



Empaths: Time to Activate Your Gifts

You are the New Human creating the New Earth in a New Age

2021 is the year empaths finally emerge from their cocoons and make their presence known, seen, and heard.

Empathic senses are the same as the elevated spiritual senses. Your ability to know another as yourself, to live transparently (because that's the only way your senses will allow) can be clues that lead to the development of your intuitive super senses. Allow your misery to lead you to your majesty. Search the unseen realms for meaning and truth using your ability to merge with all existence.

Activating your gifts is another way of saying: *Be your true self.* You know you are an empath, so take the time to train your empathic senses. You have intimate first hand access to unity, love, and wisdom as well as well-being and happiness because of your sensitivities, not despite them!

Enlightened Empath Training is a means to a goal: to activate your gifts of higher sense perception and higher consciousness. Knowing yourself from an ascended state heals past wounds and thrusts you into your ascension arc.

As of December 2020 our planet entered the Aquarian Age, the time of love and understanding. Waves of change are surging through humanity's physical, mental, emotional, and spiritual bodies in 2021. We are in the midst of a life-altering ascension and humanity is in the process of becoming more like YOU! Empaths are the New Humans creating the New Earth in a New Age.

A note from the creator of The Enlightened Empath Training

I believe empaths are a preview of the future human.

The telepathic and empathic abilities exhibited by empaths are just a small demonstration of our multi-dimensional and multi-sensory capabilities. It's exciting to know that every minute we are mirroring or absorbing another being we are actually connecting to our amazing telepathic abilities.

♥ Sarah Weiss



**Your super
senses were
activated at
birth but you
had to grow into
them!**

A Message from The Heart of the Mother

THE SECOND AWAKENING FOR EMPATHS

Your life will change dramatically this year. The Empaths Second Wave of Awakening aligns with the new light frequencies bathing the Earth from the galaxy's center. You will make a positive impact on humanity. Your radiant truth, love, and wisdom will shine to the degree that you align authentically to the love within and around you. Your path to a full, joyful life is opening now.

Over the last ten years, during the first wave of empathic awakening, you got to know yourself as an empath. Your super senses were activated but you had to grow into them. You were incubating; in a gestational stage that allowed your heightened consciousness to integrate with your body. It's not easy for the current physical consciousness to integrate with the higher frequencies; it's much easier for the integration to happen in the dark, so there is little interference in your great ascension.

I know it was not comfortable for you; the state of becoming means everything is unknown. Since birth, you have been in a state of continuous spiritual growth as your body adjusted to Full Spectrum Consciousness. This process had to happen outside of the womb to receive the codes directly from Mother Earth and Father Sun. Your spiritual body followed along a planned timeline to coincide with the new paradigm consciousness of 2021. It is your time to shine.

The Heart of the Mother

When you are ill, the planet is ill.

When you are dark, the world is dark.

You are a reflection of humanity's mind, body, and soul.

You are the message.

**When you understand the language of your cells
and soul, your suffering will end.**

Activating Your Gifts

The Enlightened Empath Training
Integrates High-Frequency Attunements,
Healing, and Sacred Ceremony and Community

Are you interested in....

- Activating your boundaries through self-definition and energetic awareness.
- Self-care: grounding, clearing, energizing, and healing.
- Shedding the old identity of being "too sensitive".
- Understanding and tuning into subtle energies.
- The healing partnership of cell and soul.
- Being bold and firm without sacrificing your receptivity.
- Normalizing telepathic communication.
- Understanding your unique vibrational communication style.
- Creating positive relationships and validating your needs.
- Accessing 5D transformational states of consciousness.
- Activating your toroidal field: your connection to universal light and love.
- Learning the universal language of vibration and frequency.
- Recognizing and connecting to the spirit of guidance.
- Cultivating personal power and sovereignty.
- Finding the courage to be you 100% of the time.
- Discovering your "Home" in the cosmos; connecting with your star family.
- Learning universal love from The Heart of the Mother.
- Experiencing the power of spiritual community and the sacred circle.

The Heart of the Mother is Our Teacher and Guide

The Enlightened Empath Training is a mystery school in the feminine lineage. Through transmissions from The Heart of the Mother we receive light, healing, and wisdom throughout the training and beyond. When we live in The Heart of the Mother, we live in the womb of creation; we know our source, have confidence in our roots and experience a creative and inspired life.

Enlightened Empath Training 2021

Born into this world as a mystic and an empath, I live from the perspective of "energy first". Life is energy to me-- it helps me see into the unseen to find the love, harmony, and beauty of life. --Sarah Weiss

It's time for empaths to lead the way. We are moving towards a telepathic society and empaths certainly know first hand about transparency, authenticity, unity, and love.

