

# ENERGY SPEAKS

---

Messages from Spirit on  
LIVING, LOVING,  
and AWAKENING

## LEE HARRIS

Foreword by Regina Meredith



YogiImpressions®

# CONTENTS



Foreword by Regina Meredith	xiii
Introduction: When Destiny Calls	1
Chapter 1. You Are a Lightworker: Owning Your Personal Power	20
Exercise: Connecting with Your Soul Power	25
Exercise: Identifying Your Soul Group	27
Closing Exercise with Lee: Calling Back Your Power	32
The Lightworker Affirmation	33
Chapter 2. Your Self-Love Journey	34
Opening Relaxation Exercise	35
Energy Meditation: The 5-Minute Flame	47
Sacred Commitment Ceremony	53
Self-Love Energy Exercise and Affirmations	54
Chapter 3. The Art of Receiving	55
Exercise: Releasing Guilt	57
Exercise: Opening to Options and Possibilities	59
The Receiving Affirmation	69

Chapter 4. Abundance	70
Visionary Exercise: Abundant You	75
Meditation: Abundance = Wholeheartedness	79
Abundance Exercise and Affirmation	82
Chapter 5. Loving Money	85
Inquiry Exercise: How Much Money Are You Ready For?	91
Exercise of Breath and Light: Loving Money	95
Visualization: Walking Your Money Path	97
The Money Affirmation	102
Chapter 6. Sleep: A Surprising Key to Self-Mastery	103
Exercise: Requesting an Energetic Shift	108
The Sleep Affirmation	113
Chapter 7. The Eye of Awareness	114
Visualization: Activating the Eye of Awareness	117
The Awareness Affirmation	128
Chapter 8. Sex and Sexual Energy	129
Awareness Exercise: Uncovering Sexual Beliefs	132
The Sacred Fire Affirmation	140
Chapter 9. The Essence of Successful Relationships: Tapping Into the Energy of Trust	141
Exercise: Connecting Energetically to the Heart of a Lost Love	146
Exercise: Entering into Love's Healing Zone	155
Exercise: Seeing the Real You	158
The Relationship Affirmation	160

Chapter 10. Family Peace	161
Exercise: Dissolving Family Energy Blocks	169
Family Freedom Exercise and Affirmation	176
Chapter 11. The Power of Women	177
Exercise: Opening Your Heart to Your Mother and Father	185
The Feminine Energy Affirmation	191
Chapter 12. Radical Expression: The Doorway to Transformation	192
Writing Exercise for Transformation: Radical Expression in Action	208
Chapter 13. The Angel Behind You	211
Visualization: Wrapped in Angel Wings	220
Held in the Light Affirmation	223
Closing: You Are Love	224
Acknowledgments	229
Lee Harris Energy Resources	231
About the Author	233



# FOREWORD



Lee Harris and his guides, the Zs, speak for a new generation of spiritual seekers — those who know they have been told half-truths and want to find meaning and depth in their lives. *Energy Speaks* is an answer to this need.

We are living in times when the spirit is drawing closer to our conscious awareness, which is a both beautiful and confusing part of our evolution. As we begin to sense a larger array of emotions, this information can clash with the agendas being played out by our thoughts. *Energy Speaks* serves as a guide to begin connecting deeply with these feelings.

In his young life, as with many in the younger generations, Lee's feelings came in perpendicular to his thoughts. This can create a kind of cognitive dissonance, leaving a person to doubt themselves. This confusion dominated Lee's early years, with the perpetual question "Which are true: my thoughts or my feelings?" He was given divine intervention to begin answering that question and shares that journey with the reader of this book. For the

rest of us, now is a perfect time to be asking that question and “listening” to the answers.

As humanity moves into this more fluid state of feeling, we begin to notice that we are moving closer to our true nature. Try as we might to push these feelings down, they seem to be uncannily correct in what they are showing us. Why? Because these higher feelings are being informed by our Higher Mind. This is not true of lower-mind emotions, which are subconsciously programmed to inform us of the world surrounding us. *Energy Speaks* shows us that if we ignore either, it will be at our own expense.

