

The Path is Cleared for Your Ascension

Dear One,

Enlightenment is on the horizon and the awakening of humanity to the higher dimensions of the earth is in progress. The planetary consciousness is rising out of the darkness and into the light. The downward spiral is over; you will be in a transition phase to release the low frequencies of the past 12,000 years and begin to sense the beacon drawing you toward the light. Breakthroughs are possible during this March Equinox cycle due to a surge of powerful and uplifting generative energies.

In low-frequency times it is easy to forget that a light-filled life is possible. Coming out of the darkness, even a tiny bit of light looks bright. And that's where humanity stands now, with the light beckoning from the horizon.

To be in resonance with the times, empaths and sensitives must ready themselves to be leaders and models of the new earth consciousness. Readiness means leaving the victim's mind-set behind and standing strongly in your truth. You are the living testament to multi-dimensional consciousness! I have walked you to the doorway of your true self. It's now up to you to cross the threshold. Allow my love to propel you forward and Father Sun's light to illuminate your path.

On this rising cycle, Mother Earth and Father Sun spin and weave the new earth, instilling higher frequencies in the human consciousness. With the New Earth come new transmissions to help empower you. With every turn of the earth, you will feel more at home in the higher frequencies. It will seem natural that new

solutions to your physical, emotional, and energetic challenges appear out of the blue!

In the New Earth everyone has a new light body. Your light body is your real intelligence, it is the matrix that generates your life path according to your soul plan. Now that the New Earth is fully activated, your new light body is downloaded and informing your thoughts, feelings, and actions. Guidance and inspiration on how to balance your subtle life with your daily life is readily available to you now. Living in wholeness, happiness, and peace is now possible for those, like you, with access to the unseen worlds.

Cultivate your subtle senses so they work for instead of against you.

Embrace the Reality of Mother Earth and Father Sun

Sincere gratitude and appreciation open the door to understanding yourself. Even when you can't feel it your light body is surrounding you in love. Yes, your light body is a radiant source of love. Look down and see the earth who offers you a body and look up to see the sun who kindles the light of your soul. Acknowledge and honor them from your heart. Connection to Spirit through gratitude enlivens your spirit.

Your life in the heart of Father Sun and Mother Earth is very real. Knowing this with your mind is not very helpful but feeling it as your reality brings true peace, clarity, and wholeness. When you feel the great cosmic forces surge within, dissolving the conditioned mind, you have access to the highest frequencies available.

Focusing only on your material being will leave you confused and bereft. You think of the earth and sun in their material form, but they are pure spirit as are you. Does thinking of yourself as a bag of bones uplift your spirits? I don't think so. As an empath, you already know you are more in touch with the creative flow of life than most.

Entering the new 26,000+ year cycle means all that has been solid will dissolve. You cannot depend upon your past experiences to predict your present. Be open and learn to live without heaviness, which was a quality of the watery Piscean Age. The Aquarian Age is lighter than air, expansive, and taking humanity into a new experience of itself.

Let new thoughts, feelings, and perspectives peek through. Whatever you thought before no longer applies, even your physiology is changing. You will understand that a cell is a starburst of love and power, not just a carrier of fluids. Feelings and thoughts come in a different form and no longer race across the screen of your mind; they appear out of the universal consciousness and reabsorb when no longer needed. Don't let the old "time frames" limit you. You can be fluid and free when your reality includes the wisdom, love, and power of Mother Earth, Father Sun, and pure spirit.

Connection and Wholeness are Essential

You think you are connected to the source, but it's only an idea, not a reality. When you feel a lack of power, a sense of loneliness, confusion, and the absence of love and wisdom, you are dangling in the void of disconnection.

How can you possibly understand the landscape of earth without the guidance of its master souls: Mother Earth and Father Sun? They pulse guidance and support beyond time and space. Your soul plan counted on this connection. You are born of her heart and nourished through her physical and etheric umbilical cord. Your connection to Father Sun, illuminate your souls. These two great beings will help you navigate the New Earth.

Have you forgotten that your physical body is a conscious creation that includes your light body and higher being? Every incarnation includes a plan to grow a new light body; a lifetime of wisdom is stored in your light body and reverberates throughout the dimensions. Living without the flow of love, vital essence, and wisdom is what makes you hate life on your beautiful planet and brings about the low-frequency humanity is experiencing now. It is truly a dark time when humans forget their most essential and vital connection.

The truth is that you are not just of the earth, but of the heavens and dimensions beyond too. You can no longer pretend you exist without the totality of you. It's like you've been crippled, needing any crutch you can find, to prop you up to get through life.

Now that the transition is progressing, the veils will be lifted from humanity's eyes. Many believe there will be physical catastrophes, such as floods, freezing temperatures, or solar flashes. Yes, these are experiences of the recent past, but what about the ones you don't know about? Transitions can take on many forms such as dramatic overnight shifts in consciousness, the appearance of non-human souls, angels, light beings, and higher-frequency clusters, whose influence raises you above the chaos and confusion. In the context of this current ascension cycle,

there are positive influences you can't even imagine because you've been in the dark for so long. You can breathe a sigh of relief; humanity will physically survive the current cleansing.

Earth is on an ascension cycle. The past cleansings happened as the earth was in a descending cycle. The planetary consciousness has moved through infinite numbers of light and dark cycles, participating without hesitation in the cosmic dance of existence. You cannot assess what is happening now based on the limitations of known history. Your knowledge of history is limited so you have no idea how many cycles the earth has grown through or what has happened over billions of years of the earth spinning on the cosmic axis. You will see, humanity will not be destroyed; with the help of Mother Earth, Father Sun, and Pure Spirit the light is there to greet and guide you.

Note: This is the last channeling of The Heart of the Mother through the Empath Portal. It has been an honor to serve as her voice, bringing inspiration, hope, and guidance to you, the high-sensitivity beings who provide a glimpse of humanity's future.