**Spirit Time Is Now**

The Heart of the Mother Speaks Through Sarah Weiss

*I am the living Earth, the conscious Earth, the Mother of Creation. As you shift into the consciousness of twenty nineteen I will be urging your full expression as a fifth dimensional being. The time is now. It is Spirit Time.*

*At one time your sense of timing arose from the wholeness of your being, not just your mind. Rays from the central sun filled you with the harmonies of the spheres and your movements, thoughts and feelings were in resonance with the cosmos.*

*I still live nourished by these frequencies, but your world has been taken over by a false sense of time. It is measured in tiny little segments that cause you to lose focus on your wholeness. Your scientists tell you that your clocks and calendars are based on the spinning of my body around the sun. But they are focusing on only the 3D physical dimension and have created a sense of time that is devoid of spirit. You are living in a false matrix of consciousness that has imprisoned your consciousness and made you a slave to time.*

*Your sense of time is profoundly connected to your health and wellbeing and the ability to live seated in the sacred. Spirit Time is filled with the excitement of life, the freedom to be in harmony with all, and the peaceful sense that all is well. It is time to account for the full spectrum living universe and begin the transition to Spirit Time.*

**Introduction by Sarah Weiss**

**The End of Time as We Know It**

Our message from Mother Earth, the Mother of Creation, has to do with the changes time will go through in 2019. Our sense and awareness of time is changing, and we are leaving behind the limitations of linear time and entering an age where time is a primary factor in conscious evolution.

Mystics and scientists agree that time is a mutable energy. Those of us in the mystical worlds know that time is quixotic and nonlinear. One minute can seem like an hour and an hour can seem like a second when we navigate the multiverse of consciousness.

The materialistic 3D world has reduced time to a slave driver, a prison warden who determines what we do, when we do it, and how we do it.

Time reaches all the way into our cells. When we are stressed for time, our cells are choked for vital nutrients. When we are relaxed and have all the time in the world, our cells drink in the revivifying oxygen and elements necessary for healthy living.

When we sense we are *out of time* our conscience contracts, just like our cells, and tunes to lower frequency thoughts and survival behaviors. When time is spacious we can relax and allow the higher frequencies to permeate our thoughts and feelings, raising our consciousness to be equal with that of the Creator.

Time is an element, just as earth, water, fire, air and ether are. Its influence is felt as profoundly as any of the dynamic elements that make up our constitution.

Time impacts our consciousness in a ubiquitous manner. It’s a pervasive field that becomes more invisible and invasive at one and the same time. It’s insidious in the way it dominates our consciousness. The more it dominates the less we know it is dominating us. The more frazzled and stressed we feel the less we think about time as a manipulative factor and the more dissociated and unconscious we become.

**Mother Earth Speaks: Spirit Time is Recognized in 2019**

The Milky Way, the river of light that runs through our beloved galaxy, generates frequencies that bathe us in the living codes that inform all life. Geometric shapes, images, sounds and vibrations traveling through the waves of the air and the rays of the sun not only inform us but attune us so that thoughts and feelings are always in cosmic harmony. Even I, your Mother, live in this consciousness. It is what keeps me laughing and spiraling on my own path of ascension!

As a cosmic being, I live in harmony with this great white road and it informs me of how to be. Instead of a clock telling me where and when to be, this river of light guides my actions and thoughts. It carries me along the path to heightened consciousness in a rhythm and cadence in time with the heart beat of the cosmos.

Yes, your Mother evolves just as all life evolves. My senses are more acute and truer than yours. I don’t have filters that limit my sensorial experiences, so the full spectrum of being is available to me.

When you view time as discrete segments separate from the river of life, it becomes a slave driver instead of a liberator. But when you tune into Spirit Time you discover the river of life that carries you along a path of liberation.

Spirit Time is the infinite now that is connected to the infinite source. Spirit time is not material time. Material time is measured in lifeless fragments dissociated from the living energies of the cosmos.