Our emotional baggage is giving us a glimpse into all that has come before this moment, all of it recorded in our energy field called the *aura*. We encounter a certain scent, scene, person, food, or activity and we respond viscerally — the result of a previous experience that has become imprinted upon our subconscious. In the best sense, this serves as a guidance system, warning us away from something that has caused pain, confusion, or loss at another time in our deep past. Conversely, this very same stimulus can cause us to run away from opportunity because we have had an unfortunate experience with it in the past. The more we dial into our higher feelings, however, the more we begin to discern the difference between the more sublime providence of those feelings and the denser demands of the emotions. This helps us decide wisely when it is time to engage or flee. It is ultimately our choice.

In *Energy Speaks* there is a great emphasis on choice, from the choice of our parents prior to birth, to the planet on which we elect to be born, and even our surrounding support group. This includes the unseen realms of beings who are here to assist us in reaching our souls' desired goals or lessons for a given lifetime. The messages of this book contain wisdom from Lee's guides, who not only have helped him work through the challenging moments of his life but have worked *through* him to help all of

humanity. Lee has agreed to this arrangement, which is explained in this book.

In my life, I, too, listen to guides, even when the messages are not comfortable. A chronicle of some of these messages and events is narrated in my book *Accidentally on Purpose: Tripping through Life with Regina*. These wise messages from realms beyond challenge our existing beliefs and paradigms and yet are validated well when we listen to them. Otherwise we would simply tell ourselves stories we like to hear to reinforce our existing reality. As Lee says in this book, guides have no problem telling you that you are flat-out wrong if they have to!

For Lee, some of these messages address the subject of the masculine and feminine, as well as sexuality. The Zs speak directly to these delicate and powerful aspects of our human nature, and one message comes through very clearly in this book: the time of the feminine has arrived.

Why the feminine?

The feminine is the creative aspect of our true self — all of us, both men and women. Our creativity is born of our ability to listen to the Higher Mind and our guides. Our Higher Mind and guides are constantly standing by, whispering the desire of the soul into our hearts, inviting it to express itself. In fact, the Zs insist that when we ignore these creative impulses, we can diminish the quality of our lives to the point of depression. This is the reflection of a withering spirit, a soul that is not being heard.

Because the feminine is receptive in nature, she has a greater ability to listen to the higher voice perpetually whispering its guidance to us. This also puts us in closer contact with our emotions. *Energy Speaks* insists that until we all listen to these emotions, giving them respect, we cannot unblock the pathways to our full creative expression on Earth — and this potential is vast!

On the challenging side of the feminine, competition between



women is still holding back the progression of consciousness among us. Emerging from darker times of patriarchy, in which women felt a need to compete for mere survival, old patterns die hard. The Zs speak about the need for women to begin relaxing into our own empowered voice, which is fueled by the activeness of the masculine. Until we master this, we remain attached to subconscious reactions prompted by our past circumstances.

It is the responsibility of the new man to honor and express his emotions and feelings in order to bring *his* genius to light. It is the responsibility of the new woman to utter her truth in a powerful way in order to bring *her* genius to light. The meeting of these two creates worlds of new possibility for confronting the challenges of life on Earth. What a beautiful progression from where we stand now!

Lee and the Zs insist that the human species is rich and complex as a direct result of having such strong emotions and feelings. From them come our gifts and talents and our true power. *Energy Speaks* details what this power is — an ability to listen to our higher truth and actively choose to *live into* it. This is the great promise of the times: for each of us to live into our divine genius by engaging, in the deepest sense, with our emotions, mind, and spirit. This book serves as a gateway to defining what this journey requires from each and every one of us. I invite you to enjoy the ride!

