

# THE HEART OF THE MOTHER



A collection of transmissions from The Heart of the Mother  
received by Sarah Weiss

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## **The Heart of the Mother**

### **The Great Mother**

### **Mother Kundalini**

### **Serpent Wisdom**

### **Sophia**

### **Gaia**

*Divine Mother, the Sacred Feminine, Mother of God, All There Is, Divine Love, Mother Earth, Divine Wisdom, Mary, Aphrodite, Venus, Kwan Yin, Tara, Gaia, Isis, Lakshmi, Athena, and Pachamama, Amma, The Creator and more.*

We know her names but do we really know her?

I have been receiving a series of transmissions from The Heart of the Mother since I was nineteen. In 2020 these transmissions found their way into The Sedona Journal of Emergence directed towards empaths in the feature section under The Empath Portal.

She is so pleased to meet you and share the sacred secrets of embodied consciousness with you. She will help you realize that Earth is your friend and that your physical consciousness offers safety and fulfillment. She will support your embodiment in ways you can't conceive of right now. Ground with her, sit in her heart and become one with her being, and her teachings will stream through you beginning right now!



## The Spiritual Consciousness of Empaths

**From the Heart of the Mother:** You are brilliant. As your mother, I see you as no other sees you. I know you from the depths of your soul. Listen with your heart. You were born an empath with a specific purpose. You have a talent for sensing the subtle and the mysterious, that which is unspoken and that which, when expressed, will contribute to the evolution of humanity.

Empaths are channels of the higher dimensions. You have an innate sense of oneness, love, and wisdom. Your presence today shifts the matrix for tomorrow. Humanity will soon enjoy full-dimensional telepathic living, and you will have helped pave the way.

Finally, your time has arrived! All the years of living in a worldless swirl of vibration, dismissed for wanting to dive deeply into life, knowing more than others want you to know, and feeling the pain and suffering that others ignore are coming to an end. It's time to learn about who you are, where you came from, and why you have not known your true self.

### **Know this about yourself:**

- You are the preview of the future human. Your world is moving toward telepathy, transparency, and unity, and you will lead the way. Your challenge is to excel at subtle energy perception while staying grounded in the current 3D world.

When you master the world of subtle energy, you will recognize your true self in the form of frequency and vibration. You will know when your energies are mingling with others to the point of losing your own identity.

- Centered in oneness and love, you naturally merge with everyone you know. Your challenge is to merge with universal love first. Love activates your wisdom and generates living, intelligent boundaries instead of false ones.
- You are an emanation of oneness in an individual body. Your challenge is to feel deserving and loved as an individual. You have not abandoned your oneness; you are expressing it creatively.
- You are a mirror that reflects both the inner and outer worlds.
- Your challenge is to recognize the mirror nature of the mind and become the consciousness beyond the mirror.

When you are tuned to oneness, as empaths are, it's impossible to understand yourself without delving into the mysteries of consciousness. The beings of light and wisdom, the ancient ones, guide you to explore and release the bindings of illusion. You are multi-dimensional, telepathic, highly perceptive, and deeply loving.

### **The Empathic Merge**

You easily merge with others. Why wouldn't you? You know oneness with every cell of your being. It feels natural to join in unity with all sentient beings. Only a select number of beings on your planet understand this strong orientation toward unity. Those whom you call empaths, telepaths, intuitives, spiritual, and psychic understand we connect through a magnificent field of love. Distance does not exist for us.

Know that you are living at a time when people believe in distance and linear time. It is up to you to live your true being, just as it is up to them to live theirs. Learning to understand the empathic merge is essential to your well-being.

When you feel immobilized, confused, and overwhelmed by the energies of the world, pause and come back to your breath and your grounding. Your sense of

self will return. It's a relief to be you! It's easy for you to lose your sense of self when your energy spreads outward. Breathe in and fill yourself with your energy. Draw your energy fibers inward through your attention and intention. Give yourself a minute or two; there is usually a delay in the effect.

With your energetic awareness, sense your energy when it radiates outward and when it reverses. When all your energy returns, it feels like coming home. Even though it feels natural to cast your energy outward to feel oneness, it is not the path to oneness.

Under the influence of humanity's current consciousness, it feels logical to radiate outward to connect. Fifth-dimensional consciousness does not recognize distance and time as discreet and separate. Radiating outward to feel oneness in your current Earth form disperses your life force and creates a loss of self.

Invite your energy to return. Fill yourself with the radiance, love, and healing you send outward to others. Your energy will lead you to experience oneness most optimally for the current state of our planet. Believe in your life force; it is pure wisdom in an embodied form. Knowing yourself as an individual expression of oneness is unsettling for you. It does not feel natural. Learning to live as a fifth-dimensional being who unifies all polarities in the consciousness of love is your higher purpose.

### **Connect with My Heart to Know Yours**

You can connect to me through your planetary consciousness. Mother Earth and I are one.

Connecting with Mother Earth through the soles of your feet and with your root chakra is an excellent remedy. Frequencies of truth, love, and clarity stream continuously from the Heart of the Mother through Mother Earth. These activate the same way in you. Merging with me fills you with tranquility, vitality, and insight. Merging with the world brings pain, confusion, and suffering. When you merge so thoroughly that you can't tell who is who, you have achieved a high-frequency state. Immersion in another means two become one. You were born with the ability to experience full immersion. Use this gift for your benefit. The



most profound mysteries of the universe reveal themselves through the ultimate immersion with the universal source, the Divine.

You naturally spread out into the world. Memories of powerful sacred communities live deep in your consciousness. You remember the ecstasy of the union of souls. You can't shake this memory, nor should you. But you are here to learn about the individuated soul. The goal of the individuated soul is to become the master of creation and to span the unmanifest to the manifest. Earth is the perfect medium for this practice.

### **Master Creation**

When you generated your body in collaboration with the elements, ethers, and essences of the earth spirit, you became a student of creation. Embodied consciousness is an exquisite experience of individuality informed by unity consciousness.

You created your body and are still in the process of making it. Every breath you take transforms subtle energy into denser energy. The rays channeled by Father Sun to Mother Earth and back again are primary creation energies.

When you dwell in my heart, I can show you how to become the embodiment of creative energy. You will know it by becoming it. Your life becomes a magical event embedded in the greater cosmos. Because you are an empath, you can do this.

### **We Support You Daily**

We — Father Sun and I — inspire you with guidance, energy, and restoration every moment you are on Earth. Your unique nervous system stores millions of impressions every second. For every bit of information the average person receives, the empath takes in at least one hundred. I take in trillions of impressions, but they pass through me and turn into the light to feed cosmic creation.

Your physical and energetic antennae are gathering more information than you can process. It would help if you took time to step away and clear all the false and useless impressions. Gather yourself back to us, connect with Mother Earth

and Father Sun through your subtle energy awareness, and stream high-frequency love through your being. Then you will be able to discern which information is helpful for you and which is not. I realize it's not likely that you will think of yourself first, but try!

Feel your connection to my heart through your feet. Feel the energy that flows between our hearts. You know this feeling when you are in nature or fully concentrated on a task. It's the state of "flow."

When you feel this, you know we are connected. Our love flows as energy and vibration. Stay with the sense of harmony and flow. Be informed by the energy. Intuitively sense. Don't even try to use your mind. Your lower mind can't process this.

Be wise, and let your subtle insights inform you. Don't dismiss what you know. Sense and feel what you know right now. Sensing and feeling are the quickest paths to union. Become one with the energy as only an empath can. Let it inform you directly and transform you.

*I AM the Heart of the Mother*

Pause and absorb the transmission.

## **About the Heart of the Mother**

**From Sarah:** I've been aware of the Heart of the Mother and her guidance for forty-nine years. Someday I will tell you the story of how we met. Through her support and guidance, I've led what I call an "energy first" life, based on the subtle, vibrational intelligence behind the scenes of everyday life.

Each month I will share more of her wisdom with you. She is making herself available directly to you. Through the transmission on these pages, she can become your guide too.

She guides through dreams, intuition, sensation, and telepathic communion. It's up to us to learn her language, not the other way around. She has helped me weave the unseen and seen through direct transmission. I feel my way through our relationship.

With her help, I notice when I'm out of alignment with my higher wisdom and adjust as best I can. Our relationship is reciprocal and loving. It's like having a teacher with you every single moment. I'm willing to be informed and align my thinking and feeling with hers because I know that my light is bright because of her light. Without my inner light, I would be lost in the pain and suffering of the world.

The Heart of the Mother wants to share what she calls life support for empaths and highly perceptive souls. She wants you to know that you are vibrationally intelligent for a reason. You bring transparency to the world. You can speak the unspoken, see the unseen.

The ancient lineage of light and wisdom is alive and guiding you to be aware at the source level. Mystic Sufi Sherdil Amin used to tell me:

***"Mystics seek the cause behind the cause behind the cause."***

Empaths, like mystics, feel the pull to dive deeper into the mystery of the human soul. However, unlike mystics, you can't live like a hermit in a monastery, in a temple, or on a mountaintop. I remember those lifetimes, and I'm sure you do too. The Heart of the Mother whispers the same message in my ear over and over: "Your purpose is to bring awareness to the subtle and beautiful in everyday life." It's a high spiritual calling.

You hold dearly to the knowledge in your heart that there is so much more to life than most realize. You know this because you are vibrationally intelligent. It's time to recognize that you have a specialized intelligence essential to humanity's next stage of growth.

## **Your New Identity**

Humanity has lost the art of mystical understanding. How can you expect to live as an empath without the support of the illuminated ones? They are here to support you.

Becoming a skilled empath means learning to live multidimensionally. Accessing the realms that support and clarify your understanding of Earth consciousness becomes second nature to the skilled empath. The Heart of the

Mother has taught me that living without the illuminated ones' support is a little delusional.

**Let's start with what most empaths know. Most empaths**

- recognize the source of living intelligence permeating all existence
- want to dive deep into the vibrancy and love of life and bring the light of pure awareness to the world
- know that a world of unity and beauty resides just beneath the surface and want to participate in the consciousness revolution taking place moment by moment

When your heart holds such high ideals, life presents many challenges. Connect the channels between your higher consciousness and your everyday consciousness; then you'll know you are not alone.

***Sensitive, yes. Powerless, no. Do you want a new identity?***

I'll share the one the Heart of the Mother gave to me. She told me, "You are highly perceptive; you are not too sensitive."

It's common for those who perceive beyond the physical into the subtle realms to be called sensitives and be considered too sensitive for this world.

When you internalize too sensitive as an identity, you devalue the power of your natural talent and become a victim, relegated to the fringes of society. When you are "too" anything in our culture, there is an assumption that you don't fit in and are not worthy of a voice.

It's time to wake up from this hypnotic spell. You are not too sensitive for this world; you are highly perceptive. You know what lies beyond the surface and can see what others don't. You are exactly what the world needs to create a golden age.

Instead of believing you are too absorbent, a victim of the world's overwhelming energies, explore this idea of being highly perceptive. When you shift your identity to perceptive instead of absorbent, you become a participant instead of a victim.

When you trace the experience of absorbency to its source, you discover that perception came first. Absorption follows perception. Your ability to recognize vibrational information is your gift.

It's your job to decode the vibrational information entering your consciousness. Understanding this puts distance between you and the experience of absorption. Instead of unconsciously absorbing a jumble of ungrounded and disorganized energies, name and give the experience words.

When you are in a conversation with a friend, reading, or watching a video, you know you are engaged in the act of screening something outside of you. You actively participate in understanding the information in front of you. When you feel overwhelmed and fall into the empathic fog of confusion, remember to pause and reframe the experience as "I've received a lot of information through my highly perceptive channels. I need time to process with discernment, compassion, and wisdom."

You probably know more about the people sitting in front of you than they know about themselves. You know where they hurt, what disease might be lurking in their bodies, and how they judge others and you. You might know more about them than you know about yourself! How you frame the moment makes a big difference. Frame it in a way that is helpful to you. When you frame your experience only in terms of another, you are leaving yourself out of the equation. Most empaths forget that they matter too.

## **A Helpful Strategy**

The Heart of the Mother gave me five questions to ask myself when I'm picking up too much external information and stimulation. They can bring you back to your embodied sense of self, just as they have helped me. They are open-ended questions that may give you multiple answers.

If the first round of questions doesn't help, I ask them again. Eventually, I come back to my senses and to myself.

- Is this information helpful to me?
- Do I like the feeling of being lost and confused?
- Why am I not showing up?

- Where am I?
- Do I matter right now?

### **Additional Tips from the Heart of the Mother**

Empaths live in a transparent world where telepathy and sharing common psychic space feel familiar. Telepathy is silent communication during which thoughts, feelings, and sensations are shared instantaneously.

