound has over you is something that I've seen many people achieve. Even when they're not sure they can forgive, or it's not in them, or it's not time, or it's not ready for them to forgive, they can let go of the hold that this has over them. There's going to be a big wave around the healing of trust wounds, particularly in the month of May. And this leads to more expressions of love, because whenever we have a trust wound, a part of us shuts down and holds back. When the wound starts to heal and we are no longer dominated by that wound, we can express our love into the world again, and we can receive love into the world again.

So, it'd be interesting for you to reflect on where that theme might be showing up for you. It might be reconciliation with certain people. It might be energetic reconciliation - people that you are unable to reconcile with or perhaps they're no longer here on Earth. But you'll be able to do a journey with letting go of the wounds that were co-created between you and this other person or this other experience, or shifting the way you view yourself. All of us can go through our life and look back at things and think, "Oh, I wish I'd done that better, or I wish I'd known more." But that's part of learning, and that's part of growth. And if we really

beat ourselves up incessantly for things that we regret, it's difficult for us to move forward, have an open heart, and be fully present to love, connection, trust.

Trust is such a foundation for us in all of our relationships and in our relationship with ourselves. Trust wound healing is going to be really under the microscope at the moment. So, if you are in that, it's a positive thing for you to go through some of these cycles so that you can reclaim your heart and your ability to be present for life.

The fourth theme is, again, one of the ones that I feel has been an overarching theme for several years, but it's being given to me because we have to be reminded of it. We Are Being Shaken Out of the Old System. We Are Being Shaken Out of the Old System. I know many of us are aware of this; it's something that, for many of us, we're aware that's the passage of history that we're in right now. But the reason it's important to remind yourself that we are being shaken out of the old system is it's very destabilizing. It can be very unnerving to look around the world and see things that you used to either believe in, or buy into, or trust suddenly wobbling or suddenly revealing themselves to be not so trustworthy after all. And we're going through that on so many levels.

There are so many ways that we, as a people, are beginning to see our world very differently than we did even five years ago. And certainly, if you go back 10 years, 20 years, it can start to feel like it was a completely different world. So, the reason it's important to have that awareness that we are being shaken out of the old system is because I've met many people in the last few weeks who don't quite know why they're off. I've heard many people say to me, "My personal life is okay, but I'm not quite sure why I'm off, why I'm not feeling good, why I'm feeling unsettled." I think the world is very unsettling at the moment. It doesn't mean you can't create energies of peace, energies of stability, energies of balance for yourself, but it's work to do that now compared to (perhaps) years ago for many people.

We are being shaken out of the old system, and as we learn things about the system of our world that are difficult, challenging, painful, it definitely plays with our sense of identity, our sense of balance, our psyche. So, don't be too surprised if you sometimes are wondering who you are, where you are, what's going on. Because there's definitely that feeling going on for people. And it doesn't mean it's constant, and it doesn't mean you have to focus on it. It's more that you just have to remember, "Oh yeah, we're going through a really wavy time. And so there will be moments when I feel wavy, and the people around me seem strangely wavy."

People around you being more emotional than they normally are. Perhaps seemingly to you in irrational ways or in ways that they don't need to be, that's part of this "energy quake" that is going on across the planet. Just keep that in mind, especially if you're someone who's wondering, "Why am I feeling like the ground is unstable?" Because the ground is shifting, and it's going to continue to shift for all of us as we go through the next year or so, at least. It's not necessarily always a negative thing, but if you can keep that in mind, it will help you to realign who you are, realign yourself with the present moment, realign yourself with the day, which can be work too. So, be good to yourself, be kind to yourself, be patient with yourself, look after yourself. That will look different for each of us. So just keep that in mind.

The next theme is Creating the New. May brings with it an energy of creating the new. Creating the new is paramount for personal and global evolution. You might be someone who's passionately building something that brings new energy to the world or brings a new system to the world or brings a new invention to the world that's going to be good for us. That might be where your focus is going on creating the new. But where creating the new is so paramount for our personal evolution is if you feel stuck, if you feel upset about everything that's going on in the world, if you feel like you are sat at home watching the world happen and you don't like what you're seeing, it's really important to create something new.