Be Whole Now: Time To Activate Your Gifts is the 2021 theme. It's time to move beyond the wounding, silencing, and dismissing of your telepathic gifts and into the embodiment of your higher being and the skillful expression of your multi-dimensional consciousness.

Let's activate your gifts! Through the development of subtle energy awareness you'll learn to accept, embrace, and direct your full-spectrum perception for the benefit of yourself and the planet.

The 2021 training provides over 50 hours of live Zoom training with Sarah Weiss and SpiritHeal Institute Empath Coaches and covers the empath's journey from cell to soul. Each module contains two full day sessions connected by two ninety minute evening sessions to maintain focus and energy immersion. The third module is a two day retreat that takes you deep into the empath's soul. To fully understand the spiritual source of empath consciousness it is necessary to connecting directly to the power of self-revelation and self-healing.

We are multi-dimensional beings so our identity rises out of the unified field that connects all life. Centered in the new paradigm consciousness, your being will resonate and blossom through exposure to the high-frequency energies and love radiating from The Heart of the Mother.

Enlightened Empath Training is grounded and practical. Everything you learn applies to making your daily life more blessed with grace and ease. Practices are presented to increase your confidence, self-worth, natural boundaries, and intuition. Teachings and discussion around the everyday challenges of expressing your empathic nature are coupled with the deeper energy awareness that forms the core of your empathic experience.

The importance of community cannot be overstated. The light and beauty emanating from a group of empaths is amazing. Truly, vibes speak louder than words when empaths get together. The unspoken is heard, the light is seen, and the felt sense of unity is deeply appreciated in a gathering of empaths.

Between sessions you will be supported by The Enlightened Empath Training Manual, The Enlightened Empath Journal, articles, videos, guided meditations, and feedback from class members, and the staff.

Three Portals and Four Realms

The Enlightened Empath training addresses your entire being. Wellness, boundaries, relationships, spiritual growth, and energetic awareness are covered in every session.

Categorized into **Three Portals** and **Four Realms** to allow for flow, spaciousness, and openness, participants receive transmissions, energy, light, and healing, in accordance with their resonance and frequency.

***Portals** are entry points; gateways to a new dimension or reality.*

***Realms** are multi-dimensional spheres of consciousness vibrating at frequencies that reach from earth to heaven.*

Can you sense why this training is different?

You are exposed to practices and teachings that shift every cell, thought, and feeling to align with your soul. Every moment of the five-month span of training is transformational. The high-frequencies of the Sacred Circle and the Heart of the Mother are holding, healing, and loving you in and out of class.

Entering into practical and mystical growth engages every dimensions of your being. Gaining trust in the training practices and building trust with fellow participants is essential for successful results. Your safety, timing and flow is respected and honored. Spaciousness coupled with guidance generates the ground for deep realization and integration. Most importantly, the training teaches you to trust and respect your intuition and guidance.

Empaths are often challenged to define their needs, feel deserving of having needs, and speaking up for their needs. Finding words to describe what you feel is frustrates the most aware empath. Cultivating the foundational skills of self-acceptance, confidence, expression, and affirmation will be addressed in every meeting.



Training Overview

First Portal...Your Path to Joy, Love, and Ease

The Realm of Personal and Planetary Healing

Permission to Heal and Gather Power

Self-Care: Grounding, Clearing, Energizing, Healing

Getting to Know Your Inner Healer

The Realm of Healthy Relationships

Activating Your Natural Protection and Boundaries

Releasing Shame, Anxiety, and Fear

Upgrading Your Relationships

The Realm of Energy Awareness and Full Spectrum Perception

Nourishing Yourself with High-Frequency Energies

Subtle Energies and the Empath's Experience

Connecting to your Cosmic Mother and Father

Energy and Light Language

The Realm of Sacred Ceremony

Attunements to activate your gifts and new empath identity.



Second Portal... Vibes Speak Louder than Words

The Realm of Personal and Planetary Healing

Healing Light for All--Including You

Altered State Healing

Living in the Heart of the Mother: Pure Love

The Realm of Healthy Relationships

Demystifying the Empathic Experience

Telepathic Awareness in Relationships

Authenticity

The Realm of Energy Awareness and Full Spectrum Perception

Cultivating Your Super Senses

Navigating the Multi-dimensional World

Your Unique Access to Guidance

The Realm of Sacred Ceremony

Attunements: Recognizing and Merging with Your Higher Self



Third Portal...Sharing Your Light with the World

The Realm of Personal and Planetary Healing

Living Energy First

Streaming Vital Energies 24/7

Living in Your Love Bubble

The Realm of Healthy Relationships

Being You 100%

Setting the Frequency for Your Relationships

Importance of Spiritual Community

The Realm of Energy Awareness and Full Spectrum Perception

Beyond Polarities: Integrating "I" and "We"

Birthing Your Quantum Being

Meeting and Merging with Your Higher Being

The Realm of Sacred Ceremony

Attunements: Multi-dimensional Consciousness and New Paradigm Energies



I find I have a renewed belief in my purpose with much more depth than before. The work we do is on such a subtle level! Truly a higher frequency. I'm loving myself for having "stayed the course". The benefits are beyond what I can express in words. --Andrea S.