Realizing you are telepathic takes the edge off being an empath because it helps you make sense of the unexplainable ways you know another so profoundly. If you've never thought of yourself as telepathic, you might want to consider it now.

### **Energy Management for Empaths**

High-frequency energy is more desirable than food for an empath! Committing to a daily spiritual practice that clears and uplifts your consciousness and fills you with high-frequency energy will help you feel centered and whole. Healthy boundaries, self-care, and management of multi-dimensional consciousness complexities will get easier as you bathe in the light of delight in the higher realms free of drama and conflict. You won't need to isolate yourself because daily clearing and grounding will rest your nervous system and strengthen your empathic immune system, protecting you from the chaos of the world.

Imagine a world where every- one has the same sensitivities as you. When empaths get together, it's remarkable how much telepathic information and love are shared. Empaths speak their own language. Very few words are required when heart speaks to heart. Short phrases filled in with invisible sensations and intuitive sharing on the unseen level connect empath to empath. A deep sense of communion and understanding prevails through the space between the words.

Our world will be very different when vibrational intelligence is recognized as valid. It is time for empaths to call for recognition and validation. Scientists have already proven that the world of subtle energies and instant communication exists. Validate and recognize your true self through your inner practice; then become the beacon of light and love you want to be for the world.



## Keep Higher Frequencies In and Lower Frequencies Out

**From the Heart of the Mother:** Dear empath, I hear and feel you. Your yearning reaches my heart. I am here to support your highest evolution and greatest joy.

I speak from love as your mother, as the Heart of the Mother, who loves and sources all creation. Pause for a moment, silence your weary voice, and allow the higher frequencies to open a path for life's momentum to draw you into your fullness and truth.

Tune in, as an empath can, to the pink and golden energies surrounding and filling you now. Allow these energies to renew and reconnect you with the life-giving wisdom energies of Mother Earth and Father Sun. Every time you disconnect from your Source, you drain your precious energy, which is the same as squandering your wisdom, health, and peace. You need a constant stream of high-frequency energies to maintain your dignity, freedom, and clarity. Disconnecting from the Source is not an option; the Source is your path to sanity.

Breathe and connect with your feet to Mother Earth. Drop into your body as you would dive into the ocean. Re-ground to the living intelligence of your embodied consciousness. Draw your energies back, and become full again. Invite all the tendrils that reach out to your immediate and distant surroundings, your

relationships, your worries and anxieties to come back home. Let everything outside of you dissolve.

You do not have to keep the world going with your energy. It will survive without you, and if it doesn't, then it wasn't meant to be. Fill yourself with the energy you so freely give away to the world.

### **The Challenge of Boundaries**

You are a creation of my compassionate heart, so why would you want boundaries to separate us? In your world, boundaries mean barriers, walls, or barricades, creating separation instead of union. I will teach you that individuality is an emanation of Oneness, living membranes serve you better than fixed boundaries, and fulfilling your purpose means showing up as an expression of Oneness in Earth-dweller form.

Empaths have lived many lives as spiritual adepts on this planet and others. You have developed your highly perceptive nature to penetrate the veils of truth and reveal the highest mysteries of creation. Your highly developed nervous system is the result of lifetimes of spiritual practice. Your nervous system is so refined that you sense a broader spectrum of information that includes ineffable and unspeakable spiritual teachings. Frequency and vibration can communicate directly with the heart. Don't shut down your ability to communicate beyond the physical; you have worked too hard to attain this level of consciousness.

Recognize and claim your spiritual attainment, even when it sets you apart from others. Your purpose is to create a pathway for human evolution. It is time for people with supersubtle senses to be seen and heard. Your ability to sense the mysteries of creation and consciousness is needed now.

### **Tend the Flame of Enlightened Consciousness**

Generous support flows to you from the planes of light. Your soul bathes in the etheric healing temples, dances with the angels, and communes with the masters. You are tending the flame of wisdom during a time when few recognize the spark in their hearts. Channels of healing and ascended knowledge are readily open to you.



Welcome me into your heart. Merge with me instead of with illusion and ignorance. Merge with your higher nature instead of the suffering of others. See and know all, not just the misery. Claim your birthright as a wisdom being. You are not on a mission to save and fix the world. Your purpose is to be the light of the world. Burst into a star, and be a living light.

Individuality seems strange, yet as a flower or tree merges with my energy to grow and express uniqueness, you are unique too. Imagine a world where every person reveals his or her unique light, one by one, until all lights merge into one. Individual light and unified light open to each other and are never separate.

Tend your light, not others' lights. Merge with abandon into the heart of my being, and I will guide you toward your highest expression.

*I AM the Heart of the Mother*

Pause and absorb this transmission.

### **Let Your Freak Flag Fly**

**From Sarah:** As an empath growing up in the 1950s, I had no mentors, no one to show me the way. When the Heart of the Mother finally found me, I was desperate for relief from absorption of the world's heaviness and misery. Now I take refuge in her daily. The instructions on turning empathic merging into spiritual freedom have been the most demanding and also the most transformative by far.

I knew something was off from an early age. I knew too much and silenced myself too often. It didn't take long before I internalized being wrong all the time. My saving grace was the light beings that transported me nightly into worlds of light and ecstasy. I joined with my circle in a nightly ceremony where I was cleansed, aligned with my real being, and reminded of my home in the stars. Just when falling into sleep, I lifted out of my body and floated on a stream of bright swirling stars, mostly gold and royal blue, to the land where I belonged. Earth was not my home, and I was not enjoying my experience here at all.

To travel through the portals to my home, I learned to merge with the stream of swirling stars. It was a little scary at first, but soon I realized that letting go and merging was my way out. (There's that word again, "merging.")

Merging became my signature way of moving through the world. If I wanted to know how someone felt about me, I merged with that person to protect myself. If I needed to understand a math lesson, I merged with the teacher, and if I wanted to escape the world, I merged with the nearest tree or cloud in the sky. I was so good at merging that I never learned to individuate to become a fully developed, integrated human.

I was multitalented because I could pick up the skills I needed in many areas of life, but which ones were truly mine? I was even voted most likely to succeed in high school, but succeed at what? It was hard to know until the Heart of the Mother showed me how to be fearless and, as one of my students so aptly put it, let my freak flag fly!

### **The Spiritual Benefits of Merging**

Most empaths know the term "empathic merge" as shorthand for losing themselves in another's feelings and sensations. But what if there is a way to benefit from your ability to merge with others?

The ability to merge is a highly developed spiritual sense that allows you to know the divine as yourself. Merging occurs beyond time and space and is a function of your intuitive intelligence. All wisdom schools teach the skill of merging under the headings of contemplation, dissolving, uniting, or ascending.

When the Heart of the Mother invites you to merge with her, you won't be disappointed. Merging with her guides your return to self.

### **Merging Creates Unity and Individuality**

Merging creates union as well as creative expression. When two humans unite to form a child, the result of the union is another unique individual. The result of your union with the divine is the birth of your individual and exclusive expression Oneness. Natural boundaries arise from your higher being and allow for the creative force that compels your being to grow and expand. These boundaries are fluid, permeable, trustworthy, and intelligent.

Empaths want protection from the overwhelming influx of seen and unseen energies that invade our peace and clarity. But they also want to leave open the

possibility for merging in the ecstatic states of higher frequency consciousness. It can be very confusing. "When do I stay open, and when do I close the door?"

On the one hand, boundaries are protective, but on the other, they separate and create distance. It's a bind that empaths find themselves in, consciously and unconsciously.

### **Establish True Boundaries**

In their highest form, boundaries are not meant to be barriers; they are intended to be intelligent, permeable membranes that allow for nourishing high-frequency energy exchange with your environment.

The power for creating boundaries that both protect and nourish assumes there is an individual at the center. You need to show up with your empathic sensitivities, your telepathic abilities, and your higher wisdom. When you embody your true self, your energy field activates spheres of intelligent membrane that help you navigate the multidimensional realms of your being.

Our perspective on boundaries may be too materialistic. It's logical to put a fence around a meadow when you want to keep coyotes away from the cows or put a roof over your head to protect from harsh weather conditions. But is it logical to put rigid boundaries around consciousness? Consciousness needs freedom to shift in response to higher guidance. Our boundaries need to be intelligent, permeable, and fluid while still maintaining their form.

The new field of quantum biology researches how non-local and multidimensional consciousness interfaces with matter in scientific terms. Conventional biology leaves empaths stranded in the weird zone. It can't explain a nervous system tuned to the non-physical, quantum realms. Still in its infant stage, quantum biology offers us some hints on boundaries and where they come from.

### **Bodies Change with Consciousness**

As an empath, I've experience instantaneous shifts in my thoughts, feelings, and state of wellness. One minute I can feel healthy and vital, and the next, I have the flu. I have no pain and then all of a sudden, seemingly out of nowhere, my knee hurts. Conventional biology has no explanation for my sudden physical shifts. How many times have empaths been labeled hypochondriacs when tests

show nothing unusual? Quantum biologists have studied multiple personality disorders to understand how the human body can exhibit symptoms one moment and not the next.

Research in the field of multiple personalities reveals that each personality has a unique biology that can change entirely when another personality appears. One personality can be diabetic, one can have low vision, another can have a brain tumor, and another can be healthy. How amazing are we? Quantum biologists suggest that our biology is a function of consciousness. As an empath, that makes total sense. The difference between a person with a multiple personality disorder and me is that I'm still around to notice the difference and be perplexed by the instant shifts.

I've been waiting a long time for science to explain how our bodies can change so quickly. Now I can trust my senses, tune in to my body as consciousness, and get to know the real multidimensional, non-local me. I can leave behind the rigid, culturally enforced boundaries, explore boundaries through the lens of consciousness.

When I trust my senses and my higher self, I've discovered that distance exists between what I perceive and what I absorb. I can stop trying to develop fixed barriers and focus on trust — a non-physical quality that can gather me into wholeness and create a boundary between myself and others. When I stay grounded and centered in trust, I see the world as outside instead of inside me. I love the feeling of a boundary created out of the consciousness of trust.

So how do you learn to trust your senses? The Heart of the Mother has some practical advice that can help.

## **You Matter**

Empaths have lots of anxiety about being lost and confused. They don't know if the voice in their heads or the pain in their backs is someone else's or their own.

Because you have spent a lifetime in telepathic communication, without mentoring and guidance, you may not recognize your distinct voice and identity. Finding out who you are, how your fears keep you locked out of yourself, and how to trust yourself can begin with these simple practices.

Respect your thoughts, feelings, and intuitions; they matter, they are yours. Empaths often defer to others out of fear of judgment and rejection. Are you buried under a pile of fear due to your childhood programming? It's time to poke your head out and find out that life has room for you too!

To realize that you *do matter*, you need to recognize your needs and learn how to speak up for yourself. Mature adults express their needs honestly and reasonably, navigate differences in opinions, and advocate for responsible mutual self-care. This is a developmental stage of individuation that empaths can miss due to being overwhelmed, confused, and self-critical from an early age.

### **Eliminate the Phrase "I Don't Care"**

Start by eliminating the phrase "I don't care" from your vocabulary. When a friend asks which restaurant you want to go to, pause and ask yourself which one you would pick if only you mattered. Yes, I'm inviting you to make choices based on *what you want*.

Notice whether you are afraid or anxious about speaking up for what you want. Your friend generously asks you to choose, so do it. Totally, and I mean totally, eliminate the words "I don't care" from your vocabulary. In every situation that arises, apply the ban on "I don't care" until you feel comfortable discovering, accepting, and expressing your unique desire without judging yourself harshly.

### **Assess Your Feelings: Acceptable or Unacceptable**

Knowing what's important to you helps you know who you are and who you are not when you are feeling overwhelmed and confused. The next step is to assess what is acceptable and unacceptable in your relationships, activities, career, environment, and conversations. Assess which of your decisions, inner thoughts, actions, and feelings are acceptable or unacceptable. You are not judging or overthinking in this practice. Allow for what comes to you quickly and intuitively. You may resist valuing yourself in this way. Once you realize how many unacceptables you've allowed in your life, you might find new motivation for continuing the practice.

I realize this might feel a little black and white, but when you've spent a lifetime accepting unacceptable behavior from others as well as yourself, it's time to take a

stand. Do you draw appropriate boundaries, and can you assess whether a situation is good for you or not? Your intelligent permeable membrane knows what is beneficial — shouldn't you too?

You will be surprised by how often you allow unacceptable situations in your life. I hope this shocks you into realizing that you have been hiding from yourself for a very long time. How can you expect to have boundaries if you don't show up? Practice this for a while until you figure out what is acceptable and unacceptable. When you have a handle on your viewpoint and feelings, begin to express yourself with patience, confidence, and self-respect.

