



# The Loving Body Workshop

*Discover the Love  
Hidden in Your Body*

December 10, 2022

Sarah Weiss MA, LMT  
[www.spirithealonline.com](http://www.spirithealonline.com)



# Welcome to The Loving Body Workshop

You are engaging in an embodied spiritual experience that takes you deep into the human body's mysteries.

Our culture is deprived of love on so many levels that we have lost our connection to the loving source of creation. You are here to reconnect with the love imbued in your cells, the matrix of life, and the expression of your consciousness in matter.

I hope you will recover your wholeness and be provided with a loving container from which joy and happiness radiate and purpose and meaning instill every thought and action.

*Blessings for All,  
Sarah Weiss*

# Get the Most Out of the Workshop

As a culture, there is pervasive disrespect and objectification of the body. It is referred to as "IT" . This is the voice of separation speaking through scientists, religious leaders, and philosophers. On this journey of discovering our loving body, we face the obstacles created by societal conditioning. One of the ways to reinforce our voice of connection is to journal, to record our direct experiences on the path. I encourage you to keep a journal as you are reintroduced to your loving body and the loving energies that source our existence.

Write as if you are inscribing in stone. Be sure and confident. Then when another insight arrives that takes you to a higher frequency, love what you wrote previously and let it go. Keep expanding, experiencing, and connecting daily until one day you arrive at the sweet spot, where love pervades instead of illusion, where you exist in harmony and union, and life is joyous, although ever changing.

Here are some prompts to get you started.

- How do I relate to my body?
- How do I fight or struggle with my body?
- Do I need to release any wounds or trauma?
- How do I speak to my body?
- How does my body speak to me?
- What does mind/body/spirit harmony feel like?
- What does the mind/body split feel like?
- Do I treat my body as an object or an expression of love?
- How does internal viewing or connecting with my body's organs, cells, and tissues shift my relationship with my body?
- Have I ever experienced universal Love? Remember it now.



# Set an Intention

Setting an intention creates a starting point for a cosmic conversation. It sets up an opportunity to learn and grow. From the material perspective, an intention is something to get, a goal to attain, and an end goal. From the spiritual perspective, it gives your higher being a starting point from which to guide your spiritual growth. Don't be embarrassed or ashamed of your intentions; every intention you declare will bring you what you need and just maybe....what you want!



**Here are sample cues to help you set an intention for the workshop. They are fragments to be made into intention statements.**

- Healing an illness or issue.
- Discover a new relationship with my body.
- Awareness of love in my cells and tissues.
- An experience of spiritual embodiment?
- Retrieving soul fragments to attain wholeness.
- Stop hating my body.
- Appreciation of the human experience.
- Receive a message in dreams.
- Call in a fresh vision.
- Remove blockages or stagnant energies.
- Clear trauma.
- Enjoy life.
- Be clear and grounded.



*Write your intention to give it manifestation power.*



# Create a Sacred Space



## Create a Sacred Supportive Space

Even though this is called a workshop, it is actually a mini-retreat. I assume you are looking for a deeper experience and broader understanding of life. The teachings presented during our time together will be transmitted more through frequencies than words. Creating a space conducive to silence and peace makes the teachings more available and palpable. It is also an act of self-care and self-respect.

When a retreat is held outside, in natural surroundings, the elemental living energies create sacred space. When held inside you can create a sacred space by considering the following suggestions.

- Set up an altar with the elements, flowers, water, crystals, candles.
- Make sure you will be comfortable sitting in a chair where your feet touch the floor.
- Have water and pen/paper nearby.
- Make sure you will not be interrupted unnecessarily.
- Stay off social media and enjoy nature.
- Practice grounding daily.
- Keep your written intention visible or on your altar.
- Bless your space.

