

April 2014 Energy Forecast with Lee Harris: 'The Strength of April, Found Within...'

Lee Harris gives his energy forecast for April 2014 in which he talks about the importance of staying centered, stable, and in the now in order to effectively deal with a world that is sped up, chaotic, and panicky at the moment. A partial transcript follows:

Hi everybody. Welcome to the Energy Forecast for April 2014.

It's April 2nd that we're recording this. It's not REALLY a spring day here but maybe we're venturing towards it – we'll see. (Smiling)

We're all still here on the planet; which is always nice and unexpected. And the reason that I say that is because today there are two principles I want to touch on.

Something I've said repeatedly through the forecasts over the years is that we never know how long we're going to be alive. And it's true – we don't know that we're still going to be alive at the end of today. And yet what we can often get very fixed and focused on is the future of life rather than the present.

I keep hearing many people over the last year or so getting activated and worried about things they are hearing or suspecting about the future.

So for example, someone might be talking about a volcano that somebody has predicted to go active on a certain date or an

earthquake that's been predicted for a few months ahead. Or other speculation on how the future of the world is going to go...and what I want to remind everybody is that all of it is conjecture.

I'm not saying that you can't truly believe that one of these things is going to happen, and prepare yourself in whatever way you feel you need to be prepared so that you're comfortable again.

But what I have noticed is many people are putting their trust and weight behind some of these dates in the future, and thus putting their fear behind it. And then when that date passes and nothing happens, they repeat the same pattern all over again with another future date they're given.

So what I'm asking you to look at here is not the idea of future dates, but more closely than that, your own fear relationship to what's going on in the world.

The world is sped up, chaotic and panicky at the moment. And it's understandable as to why. There are several things that you can see going on in the world that can make you nervous about the future of the planet, and the now of the planet and what people are dealing with.

But one truth I have come to both learn and experience is that the more centered and stable we are able to stay, the more ready we are for anything that Planet Earth is going to throw our way.

So if you are living in fear or worry of the future, you are constantly off your center and disempowered.

You may say, well how do I calm down about this terrible future thing that's happening?

And I say, well number one; you know that you don't yet know it's happened. You don't yet know what the future outcome is.

So even those of you who may be very good with psychic or future predictions, I've also met many who are good at those predictions and some of them have come true. But with some of their other predictions, things have not manifested. So perhaps something has changed or it was just a possibility rather than a certainty.

So ask yourself, are you living in the future or are you living in the now?

[Read the rest of the transcript on Lee's blog...](#)