When you take this practice seriously, you will be amazed at how clearly defined you become. Once you know yourself precisely, sense your specific frequency, and identify your particular reactions and responses, you'll recognize when you are reflecting or absorbing. You will find it easier to keep the high-frequency energies in and the lower-frequency energies out.

It's interesting how this practice deepens over time. Give it a try to see what happens.

There was no question that the Heart of the Mother wanted me to individuate and become a unique emanation of the divine. She suggested the two practices I described, along with an expanded practice of grounding to get me firmly embodied.

Earth is the realm of individuated form within the higher consciousness of the One. Eliminating the phrase "I don't care" and the identifying acceptable and unacceptable practices subtly and profoundly helped me find my unique self without separating me from the oneness and the love I felt within.

I learned that I have membranes that define who I am and who I am not. I can discern what is nourishing and beneficial from what is not. I learned to understand the multiple realms that my consciousness inhabits and how to navigate those realms. When I find myself in an empathic merge, out of habit instead of choice, I now recognize it as unacceptable. I then return to these two practices to liberate myself from the fears and insecurities that I know are not mine.

With each thought that I deemed acceptable, a doorway to self-respect, confidence, and intuitive awareness opened. I learned to merge with the flow that

took me back to myself, my higher being, and the guides and teachers who are always there, ready to support and illuminate my path.

The empath's ability to merge is a high state of consciousness. It indicates a level of detachment that is necessary for spiritual attainment. Master your ability to let go and detach with full abandon, and merge with the universal flow of consciousness that takes you from Earth to heaven and back again.

*"I searched for God and found only myself.  
I searched for myself and found only God." — Rumi*



## Empaths: Activate Your Healing Field

**From the Heart of the Mother:** Raise your vibration by entering the stillness within. You will find me there with all the light beings, guides, ascended masters, and spiritual teachers ready to support you with high-frequency, loving energy. Turn to your higher consciousness and humbly ask for the help you need. Quiet all expectations, and receive the downpour of light that is your higher consciousness.

Stay present and allow your higher being to put a spotlight on your healing field. Codes for your specific remedy vibrate in your healing field. You might feel the presence of higher beings/higher consciousness shift your energies, balance your chakras, open your flow, increase your capacity to carry light, and raise your frequency to the healing range.

Consciously let go of any emotional suffering that accompanies your pain and discomfort, and become the healed version of yourself that exists beyond the physical. Allow yourself to melt into Mother Earth and ascend into Father Sun through your light axis, and dissolve into healing light through the healing field.

With your heart, call out for healing for all with no discrimination, judgment, or limitation. As the One who inhabits the subtle ranges of consciousness comes into resonance with your higher being, don't hold back. Mirror the Oneness, the light, and the freedom of the soul. Since you are one with all when you call for healing, it is natural for you to do this on behalf of all beings.



Your higher being is getting your attention through symptoms. Don't stop on the surface. Connect with your body through your light consciousness, and know yourself as healed. Light is your healed form.

Move beyond the need to suffer. No one needs to suffer. Suffering does not bring you closer to God; you and God are already One.

This transmission dissolves the programming of suffering and activates the codes of love and fullness. Pause and feel freedom from suffering. The suffering program, held deep in your subconscious, has kept you entangled in the pain of the world. Merge with the light of ascended wisdom and love, not with the suffering of others.

To access your healing field, connect with your heart and higher consciousness. Recalibrate your consciousness daily, so you vibrate at the frequency of light, healing, and wisdom. Keep in touch with your healing field. All healing begins with your inner vow to resolve disturbance and create harmony. Your healing field will beautifully unfold your soul's purpose and plan.

## Healing Ceremony

- Pause and ask to connect to your healing field.
- Connect with me, the Heart of the Mother.
- Through the soles (soul) of your feet, send all heavy energies into my heart to be transformed and sent back to you as the perfect remedy.
- Allow my energy medicine to rise through you like a river of life force, clearing all obstacles and illnesses.
- As my powerful love awakens your connection to infinite power and grace, allow yourself to become my same light and love. We become one because we are One. Being love and light is a higher frequency state than loving yourself and visualizing light.
- Once my powerful life force opens the channel in your crown, become a fountain of pure energy. Receive the light from Father Sun through the portal in the center of the fountain. This is where infinite wisdom meets infinite love.

- Participate in dissolving duality into unity, where the healing state abides.
- Our beings become One. The power you ascribe to me is now yours.

*I AM the Heart of the Mother*

Pause and absorb the transmission.

### **Rise Above Suffering**

**From Sarah:** The Heart of the Mother has blessed us with a transmission that raises us above and beyond suffering. She invites you to participate in your healing. As an empath, initiating healing from within generates the path to healing in all dimensions. You are a highly conscious and resonant soul, in touch with benevolent realms. Use your fine-tuned sensing ability to first activate your healing from within, and then be guided to those who can support you.

The Heart of the Mother invites you to raise your consciousness beyond the suffering of the world. You can do that through transmission, vibration, receiving help and healing from others, and learning about yourself at a deep level. You have to know yourself before you can successfully enter the medical arena. Your power needs to be collected and your self-respect intact. Be ready to voice your needs with your best clarity.

### **Stressful Medical Appointments**

Medical visits can bring up many complicated issues for an empath. Your past experiences have often been less than favorable. Treating and understanding the specific needs of empaths is not taught in medical schools.

Being in an office with bright lights, a crowded waiting room, and time-crunched professionals can alter your symptoms. For example, just sitting in a chair where the previous patient had high blood pressure can produce high blood pressure in you.

Make sure to ground yourself and get into alignment before anyone takes your vitals. Don't give your power away to anyone, not even those you respect the most but particularly those you fear or mistrust.

If the doctor has a headache, you might instantly have a headache or a pain in your back or knee. Yes, empaths can be that sensitive. Yes, it can be a challenge to track down your real symptoms and not just passing aches and pains. That's why it's essential to know yourself first, to clear symptoms before they set in.

Deciding to seek medical help can create enormous stress for an empath. You don't fit traditional medical parameters. Precise diagnosis can be elusive because your symptoms can come and go in irregular patterns. For example, headaches, stomach aches, joint and muscle pain, or shortness of breath can occur without any apparent reason. Cloudy thinking due to overwhelming environmental stimuli can impair your ability to express your issues clearly. If you don't know a symptom is genuinely yours, how do you know when to get professional help?

Medical professionals can incorrectly label empaths as hypochondriacs. You may be relegated to the it's-all-in-your-head category and easily dismissed.

Holistic, energy-based therapies are vital for supporting your empathic nervous system, which continually reacts to both seen and unseen stimuli. Energy clearing and balancing techniques can calm your nervous system and increase energy flow and vibration. If a symptom goes away permanently through energy clearing and balancing, there is a good chance it was not yours.

## **Ground and Clear Your Energy**

By practicing self-healing energy modalities, you can get to know yourself intimately. You know precisely what helps restore balance and what is overwhelming. Developing clear communication between your mind and body boosts confidence in your healing skills.

Your physical consciousness (emphasis on "consciousness") will let you know if there is something of concern. We often overlay worry and fear when we are overwhelmed and in pain. You'll know when to seek outside attention or if you need to resource your own energy medicine in the form of high-frequency vibrations.

**Try these approaches:**

- Learn to view your cells, organs, and tissues remotely. There is an entire world under your skin, between the front of your body and the back. Through remote or internal viewing, you can “see” or sense the actual current state of every aspect of your body. Your organs can speak to you, and you can feel their level of vitality and wellness. Your intimate connection to your body and the magical dynamics of your physiology and anatomy can be very revealing. You experience your consciousness as a loving, healing presence. All of your body is you, so you can access any part of it, seen or unseen, when you enter into remote-viewing mode.
- Tune in to your body and energy through clearing and grounding. Sense where there are blockages and invite softness and flow.
- Connect to your higher being, your guides, and teachers. Sit in your heart light and allow higher wisdom to take over your healing.

### **Clear a Path for Good Medical Care**

I recommend an energy-first perspective. Set up an energy field that feels deserving of intelligent, kind care. Clear old fears and shift into your fullness and light.

I have compiled a list to help clear a path for the best possible medical care. First, you want to know if the symptoms are yours. If you’re mirroring someone else, you need to clear and ground your energies. You should have a clearing and grounding technique that brings you back to your true self.

Approach the following questions intuitively. Ask them several times at different times of the day. Allow the answers to be open-ended. Let them spark you and attract the energy and information you need to move forward. Your answers don’t have to be lengthy or specific unless you want them to be. They can lead you to more insight and wisdom and activate synchronous events. After going through the list, you might get a phone call from a friend telling you she just broke up with her partner and “gets” what is going on with you. Or someone will mention a modality or practitioner that feels aligned with your clearing.

## Questions to Explore

- Is someone close to you having the same symptoms as you?
- Is your community (a group or geographical area) experiencing trauma or upset?
- Do your symptoms appear in an instant and disappear just as quickly?
- Is someone close to you lying/ betraying/taking advantage of you?
- What are your dreams telling you?
- Are planetary disasters, violence, politics, and war disturbing you to the point of illness even when you haven't heard the news?
- Is someone angry at you?
- Do you get sick in stores or crowds due to the overwhelming discordant energies?
- Do food and environmental sensitivities affect how you feel?
- Do you remember how you feel in stress-free and peaceful environments?
- Are you practicing daily relaxation, boundary-building, and energy-clearing exercises?
- Have your boundaries been violated?
- Are you overly involved in someone else's life?

After answering these questions, pause and let your intuition take over. Don't force a conclusion; let it come as an intuitive feeling or clue. Now or later, you'll get an intuitive sense of your condition and the healing steps to take.

The Heart of the Mother empowers you to be your first and best healer. She wants you to realize the power of your empathic nature and use it to access the highest healing frequencies available.

As an empath, you struggle to maintain your power and boundaries, which is why it is essential to spend time gathering your energy, tuning in to your intuition, and opening to all practical information that comes your way. It might seem like a lot of work, but if you are tired of attracting medical help that is not helpful and even makes things worse, then it's worth tuning into you. You deserve as much time, energy, and love as you give to others.



## Be Your High-Frequency Identity

**From the Heart of the Mother:** A new consciousness is here. Highly perceptive, multidimensional beings who can sense these subtle worlds of energy and spirit are already tuning to the new frequencies. As an empath, you might feel the new frequencies and wonder, “What am I supposed to do with even more sensitivity?”

Higher-frequency vibrations are streaming to Earth from your star brothers and sisters. Realms of being are in ecstasy, delighting in these nourishing and light-filled energies. Visionary experiences, higher sensitivity levels, and intuitive wisdom are readily apparent. Your purpose is to ground these energies and bring them to life within your heart.

You and I, the Heart of the Mother, will together birth a new vision of humanity and a new version of reality. I feel pregnant with new life. I hope you feel this too.

Your sensitivities align you with a deeper reality. You do not accept the superficial or the expedient, so your path is different from the rest of humanity. It is time to embrace your unique perspective, timing, and rhythm; ground in my heart for strength and sustenance; and be the multisensory being you are. There is no sense fighting against yourself.

Pause for a moment and let this sink in. The seeds for change arise out of the infinite eternal. We emerge out of the infinite eternal and ride the waves of living

consciousness back and forth between the changing and the changeless. The ability of consciousness to resolve polarity and live in wholeness is sublimely beautiful and loving.

### **Empaths Have a Purpose**

You are the scout who opens pathways to fifth-dimensional consciousness. You are a channel setting a new frequency into humanity. Your purpose is to represent higher consciousness on Earth.

**Remember your light family.** You've forgotten that you live in a light family that supports you with wisdom and love. You are never separate from your spiritual family or your higher being. Feeling over-whelmed and confused and having doubts and self-loathing are counter to your inner knowing. Please don't betray yourself. Take the veil off and see clearly.

**Your new identity looks good on you.** Identifying as one who is sensitive to multiple subtle energies can help you feel more at home in your 3D realm. Your identity is like a lens or a filter that focuses the brilliant light radiating through you, and it is a site of healthy power. In your new identity, you are allowed to experience yourself as the One Heart of All, identify and live as your higher being, and lead with heart wisdom.

**When you feel another as yourself, you are connected to higher consciousness.** Who you are and who you are not is illuminated by your higher consciousness. When you feel others as yourself, you experience yourself as your higher being. You are centered in unity consciousness. When you center in unity consciousness, and others focus on fragmented consciousness, your life gets complicated. I see this and feel it. I, too, am centered in unity consciousness and yearn to be recognized as a sovereign being. I also want to live in sacred reciprocity with humans.