Regina Meredith,  
journalist and host of Gaia TV's *Open Minds*  
([www.ReginaMeredith.com](http://www.ReginaMeredith.com))

## INTRODUCTION

# WHEN DESTINY CALLS



**I**n the year 2000, when I was twenty-three years old, my life changed forever.

I was gliding along on the London Underground train one morning on my way to my job in fund-raising. I was sifting through my thoughts, as I did every morning. As was often the case, I would find many of my thoughts that day to be difficult ones. It was my standard operating procedure back then to take inventory of the things I wasn't happy about and didn't think were going very well, doubling down on the belief that I wasn't good enough. Years of inner torment as a teenager still lingered, plaguing my internal dialogue with self-doubt, self-judgment, and self-blame.

I was thinking about a conflict I was having in my relationship at that time — still bristling from the night before and certain of my position — when a voice stopped me in my tracks.

“That’s an interesting perspective, but you’re wrong,” the voice said.

It wasn't a voice I had heard before, and it wasn't coming from me. If I had to describe it in practical terms, it was as if the voice was coming from about ten inches above my head and to the left. It was loving but firm and instantly shifted my attention away from the negative self-talk I had running in my head.

All this came as a shock. I hadn't been praying or meditating or doing an affirmation exercise. I wasn't asking for guidance. I was just minding my own business, racking my brain over what wasn't working in my life.

I asked this very assertive presence if it had a name. The response further surprised me.

"We don't really have names, but we know that names are useful to you. I'm Zachary, the lead spokesperson for your team of guides. We are eighty-eight entities, but then we extend wider into source."

This was my formal introduction to the Zs, as I have come to call them.

During the first few years after this first blind date with spirit, two additional guides identified themselves — Zapharia and Ziadora — making it a trio of spokespeople. Unlike Zachary, it was explained to me, Zapharia and Ziadora held more feminine energy. The three of them would take turns speaking based on the topic at hand, balancing masculine and feminine energies and perspectives.

By 2013, the Zs had told me that it was no longer necessary for them to communicate in this differentiated way. They said that while it had been useful in the early years for the people who were first encountering my work to separate out the feminine and the masculine, an integrated voice had now become more useful and relevant.

The arrival of the Zs, although wildly unexpected on one level, had been preceded by several years of spiritual seeking. As a

teenager, I sought answers to my emotional pain and solace from a world in which I often felt like a stranger. Like many people who identify with being sensitive, empathic, or spiritual, I felt like an outsider most of the time.

Now I understand that all of us, at one time or another, feel like outsiders. When we're going through big change or deep loss, there can be a crisis of identity. We lose a job, a home, or a relationship, or we go through an illness or another dark night of the soul, and suddenly we may feel alien, like strangers to ourselves.

The Zs, as you will discover in this book, are steadfast in their message that we as human beings are never truly alone and never really outsiders. Each one of us is an irreplaceable part of something greater than we can imagine. There is a profound purpose to every one of our lives — even when we have lost the thread of that truth.

I know firsthand what it's like to feel deeply conflicted about my emotions, myself, and life, which is how that auspicious morning on the Tube train happened in the first place.



I had a real dichotomy going on as a child. While I was passionately involved in theater from the age of nine until I was nineteen, when it came to emotions and feelings, I was stifled. I was a creative, highly sensitive kid. Yet it was difficult for me to express emotion or to be around people who couldn't express themselves emotionally. And why that was important to me is because I was actually very emotional. But instead of seeing that as just who I was, with a smidge of neutrality, I saw it as a really big problem. I was absolutely convinced that being so emotional was a major problem for me and for others around me.

For example, I would get upset about things like field day at my school. I was an overweight kid and would feel panicked at

the idea of having to compete in running races and other competitive sports. It would cause me anxiety for days beforehand. I would plead with my parents to write me a note to get out of the whole nightmare. Of course, they didn't, and they were right not to. They understood that I needed to learn to do these things. But I felt very humiliated.

Even though I was raised in a loving, normal family, I felt a lot of shame as a child, and at the time I associated it almost entirely with my weight. I developed a food addiction, overeating sugary foods in an attempt to comfort myself. You know you may have a problem when your parents are taking you to Weight Watchers at the ripe old age of ten!