Because the death of certain things on the planet right now can be a very heavy and sobering energy. And of course, so many of us have been heartbroken by what we're seeing going on with global wars and conflict. And I don't just mean in the wars themselves; I mean the way that people are fighting each other about horrific things that are going on in the world.

It's a really sobering time, and it can be a time that, if you aren't working to move the energy through you, it can pull you under. It can pull you down; it can pull you into it. So, creating the new is really important. And if you felt a little off or a little detached, or disconnected from life lately, what can you do that is new for you? You can start really small and really simple. Bringing new energy into your life becomes a self-generating energy. Little things like if you normally travel to work a certain way, go a different route that day, drive a different way, walk a different way. Do different small things to get your energy up and running so that you are more open to new energy because the message from up here is there is a lot of new energy incoming. It's very often galactic in nature, and it's a lot for us to handle, but it's there for us, and we remember it. It's not foreign to us, even though we may have been trained to believe it is.

This is where creating the new in your daily habits, your daily life will allow you to connect to a lot of that new energy that's coming in, which will help many feel the future and feel the good of the future and not just a lot of what we're being fed and told on a daily basis, which is, "We're doomed." That's the messaging that we're seeing a lot of different outlets pumping out right now. Creating the new is not just important for the world; it's important for your well-being and your ability to be here now and to be present for what's next. So, that will be supported in May.

If this resonates with you, but you're like, "I don't really know what to do," have a think. What could you do that's going to be new for you in May? What habits, patterns can you change? What new things could you allow yourself to engage with? And again, start really small and simple. We don't have to move country or dramatically change a relationship to allow things to become new. And in fact, sometimes doing that can slow you down because you then have to deal with the massive impact of those big changes. Small, deliberate changes on a daily basis allow us to start to move into a more open and a more "new" energy. So, think about what you could do on a small level that would allow you to connect with the new energy that's coming in that wants us to partner with it, wants us to create with it, wants us to channel it into our world.

The next theme is something that we've been going through for four years or so, but it's interesting: Battles for Freedom in Greater Public Awareness. Battles for Freedom in Greater Public Awareness. And this will continue through the next two to three months - May, June, July. This is going to run through May, June, and July. Battles for freedom that we, perhaps, have been left out of or have been a little hidden from our view are beginning to hit more and more people in the mainstream. More people are beginning to share information and events that are things that we, as a people, need to be aware of, and need to be mindful of, and make choices around. So, it's interesting that this global battle for freedom is the big arc here; it's the big theme. But what that can also do is it can really show up in your personal life as well.

So, as we as a world begin to become more aware of: Where are our freedoms under threat? Where are our freedoms being (how would I put it?) monopolized or taken away without us necessarily being so aware of it? That is going to spread more in the next few months. And there will be more not just voices talking about it; there will be increasing evidence and increasing data that will help the skeptical start to see a few more things that they, perhaps, weren't able to see or weren't invited to see a few years ago. So, it's going to be very interesting.

And that can often lead to fight energy. But what you might find is you might have your own personal battles for freedom. Because when that energy is playing out globally, it can affect us personally too. Is there something you are fighting for at the moment around your personal freedom? Maybe it's freedom of your health. Maybe it's freedom in a certain relationship dynamic. Or maybe it's freedom in the way that you want to live your life in a different way. This will continue through the next two to three months, but cultivating peace in moments and experiences will balance you because this is very much a fight energy. This is very much about battling and fighting. And it's part of our world right now; it's part of what's going on, but it can be debilitating. So, how are you cultivating moments of peace and experiences of peace, perhaps with other people? How are you going to create a nice, peaceful few hours for you and your friends? And that can be an oasis or a lighthouse, or for you and your kids.

Cultivating peace - moments of stillness, peace, reflection, quiet - making your world a little smaller when the world out there feels too big and too noisy. These are remedies for that energy, but it's necessary too that all of this rises into greater public awareness, and we're going to see that the next three months.