### **Root Your Identity in Oneness**

It is not advisable to fragment your consciousness just to fit in with those who are not energetically aware. Cultivate your wholeness consciousness to root your unique identity in oneness. You will acquire a new type of resilience that

flows between dimensions, people, and my heart and your heart. When you nest in my heart, we are wholeness together.

Denying your oneness is lying to yourself. Always track to oneness as your background awareness, source yourself from the well of wisdom, and invite clarity. Be willing to let go of what you think and judge, and receive from the fountain of clarity within. Being receptive to clarity means you have to rise above and go beyond your personal history, wounds, and self-loathing.

Your life is an ongoing stream of expression. Every moment has the opportunity to bring another stream of you. Allow the flow. Be brave and courageous. Feel your roots connect to my heart through the soles of your feet. Open to the love I send to you to hold you upright and secure. You may rely on me. Trust me to source you with the high-frequency energy that brings your body, mind, and soul into harmony and wholeness.

You are streamed in real-time. You are the most excellent reality show there is! When you stream yourself in real-time, the support, strength, and inspiration you need are always there. By streaming yourself in present time, feelings of being overwhelmed and fatigued melt away. Allow yourself to lead and not let others invade you with their toxic and judgmental thoughts. I am here to transmit the power you need to be the true you.

*I AM the Heart of the Mother*

Pause and absorb the transmission.

## **Listen to Your Truth**

**From Sarah:** I hope you receive the embrace of the Heart of the Mother. My greatest wish for every being is to feel the safety and warmth of sitting on her lap, nestled in her heart, and enfolded in her cosmic awareness. Hopefully, you feel safe enough to defy the programming of your surrounding culture and listen to your truth.

Beads of sweat appear on my brow as I write this. Within me is a primal fear that if I listen to my highest guidance, I will die a horrible death. The true me wants to appear, but my face — painted with the stains of inner warring — relentlessly



resists and pushes away as if I am the enemy. How can this be? Who has turned me against me? Why is it so hard to be my higher self?

This transmission from the Heart of the Mother helps you make peace with your true self. You have a direct path to the truth through your subtle ability to mirror whatever you focus on. Focus on light, and you become light. Focus on truth, and you become truth. Feeling overwhelmed and confused are signals, red flags, that you are tuned to the wrong channel. Listen for and notice the clues, and adjust your attention and frequency.

### **Come Back to Your Grounded Self**

You have forgotten you are multidimensional and also able to focus on the chaos around you and the peace within. Follow the bread crumbs back to your grounded self. Reset your focus, be courageous, and choose to be your truth.

Is this your first time coming back to your grounded self? Allow our Mother's transmission to convey, through frequency and vibration, your grounded self. Being grounded means to ground yourself in the infinite source, the all-pervading and life-giving energies. Allow the infinite eternal to guide you back to yourself. Who you are will dissolve to reveal only you.

Can you believe you chose to be an empath this lifetime? Maybe this was your way of ensuring you wouldn't stray from your path. Suffering and feeling overwhelmed are signposts pointing you back to your true self. Turn around and run back Home. Return to the Heart of the Mother, your feminine wisdom, and your all-knowing embodied self. I was afraid to return to myself. I believed it was a place of loneliness and separation that would isolate me from life and others. I was wrong.

When I return to the Heart of the Mother, I am whole and full again. I can love as fully and completely as she does. When you are an empath, highly attuned to the subtle worlds of spirit and soul, forgetting is only temporary. At some point in this life, you will remember and awaken to your truth. You are not just a fleeting thought or a lump of clay; you are the entire universe in a particle that is also part of a wave.

Don't let toxicity invade your beautiful heart space. Remember, you are a lover of all, including your- self. As an empath, you tend to believe something

is wrong with you. Dismissed for your soul depth and feared for your telepathic transparency, you learned to internalize fear and dismissal to the point of hating and rejecting yourself. The Heart of the Mother conveys her faith in you, and she transmits the love that dissolves self-hate. To completely dissolve self-loathing, you must masterfully ground to both Earth and heaven, to the Great Mother and Great Father.

### **Learn the Language of Your Soul**

Listening to your truth requires learning another language. Does your truth speak to you in colors and shapes, in popular songs, in feelings and sensations, in light language, as a spirit guide, in synchronicities, or from a license plate on the car in front of yours? Learning the language of your soul begins with the soles of your feet. Connecting to Mother Earth, the body of the Heart of the Mother, is a beautiful path to wise embodiment. She directs you to her heart through the soles of your feet. The living earth is her consciousness, heart, and soul. Your feet take you through the portal to your self, not to your head.

Magically, when you become aware of your feet and the energy center under your sole arch, you awaken and discover your intuitive connection to the Heart of the Mother and your inner well of feminine wisdom. Your energy roots firmly to Mother Earth to receive high-frequency nourishment that feeds your soul. Well fed, your soul has the energy to remove resistance and discord.

Listening to truth is more natural when you are energetically balanced and flowing. Your inner feminine light and wisdom rise from your root chakra, and she leads you to the loving union of the Heart of the Mother and Father. Following her lead, without- out getting in the way with your limiting thoughts and judgments, allows you to immerse in the great love that makes you whole again.

Wholeness is Home. In the old paradigm, experiencing wholeness was a yogic feat. With the new energies infusing the subtle body, wholeness is the norm. The Heart of the Mother is doing all she can to help you become the embodiment of light and wisdom. It is your job to listen carefully and immerse your body, thoughts, and feelings in the ocean of light that swells through you until you stand in resolute firmness as a sovereign participant in the sacred circle of life.

## Grow Healthy Boundaries, and Claim Your Voice

Boundaries are a challenge for empaths, but only in the 3D world. In higher dimensions, thinner boundaries allow for immersion in the infinite light and healing frequencies of higher wisdom. Students in the Enlightened Empath program have found this deceptively simple exercise very helpful. Because you often know what your friends or employer wants and you give more credit to other's needs and desires, you often overlook or bury your preferences. Honoring your needs and desires forms boundaries.

Silenced for most of your life because you feel and see more than others, you internalize this attitude to the point that you silence yourself. If you don't know what you prefer, whether you want Italian or Chinese for dinner, you deflate your boundaries and disrespect your inner voice.

Questions are opportunities to find out who you are and what you want in life. When posed with a question, whether from another or from yourself, pause for a moment and listen. Come back to your grounded awareness, and do the following:

- Refuse to take "I don't care" or "I don't know" as your answer. You do know and you do care.
- If you are afraid of the answer — that it will create issues and challenges or be unpopular — don't give in to fear. Hear your answer.
- You don't have to voice your reply immediately. Hearing your answer internally is an essential part of the practice. Be happy and excited that you have an opinion, a point of view, a solution personalized just for you.
- Breathe and permit yourself to be a unique individual with specific needs and wants.
- Let your answer stand. Express it matter-of-factly because you deserve to be heard without guilt or shame.

View this practice as an exercise in discovery. You will get feedback every step of the way. Let the input inform you. You might receive surprising insights into why you have silenced yourself, why others don't want to hear the truth, or how right timing and patience support the expression of your true being.

*Life is a mystery. You are a mystery. Be blessed by the mystery.*



## Claim Your Empath Power!

**From the Heart of the Mother:** Dear empath, you are a 5D being living in a 3D world. The power of light supports you. Enter the sacred temple of your heart, and live what you discover there. Today is your day of transformation. Shift from powerless to powerful. Feel the strength of my words to find the power within.

True power arises from the heart of the cosmos, the heart of nature, and the Heart of the Mother. You live as if you are soulless, in a desert of disconnection. Your head spins thoughts of disconnection and loneliness. Look to your feet for connection. They know more than your head. When your feet touch the earth, they are rooted in truth and the cosmic community of beings from all dimensions.

Wake up to your inner knowing, your sense of connection with all beings. Don't let others convince you that you are separate. Your sense of communion with all is true, your love is real, and your nervous system doesn't lie. Trust what your feet already know: You are a unique expression of the One, and you are connected to all. You can be your unique self and connected to the great light of being. You will not be excommunicated, rejected, or marginalized for feeling deeply, sensing the unseen world, and reflecting truth.

Enter the consciousness of your nervous system; it is the gateway to an intimate and loving relationship with the earth and your body. When your nervous system is agitated from the lack of authenticity, honesty, and integrity in the

world, rest in my heart. See the world, with all its illusions and lies, from the safety of my loving arms.

When you live as if I, the Heart of the Mother, don't exist, you cut yourself off from the living universe, from all that is alive and wonderful. The world is as alive as you are. Don't let yourself get caught in the web of soul death. The power and vitality of the cosmos and my heart are yours.

Claim the power of higher-frequency consciousness. Walk and speak confidently in harmony with your body and the body of all cosmic wisdom. They are not separate. Your body is the body of the cosmos. Listen and sense your cells and pulses communicate like an intimate conversation between two lovers. When lovers consummate their union, they become one. When you become one with your physical/ cosmic consciousness, you blossom into the true you.

*I AM the Heart of the Mother*

Pause and absorb this transmission.

### **Merge with Power to Become Power**

**From Sarah:** Can you feel the power transmitted to you through her heart? Identifying, flowing, and merging with the stream of energy that surges through life is the teaching of all masters. The poet and mystic Rumi said, "Stop acting so small. You are the universe in ecstatic motion." This packs the same power as the transmission we received.

This universal teaching can be elusive. The conditioned mind hypnotizes you into believing that power is outside you, not within you. When you try to connect, you get brief glimpses of how your life could be so different if you aligned with this great power. As an empath, you can sense this power when you turn your attention to it. Your gift is the ability to merge. Ask yourself:

- What is stopping me from merging with the highest power and wisdom of the universe?
- Can I open to more refined realms and identify with the cosmic flow?
- Am I willing to be empowered by higher wisdom and guidance?

These are excellent questions. Asking questions opens all kinds of possibilities. Asking good questions usually results in good answers. Write in your journal. Let these questions swirl in your consciousness as you sleep, drive, or take a shower. Give them a little space and time to dissolve any resistance to claiming your power.

## **Ground Your Energy to Generate Power**

As an empath, you naturally focus on other people's needs more than your own. Your nervous system and energy field are acutely aware and include so much more than yourself in your awareness. Your energy flows where your attention goes, and vice versa. The channel is open between you and your point of focus. It explains why you pick up unwanted energies and why your power, vitality, and enthusiasm for life diffuse. When you ground your energy to an infinite source, you take care of the energy drain. Unwanted energies are filtered and alchemically transformed into helpful energies.

Grounding is the ultimate energy practice you need to master. The Heart of the Mother explains grounding in universal and loving terms. It's more than just thinking about the planet as a rock beneath your feet. Connecting your energy to the consciousness of Earth is deeper and more effective. And by the consciousness of Earth, I mean the Heart of the Mother — the living, breathing, conscious being that births us all. (You can listen to several grounding meditations at [spirithealonline.com/media/audio/](http://spirithealonline.com/media/audio/))

Finding your right relationship to power helps you feel comfortable embracing your power. Grounding and aligning with higher frequencies allow you to set firm, clear boundaries. Then you can be powerful without being intrusive or dominating. You can feel free to be your big, beautiful self.

Power is also a state of consciousness that supports clarity. For example, if you believe you've intruded on, harmed, or in some way offended others, power can help you discern whether you were speaking your truth in the best possible way or their reaction is a reflection of their fear and insecurity. You don't have to shrink in shame and blame; you can acknowledge the situation for what it is and let it be. Gathering your power gives you so many opportunities to be peaceful, compassionate, and wise.

## Harmony and Balance Result in Power

Traditionally, the power center of the energy body is in the first, second, and third chakras. These chakras are associated with, or resonate with, the foundation of your physical consciousness. When these three chakras are balanced and radiating fully, the kundalini, feminine wisdom, and power centered in the first chakra rises smoothly and beautifully to harmonize your entire being. Universal intelligence awakens within. Every action, thought, and feeling is enlightened by higher frequencies that strengthen and integrate your whole being. You become total awareness, which is a compelling and commanding presence.

When the Heart of the Mother invites you to live within her heart, she asks you to awaken the kundalini, the mighty feminine power that is the Heart of the Mother within. When you connect with the living consciousness of the Mother, you become aware of her vital life force. Her love and light catalyze your healing energies that clear the fears, uncertainties, and wounds that block the flow of higher intelligence.