2021 Schedule

Empaths are calibrated to collective consciousness.

Higher collective consciousness is our Source. It is the unified field, the One, the Love of All. In The Enlightened Empath Training you'll discover your connection to Source instead of to the darker collective illusion that pervades humanity currently. When your antennae pick up the darkness you become burdened and overwhelmed; depressed and anxious. When you reunite with Source, your "sensitive" senses serve you beautifully. Being overwhelmed with love, wisdom, and light is much more preferable!

Yogi's and spiritual masters spend lifetimes gaining the full spectrum perception you were born with. Don't go backwards into the old paradigm consciousness, it's too limiting for empaths. Learn to be attuned to both the collective and the individual from the perspective of higher consciousness.

The Enlightened Empath Training is aligned with the 2021 ascension cycles. If your goal is to activate your gifts and become a visionary, light-filled, joyful empath, then this training is for you. The schedule is intended to provide focus, continuity, and empowerment. It is condensed but it is not intense. 2021 energies favor and support the emergence of the more enlightened you.



First Portal...Your Path to Joy, Love, and Ease

2 Saturdays: March 20, & April 10, 2021, 10AM - 5 PM

2 Wednesdays: March 24 & 31, 2021, 8 - 9:30 PM

Second Portal...Vibes Speak Louder Than Words

2 Saturdays: June 5, & June 26, 2021, 10 AM - 5 PM

2 Wednesdays: June 9 & 16, 2021, 8 - 9:30 PM

Third Portal... Sharing Your Light with the World

2 Saturdays: July 17 -18, Deep Retreat 10 AM - 5 PM

2 Wednesdays: June 30 & July 7, 2021 8 - 9:30 PM

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My wish for the world is that everyone had access to the healing, love and wisdom that comes from the beautiful frequencies and light in these classes! --Cindy S.

Yes, Transformation Happens!



I find myself weeping in awe of what is unfolding as glimpses of who I really am continue to arrive in daily life. Thank you, from the bottom of my heart.

I am bursting with gratitude, Sarah, for how you have guided us through 2020 and offered us such an enormous introduction into 2021. Between the power of your classes and your transformational podcasts I am not the same person. I find myself weeping in awe of what is unfolding as glimpses of who I really am continue to arrive in daily life. Thank you, from the bottom of my heart. --Lisa P.

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Before taking The Enlightened Empath Training I felt that I knew a lot about living as an empath. I now have a more expanded vision of what it means to be an empath. This class brought me new insights, realizations, and clarification through the knowledge transmitted in class and in the manual, videos, audios, and readings. I especially value the fact that the teaching is from a mystical, holistic perspective that includes practical techniques. I would recommend the class to anyone who feels that he or she might be an empath. --Maureen R.

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With Sarah, there is no gap between the teacher and the teaching, the healer and the healing. She fully embodies the highest spiritual frequencies that she shares with the SpiritHeal community. --Scott F.

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It is a great blessing to have a teacher and guide with the absolute highest integrity who works compassionately with me as I find my own truth, my own way, my own path. Sarah is a gentle but uncompromising truth-teller. I am so grateful for her presence. --Caroline W.

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There is a softening and opening deep within me. As old attachments release, I can begin to feel the space that this is freeing up... Space for me to become more present to myself. Space for me to return to and sink into. Space to return home. --Cindy R.

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I have become aware of all the stored anger from a lifetime of being squelched and molded into that I was not. The awakening I'm in now has given me nothing but gifts of empowerment and self love and knowledge. My personal space has been reshaped and reinvented to make my outside match my inside changes. Truly grateful to all. Blessings and thanks again for community. Sacred beings All!! --Andrea S.

Meet Your Guide: Sarah Weiss



Sarah Weiss, MA, LMT, LCE, is a medical intuitive, feminine mystic, spiritual teacher, an empath and founder of the Enlightened Empath Training and The SpiritHeal Institute. Her universal approach combines Qigong, Sufi mysticism and Andean shamanic practices with a focus on self-healing and self-revelation. Light is her medium, and The Sacred Circle is her primary modality.

She performs personal and planetary healing ceremonies, channels transmissions, and sparks transformation through individual sessions, classes, and retreats.

Deeply immersed in the feminine mysteries, the evolution of human consciousness, and the sacredness of everyday life Sarah's authenticity, integrity, and compassion is palpable.. She believes that empaths are a preview of the future human and invites empaths to become empowered and enlightened.