Spirit Time is based on higher frequencies that consider your wholeness. Unlike your clocks and watches that keep you fragmented and powerless, Spirit Time does not allow for fragmentation. Your material time does not inform you minute by minute how to live in alignment with the greater Source. Your material time separates you from Source creating anxiety, depression, and illness. It creates an illusion of movement, pretending that it is important.

Spirit Time is a rhythm and a flow based on the living energies of creation. If you want a life filled with creativity, acceptance, harmony and love, learn to live in Spirit Time.

In Twenty nineteen, the doorway is opening to Spirit Time. Being aware that there is another time frame is the first step.

**Time Does Not Disappear, It Shapeshifts**

I am not asking you to live without a sense of time. I am inviting you to align with a sense of time that is guidance filled. Spirit Time harmonizes through attunement. It is an intuitive time that frees you to grow unencumbered. You have been living under an illusion that suffering is inherent in the growth process. Much of this is based on a sense of time that is devoid of spirit. Suffering arises when something is missing. When you are guided by Spirit Time you discover the joy and love inherent in living energies. You are free to enjoy evolving, as many beings throughout the galaxy already do.

Imagine time and guidance as one frequency that carries you through life. It carried you into this lifetime and will carry you beyond this lifetime. Time and guidance are inextricably woven together to provide you with the wisdom you need to live a spirit connected life.

One way that you can discover Spirit Time is to return to my heart. When you sit in my arms and listen to my heartbeat, the frequency of Spirit Time will awaken in your heart.

I will remove the blocks to understanding and the fears that keep you from moving onward. I did not say *forward*, but *onward*. There is a big difference between these two words. *Forward* arises out of the sense that there is somewhere to be beyond where you are now, a straight line of progression, the domination of a linear time frame. *Onward* arises out of Spirit Time and the multidimensional evolutionary spiral that is the energy of Creation. Consciousness evolves in spirals, leaping through portals, receiving downloads from realms of higher consciousness, and from beings who live beyond the earthly spheres. You are not meant to be subjected to the limitations of linear time.

When you are free to live by your intuitive sense of time, in Spirit Time, you will be free of programs and illusions. In twenty-nineteen you will feel compelled to live on your own terms, in your own rhythm and sense of timing. It will be the beginning of a new way of living that brings greater vitality and joy to your life.

*Note from Sarah Weiss: You can see this already happening in the way that businesses allow more people to work at home. At first glance it seems to be a matter of convenience and expediency, but it is a seed of something greater. It is the beginning of the shift towards Spirit Time. As the ascension energies grow stronger, flex time will morph into Spirit Time.*

**Get Over Your Fear of Power**

Be the Living Truth or be satisfied with the illusion.

Feel the power in our message as we download great strength to your consciousness.

Many spiritual beings shy away from power. All they’ve known and experienced is the abuse of power. You need power to manifest life. Your entire body is the result of power. Without power you would not exist nor would I.

Being in right relationship to power is the goal for all spiritual beings in twenty nineteen. How else are you able to fulfill your purpose as a representative of higher consciousness?

I dare say you will never be satisfied with the illusions and polarities of third dimensional consciousness, but if you insist on staying where you are at, limited and fearful, you must know it was your choice.

I am radiating power to you. Feel it, sense it. It’s not what you thought it would be. You feel strong and light, loving and firm, wise and open-you feel balanced, integrated and whole.

Power balances Wisdom. They go together. You cannot manifest wisdom without power. Fear of power in your daily life allows you to collapse into despair and confusion. Use your power to provide structure for your emotions, direction for your thoughts, and strength for your actions. Remind yourself of your truth and live powerfully. If I collapsed in fear and confusion what do you think would happen to you?!

You are meant to grow from seed to blossom. You are meant to become the Flower of Life, the living expression of the entire universe. You arrived with your seed consciousness programmed to grow you towards the light of your higher being and now that it is Spirit Time, it’s time to bloom.