Being overweight so young was deeply painful and really left its mark on me. Other kids regularly verbally bullied me because of my size. Luckily, I was never physically bullied, but I remember certain kids and adults looking at me with what felt like disgust. As a boy, I was good at reading the energy going on around me. I may not have been correctly interpreting every situation, but I noticed the subtle changes in people. I noticed if somebody looked me up and down, forming an opinion about me because of the way I looked, and sometimes dismissing me.

Each of these moments burrowed deeply into my psyche, and while in my mind I assigned my overwhelming shame to the way my body looked, the truth is that the wound was much bigger than that.



I identified as being gay early on in life. Realizing that I was attracted to the same sex rather than the opposite sex felt like a nightmare to me. I remember a period of time between the ages of eleven and twelve when every night for months I secretly prayed that my homosexuality would be taken away — hoping

that I would wake up and by some miracle be a person who could just fit in with the rest of society.

Back then I didn't know any gay people, and we certainly didn't have awareness of LGBTQ rights the way they exist now. Teenagers today are growing up in a world that is more accepting of being gay or transgender. But in the late eighties, many still feared and mocked gay people.

There was a very popular UK soap called *EastEnders* that ran on the BBC starting in the mid-eighties. When I was around eleven, a gay kiss on one of the episodes caused a huge furor. In my very early, unformed thoughts, the controversy around it solidified a belief that what I was feeling was wrong. That inevitably translated in my young psyche into a belief that *who I was*, in essence, was wrong.

Luckily, the power of television can run both ways.

I remember seeing *The Oprah Winfrey Show* for the first time when I was sixteen. This was in the early days, before Oprah began having self-help authors and spiritual teachers on the show. She mostly had everyday folk on, talking about their struggles and how they overcame them. Perhaps most significantly, they talked about how they were *feeling*. I had never seen such emotional honesty in my life. I was immediately hooked, and this show became my daily oxygen. It was so liberating to hear people speaking honestly about their circumstances and emotions — not just the good stuff but also the very tough stuff.

Watching Oprah's show helped me see and understand myself in a new light because it showed real, multifaceted people who felt their feelings, people who sometimes cried and found ways out of their pain. It was a forum that invited and welcomed authenticity rather than settling for masks of politeness and acceptability. This may have had a particular poignancy for me because I was growing up in England thirty years ago, when repression and

suppression were more ingrained in our culture than they are today.

My liberation continued as I started to tell close friends that I was gay. They were so cool with it. Again, I felt like I could *breathe*. That time of coming out is when I began to liberate my body as well as my voice, and I started to lose weight. I was 5'8" at the time, a smaller frame than now, and weighed 15.5 stone, which is about 217 pounds. Over the next two years, I grew to 5'11" while also losing over sixty pounds.



Theater continued to be a central part of my life at this same time. Because I was struggling to express myself as a person, to be fully expressed as someone else was very freeing. Theater work can be deeply revelatory, like a shamanic act of transformation. For example, if you play a repressed person, you learn something about the repressed part of yourself that you bring forward to connect with that role. If you play a charismatic person, you inevitably discover aspects of your own inner light in order to express that character.

I have heard from some people who have never acted onstage who think that performers do it for the applause they receive, but actually that is the most boring bit. I always found the applause awkward, because for the curtain call you have to walk onstage as yourself. It was much easier for me to be someone else in a different story. There is no editing when you play the role of another person. You don't have to worry about how that character is being perceived in everyday life. It's all permissible because it's part of the script. I loved how acting could liberate me from the conflicts in my own life.

Acting also gave me a sense of my personal value because I was giving value to others through a skill I had. I loved that. By

the time I got to drama school at nineteen years old, I had already done fifty stage productions. So when I graduated at the top of my class and then quit acting a year later, it was a big shock for my family.

“I’m not doing it anymore,” I declared.

Understandably, they just couldn’t wrap their heads around it. But what was happening was that I was starting to get more outlet for expression in my life. I was beginning to discover who I was and no longer leaning on the crutch of theater. It was a slow process, but I was discovering that I was okay. I could be who I was in the world.