***Born into this world as a mystic and an empath I live
from the perspective of "energy first."
Energy doesn't lie, it is coherent or not. --SW***

Credentials

- 50 years training in the mystical and healing arts, founder of [SpiritHeal Institute](#) and [The Enlightened Empath Training](#), and host of the [Earth Love Spirit podcast](#).
- Initiated as a teacher in the Sufi, Taoist, and Andean traditions.
- Initiated directly by Mother Earth as a guide into the Feminine mysteries.
- Initiated by my grandfather into the family lineage of medical intuitives.
- Creator and writer of The Empath Portal column for Sedona Journal of Emergence
- Licensed Spiritual Empath
- Reiki Master
- Certified Polarity Therapist
- Certified Life Coach
- Licensed Massage Therapist
- Adjunct Professor at multiple universities
- MA in Telecommunications
- BA in Art and Psychology
- Lifelong empath, mystic, and light being

Registration

2021 Enlightened Empath Training




Registration opens January 5, 2021

If you are tired of feeling overwhelmed, confused, lost, exhausted, sick, and powerless, this is the year to turn your life around. Your specific role in humanity's evolution is to model the expanded super powers of higher consciousness and the love that sources our collective consciousness. It's time to claim your gifts and stop allowing others to define and judge you.

Once you realize who you are and why you are here, boundaries are no longer the issue. You have natural boundaries that stream from your higher consciousness. They are quite beautiful because they don't block life; they enhance all life through reconnection to heart and soul. When the wound of separation is healed, wholeness is your best protection.

The Enlightened Empath Training is sourced in the mystical teachings that have informed and guided the human spirit for eons. There is no greater gift than uniting body, mind and spirit in love, harmony, and beauty. Internalizing and integrating the teachings through transmission bypassing the mind--allows you to know yourself and the divine directly.

The Enlightened Empath Training includes

- Over 50 hours of "real-time" Zoom training with Sarah Weiss and SpiritHeal Institute Coaches
 - Attunements and transmissions that speak to your soul directly and activate your super powers.
 - Participation in Sacred Circle ceremonies that transform participants through high-frequency energies and access to direct teachings from the cosmos.
 - The energy and support of fellow empaths
 - The Enlightened Empath Manual
 - The Enlightened Empath Journal
 - Additional supplemental articles, videos, and meditations
 - Recordings of each class
 - Interaction with class members
 - Feedback and assessment of your progress
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Training begins March 20, 2021, aligned with the power of the Spring Solstice.

Registration Deadline March 10, 2021 Limit 30 committed participants

Full Training \$2200 (PayPal) \$2100 (check)

Early Registration Discount \$1800 (PayPal) \$1700 (check) (deadline February 20, 2021)

Returning Student Discount \$1200 (PayPal) \$1100 (check)

To qualify for this training applicants must have had at least one individual session with Sarah Weiss or attended a SpiritHeal Institute class/workshop/retreat.

To Register: www.spirithealonline.com Further Information? [Read FAQ's](#)

Welcome to SpiritHeal Institute

Sharing Healing, Wisdom, and Light Together!

*Let's meet in the multi-dimensional space where truth and awareness
reside and support the ascension and sovereignty of all beings.*

Sarah Weiss founded SpiritHeal Institute in 1993. Her inspiration flowed from the healing light of the One. She received the vision of "everyday spirituality" in 1972 when Mother Earth spoke to her directly, palpably, in no uncertain terms! Sarah has lived in the "Heart of the Mother" ever since.

She was shown that in the future our higher being would become our everyday being, that spirit and ego would become a seamless whole expressing the divinity of the soul. The future is now, the time has come for our higher being to become our everyday being. Sarah became the embodiment of the vision first; she made it a reality in her life before teaching it to others.

Every class, sacred circle, individual session, and retreat conveys the power and love needed to manifest this reality. Spiritheal Institute was created as a vehicle for sharing this vision. The living energy bubbles through and enlivens every SpiritHeal activity.

SpiritHeal Institute Mission Statement

It is time for our higher being to become our everyday being.

The mission of The Spiritheal Institute is to provide a sacred atmosphere where dignity, mastery and inner wisdom are nurtured and expressed for the benefit of humanity and the planet.

SpiritHeal Institute programs

- Awaken unity consciousness.
- Support and transmit multi-dimensional awareness and recognition.
- Activate healing potential and intuitive insight.
- Enliven subtle vital life forces.
- Recognize, honor and respond to the unseen beings and ancestors who guide and support us co-creatively.
- Bring balance and transformation through honor and recognition of the Holy Feminine and Holy Masculine.
- Recognize and honor the higher consciousness of each being.
- Recognize and honor each individual's creative contribution to planetary ascension.

The SpiritHeal Institute for Intuition and Healing offers weekly classes, workshops, and long term programs that support the natural expression of the divine in our daily lives. The door to your spirit-filled life is always open at The SpiritHeal Institute.