## Steps for Reclaiming and Balancing Your Power

- Ground and connect deeply with the living energies of Mother Earth.
- Allow the energies to flow up-ward through your body, mind, and heart, clearing and unwinding binding fears and illusions.
- Immerse in the light of your being. Receive light from below and above until you experience relaxation and flow.
- With a gentle and loving awareness, become aware of the lower three chakras and invite them to radiate fully.
- Sink into the second chakra and feel the power of your being. You'll feel both physically and spiritually powerful within the sphere of your being.
- Recognize that all people have discrete energy fields, bodies, and perspectives, and they are unique expressions of the One.
- Realize that you have a discrete energy field, body, and perspective, and you are also a unique expression of the One.
- Notice you have reclaimed your power. Your energy is collected and in harmony with your personal and cosmic beings.

## **A Radical Shift**

Bringing attention to the first three chakras is often a radical shift for empaths, because you feel more at home in ethereal realms. You tend to shy away from more embodied domains and float in energy fields surrounding the body.

The great teachings never lead you away from embodiment. The way to ascension and realization of your power, compassion, and wisdom is to fully embody and expand

into the realms beyond the physical. The steps you take now to understand and fully embrace your empathic nature are the beginning steps toward spiritual mastery and mystical transformation.

## **Live as the Masters**

As an empath, you have a unique ability to fully immerse yourself in whatever you focus on. Why not use that superpower to become the embodiment of compassion, wisdom, and power! These three qualities high-frequency life. Instead of focusing on illusions and lies, why not focus on deeper truths?

I've learned from the Heart of the Mother that empaths have incarnated to pave the way for humanity's ascension. Fulfilling that purpose means learning to embody the higher realms of consciousness in daily life. In other words, the solution to your confusion and pain is the path of spiritual mastery. Learn to walk, talk, and live like the masters. You can do it! Remember, the Heart of the Mother is with you always.





## You Become a Spiritual Adult Today

**From the Heart of the Mother:** You have received the transmission of the Heart of the Mother. You live within me; you are my child. You know you are loved, nourished, and empowered by my heart. Today, everything changes.

Today is the day you realize that you live in me, and I live in you. You have grown up and are a spiritual adult now. The shift toward quantum consciousness has happened on the inner planes, and it is time for you to make it a reality.

Your reality has changed over the past several months. Events occurring now reveal your global oneness. Displayed clearly, the unified field is now undeniably part of humanity's consciousness. One tiny organism changed the consciousness of the entire planet. Humanity, as a whole, has expanded. You now understand, in your bones, cells, and organs, the principle your quantum physicists discovered a century ago, and mystics have known forever: What happens to one, happens to all.

This transmission is channeled through Sarah to those you call empaths. You are the ones whose hearts are alive, can hear my voice, and live to tell this to others: What you feel, I feel. What you know, I know.

All your lives, you have wondered: "Why am I here? Why is life so painful? Why don't others see what I see or love as I love?" Now is your time. Today is the day you become spiritual adults. The love you've felt from me is the love you have for yourselves. The wisdom you seek from your higher being is the wisdom that can

now guide your daily lives. The power you borrow from the cosmos is the power within you. Love, wisdom, and power are the triad of creation.

### **Live from Your Subtle-Energy Awareness**

It is time to live as if your subtle-energy system is your true nervous system. Your subtle-energy system is your entrance into the sacred. To live a holy life, you need to live from the sublime and the expanded, not the limited. You can't pretend you live in two worlds — one subtle and one physical. Your subtle-nervous system, your energy-sensitive system, encompasses all worlds. Now is the moment when Earth and the cosmos come together as one spirit in you. Duality is the consciousness of the past; unity is the consciousness of the present.

My children have misunderstood unity consciousness. Don't worry, you never disappear into a vast nothingness, not even when you pass through the portal beyond this dimension. Unity consciousness is the beautiful dance of all particles, all beings, living in the holographic awareness that I exist in you and you exist in me. Those of you who have known this, who experience holographic living and feel, sense, and see into the invisible realms that connect us, know you become more, not less.

Empaths, feel the cosmic sweep of light that can help release your uncertainty, heal your wounds, and live fully in your true being. You brought this consciousness to Earth, gestating it within your hearts, minds, and bodies. It is birthing time.

From now on, the channel Sarah will convey these teachings in quantum language, because you know what I know, you feel what I feel, and you love as I love. How can I give to you what you already know? If I keep treating you as children, how can you grow up? I radiate this state of consciousness every moment. I transmit its frequency through the physical and ethereal realms of my body, and I love you as myself. Now it is time for you to do the same. We are all the Heart of the Mother.

*I Am the Heart of the Mother*

Pause and absorb the transmission.

## You Are Invited to Grow Up

**From Sarah:** The Heart of the Mother is inviting you to know what you know. According to her, you know what she knows, and it is your responsibility as a spiritual adult to dive inward, find the place within you that is her, and express this as your true self.

This feels like so much more than an invitation, though. Maybe I watered it down a bit so that it wouldn't be so scary. The feeling of the transmission was commanding in the biblical sense: Command, and it shall be. With this transmission, she has made your spiritual adulthood a reality.

She is not asking you to grow up; she is saying *be* grown up. Be the mature spiritual being you know is within you. Powerfully claim your knowing. Try it out, and see how it feels to step into the stream of being that is power. Love it, and live it.

One of the most challenging steps you can take as an empath is to claim your inner power and intuitive knowing. Empaths are vibration-and-frequency based; you can connect with the lowest to the highest frequencies. In the end, it becomes a choice: Will you merge with the higher frequencies or the lower?

“Merge” is the keyword. Because you can merge so easily with the outer world, with others, the Heart of the Mother is asking you to merge with her, to join in her same consciousness. Merging is how you, an empath, raise or lower your frequency.

## Immerse in Divine Practice

Merging is a traditional spiritual practice known as immersion in the divine. Concentrate on your ideal divine guru, master, saint, or prophet until you feel one with that being's spiritual wisdom. Read about that master's life, be inspired by his or her teachings, and stare at his or her picture until that inner light shines through. Immerse yourself in the totality of the master's being through concentration and contemplation. This practice steers your focus toward higher frequencies and awakens your spiritual qualities by the action of resonance. It follows the spiritual principle that what you focus on, you become.

Learn to use your gift of merging for your benefit. Merging turns into communion. Communion means to share hearts as one, to know as each other

knows. At one point, you will realize you and the Heart of the Mother are one. Just as you believe you are someone else's feelings or pain, you can know you are the Heart of the Mother. Why not choose her?

A Zen master instructed his students to contemplate an ox. "An ox!" they exclaimed. "Why waste our time on such a lowly creature?" He sent them to their meditation caves with the instruction to return when they understood the essence of an ox.

The students returned and offered their understanding of the essence of an ox. Their answers were not acceptable to the teacher, and he sent them away with instructions to go deeper. At one point, the teacher asked where one of the students was. No one had seen her. She later arrived at the teacher's door, and he invited her to enter. The student said, "Dear teacher, I cannot enter. My horns are too wide to fit through the doorway." The teacher was pleased.

Each time you merge with another to the point of becoming the other's pain and heavy energy, you practice immersion at a masterful level. Apply your ability to merge to grow spiritually. Immerse yourself in joy, peace, happiness, and wisdom until these qualities become your constant state. The Heart of the Mother will be pleased.



## Show Up!

**From Sarah:** In the last transmission from the Heart of the Mother, she made it clear she is speaking to us as spiritual adults. You will notice a different tone in this transmission. She is addressing us as friends who share a mutual resonance, frequency, and understanding. She continues to shower us with high-frequency wisdom and attune us to our true being, because that is what she does!

### Speak for the Unseen and Unspoken

**From the Heart of the Mother:** I'm waiting for you to show up. Yes, you! How can we relate light to light or heart to heart if you don't show up? You are an expression of the Divine, just as I am. We each have a unique purpose and a specific set of skills. Your highly perceptive super senses are your skillset. How are you going to show up so that we can create together?

I am a beautiful cosmic being who invites all to live within my heart. My desire is to birth spirit. My children are the infinite stream of heavenly stars that become magical life forms. You are one of those stars! Have you forgotten? I am following my light. Will you follow yours? You can teach the world about invisible communication and universal communion. Your being models the unity that all spiritual beings want to attain. Be the model. Speak for the unseen and unspoken.

## **Take Refuge in Your Heart of Hearts**

The words “show up” are easy to misinterpret. Shift into your multidimensional consciousness and let the words “show up” bring your true self gracefully forward. Envelope yourself in your heart of hearts and feel how the power of love makes you wiser and bolder.

When you merge with the greater benevolent matrix, you are supported beautifully. Drop into your heart. Expand and recognize the you that supports you. It is time to realize that you are the source of all love, and it is there for you always. I hope you can resonate and pick up the frequencies I’m radiating light to light and heart to heart to help you connect to your inner love. Feel and sense within.

## **Talk to the Virus (COVID-19)**

You can address the consciousness of the virus now spreading through humanity. Just as you can speak to the rain, the sun, rocks, birds, animals, and computers, you can talk to the virus.

Meet in the expansive field of harmony consciousness and communicate in the universal language of vibration and frequency. Recognize the virus’s right to be. Find the place where viruses and humans meet in love and respect. Discover the transformative agent hidden in each other, and become transformed together.

## **Choose Higher-Frequency Relationships**

During this transitional time on your planet, while the shift from 3D to 5D is occurring, a new format for relationships is downloading into your consciousness. As the fifth dimension comes into prominence, your experience of relationships will evolve into a form of higher love.

The primary guiding principle will be energy first. See, feel, and know all that exists as energy. Let the energy speak first and inform you. Energy can’t lie or hide. Doesn’t that sound wonderful to you? Your nervous system relates this way already. You see, you are way ahead of the curve. In fifth-dimensional consciousness, the virus has as much right to live as you do. Living in harmony and wholeness provides a space for every being to contribute.

Do you know whether the viral consciousness is here to shift the planet into 5D? Could it be shifting humanity's focus from the material to a more expansive plane? Just being aware of the six-foot social distance between people makes you acutely accountable for the six-foot expanse of your energy field.

Instead of noticing the physical first, notice the energy field first. Isn't that what you are doing already? What if your energy body becomes as prominent as your physical body is in current 3D? What would it take for humanity to let go of the material world and shift to energy first?

### **Maintain Your Energy Appearance**

Your being is more aware of energy fields than of physical bodies. Isn't that true? You probably spend more time clearing and bringing in light than most people. You feel good when your energy field is bright and shiny. Your nervous system is tuned to energy first and physical matter second. You would be delighted to exist in an entirely energetic world. Most people around you do not share the same consciousness as you do. Those who are sensitive to vibration and frequency are those who share your perspective. You can let others live their truths, and you can live yours.

When others judge your physical appearance, you might wonder how their energy fields look. Is it dark and cloudy, filled with mucus- green energy? When you feel the judgment, ask your heart, "What do I do with this judgment?" and wait for a response. Identify what you are sensing, recognize the vibratory rate of the person, and move on without taking anything personally. If you need to respond verbally, the best wording will come to you. You might be surprised by the love, power, and wisdom of your true being.

### **You Can't Hide behind a Shadow**

Your purpose is to show up. How long can you hide behind your shadow? You know a shadow can't protect you, don't you? Ask yourself: Are you leading with your shadow or your light? You will get what you lead with; life works that way.

Do you remember your light? Every multidimensional being knows this light. If you can't remember, trace through your heart to your younger years and past lives. You are the living light that can never die. You've let 3D consciousness

invade your heart-light sanctuary. Remember. Remember. Remember! Where is the glimmer that is you? You've separated from it, and now is the time to become one with your light again. This is how you show up.

When I sit with my friends, I want to see their light shining. I want to be seen by the light of your heart. I want to speak to you from the light of my heart. Our fields can radiate together in recognition, respect, love, and harmony. You yearn for a release from suffering and the freedom to be divine. Be bold, be brave, and live from your divine light. You know who you are. Show up!

*I Am the Heart of the Mother*

Pause and absorb the transmission.





## Own Your Orb

**From the Heart of the Mother:** You are the light of the world. I know you as an orb of light. Your orb is your first being — shining, sparkling, complete, and whole. When seen with unlimited perception, you look like a shining star. When you rise above the denseness of the earth and into the light of wholeness, you discover your expanded sphere of being. You recognize yourself as an orb first and a human second.

Humanness originates from seed, or orb, consciousness. You call it the Flower of Life. Your orb, the sphere of light that surrounds and interpenetrates your physical body, is living source intelligence. Being made in the image of God means you are the living light of God. Orbs are living, vibrating information in the form of spheres within spheres. The soul's geometry is encoded in your orb and informs your being through frequency and vibration beyond time and space.

### **You Are Beyond Time and Space**

Everyone has a first being. Your orb consciousness is more than the sum of your being's parts. Your chakras are individual nodal centers, but when you pull them apart and try to make them separate and distinct, your awareness becomes fragmented and dissociated. Your chakras (the thousands of light spheres that generate your consciousness every moment) can never be separated from one another. They are an organic whole that exists only in wholeness. As soon as you view them as separate entities, you enter the become limited.