Theater wasn’t my only area of interest in my teens. My curiosity about metaphysics and spirituality was becoming greater all the time. One of the tools I gravitated toward was tarot cards. From the first time I encountered the tarot, I remember just loving it. I would go to receive a reading and my whole body would feel alive. I think some people approach tarot or other kinds of intuitive readings simply as reassurance in the face of an uncomfortable now. I can understand that. If you’re not comfortable in your life and you hear a few good things about your future, you relax, and there is a power in that for people. But for me, it was actually *more* than just that. There was something mysterious about the whole process that I loved, and I wouldn’t find out until later what that “something” was.

When I was around nineteen, I was gifted a tarot deck by a good friend. I never learned how to formally read the cards, but I would occasionally play with friends in an improvisational way. I would throw some cards down and see what came to me. By the time I was twenty-two, I had done this on a handful of occasions, and the weird thing was that each time, my friends would remark



on the accuracy and power of the information they received. So although I didn't think my readings were "real" at the time, they were really helping people.

This was a sign of things soon to come. This was the beginning of destiny calling.



One month before the Zs began communicating with and through me, another mystical opening took place. I had just moved to London for work, and my dear friend and soul sister Nina came to visit. Nina and I shared a keen interest in all things metaphysical and esoteric, so I was intrigued when she told me that she had recently begun dowsing.

"Dowsing — what is that? I've never heard of it," I confessed.

"Let me show you," Nina said excitedly as she reached for her bag. She took out a small quartz crystal on a chain.

Standing in front of me, Nina held the chain between her thumb and forefinger with the crystal dangling motionless at the bottom.

"First, you hold the pendulum like this," she said. "And then you ask a question. The crystal will start spinning to give you your answer. If it spins clockwise, the answer is *yes*, and if it spins counterclockwise, the answer is *no*."

Nina demonstrated with a question of her own, and the pendulum started to spin, quickly giving her an answer. I totally thought she was faking it. She was holding her hand perfectly still, but the pendulum was spinning at high speed. I wondered how the hell she was performing this magic trick in front of my eyes, as it couldn't possibly be real. I trust Nina with my life, but as she stood in front of me with a crystal spinning on a chain, my inner skeptic showed up in all his glory.

But then Nina handed the pendulum to me.

Secretly rolling my eyes, I held the chain still and asked my question. In a matter of seconds — lo and behold — the pendulum did begin to spin all by itself. First slowly. And then wildly. I was blown away.

Within one week, I was using it every day and had become a believer. Soon I came to know in my body if the answer was a yes or no before the crystal even started spinning. I also began receiving more than just yes-or-no answers. Using the pendulum as an access point, I started to receive intuitive messages when I would ask my questions. I can look back now and see how this pendulum practice was opening my intuitive mind.

Around that same time, I bought a book called *How to Connect with Your Spiritual Guide*. I can't remember who the author was and haven't been able to find a copy since, but that was the title — and, truth be told, I never actually read it. I was noticing how specific book titles in your living space or surroundings can work as affirmations of intent. For example, if you have money issues in your life and you buy (but don't read) a book called *How to Love Money*, just having that in your environment exerts a power all its own. It can have an energetic effect on your life. Under that principle, I enjoyed the presence of the spirit-guide book near me but never really thought I would get in touch with *mine*. I wasn't at all sure that I even had any spirit guides.

Then came that morning on the London Underground.



Without realizing it, I was gradually opening up a field of communication with the invisible world, and a phenomenon that I had never imagined possible for me was picking up momentum.

On that fateful day, after the Zs had interrupted my negative self-talk by telling me that I was wrong about what I thought was happening in my relationship, the conversation continued.

“Is this my own head?” I asked.

“No. We are your guides, and we are indeed talking to you.”

“I’ve never heard you before. Why now?”

“We’ve been talking to you for a long time, but you weren’t ready to hear our words. And today you are.”

“Am I schizophrenic? Are these just voices in my head?”

“You’re welcome to think that, but no, that isn’t what’s going on. If you work with us for a few months, and if you ask us questions and see how our answers fit with you, you will see that there is help we can offer you.”