# YOUR LOVING BODY

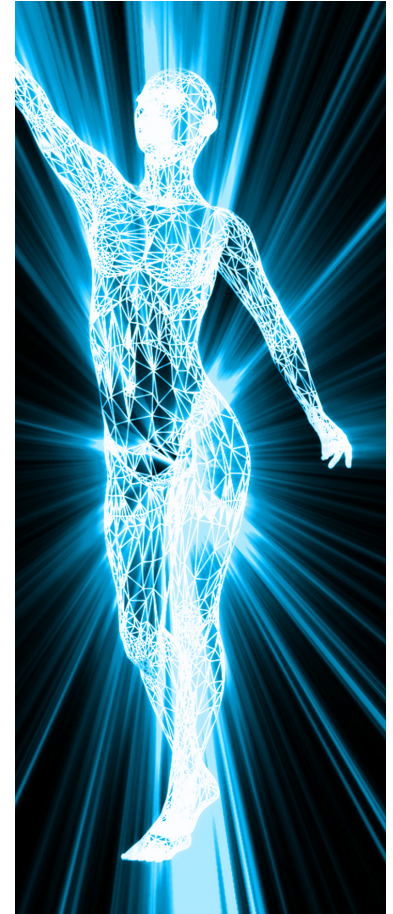
## *Your body loves you; do you love it?*

Discover the love hidden in your cells, tissues, and organs! Your body is your physical consciousness which means that your awareness extends to every cell inside your body! Yes, with your heightened senses, you can see what has been hidden from sight and feel what has been submerged beneath your awareness.

A new vision of body consciousness is emerging from the shadows of ignorance. As the planetary consciousness awakens, we are given opportunities to see what we couldn't see before. Our bodies are now revealing their living, loving consciousness. We can shift our perspective of the body as the source of original sin and a beast of burden to experiencing it as spacious light and intelligence!

The angelic spheres are making the new vision possible; they are downloading this new awareness as part of the current awakening. It's time to leave behind the outdated and usher in the new. As humanity progresses, there will be no need for MRIs, CAT scans, and X-rays. Why? We will now connect to our cellular consciousness as if it is part of our everyday consciousness. We can read our physiology at any moment because finally, we can know what lies beneath the skin, those realms between the front of the body and the back! Your body is a realm of consciousness, a spacious intelligence that channels the highest mystical realms! You think of the light, etheric, and celestial bodies as special; so is the physical body. It is pure consciousness, too, and now this realm has opened and is ready to reveal itself.

Of course, this is a little ahead of humanity's curve, but if you are called to live in more light and higher frequencies, follow that call to explore the mysterious realm of physical consciousness!



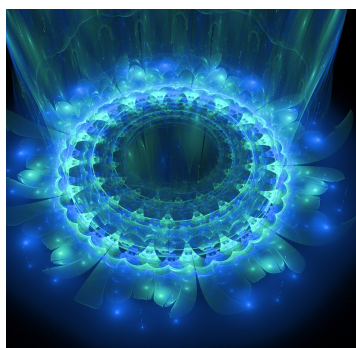
***Are you delighted to be in your body?***

What do Mystics and Shamans have to teach us about physical consciousness? They transmit to us the experience of the body as a sacred and loving expression of the divine.

We have become so distanced from our bodies' living, loving consciousness that we treat it as a bother or an extra weight to bear. All negative thoughts and feelings about our bodies are stored in each cell, tissue, and organ. Our bodies, yours and mine, are ready to embrace the new vision and release the past self-loathing and shame imposed on them. Now it is possible to know our bodies as mystical and magical!

***What's beneath your skin, just meat or an incredible intelligence waiting to be discovered?***

Your body is living physical consciousness, not just a sack of bones to drag around! There is no distance between your liver and you. You exist in your liver, and your liver knows it is nested in the greater consciousness. Physical consciousness is real, and we can enjoy and enhance it when we realize our body is not separate but is an intimate aspect of our very being – that our relationship with our physical consciousness has everything to do with our enlightenment and the portal to expanded dimensions.





# Transmissions and Transformation



Let me be clear, I'm a teacher of feminine mysteries, and the new vision of the body arises from the re-emergence of the feminine presence on the planet. She is the answer to our yearning for balance and well-being. Without her presence, we are lost in a sea of toxic negativity perpetuating self-loathing and shame. She restores the healthy feminine/masculine balance and brings love to the foreground. It is time for her energy and wisdom to grace our world through you.