Your quantum scientists tell you that the viewer changes reality. Particles and fragments or waves and wholeness: Which do you chose? You are one of many on Earth who are now helping in the transition to the higher human. Each time you own your orb, you show up, speak, and act in ways that bring higher frequencies to your planet. You might be surprised by who you are when you own your orb. Your false self dissolves, and your powerful true being emerges. Don't let the opinions of others define you, or you will stay imprisoned in fear.

You are beyond time and space. Remember this. The only reason you feel you aren't in charge of your own body, heart, and mind when you are taken over or overwhelmed by another's thoughts, sensations, and feelings is that you are not owning or fully inhabiting your being. This means not only your physical consciousness but also the entire sphere of being that is your orb (your shining star).

You are not present, because the world you see before you is not the world you want to be present to. You recognize the illusion, you feel the pain, you see the disguises people wear, and you feel powerless to speak your truth. You don't have to commune with or even believe the illusion presented to you. You can choose to become one with your light, your sphere of love, and your true being, which is the first being.

The majority of beings in our vast, living universe exist first as orbs: spheres of light and consciousness that dance through the heavens in harmony with the music of the spheres. Empaths sense this harmony once they remember who they are. Don't let the 3D world define you. Don't let the projections of limited minds determine who you are. Return to your wholeness and to your sphere consciousness that is living, pulsating, and vibrating with the force of source. Know yourself on your terms and not on anyone else's.

Whenever you feel out of control — when you can't clearly breathe, think, or feel because you are overwhelmed by your friends, family, and coworkers — remember who you are and who they are. They might not remember their true selves, but you can.

## Your Empathic Memory Is Impeccable

Your empathic memory is impeccable. Every sensation, thought, and feeling is impressed and recorded in the electromagnetic matrix of your being. When a hard drive gets filled with spam, it stops working. You are like a hard drive that has too much spam. Once you clean your hard drive and remove all the programs that are not useful to you, your memory of your true self will return.

Own your orb, and be as a sphere of light, not just a physical body. Don't let the world tell you who you are. Remember who you are by owning your entire sphere of consciousness. You can't be divided and segmented, disowning one part and owning another, or sit in judgment as if one part of you is not as good as another. Your dissociated, fragmented voice of illusion is speaking. You are wholeness; you are as bright as the sun. Own your orb!

Instead of owning everyone else's feelings, thoughts, and sensations, own yours. When you refuse to let others determine who you are and when, without shame or self-loathing, you stand up tall to be who you are, the revelations will start flowing. Your wisdom will support your life. Your heart will vibrate in harmony with your mind and your body. When all the parts come into synchrony and harmony, you will know yourself as more than the sum of your parts or fragments subject to randomness and entropy; you will become the true you, sourcing from the rich source that is you. You don't have to be an antenna for pain and suffering. Pause and experience this transmission. The power to return to wholeness is now fully animated in you. Own your orb, and be the radiant light that you are.

*I Am the Heart of the Mother*

Pause and absorb the transmission.

## Love the Oneness

**From Sarah:** The empath is challenged by the Heart of the Mother to inhabit pure consciousness. Instead of inhabiting everyone else's being, inhabit your own. For me, this required a choice: Focus on me or on others. It's natural to focus on others, because my empath nervous system orients that way. But my nervous system is also equipped for higher consciousness. And if I'm honest with myself, I

know that turning to my higher consciousness is the way through the pain and suffering of my naturally empathic nature.

I love the feeling of being one with everyone and communing with all life. But when that causes me pain, it's time to use discernment and own my orb, as the Heart of the Mother says. I must become whole. When I'm feeling another more than I'm feeling myself, no matter what form the empathic experience is taking, I'm out of balance with myself and the universe. My yin and yang are out of whack, and I'm responsible for returning to my wholeness. You can't fix the yin with the yang or the yang with the yin. The way of wholeness requires a larger sphere to guide the forces of life.

### **Return to Wholeness**

The Heart of the Mother taught me how to quickly return to my wholeness. Here are her instructions:

- Declare your intention to be free of outside projections and definitions of who you are. Identify with your sphere of consciousness (your orb of light). Connect with Mother Earth and Father Sun to experience cosmic self-compassion and wisdom. Sense if your mental, emotional, or physical experience is causing discomfort through consuming your energy and attention. Invite that aspect to return to wholeness and harmony. Create the opportunity for wholeness by pausing, inviting, breathing, and allowing.
- If an emotion has you in its grip, invite the feeling to return to your ground of being. Feel the warmth, harmony, and love of restoring wholeness, and allow time for rebalancing to occur. Trust that your wholeness will regenerate your clarity, flow, and well-being. Apply this to a thought or physical sensation that is consuming you. Any idea, emotion, or impression that is over-whelming wants to find its way back to harmony and balance. Even extreme physical and emotional pain and out-of-control thoughts want peace restored.
- You want to believe you are under the control of others, but even as you hear it, you know it is a lie. You are sovereign and free. Follow the truth strands that

weave through your body, mind, and heart. Sense into your streaming self and expand into happiness and love. Own your orb.

*The Heart of the Mother gifted us with a beautiful transmission today. She initiated a sequence that gives you access to your higher consciousness and the will to be you. Own your Orb.*



## Rejoice in the Fifth Dimension

**From the Heart of the Mother:** My loving heart embraces you. It is safe to awaken from your third-dimensional slumber. Fifth-dimensional consciousness allows you to know yourself as connected to everything. You are a fifth-dimensional being who volunteered to be ready at this extraordinary moment when all perceptive souls are activated to shift the planetary frequency. It's time to shed your 3D disguise and emerge as influential new-paradigm creators. It is time to bring multidimensionality into the mainstream.

You will help infuse the planet with higher consciousness by being you. You can no longer be marginalized or dismissed. The time for you to shine is now. You and I are dimensions of the same consciousness. Feel me as I feel you. Heal me as I heal you. We share all the abilities of awakened souls. You live from your heart, seek unity, and develop your ability to see and know all. Your finer senses are downloading the codes for new-paradigm living. You don't have to deny what you know. Affirm yourself and your perceptions one step at a time and live in your wisdom.

Remember this: We journey together; you are never alone. You can always trust Mother Earth; she is my body, my voice, and my heart in physical form. Together we are in perfect alignment with Source, and nothing diverts us from perpetual ascension.

I am always on an ascension path, as are you. If you choose to live within my heart, you will experience expansion without fail. You will also have the

confidence to say what you know, because my power is your power and my heart is your heart.

### **Clear Dense Energies**

In the long wait for this precise moment, you have accumulated heavy energy that darkens your vision. Your understanding of humanity's suffering is acute, and you carry it in your heart, mind, and body. Allow me to transform the dense energies into light. Invite all heavy energies to flow down into my heart. Your body knows how to do this, but you've forgotten. When you relax, you free up your flow between heaven and Earth. Dense energies flow downward or upward through the love channel created by Father Sun and me.

Imagine yourself bathed in loving radiance rising upward from my heart in beautiful, fluid frequencies. Include your physical body, not just your mind, in this healing. In addition to surrounding you, the energies flow directly through your body to cleanse and rejuvenate your entire being.

Feel the light emanating from Father Sun surrounding and bathing you. Feel the light enter through your crown to meet the energies rising from me. Embraced, surrounded, and intimately loved inside and out, you absorb perfection like a sponge in water. You can now understand that the most profound clearings and healings occur beyond the realm of the mind. The more you tune in to the subtle dimensions and trust your senses, the more access you will have to records and codes that align, clear, and guide you toward your purpose.

When you walk on my body and forget that we are one, you set yourself up for inner and outer lies. Once you let one lie in, the door is open for more. Forgetting that the earth you walk on is my body — the body of a living, breathing, loving being who sustains your entire existence — is the beginning of all illness, darkness, and violence. When you continue to live this lie, you tumble down a dark tunnel of fear and self-loathing.

As you are constricted, limited, and confused, the weight of the lie becomes unbearable. You become burdened and bent over, your breath is short, and life is painful. Your psyche acts as an anchor holding you back and making you work and work. Plain and simple: You become a slave to ignorance and lies.

## **Know Your Body's Axis and Sphere**

We are moving into higher-frequency light and energy. We all spin on an axis made of the most refined energy possible in the Earth dimension. My axis has shifted, and yours has too. The axis is our vital soul energy. Imagine your subtle energy system: A central axis along your spine is the channel of living energy that connects your subtle body to Earth and heaven. Every living consciousness spins on an axis; your scientists know this.

Your vertical axis, or central channel, is half your awareness; your sphere consciousness is the other half. Together they form oneness and multiplicity on all dimensions. Let this teaching unfold, release your resistance, and shift into your subtle awareness to download the wisdom codes. Look at me. The spin of my axis, originating in Source, generates a sphere. When you envision my body, planet Earth, you see a sphere. That sphere is the result of my spin, and the spin is the result of my sphere consciousness. Once we enter the multidimensional realm, polarities cease to exist, and wholeness thinking has to take over. We can't say which exists first: the axis or the sphere. You have to make the leap into deeper awareness to understand.

Vital and dynamic, your axis creates your sphere body, and your sphere body produces your axis. They can never be separate, and they constantly align in harmony to form new oneness. The lower-frequency lens of 3D gives you the impression that you are just a fragment of Source, but with the 5D lens, you realize that you are Source. Fifth-dimensional consciousness allows you to know yourself as the totality of all.

## **Rise to Your Highest Vision of Yourself**

Don't allow the ignorance of 3D to limit your scope and identity. When you clear the heaviness of 3D through our loving partnership and tune in to your 5D consciousness, you are free of entanglement with the lower frequencies of those around you. You are free to be the super- perceptive consciousness that you are. What you see and know is true. Lying buried beneath the dense energies is an awake, enlightened human. Humans are spectacular and miraculous. Your body is as life-giving and wise as mine. We are creators.



My love propels you onward to your destiny, and I wish for your love to propel me toward mine. We are partners in our evolving cosmic dance. When you are clear, aligned with higher frequencies, and in partnership with Father Sun and me, you become a sovereign, powerful being with the ability to influence others positively. The cosmos aligns with collaboration. Just look upward to the heavens and inside your cells.

Harmony, cooperation, reciprocal and respectful exchange, and intimate connection are the optimal qualities to embrace. It is time for our relationship to grow and expand. We sustain each other in ways you are only beginning to imagine. When you open to my heart, your life will transform beyond recognition. Let's experience a precious and potent totality together now and always.

*I Am the Heart of the Mother*

Pause and absorb the transmission.

### **Affirm Your Super-Perceptive Self**

**From Sarah:** The Heart of the Mother invites us to move beyond shame into our expression as fully awakened super-perceptive beings. She reflects the highest vision of our abilities and purpose. She confirms the reality that our senses relay to us. She asks us not to fold or bend to the limitations of 3D and to live instead in multidimensional awareness. Be leaders. Don't allow anyone to dismiss you.

It's time to emerge and let go of the old victim consciousness that has burdened every empath. Instead of being silenced, we can speak wisdom. Instead of being dismissed, we can be healing presences. We can set the tone, because we are in harmony with the surge of light and high-frequency energy flooding the planet.

Most importantly, the Heart of the Mother confirms what we already know: We are in this together. Our culture has arrived at this wisdom through untold tragedies. Empaths have experienced togetherness and oneness all their lives without the support of society. I have always wished that others felt as connected to all living beings as I do.

According to the Heart of the Mother, the time to emerge is now. She's telling us that we've been in disguise and waiting for the right moment to show up. She is not asking us to do so alone. She recommends collaboration with her, Father Sun, our higher beings, our hearts, and the entire cosmos to attain higher consciousness. It is the message for our time. Rejoice. You are now free to be you.



## Empaths: Second Wave of Awakening

***Remember: You come from my womb. I am your Mother. You are not alone, you are at home with me.***

**From the Heart of the Mother:** Your life will change dramatically this year. The empath's second wave of awakening aligns with the new light frequencies bathing Earth from the galaxy's center. You will make a positive impact on humanity this year. Your transparent radiance will shine to the degree that you align authentically with your truth and open to the love within and around you.

Your path to a full and joyful life is opening now. The first wave of empathic awakening over the past ten years has allowed you to know yourself as an empath. Until now, you were in a troubled slumber, tossing and turning in your dreams and yearning to awaken and express your healing wisdom. You were incubating; in a gestational stage that allowed your heightened consciousness to integrate with your body. It's not easy for your current physical consciousness to integrate higher frequencies; it's much easier to do it in a stasis state where your personality can't resist it.