By the time the train reached my station and came to a stop, so had the conversation — and I didn’t feel alarmed by it at all. People often ask, “Was it *weird*?” And the weirdest thing is that from the very beginning it *wasn’t* weird. Don’t get me wrong. It does feel different. But it makes sense to me now that when the channeler and their guide or guides have aligned, it shouldn’t feel strange. Some people imagine that channeling is an out-of-body experience, but for many channelers I know, including myself, it’s a uniquely *embodied* experience. If I channel for an audience, for example, or if the Zs come through me to speak to someone in a private session, then yes, it does have a bigger impact on my body than when I do it for myself. My body grows hotter, and I can sometimes get more tired if I go for a long time.

I took the Zs up on their offer and began writing down questions for them to answer. It was a fascinating few months. One thing that really struck me was that the guides never stroked my ego in their messages. They would give me helpful and supportive information, but they would also tell me if I was off base about something.

For instance, they would say, “No, this isn’t your partner’s problem. This is your problem. And we’ll explain why. You are struggling with your need to be right. And if you let go of your

need to be right, you will see the wisdom in what your partner is saying to you.”

I would write that on the page and walk away, and the next day I would revisit it and reabsorb it. It would change me.

For months, I did this for myself alone. But eventually, I shared this process with a few friends who were spiritually inclined, doing sessions for them with the Zs and sometimes speaking intuitively rather than channeling. Initially, it was something I kept very private. I didn't tell my family — only my more open friends knew about it — because it was something I was aware could be perceived as weird or freaky, and I wanted to avoid being viewed that way. When you have been the fat kid, and then the person who has to come out to his friends and family as gay, you don't necessarily want to come out as the channeler, too.

But bigger for me than my own personal fears was the truth of how the Zs were touching people's lives.

They were helpful.

They were loving.

And for me, they felt like home.



In 2000, soon after I began channeling, I took a memorable trip to Glastonbury for the big music festival that takes place there every year. The company I worked for was fund-raising for Greenpeace, among other charities, and Greenpeace took forty of us to the festival. It was an amazing group — social and environmental activists, artists, and other progressive people doing really interesting things. We would fund-raise for a part of each day, then enjoy the music and festivities the rest of the time.

That weekend I offered to give my friend Niall a palm reading, of sorts. I don't quite know what possessed me. Like the cards of tarot, the lines on the hand were something I knew nothing about.

I just took hold of his hand, held it in mine for a few moments, and then gave him the information that intuitively came to me.

“How did you know all that?” he asked incredulously. “How did you know that about my family and my past?”

It was a powerful experience. And word that I could do this spread fast around the company. I was slowly beginning to grasp that beyond my ability to channel the Zs, my own capacity for reading the energy of a person, situation, or place was increasing.



I had been channeling for about a year when I started to go to personal development and healing seminars with some regularity. One that I remember vividly was Psychology of Vision, led by Chuck and Lency Spezzano.

There were about 250 people in the seminar room on this particular day, and Chuck posed the following questions: “What if God knew best how to use you, and you let go of your own agenda? What if you simply said, ‘God, use me,’ and trusted that whatever happened to you next would be right for your life?”

Then he said to us, “Step forward if you’re ready to do that.”

I remember that a lot of people in the room didn’t like this suggestion. Several didn’t step forward, evidently reluctant to surrender their own agenda. On the other hand, many rushed forward, clearly all about surrendering and trusting the path. Then there were those of us somewhere in the middle. I liked the idea of stepping forward, but I also had other ideas in mind for my life.

I thought I was going into music.

One of the reasons I’d left acting is that I had discovered song-writing at the age of twenty-one, and it was “love at first song.” I had just released my first self-funded album and was hoping to get it picked up by a record label. So I was more than a little hesitant to say, “God, use me,” in case he didn’t use me the way I

*wanted* to be used! I wanted to travel around the world playing music that would open people up, because music for me had been such a lifesaver. Ever since I'd been a kid, it was the one place I could *really* feel things. To me, sad music was not sad. It was life giving, because it took the sadness I might be feeling and animated it, moved it through my body, and gave it room to breathe. I wanted to do that same service for others through the music I was writing.