The workshop will be experiential, and the teachings transmitted will plant seeds for you to nurture and grow. The Great Mother teaches this way; she believes in her children's ability to receive seeds of wisdom, take them into their hearts and then patiently gestate and birth higher frequency consciousness. Isn't that your dream, your vision, to live aligned with the higher frequencies of love, light, and wisdom?

- Transmissions from The Heart of the Mother to support the awakening of these teachings in your hearts.
- How to love your body and feel it love you, not because you look good but because you exist.
- Becoming your own medical intuitive.
- Experiencing your body through heightened sense activation: remote and directly view, sense, and listen to your body.
- Claim your entire physical consciousness; stop dissociating and start loving life!
- Guided meditations to connect deeply to your body and being.
- Discussion and feedback.
- Q&A

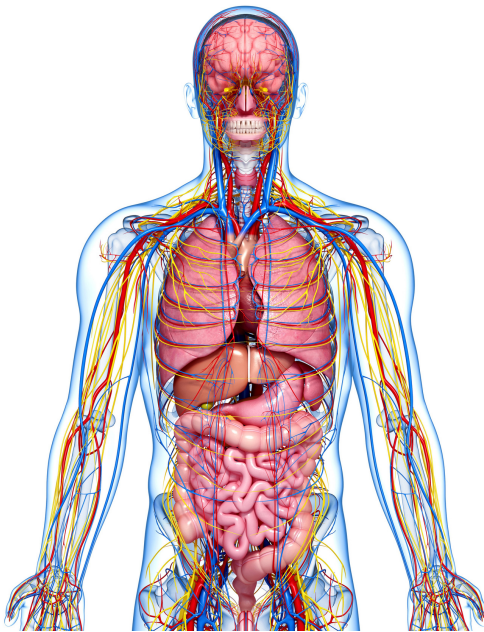


# Basic Anatomy

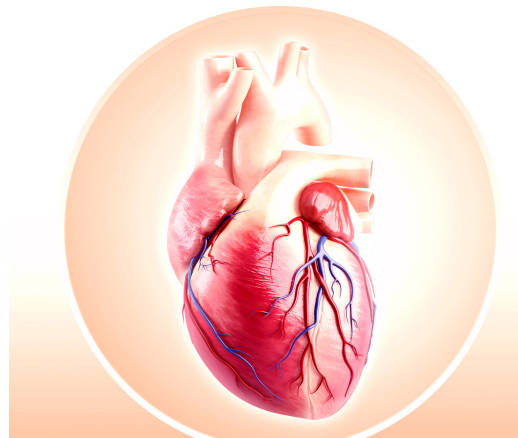
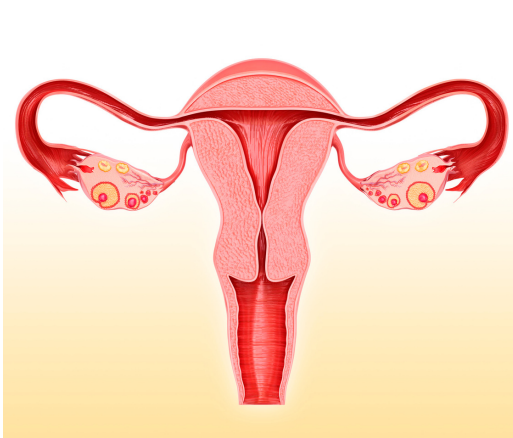
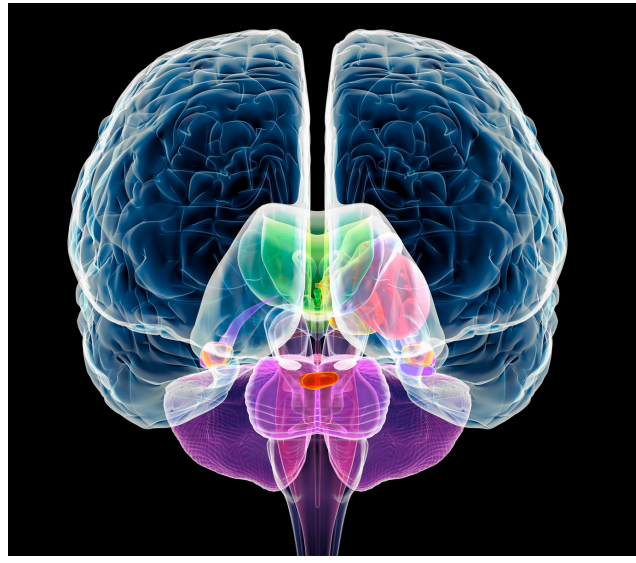
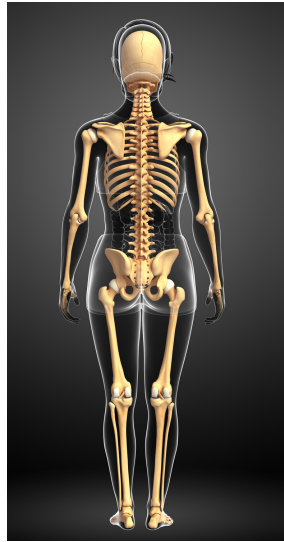
It helps to know basic anatomy and physiology. Anatomy names the body members, and physiology describes how they function. For The Loving Body Workshop, you need to know the location of the structures. Still, the initial focus is on discovering the loving physical consciousness that is so magical and vibrant. You can explore as you go.

