

We began the evening with a wonderful recitation of Sarah's words '...I told my friends each day of 2020 will be like a brand new day'. Many did not really understand the meaning of this phrase until the year unraveled and no day was like the next! Somehow comfort and guidance are found in these words.

Commenting on class page:

- Sarah commented lovingly we are like kids doing our homework before breakfast when it comes to commenting on the page
- Sarah loves reading the comments - it creates energy for her and it draws content through - even if they are not perfect she asks we continue to comment. Putting a comment on the page is like putting it into a pot of soup and it becomes an ingredient in the whole frequency of the class, and you receive back something energetically by putting that comment on the page.
- It is easy to comment before class because you are entering into the frequency of the class. Really what you are doing is entering into the bubble of incredible supportive energies. So, she continues to push for it...
- Everyone is picking up the energy prior to class and this is very important for everyone to understand as Empaths

Empaths and energy:

- Prior to class, sadness was picked up by a member of the circle and our conversation unfolded 3 other members of the circle had various experiences of sadness just prior to the start of class
- Sarah discussed how important it is to notice how we are feeling at all times. 90% of the time the discomfort is not yours. Getting a headache prior to meeting a friend could indicate that friend may be intensely in their head, disconnected from their body or worried about something. It is very difficult to be an Empath because you never get the true feedback from others, so it is easy to think it is you. Next steps are to clear and come back to ourselves:
 - Adjust the cranial bones that are out of joint
 - Come back to ourselves and re-ground
- Sarah feels blessed to have had 30 years in her own test lab every day with clients and gets a lot of feedback by direct correlation to how she is feeling vs what her clients are experiencing.
- Using the discussion on sadness as an example, this is the pinball effect of being an Empath – it bounces all over the place – you don't know if you were sad about the daughter, or if she was sad and you were picking it up, or the sadness of the class, or the sadness of the ceremony. It is literally like a pinball bouncing around. That is how complicated it gets.
- And because it is so complicated that is why you must go to grounding first, instead of making up a story and instead of trying to trace it
- Sarah continued to express her process:

- I come back to my body - I come back to my being - and the only place I have refuge is in my connection with Mother Earth and Father Sun and the energy that....
 - flows through me
 - through my chakras
 - through my central channel
 - when I am anchored in something greater,
 - I am anchored in Mother Earth...
 - I am anchored in Father Sun...
 - and it takes me into the beautiful flow of the cosmos
 - into the harmony of the spheres

...and yet I am still in my body...

...that's the difference.

Lessons surrounding shame:

- Sarah asked what it felt like when we are with someone who is immersed in shame? What do we know about that now? What is our experience? What have we learned?
- A lot of anger has been expressed when shame is experienced or reversed shaming and blaming occurs
- It is important to identify whether we are made to feel we are wrong or what we are doing is wrong. These are 2 different things and it is very important to discern.
- It is very easy for people who carry shame to feel shame when there is no shame intended. So, if we have a predisposition to shame, and someone says something in a certain way that is not charged, does not have that overlay, we can still take it as being shamed.
- Shame is how our educational system usually works, it is how our business hierarchies work, and a lot of family dynamics are shame based
- Because shame is so ubiquitous in our culture, people think that correction and shame go together.
- It is like shaming is supposed to make you self-correct yourself. As if it is somehow supposed to motivate you to change immediately, on the spot, whatever you were doing, as if you were able to do that.
- Anyone freeing from a shame response, probably is pretty pissed they have had so much shaming in their lives – we are all angry about that.
- A lot is percolating in us to break shame up and having an angry reaction would not be unusual. Do not feel ashamed if that happens. We are working it through!

- When it comes to feeling shame, if it is a reaction you will not feel so good. If it is a response you will feel better. Come back and stand up for yourself in a solid and confident way.
- When we start to feel the looping and courting and craziness going on, we are allowed to say *'I am done. This is not working for me. Bye.'* We are allowed to be that blunt.

Empath Blurting

- You have to be grounded every single second - that is the only way Sarah knows out of this.
- It is not judgmental that most people are not grounded and not clear and if not grounded you cannot tell what the real energy is. People can put on very good acts. You have to get good at discerning where people are at.
- Carving out our true self does not mean we are perfect. Saying things people like or do not like, that is part of the co-dependency of Empaths. But it never works. Being someone else does not work. It just doesn't work. You have to go through the discomfort of coming back to yourself, of loving yourself, being OK with yourself and not having to be perfect.
- There is a whole history behind every person here not of having their true self affirmed. The way I look at it is as I connect with Mother Earth and Father Sky and really align with what is in harmony I am rebirthed through a non-biological mother. Mother Earth brings harmony.... brings love - unconditional love. And it gives you the opportunity to sit in the arms of this love and be rebirthed as your true self –in terms of growing yourself back up from the true seed of our being. And it is not very pretty all the time. It just isn't.
- Recognizing confusion and stopping and resting in the confusion while re-grounding offers some clarity to gets clearer and clearer so one can finally get out of the confusion completely.
- One thing to take from this conversation: "You can focus on the chaos and illusion or you can focus on the truth, and the love, and the harmony and beauty." The benefits of being an Empath is that you are very aware of the connectedness, the unity, and you are tuned into the subtle vibrations that connect us all, otherwise, you would not be feeling someone else as yourself. And it is a matter of training yourself to first connect inward instead of outward and downward instead of upward. When we go down and connect with Mother Earth we come into our bodies,
- If we cannot feel your seat, calves or feet at any given time, you are not in your body. And if you are not in your body and you are not taking up your space then someone else is going to take up that space.
- 99.9% of people on planet are not grounded. Their energies are all over the place. It is very chaotic, not harmonized, not a beautiful flow and it creates disturbance. If we do

not inhabit our own body and connection to the earth, then naturally, all of this will flow in.