The irony, however, is that on that day I *did* say, “Okay, God, use me.”

And I stepped forward.

This was six months before I started doing intuitive readings for people in addition to the channeling. But it wasn't until many years later that I realized the full scope of what shifted that day when I took that step. I had given myself permission to deviate from my desired path of music, yes. But I have spent the past thirteen years going around the world helping people open themselves up, holding workshops where those openings can happen within a container of safety. I've created countless audio recordings where my voice helps people open to who they are. So although my focus is not being a singer-songwriter, the effects of my work are exactly the same as those I hoped to achieve musically. I still love music and make music, but my aspirations for it as a career are being fulfilled completely through my spiritual and self-growth work.

I got to the desire underneath what I was trying to manifest as a musician. And I basically got that career, just in a different form. It's funny how life works, isn't it? Our prayers and intentions get answered — just not always in the form we think they need to take. It's therefore no small surprise that when I am teaching people to manifest their dreams, I always suggest that they understand the desire behind the form. For example, you want

to manifest money because you desire more freedom in your life. Sometimes it's more powerful to write an intention that affirms "I wish to manifest financial freedom" than it is to write "I wish to manifest a million dollars" — as you never know what unexpected pathways financial freedom may take to arrive at your door.



When I started doing readings in June 2004, I certainly had no idea I was at the beginning of a brand-new career that would not only bring me great satisfaction but also pay my bills.

The moment that kicked the door wide open came after I did a reading for Anaiya Sophia, a yoga teacher, shaman, and good friend. Over coffee, I helped her and her then partner with a challenge they were wrestling with, and soon after that she came back and said, "Wow, that information really transformed things for us. Thank you so much. You should do this as a job." I have to admit that I thought she was just being kind.

But she persisted.

"Lee, I have a newsletter with three hundred people on it. If you write an advertisement for your sessions, I will send it out to them." I genuinely didn't believe that anyone would respond, which was partly why I said yes. I had no idea that the day Anaiya's newsletter went out, I would get my first paying client.

My session work started small, but word got around quickly. By the end of the first sixty days, I had done readings for sixty clients from around the world. They would send me three questions by email that would take me seventy-five to ninety minutes to answer in writing. And after a year of written readings, I went to telephone and Skype.

From the very first reading, I was so moved that someone I didn't know would trust me with their private, innermost thoughts, feelings, desires, and fears. It was a deeply intimate

process. In those early days, whenever I received someone's questions, I would move really fast to write their answers, because I felt a huge sense of emotional responsibility to them. It would often make me cry to read their questions. It opened my heart to be trusted in that way, to be confided in, to be invited into their inner worlds.

I didn't tell my family I was doing readings for about eighteen months, until it became too hard to hide because it was about to become my full-time vocation. As it turned out, I had nothing to worry about. My brother's wife, Anna, received one of those early tarot readings before I ever did this as a job and has been a part of my administrative staff since 2011. My brother has been greatly supportive all along and has lent his marketing and business skills to me many times over the years. And my parents and the rest of my family are always very sweetly proud of me whenever they attend my events in London. I'm truly grateful for their support, especially as the realm of spirituality and self-growth was not necessarily their world.



If my work has taught me anything, it's that no matter where people come from or how much money or success they have, everybody is human; we all have the same fears, hopes, concerns, and dreams. Each of us has something in life that we are challenged by — regardless of how things look on the outside. That was such an eye-opener for me in the early days of my work. Several years in now, I have had many clients who have reached the heights of outer-world success, in terms of wealth, fame, and accomplishments. As I have walked with them through some of their hardest moments, I've seen firsthand that no one — no heart — is immune to the adversities of life. We all get hurt. We all suffer at times.



There is much talk about how we as human beings are pre-disposed to suffering. And in the spiritual community I often see people trying to undo their own suffering, while simultaneously hoping (and praying) that once it goes, it will be gone forever. One of my passions is to support people to have greater awareness of their issues and points of pain, and to find new ways to be *alongside* them. To end the war with their suffering and befriend it instead. To “soften” around its presence. To allow positive change and healing love to occupy more and more space inside, while the “issues” lose their power.