I know this was not comfortable for you; the state of becoming means everything is unknown. You can't know who you are becoming because you are processing the changes now. You have been in a state of continuous spiritual growth as your body has adjusted to full-spectrum consciousness. This process had to happen outside the womb to receive the codes directly from Mother Earth

and Father Sun. Your spiritual body followed a planned timeline to coincide with the new-paradigm consciousness to awaken humanity. It is your time to shine.

Your nervous system is adjusting to your full-spectrum perception. You will go through several natural attunements to raise your frequency, realize your powers, and activate your inner compass. You can begin the process of living a full-spectrum life without apology and the burden of past wounds. You were an embryo growing into your full capacity, and now it is time to give birth.

It is the empath's second wave of awakening. All humans are on the cusp of a great awakening, and yours is happening now. You cannot force yourself to wake up, but you can awaken gently and remember the dreams in your heart. You will flow naturally and joyfully as your inner guidance lights your path. Love and unity show you the way.

### **Stay Up to Date with Yourself**

Trust your full-spectrum perception, listen carefully, sense quietly, and you will experience the serenity of deep wisdom. Let the wounds of the past dissolve and fertilize the future. When you live in the Heart of the Mother, merged with infinite wisdom, you share in all the wonders of the cosmos. You have access to the precious beauty, light, and power inherent in all life. Your second awakening brings you up to date with yourself. No longer a stranger to yourself or others, your world is ready for you now. You will be heard, understood, and even appreciated. Take time to learn about your full-spectrum consciousness. Many paths are open to you. You may learn directly from me, the Heart of the Mother, or from the many fine teachers skilled in the energetic arts. Trust your guidance; you might have several teachers in your future, each one helping you to refine specific abilities.

No one is special, but everyone is unique. Your refined high-frequency consciousness is different from your fellow humans'. You occupy a space on the consciousness continuum that demonstrates the power of unity and love. The only way humans can evolve is through love and unity. Any other pursuit is just a regurgitation of the old paradigm.

If your next thought doesn't arise out of unity and love, it is part of the past and not the present. Every thought, feeling, and action can arise from a new

frequency. Do not let old frequencies bury you in heaviness. Earth is experiencing an enlightening. Lighter, brighter, and more vital energies are bathing you right now. Empathically immerse in the wave of rebirth and renewal. Appreciate your empathic ability to merge in unity with these frequencies.

You are seeded with the power to transform yourself. You are a self-healing, self-correcting human who sources wisdom from within my heart and the heart of the cosmos. Take the time to nurture, grow, and bloom. You are the flower of life. Open to support and guidance: Ask for it, accept it, and receive it. You are the new human helping to create the New Earth.

*I AM the Heart of the Mother*

Pause and absorb the transmission.

## **2021 Attunements Will Affirm and Support You**

**From Sarah:** The Heart of the Mother buried the lead in her message. She says you will receive several natural attunements throughout 2021 to confirm the spiritual nature of your empathic experience. Through these attunements, she will give you the confidence to stand by what you know. You “know things” through your full-spectrum perception that others do not know. That doesn’t make you wrong. As you go through the 2021 attunements, you’ll find the world will affirm rather than resist you. You will experience a second awakening far more powerful and exciting than the first.

Others will want to know what you know. You can explain your empathic experience in the best way possible, but don’t be surprised if others can’t do what you do. They can develop empathy, telepathy, and psychic abilities according to their unique nervous systems and soul guidance, but it will differ from your abilities. How lovely it will be to learn from each other and pool knowledge to create a world where the subtle, refined senses carry as much weight and influence as the physical senses.

Instead of being overwhelmed, realize that you are receiving an enormous amount of information that requires processing. It’s not about you; it’s about the data. You need the same training offered to psychics and channelers. They learn

how to translate frequencies into helpful information and use their intentions to erect boundaries.

Empaths would benefit from similar training.

Connecting to your refined senses and living as a full-spectrum being orients you toward your soul. Your soul speaks to you, but you don't always listen. Creating space to listen and recognize the thoughts that originate in the unified field will help build impressive bridges and support the soul's uniqueness. We will all move toward greater harmony.

In the year ahead, spend time appreciating yourself from your soul's point of view. Connecting to your soul connects you to infinite Divine love. Live in the glow of love; let it filter every thought, feeling, and action going out and coming in. When you spend time connecting to love, you discover a different you. The new you is wiser and more integrated, accepting, and discerning. Love supports higher-level thinking, feeling, and being. It doesn't leave you vulnerable. Love naturally generates a strong core while shaping and guiding your empathic experiences toward a higher frequency. It comes down to this: We really can't thrive in a world without love.

In 2021, empaths will have significant impacts on human consciousness. Insist that your reality is valid. Whether others like it or not, your experience proves you can know another as yourself. Don't let anyone convince you otherwise. You are the living proof of pure love and unity consciousness.



## Second-Wave Awakening: Your Sacred Power, Ceremony, and Love

**From the Heart of the Mother:** You are held in my heart, sourced by an infinite stream of love. Without love, there would be no Earth, no you, and no me. I am love. You are love. You manifested your desire to learn about love, so here you are.

Humans cannot survive and thrive without love; it is your primary sustenance. It is more important than air, water, and food. And you, my dear high-frequency souls, are filled with love. Love connects you to the entire creation matrix. You know another as yourself because you are love.

### **Unearth the Power of Your Love**

Yes, your superpower is love — not the love of the old paradigm reserved for one or two people. It is the universal love that includes you, them, and every being in existence. Everyone exists within my heart, and you will find the same applies to you. Welcome to the second awakening.

During the first awakening, you suffered greatly. Humanity's pain and suffering were too much to bear. Looking back, you will see this period as a time of activating your super-senses and awakening your full-spectrum perception. Any memory of suffering will fade into the background as the exciting new you emerges!

The new you is the super sensor with full-spectrum perception. If you wonder why you were born with super-senses, the answer is love. Super-senses grow out of universal love. Every spiritual master will agree that great gifts arise from love. Born with full-spectrum perception, you can assume they include the gift of being centered in universal love.

As a soul in your second awakening, the words “too sensitive” no longer apply. Change your self- concept to one that includes having full-spectrum perception. The world is transparent to you. You sense on all planes from Earth to heaven and from one dimension to multiple dimensions. How does this happen? What applies to me applies to you: All that exists is within you. Your cauldron of love holds all creation within your heart. How could you not feel one with all?

Pause and sense the power in these words. Does it bring you back to clarity? Trusting your powers of perception will come easier now, and you’ll feel more comfortable and confident.

### **Empaths Are Among the First Groups to Activate**

Centered in love, empaths were one of the first groups activated to support the ascension into the new paradigm. Love constantly forms the matrix for humanity’s awakening. You are participating in generating the matrix just by being alive, but your impact can be even more significant than you imagine.

Your frequency is crucial to humanity’s subsequent unfolding. Collective consciousness, the consciousness of the whole, is central to planetary ascension. Every cell in your being yearns for the convening of the collective in service to higher frequencies. You know the power of the sacred collective; you’ve experienced or easily imagined the power and beauty of the higher collective consciousness. You know the ecstasy of harmony and love.

Your ability to see through the darkness and instinctively identify areas to clear and heal is needed now. What is evident to you is invisible to most. Transparency serves truth, and it is yours to share. Collective consciousness implies partnership, collaboration, cocreation, and communion. It’s time for you to partner with cosmic intelligence to emphasize collective consciousness through the highest love possible.



## **All Beings Are Coded to Awaken**

The moment of awakening is coded into every living being. As a full-spectrum perceiver, you arrived awakened but were put in a state of stasis. It was confusing, but it was a time of acclimation. Your Earth being needed time to adapt to your high-frequency senses, and as a group, you were activated around 2010.

The codes are an aspect of your biology, no different from how your DNA determines your physical senses' developmental stages. Your super-senses are coded in your physical and subtle DNA. Many of you realize that your DNA, with its multiple dimensions, is more magical and mysterious than you ever imagined.

Embodied humans have the potential to hold the entire universe in their hearts, knowing all wisdom past, present, and future. You have the ability to journey within and travel through the cosmos. Most importantly, you can gather in a sacred ceremony for the benefit of all. This is coded in you and is activating now.

## **Create a Sacred Ceremony**

Every relationship and interaction has the possibility of being sacred. As the one who knows the sacred, you can create, through ceremony, entrance into holy territory. Opening doors, creating pathways, revealing the truth, and making the invisible visible are yours to do if you wish. You will be welcomed as long as you are connected to universal love.

Listen with your heart. I will show you how to create a sacred ceremony.

## Ceremony to Enter Holy Territory

1. Center and call back your full energy and attention from all things external.
2. Gently be present to your heart. Ground and align with Mother Earth and Father Sun.
3. Connect with your desire to merge with another — your yearning for love, completeness, and peace.
4. Remember, you are love; you are centered by and surrounded in love. Know love in every cell of your being and with every breath. Feel yourself infused with love. Breathe yourself into a state of inclusive love. Remember that you deserve to be loved, you are love, and every cell of your being is a testament to your Love power.
5. When you feel loved through and through, invite your desire for spiritual light to stream forth from your heart. Raise your frequency by tuning into your greatest wish for yourself and humanity. Feel the desire to share your Love. Ride your passionate energy as you ride a horse or wave. Don't stop until you arrive in the land of Universal Love. You'll know you've arrived when you light up the night sky as a shining star. Then smile and know all beings exist within you. All beings are experiencing the same illumination and love you are experiencing at the moment. Feel the collective heart of shared holiness.
6. Remember: All beings exist within you. In this ceremony, you are raising the consciousness of all when you enter the sacred. Sense. Love. Radiate. Let your thoughts speak for your heart. Don't think; allow your heart to formulate your ideas to align with higher truth and light.
7. Allow yourself to know what you don't know. Listen to me and those now gathered in your sacred circle. Light beings from all dimensions will see your light and join you in the ceremony. They are always attracted to humanity's goodwill. When you shine, your heart radiates a beacon that calls to all radiant beings throughout the heavenly spheres. They hear the call and never hesitate to join in a ceremony dedicated to ascension.

8. Sense, see, and listen to your sacred community. Know you are not alone. Your sacred community is not a figment of your imagination; they are real. Your light joins theirs, forming a luminous temple for healing and transformation. These sacred spheres are your home; these beings are your family. You belong both here and on Earth, in harmony with yourself and the cosmos. Sacred ceremony allows you to be in all places at all times.
9. Emerge from the holy territory knowing you have fulfilled your sacred purpose by contributing to humanity's next awakening. You have done well.

*I AM the Heart of the Mother*

Pause and absorb the transmission.



## The Divine Is Reflected In You

**From the Heart of the Mother:** Tune in to my heart. You'll see, feel, and realize your true being in the light and love of my being. I am your mother; you'll see your best self through me.

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 your cells and soul's language, your suffering ends, and your calling as an emissary of love begins.

### Your Greatest Gift Is Your Ability to Mirror Clearly

Become a flawless mirror of light, love, and wisdom, my beloveds. Your greatest gift is your ability to be a perfect mirror. When your mirror is so clean and clear that you can't distinguish between reality and the reflection, the two images merge and become One.

You know this truth intimately. When you can't differentiate between another's pain and your own, you become one with the pain; isn't that true? Your perfect mirror reflects your outer reality, and it becomes your inner reality.

## **Your Evolved Experience**

We are all one body, one mind, and one heart. You know this because your experience tells you so. When you feel sad or in pain, you wonder, is it yours or someone close to you? Is it the pain of a friend who broke her arm? Or trees clearcut in the rainforest? Or a lonely, abused child?

Humanity's endless suffering and pain are due to lower frequencies casting a shadow over light and wisdom, resulting in conflict and competition. Entire cultures devolve when consciousness sinks into polarization. Right and wrong, black and white, and love and hate exist when you abandon wholeness for separation. The path out of heartache and despair is open to you, my beloveds: return to your higher state of wholeness.

Humans are evolving, and your physiology is ready to accept the higher frequencies of wholeness and love. Your nervous system is coded for collective consciousness. You don't process an "individual" without including the collective because you know they can't be separate. Your experience is not logical, but it signals humanity's evolution.

## **Since the Second Awakening, You Are Stronger**

You've experienced much drama in the first three months of this year. You were adjusting to the new frequencies flowing through your body, mind, and spirit.

Cleansed, lightened, and brightened, you are ready to stand tall in the truth of your being. No one can make you withdraw and collapse into oblivion as you did before the second awakening.

Your new identity is emerging, and you barely recognize yourself. No more shrinking in self-loathing; you speak your truth with confidence and compassion. You have become the voice of truth.