Journey back into our bodies:

- We were invited to come back into our bodies.
- Can you feel yourself coming back into your body? It is like this filmy energy that re-enters and refills up your body. Every time you are not filling up your body you are connecting to the chaos outside of yourself. This is not as black and white as it sounds.
- If you want to learn how to maintain your serenity and sovereignty and the beauty of your being, and the wisdom, it starts with staying embodied:
 - Stay in there – stay in - notice how you want to go out - come back in gently, softly, lovingly, with flow and it is not just your body, it is the whole sphere of your physical presence.
 - It inflates the sphere of energy around you- feel how it does that when you come back- it is like your wings come out, but you stay in your body.
 - You can feel the space around you – the sphere around you.
 - You are still in your body
 - You can feel your feet connected to the earth, and you are still in your body, but you are expanded too, but you are solid and stable.
 - You can walk around as a bubble person
- And that is how human beings are meant to be activated
- We are meant to use these subtle senses for our benefit
- You learn how to maintain this consciousness while walking and talking in the world

Meditation while embodied: (1:01:35 into the call)

- We are just going to practice sitting here, in our body, taking up the flow and the space. It's usually a sense of coming downward in our body because we are usually up and out...
- Bring the third eye in to look inward rather than outward. We are integrating into the body.
- It is your body; it's your constellation of being. And you're not used to being in your constellation. And when I say constellation it's your physical body, it's your cells, it's your energy, it's your consciousness, it's all your chakras, it's all your meridians
- You have a particular constellation of being and it's what you got!
 - I got this body, I got this consciousness
 - I got this sense of humor
 - I got this irritation
 - I got this anger
 - I got this whole package is me.

- And you have a whole package too and we accept that, we sit and allow the, energy to air it out, to clean it out. to brighten and lighten it, because we don't have to stay in the limited form
- The reason we even think we are limited to this form is because of conditioning and programming
- But we're, in the limited sense, we've got all our flaws and that's ok but in the expanded sense, we have the opportunity to bring ourselves into harmony, to bring us into the wisdom that we can access through our higher consciousness,
- We have the ability to become who we know we really are:
 - You know you're a beautiful being
 - You know that you're a light being
 - And you're pissed off anytime you act, less than that, at yourself
- So, you are coming back to your authenticity, into your integrity, into your spiritual integrity, your energetic integrity, and it's all through relaxation and being embodied.
- Now you can feel like you are expanding, and it feels a little less dense. And that's ok but you can also feel your body within that expansive energy. So, it's a whole spectrum of being – it really is like being in one of those bubbles, like an inflatable bubble...
 - you are in the middle of that bubble
 - and the energy is reaching all the way down into the cells
 - into the ATPs and, the energy that's moving the fluids around in your body
 - and the cellular action...
 - It's even active in the bones,
 - Everything starts to come alive
 - It's like the Drano bubbles, everything that was stuck and rigid starts to bubble up and come into a more vital state
- Now, if you are watching this rather than experiencing this, come back to experiencing it. Every time you want to watch something you are limiting it by what you know, and you are not leaving room for what you don't know to come through.
- Allowing yourself to be in a state of not knowing but in a state of aliveness, of vitality. This is when the cleansing bubbles start ... cleaning you... and brightening you... and bringing you back to who you are.
- If pressure is in your head drop down to your seat. Breathe into your belly.
- I used to have trouble really breathing deeply because I was so tense. And people would say to me "Well do you do breathing practices" and I couldn't even do breathing practices because I couldn't even relax enough to take a deep breaths so I couldn't even get to the point where I could actually do a breathing practice, So I had to go through a whole grounding and relaxing before my breath would let go and I'd

actually be able to do a bell breath. And coordinate it with my upper chest and let all of that start to breathe naturally.

- I am extremely remedial here so if I can do this you can do it
- Feel the energy in your hands, the energy in your feet and the sphere of your being – just sit in it. And allow the adjustments – the cleansing, clearing and lightening to occur.

Infusion of Light:

- We were able to receive an infusion of light that will help us disentangle from this web of illusion and the whole matrix of shame. It just takes a second for that to happen, but we have to get to a place where we can receive it.

Final comments:

- Overthinking stimulates the third eye and creates pressure in the head and when we are really lit up, it is important to come back down and integrate that energy throughout the whole being.
- We are being carried by these beautiful teachers and light beings that are helping you on a spiritual level to become free of this. So, you may or may not feel it, but things might come up for you as you're working it through. But you are in this beautiful supportive ceremony for the whole 4 sessions of the class and something is happening for you and you will be moving through this beautifully. Any crack, in that iron lung of shame, is good and so that just leads to the whole system cracking open. So, it is all good now – we are really moving forward.
- Let me know about it all in your comments - Okay!!

For anyone interested in headset information: Dr Mercola – who promises decreased amount of bad waves that come into your brain from connecting to your device: [mercola.com](https://www.mercola.com). Look in his products and if he still has it that it will be there