The benefits people receive from my live and recorded work are the same ones available through the pages of this book. They include:

- Emotional self-awareness
- Clarity and discernment
- Forward momentum (a.k.a. getting unstuck)
- Empowerment (powerful self-permission)
- Self-trust and confidence
- Optimism and enthusiasm
- Opening up intuition and empathy
- Connecting deeply with spirit
- Comfort and joy
- Transformation

Our energy fields are far bigger than our conscious minds. And there is a whole range of color and feeling around each of us that intuitive people (and people who are opening their intuition) can pick up on. That, to me, is where the magic of the universe really arises and appears. So much around and within us is beyond what we can see with our eyes.

The infinite is everywhere. Literally.

Energy speaks all the time. We just need to learn how to listen.



I have never believed that personal and spiritual growth takes place on a mountaintop, in some kind of holy isolation. It usually occurs in the ordinary moments of our lives — and often through the support or mirroring of another person. I believe that we all help each other as human beings. If a taxi driver smiles at me on a day when I'm not feeling very happy, that person can change my mood. The energy of that smile, that love, offers me a potential upliftment. That's a simple example of how someone we don't know can help us.

When a healer or practitioner works with us in an in-depth way, holding our hand through some of our most challenging or difficult moments, there is yet another kind of “helping each other” going on. The willingness to trust someone to do that, and their ability to compassionately be there for us through our process, is such a beautiful way to heal and to grow. Of course, we can grow every day we live, but personal development work is a deep and powerful accelerator of our growth.

I have always highly valued personal development in my own life. I spent my twenties going to workshops on credit cards — whatever it took to get me there. I remember wondering, *Why are some of the happiest days of my life spent standing in a room with hundreds of people who are crying one minute and laughing the next?*

Now I understand. I felt really *alive* in those environments back then. And that remains true today.

But unbeknownst to me, I was also training for the work I was going to do.

Now I'm a custodian of those very types of workshop environments. I did a world tour in 2016, traveling to Australia and then on to events in London, Berlin, Hawaii, and twenty-eight cities across North America. I met over five thousand people at these

events. Many lovely people along the way told me they had copies of the first two self-published volumes of *Energy Speaks* by their bedside. They talked of how they would just flip the books open to a page, looking for guidance, reassurance, or a fresh insight. Hearing this touched my heart and reminded me of the power of the energetic frequency of the Zs.

This was significant because at the beginning of 2016, I was questioning whether it was time to stop publicly channeling, whether or not that phase of my work would now be available simply in archives. During the tour, I got confirmation that the channeled portion of the various events added a frequency all its own to the work we were doing. When I channel, it changes the energy of the room in a very particular way. For some people, channeling is an important part of the work that I do. All together, the intuitive work, music and sound healing, physical movement, and channeling produce a lovely balance of multidimensional energies for people to find themselves in and through.

It was the tour experience that prompted the desire to take those first two books and make them into something brand-new — the very book you are holding in your hands right now. This is the ultimate edition of *Energy Speaks*, including new material derived from both channeled sessions with the Zs and live events where the focus was my work as an energy intuitive.



Of the many lessons I've learned through working with the Zs all this time, perhaps the main one would be the power of intention — that you can cast an intention for what you would like to experience and feel next in your life. They have taught me to trust that writing that intention down on a piece of paper, affirming it verbally, and calling it to mind repeatedly will help bring it to you at the time you are ready to receive it.

Each page of this book — whether focused on relationships, abundance and manifestation, angels and spirit guides, or any other important life topic — is really a reminder that we *do* cocreate with the universe. We can either be asleep in that cocreation or be *active* in it. There is a destiny path at work *for* us, and we have free will as to when and how we step onto it.

May *Energy Speaks* support you and inspire you as you embrace the destiny path that was made only for you. You have absolutely no idea where life can take you or how things can change for the better, so never stop dreaming.

And when destiny calls, perhaps in an unexpected way, I implore you to *listen*.