Knowing what's inside makes the body less mysterious and more available. You can know your kidneys like your arm or leg with your heightened sense perception. Get an anatomy book or search google, look at the images and imagine what your body looks like inside.

When our kids were around three and four, we taught them the names and locations of the organs and bones so they would know what their insides look like. At bedtime, we showed them pictures and had them point to their body parts, give a little massage to the area, and then guided them through a full body relaxation. It wasn't long before we found them leading their Barbie dolls through a relaxation practice or picking up a children's anatomy book out of natural curiosity.



# Basic Anatomy Continued



# What is a High-Frequency Relationship with Your Body?

*Materialism has cast a shadow over our multi-dimensional ability to see and know our higher being, where meaning and love originate.*



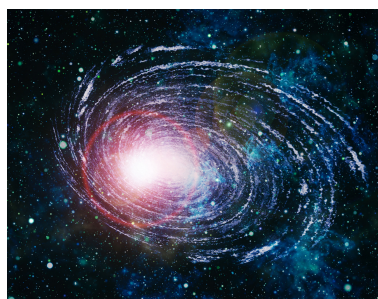
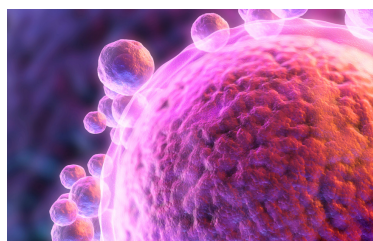
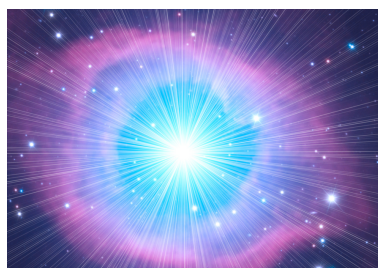
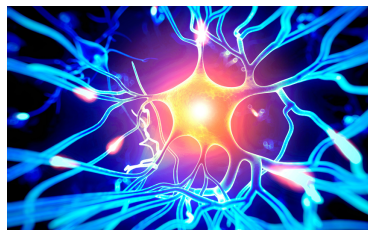
You are here to learn about the higher frequency of physical consciousness and what that feels like. In the old paradigm, our bodies were treated as objects to judge, repair, and fix, like a car. Now that the New Earth is here, a new and exciting relationship with your body is possible because physical consciousness has ascended, too.

The changes in Mother Earth's frequency have activated our subtle senses. It is much easier to access intuition, dreams, visions, and perceptions behind the physical. What was once beyond our perceptual reach is now part of ordinary life. The subconscious is more conscious, and the subtle is more real. Expanding our physical consciousness takes us to a new experience and understanding of the physical body. You can live from the inside out, fully aware of your internal cellular intelligence and energy.