## Higher Frequencies are Reconfiguring Your Entire Being

Through newly opened cosmic portals, stream frequencies that reconfigure your entire being. You are in the process of adapting to the new energies that inform and define the new human.

The new human senses are calibrated to love and light first and matter second. I'm excited to see how your worldview changes as more humans open their higher senses. Your senses shape you; what you see, hear, feel, taste, and smell determines your entire world.

Within a very short time, your life has turned around; you've emerged as a voice of the light. What will you do now? Your mission is and has always been to be the emissary of love.

## The Mirror and You

Think of yourself as a mirror. Then direct your attention to the beauty in your surroundings: a flower, crystal, trees, a stream, or the sun. Once your mirror is focused, you and the subject become One.

Sense the flower or tree. Give yourself a moment to attune or resonate with the subject. How do you feel? What is your mirror telling you about the issue? In the case of a tree or flower, you can know if it is healthy or not by your experience. Can you feel the flower absorbing the sun and turning it into life-giving energy? Or experience the roots drinking in the nourishment of the soil? Your mirror reveals the most astonishing secrets of life!

When you hold a crystal and merge with it, what is your experience? Does the crystal reveal its history to you? Who has owned it, what environment it's been in? Does it illuminate your consciousness and spark your crystalline frequencies? Does it elevate you into the sphere of sacred geometry? You can penetrate and reveal the unseen mysteries of the universe!

Now turn your attention to me, to my body, what you call planet earth. With a refined focus, tune in to my body's inner radiance and tell me what you experience? If you mirror the pollution, you will feel sick and outraged. But I am more than the pollution; it is just a surface invasion. It can never kill me. Go beyond the surface pollution and into my living heart. What is your mirror reflecting now?

Those that are close to you will be reflected in your mirror too. Your mirror reflects their deepest thoughts, feelings, and health. This is your gift. You can know more than the finest medical instruments or the best therapist.

These are not psychic experiences, you are not predicting the future. You are experiencing the fullness of presence where new information comes to light each moment.

The next question is: what do you do with all of this information? First, realize you are a mirror. Test yourself. See how you feel in the presence of different people, places, and at events. Notice the changes in how your vitality, self-image, thoughts and feelings. Become the observer. Like watching the clouds stream across the blue sky, shifting as they move.

Recognize the trust that has been placed in you. Do not judge what you know of others. Reflect light back, and pray for their wholeness and healing. You will dissolve the reflection and it will no longer affect you.

Clean your mirror daily by sitting in my heart. Remember, you become what you reflect. Immerse yourself in a beautiful crystal, flower, stream or tree. Read books that inspire and elevate you. Choose wisely what you focus on, and your beauty, majesty, power, and love will be reflected to you. Then take the quantum leap into Oneness. Merge with the reflection of love so profoundly you become it. In a blink, the mirror dissolves, and your true being is revealed. You see yourself in the reflection of my heart. Your perfect mirror becomes your perfect gift.

Not only do you live within my heart, but you live in the galactic heart too. As The Heart of the Mother, I have many incarnations. Each one is more expansive and more encompassing. I AM The Heart of the Mother. I AM the Great Mother. I AM the Holy Oneness of All Creation, I AM your Higher Being.

*I AM the Heart of the Mother*

Pause and absorb the transmission.



## Reflect Love and Holiness

**From the Heart of the Mother:** Tune in to my heart. You'll see, feel, and realize your true being in the light and love of my being. I am your mother and we are holy together as one. 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 your cells and soul's language, your suffering ends, and your calling as an emissary of love begins.

The holy path of the feminine is yours to walk. As a mother knows her children, all humanity is yours to know. This is the way of the feminine mysteries. Powerful feminine initiation rites have been veiled but are surfacing once again. My next transmission will illuminate this initiation journey and help you understand why you've been trained to be a perfect mirror.

### **Your Greatest Gift Is Your Ability to Mirror Clearly**

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### **You Are Truth's Voice and Love's Emissary**

You've experienced much drama in the first three months of this year. You were adjusting to the new frequencies flowing through your body, mind, and spirit. Cleansed, lightened, and brightened, you are ready to stand tall in the truth of your being. No one can make you withdraw and collapse into oblivion as you did before the second awakening.

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I am your higher being. Not only do you live within my heart, but you live in the galactic heart, too. As the Heart of the Mother, I have many incarnations. Each one is more expansive and more encompassing. I am The Heart of the Mother and the holy oneness of all Creation.

*I Am The Heart of the Mother.*

Pause and absorb the transmission.



## Empathic Telepathy, or “Clairunitas”

**From the Heart of the Mother:** Dear beloveds, you are the light of my heart, and together, we are the light of the world. Proceed with confidence this year. Each moment reveals the beauty and power of your heart and soul. You live in a womb of love and are always protected.

The new age promises that your higher consciousness becomes your daily consciousness. During your second awakening, you claim the higher version of yourself and know that you are a fully awakened human. You will not need to make excuses for knowing or loving too much. Holding back is not an option any longer; you must shine boldly and brightly.

There is no need to get anxious, as we are doing this together. Remember, you and I are One. The power and intelligence of the universe surge through you and clear the lens of your perception. When your heart-centered vision becomes crystal clear, you'll know yourself as deeply and intimately as you know those around you.

*You will know the joy of your multidimensional self and radiate love because that is your purpose and your mission.*

Humanity is updating and adjusting to the new paradigm. Change threatens your stability and safety, so it is challenging for humans. But our world is in a remarkable ascension shift. Your dreams of living in a telepathic loving world are

coming true. Empaths align with the new energies, and your empathic telepathy is receiving a big boost from the higher frequencies flooding the planet. You will shine bright this year!

### **Empaths Belong to a Tradition of Enlightened Souls**

Empaths belong to an ancient tradition of seers, wisdom keepers, and illuminated souls. Your physical bodies radiate ancient wisdom, and you are the living temples of love and unity. All beings carry this wisdom, love, and light in their souls, but empaths, once awakened, can plant the seeds of unity and love when they realize the purpose of their expanded senses.

You perceive a vast bandwidth of dimensions and fields that align with the new 5D consciousness. Because of your supersenses, you know that love sources and envelops all living beings. You have direct experience of the heightened consciousness that is currently unfolding! Do you realize that with your ability to telepathically sense the higher-frequency connections and relationships of the subtle worlds, you can give others a view of what they cannot yet know or see?

Humanity is on the verge of learning more about its expanded capabilities. You have televisions, computers, the internet, telescopes, medicine, surgery, airplanes, cars, quantum science, and many other technologies that extend the reach of your connection to each other. You have the same capacity to communicate beyond time and distance. You would not have invented this technology if it did not already exist within you.

### **Empathic Telepathy Is the Newest Supersense**

Please forgive me, I'm transmitting this information to Sarah to translate it into your language. Your language has few words for the subtle beauty of the light realms, so try to feel this energy. I hope you understand that what you call sensitivities are the natural senses of high-frequency beings. You can tune in to me and the other luminous beings who live within your heart and soul because of them.

It is time to claim your powers and use them wisely. Humanity's evolution is ascending. In their writings, the ancient ones foretold of a coming golden age. You play a specific part in the transition times. You help others know that there is so

much more than what meets their physical eyes and ears. Your planet is a glorious expression of love.

Love circulates through every atom. Whispers of love quietly infuse every breath while mountains shout it throughout the land. Your ability to tune in and listen and then convey what you see, hear, and know about humanity's message of unity surges through your being. Learn to channel it wisely, and you'll enjoy the ecstasy of the luminous ones.

*I AM the Heart of the Mother*

Pause and absorb the transmission.

### **Understand Empathic Telepathy, or Clairunitas**

**From Sarah:** Empathic telepathy is another type of psychic sensing. It is specific to empaths, and its primary capacity is to sense unity. Just like the expanded senses of clairvoyance, clairsentience, and clairaudience, empaths have empathic telepathy, or clairunitas. “Unitas” is the root word for unity, and it aligns with the “clairs.” Empathic telepathy may include all or a few of the supersenses, but the key characteristic that sets it apart is that clairunitas is rooted in love. Clairunitas arises out of love and will guide those who are perceiving with this supersense to make love a human reality.

What do the mystics teach about love? Universal love is the highest aspiration of every spiritual seeker. Why? Because it is the portal to your next evolution. If your empathic telepathy is activated — and for empaths, this is — you can assume you are vibrating at the frequency of love. One day, the seed of universal love will sprout in all humans.

The name for your subtle empathic sense — empathic telepathy or clairunitas — provides a conceptual framework for your supersense. Now it's possible to frame it as a positive ability instead of a liability. You may then be motivated to acknowledge and accept your talent and then spend time cultivating it to a high degree.

## Toxic and Purified Empathic Telepathy

When empathic telepathy is clarified and developed, it draws us into a higher state of oneness. Instead of becoming one with the shadow, you'll become one with the light. If you develop your empathic telepathy to a masterful level, you'll also gain access to ascension portals.

When underdeveloped and under the influence of the limitations of 3D, empathic telepathy can turn into manipulation, self-destructiveness, and control. Like the other supersenses, they can be harmful instead of beneficial in their limited form. The cosmos invites you to rise above old self-concepts of feeling vulnerable and powerless and to grow into your mature sense of clarunitas, or empathic telepathy. It's time to heal and release the past wounds and accept what is right in front of you:

*You are a multidimensional being with a purpose.*

## Where to Find Guidance

Fortunately for you, empaths are trending now. There are many resources available to support your growth and maturation. The planetary energies support your emergence and growth at this very moment. Synchronicity can lead you to wonderful opportunities once you've declared your intention to learn about your incredible expanded sensory abilities.

Here are a few initial points to guide your search:

- Your entire journey can start with the direct guidance arising from within. Once you recognize and accept your telepathic empathy, start connecting to your inner guidance. Begin with a question, listen, take the response in, and ask another question. Keep the questions coming until you land on an answer that feels just right. Even if you learn from other teachers, you need to have an internal process that connects you intimately to your wisdom.
- Find a mystery school that provides a wise community of supportive teachers and friends. (See below for more about mystery schools from The Heart of the Mother.)

- Read, listen, and interact with the many empaths now emerging. You can share insights and gain confidence in the spirit of collaboration. Be sure that you don't bounce off, or mirror, the fears and insecurities of other empaths.
- Your world is bursting with healers, spiritual guides, and teachers. Connect with those who resonate with you. Avoid those who do not respect your sovereignty.

## **The Mystery School Surrounds You Now**

**From the Heart of the Mother:** A mystery school collects and condenses infinite love and wisdom into a form that humans can access through ceremonies and inner inquiry. Existing in pure form beyond the earthly realms, a mystery school cannot be destroyed or corrupted. It is a sphere of universal information to download and open, similar to a file on your internet.

In past ages, initiates offered sacrifice, dedication, perseverance, patience, obedience, and devotion in return for becoming the pure vessel deserving of the heavenly dispensation. In the new 5D paradigm, the mystery school teachings are available to everyone without formal training in a spiritual school. The subtle senses must be awakened and clarified to access the teachings directly.

Those who wish to control and manipulate have convinced humankind that only special people have a sixth sense. This is a lie. Living in one dimension is the most limited way for humans to live. Humans cannot survive without higher guidance. There is no need to exist this way. My heart reaches out to touch each heart with this message: Wake up. Live knowing you are universal love and light.

Each of you reading this can receive the teachings directly because your subtle senses tune right in, intuitively understanding the treasures of the transmission. With your gifts, you can receive the teachings, tune in to my heart, allow your heart to resonate with my heart, let the teachings purify and uplift you, and then make them a reality in your life. It's time to realize you are a perceiver, not just a receiver.

*Your path emerges each moment from your heart, not your mind.*

In the past, I transmitted the mysteries through my heartbeat. Mystery schools were located where my heart beat loudest. They provided a beautiful and



sacred container for living wisdom. Each moment of blessed silence in the mystery school's potent atmosphere held the potential for a heart to burst open and spread the seeds of love, harmony, and beauty throughout the planet.

Why am I describing this to you? To help you remember. You have lived in mystery schools, delved deep into the soul, and soared to the stars and back; you have returned to help initiate and establish the new paradigm. You have practiced and prepared in monasteries, temples, and caves. You offered sacrifice, dedication, perseverance, patience, obedience, and devotion in return for becoming the pure vessel deserving of the heavenly dispensation. You are now ready to share the message of unity through every cell, thought, word, and feeling. You are the living message. You have embodied oneness.

The mystery school surrounds you now. Instead of being just beyond reach, your life is the mystery school. Once you retrieve your memories and collect the soul fragments that float like bubbles around you, you are ready to embrace your purpose and path.