Okay, the seventh theme is Connecting with Those in Need. Connecting with Those in Need. This is particularly true if you've had a lot of heartbreak around everything that you're seeing in the world and just how hard it has been to witness, to sense, to feel, to hear, to read. It's going to really help you to place your energy where you can and connect with those in need. And for some of you, it might be placing energy, attention, focus, and assistance on global issues. But for others, it doesn't have to be the area that's causing you heartbreak. It's everywhere. There are people who need help everywhere. If you're capable of helping and you are resourced enough to help in a certain area, it's going to really help you to bring your energy and your attention to those in need.

I will say this: for those of you who already do that a lot, check your mind if you are hearing me saying that and you're going, "Oh yeah, I probably should do more." If you are already somebody who is serving the needs of others to a certain degree every day, and of course family, being a parent, being a caregiver, and then jobs that are really focused on helping others in a very direct way, for you this might not be true. For you, your way of coping might be to keep some balance and some peace for yourself so you can show up for others when you need to. But for others among you who've been feeling the weight of the world, connecting with those in need is going to help. It's going to help you feel better, and it's going to be a place that you can give your energy to others in a way that will be helpful to them as well. That will free some of you from some of the weight of what you might have been feeling.

And finally, Expressions and Experiences of Love. Expressions and Experiences of Love. More of us will experience and celebrate this at a higher level going forward. So, more of us on the planet are going to continue to know that the highest octave between us is love. Whether that's on a personal level, whether that's for the nature that you see, whether that's for the miracle of life, whether that's something that you want to help others feel and achieve - help them heal so they can have more expressions and experiences of love. But more of us are going to experience this and celebrate this at a higher level going forward.

It's interesting. As I say all this, I hear that some of you are literally shifting your work. And personal life, but especially work. It's why many of you are being called to go into more overtly healing professions at the moment. It doesn't necessarily mean your name is "Healer," because healers are everywhere. Healers are doing work in any kind of job, in any kind of family constellation. But expressions and experiences of love - that's going to just become so much more true as the truth and the highest octave that we can experience here with each other. And that energy is going to start to really come into sharper focus for many of us from May onwards. So, it's a good thing, and it's a necessary balance to a lot of the other stuff that we have going on.

Overall, there are some really higher energies coming in in May and wider energies. This major expansion energy feels really wide to me. I'm going to be curious to see how that plays out globally. It will be interesting to see how that plays out for you in your personal life. But we're still dealing with some of the things that we've been dealing with, but there is a feeling in all of these themes for me that we are beginning to come together more as a people than we have in the last four years. Even with the division energy, the fighting that we're seeing going on - even with all of that - there is a bit more of a unifying beginning to happen, and we'll see that continue to play out as we go through the rest of the year, which is a counterbalance to those who are choosing to divide fight. So, take good care of yourself this month, and thank you for tuning into this Energy Update.

For me personally, next month, June 2024, marks 20 years since I did my first channeled reading for a member of the public, which blows my mind. I never thought this could be work, and I certainly didn't think it would be at the 20-year journey it has been next month.

There are two things we're doing in June. We're going on tour - the Big Love Tour - in North America. We still have tickets left for New York, for Seattle, and for Boulder, but the other five venues are all sold out. So, do please get your tickets soon if you want to come. We can't wait to be with you all, bringing channeling, intuitive guidance, music, and some Q&A to evening events across North America.

But I'm also commemorating it. I wanted to do something focused on channeling. I have a brand-new video course called How to Channel and Why. I'll play you a clip from the course in just a moment, but that will be launching in the second half of June. So, if you can join me for How to Channel and Why and you would like to use channeling as part of your daily guidance system, I would love to get to walk you through that process.

And lastly, The Portal is my members' community, where every month, I am going live and doing deeper teachings with my community. There are audio, video in there. There are so many different types of healing experience that I and selected guests bring to The Portal every month. So, if you're looking for a community for your healing, your growth, your expansion, I hope you'll check out The Portal for a month and see if it's for you. We would love to welcome you. But for now, we'll play you a clip from How to Channel and Why, which is coming in June. Until next month, lots of love, everyone.

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