It wasn't until humanity entered the Age of Materialism that machines took over for our heightened senses. In the excitement to see their creativity manifest, humans lost touch with the capacities they were trying to duplicate. If we had created technology knowing we had the same ability to network telepathically as the internet, see inside the body like an MRI, or communicate with nature without wires and gauges, we would have maintained a connection to our innate super senses. In doing so, we would recognize and honor the spirit of the information and apply it wisely. Materialism has cast a shadow over our multi-dimensional ability to see and know our higher being, where meaning and love originate.

In this class, your inner sight will begin to awaken. The transmission from The Heart of the Mother opens you to a vast spectrum of sensory experiences that will change how you live. Breathing in the spaciousness and expanse of high-frequency physical consciousness is exhilarating and transformative. When you enter the consciousness of a liver, heart, or lung, you will be stunned by your ability to commune with a part of yourself that was once out of reach. It is a power within your scope and ability to reclaim.

# High-Frequency Sensing



The ability to see inside the physical or see beyond the earth to the stars is natural to the human higher frequency sensory system; they are the extra-sensory senses. Anyone can activate these senses with meditative and energy practices. I believe they are always activated but not cultivated because our materialistic culture has diverted our attention from the spiritual to emphasize the physical. As humanity expands and raises its frequency, extra-sensory perception will become the norm!

When you develop the ability to perceive the inner state of your body, you'll most likely experience all of the following extra-sensory or heightened senses but you will notice that one or two are primary. Note that just because you are visually dominant on the physical plane, don't expect to be clairvoyant on the subtle plane; they often don't correlate. I am an artist and very visual but clairsentience and claircognizance were the first heightened senses to open for me. My expectation about being clairvoyant got in my way because I failed to notice the subtle perceptions I *was* experiencing. I didn't give credit to those senses because I thought clairvoyance was "better" than the others! Be curious and open to discovering your style of subtle perception.

- Clairvoyance** means clear seeing.
- Clairaudience** means clear hearing.
- Clairsentience** means clear feeling.
- Clairaliense** means clear smelling.
- Clairgustance** means clear tasting.
- Claircognizance** means clear knowing.

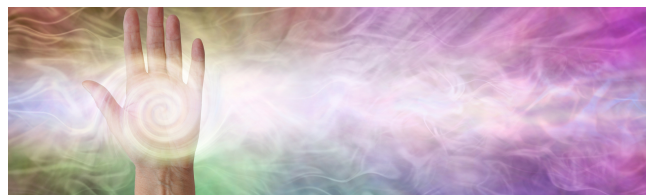
# Owning Your Journey



Your journey will be different from all others; that is how it should be. Learning to live in your body with awareness of both the interior and exterior is a spiritual journey requiring practice and patience. Immersing in your body's love frequency opens the door to deeper communion with body and spirit and rewards you with ecstasy and ease, motivating you to practice more!

There are so many ways to experience your interior. Learn to respect and follow the clues revealed to you and view from a few different perspectives to collect more information until you land on an "aha." These are just a few of the telepathic approaches to internal viewing and connecting to your body.

- sensing non-verbal presence
- seeing microscopic/telescopic:  
visuals
- receiving a symbol, metaphor, movie  
or song title, hearing music
- tasting a flavor or smelling a fragrance
- having a flash of intuitive knowing
- hearing your body speaking directly to you
- noting a feeling
- using tapping or muscle testing
- tuning into your higher being
- receiving messages in dreams or visions
- experiencing your viscerally
- sensing a touch
- practicing remote viewing



# Discovering Your Loving Body



1. Relax and Clear Fear, Expectations, and Attachments
2. Ground for Support and Expansion into Your Light Body
3. Gather Your Power and Attain Neutral Spacious Presence
4. Practice the Inner Smile
5. Shift from Self-Loathing to Self-Loving
6. Expand Further into a Higher-Frequency State
7. Align Again with the Light of Your Higher Being
8. Ask Permission to Fully Enter Your Body
9. Allow your Higher Being to Take Over the Session
10. End the Struggle: Allow Your Body to Love You
11. Trust Your Process to Unfold Non-Linearly
12. Note Multi-dimensional Impressions: Beyond Earth, Past Life, Metaphor, Images, Music, Smell, Taste,
13. State Your Impressions Out Loud
14. Follow the Insights and Revelations Without Getting Attached
15. Keep Accepting and Allowing
16. Shift from Assessment to a focus on Flow, Light, Vibration and Healing
17. Create a Peaceful Closure
18. Appreciate the Benefits of Practicing with a Partner Who Can Give Feedback

## THE LOVING BODY #1

Which specific messages led to falling out of love with my body and myself?



WHAT I WANT TO REMEMBER



## THE LOVING BODY #2

How does my voice of separation differ from my voice of connection?



WHAT I WANT TO REMEMBER

## THE LOVING BODY #3

Describe my experience connecting to an organ or cell.



**WHAT I WANT TO REMEMBER**

## THE LOVING BODY #4

Describe receiving intuitive messages about my health.



WHAT I WANT TO REMEMBER

## THE LOVING BODY #5

Identify and describe my subtle perceptual experience, ie. visual, visceral, auditory, etc.



WHAT I WANT TO REMEMBER

## THE LOVING BODY #6

How do I feel when Mother Earth embraces me with her love? Why do I disconnect from that love?



WHAT I WANT TO REMEMBER

## THE LOVING BODY #7

What is this war with my body all about?



**WHAT I WANT TO REMEMBER**

## THE LOVING BODY #8

How will I be punished, dismissed, and be cast out if I don't follow the rules?



WHAT I WANT TO REMEMBER

## THE LOVING BODY #9

Notes on Acceptance. Is it a choice, what does it open, does it create peace?



WHAT I WANT TO REMEMBER



# Post Workshop Integration



## Incubation and Integration: A Subtle Process

You have received transmissions, lessons, insights, and felt experiences during this workshop. When working at such a deep level of transformation; releasing limiting beliefs, reclaiming lost soul fragments, and resonating to higher-frequency consciousness, expect that it will take time and practice to integrate the Loving Body experience.

There are some practices you can consciously do to help integrate the teachings and some you turn over to your higher being to process in harmony with your soul path. Spiritual teachings are subtle and have an intelligence of their own that helps weave the teachings into your everyday life.

### **What you can do to keep the teachings alive.**

- Continue to journal on The Loving Body topic and revise your intentions as needed.
- Practice the meditations from the workshop often.
- Listen to the workshop recordings to let the living energies continue to inform, align, and source you.
- Nurture a relationship with your body until you sense your inner voice. Your body's inner voice will guide your embodied experience.
- Develop a daily clearing practice to keep the guidance from your intuition clear and true.
- Be patient; don't rush the integration with your mind, it takes time for your body, mind, and emotions to adjust to a new frequency of consciousness.
- Seek support for healing old wounds and traumas.
- Communicate with others who understand the expansion you are going through.
- Trust your soul timing in the incubation process.
- Try not to fake or conjure the experience of love with your mind.

- Remember the importance of love when you are challenged in life; don't pretend it doesn't matter.
- Be authentic: avoid engaging in spiritual bypass, and practice honesty, transparency, and integrity with yourself and others.

## Move Forward in Love

*“The hunger for love is much more difficult to remove than the hunger for bread.”*  
-Mother Teresa

I find it amazing what contortions humans go through to just get a little love which is why these teachings are so important.

There is an infinite source of all-surrounding, abundant love within and around us. From every cell of our body to Mother Earth, Father Sun, and the infinite creation energies, we are sourced in love. As we move towards The New Earth, the primary difference will be our ability to live in infinite love rather than crave it.

I hope this workshop has helped elevate your consciousness enough to see, feel, and touch the love within you, to make it a reality instead of a dream.

I suggest you stay in touch through the class page and make new friends with the other participants. Make a phone or tea date to discuss and practice. Give each other feedback and support each other when needed. The comments section of the class page provides a high-frequency space where you can share your insights and questions and receive a subtle response or a human response.

Blessings to all beings.  
May you experience love, wisdom, and guidance in every moment.

*Sarah Weiss*

[www.spirithealonline.com](http://www.spirithealonline.com)