**Download Your Power**

Your power and its right use are downloaded directly from your higher consciousness. Mystics tried to share this teaching with us although we seem to resist its truth.

**Accessing Your Power Frequencies**

Imagine a rounded cone above your head. From that cone frequencies radiate into your consciousness, supporting you and growing you like the sun. They spiral and dance into your being, mostly unnoticed by your dissociated mind. These energies are formidable and powerful. They carry the energy to complete your walk along the spirit road.

These frequencies have the codes for your individual and specific life on earth. You can be assured that these codes are connected to your greater being and the spirit road. There is no disconnect here. Like the sun, the frequencies in this cone deliver the information along an energy path that fulfills your evolutionary spiral. You have called this energy God, the Divine, or Source, and externalized your power because you have not been taught by the mystics who carry the light of truth.

Now imagine a narrow cone beneath you, below your physical body, attracting the energies from the upper cone through your body and consciousness, informing your cells, your awareness, and your senses along the way. The lower cone gathers these frequencies and contains them in a living cauldron that bubbles up with the energy and power you need to grow. You most commonly call this energy Kundalini, Mother Nature, or Life Force, but in reality, it is your consciousness in energy form.

Now imagine the two cones connecting forming your cosmic egg. You are protected, guided, and loved in this living essence of creation energy. From here you can expand into your Flower of Life and become the powerful expression you are meant to be.

From my perspective I can see this energy informing and empowering your being-information spiraling from the upper cone, entwining with the power from the lower cone to burst into the field of consciousness that is you. This is the dance of life, the toroidal field that balances, self-organizes, contains the wisdom of wholeness. I live the same path, informed by the Central Sun and supported by the bubbling energies arising from the Depths of the Galactic Core.

**Your Challenge is To Accept Your Truth**

The greatest challenge is to accept the information you receive as true. Accept what you know and let further revelation unfold. The senses only show you through one filter at a time, but when you accept and allow the power to surge through you, from above and below, the limits of your being will expand beyond limiting filters into wholeness. It is OK that you are human and OK that you are divine. It’s scarier to accept your divinity than your limited 3D self. You have permission to accept both your divinity and humanity when you are in a state of wholeness. They fit together like Yin and Yang, you no longer notice them as opposites but feel the Oneness.

You no longer need to be afraid of being you. This download for twenty nineteen will strengthen your will and give you confidence.

It is time to exert your positive power and act in accordance with cosmic consciousness. Be the living Truth. Don’t think about it, BE IT. Be courageous, know that I and The Shining Ones, those who are my cosmic family and yours, source your power. Your exhaustion and emotional fatigue dissipate when you plug into our huge solar generator and my generous heart. We are here to provide a vessel so you can hold steady during chaotic times. You are not alone, you are not abandoned, and you are not powerless.

Twenty nineteen will activate and guide you through the right relationship to power.

**Power, Time and Creation Consciousness**

I will teach you how to travel on the fluid river of time that winds and curls through all of creation.

Time as you know it creates anxiety, depression, pressure and illness. You are not friends with time. It is either too fast or too slow. It’s never just right so you are never quite right.

In twenty nineteen you will learn more about conscious creation, how to be a creator in harmony with cosmic law and the river of time. Creation consciousness leaps between dimensions and can cause events to happen in an instant. You come to know creation consciousness through resonance and frequency. Its magic is its ability to be known beyond the mind, beyond time and space.

Imagine you are quiet as a mouse. So quiet you slip between the dimensions to ride the river of time. You have no idea where the river will take you but trust that it will show you what you need to know. As you flow along the river you see images, hear sounds, feel sensations that relate to your life as well as your consciousness beyond life. You gather these impressions to carry back as wisdom and guidance for your lives. When you gather your inspiration from the River of Time, it has the power of the cosmos to spur it into creation. This is creation consciousness. Your creations are never separate or in disconnect from the great cosmic river of time.

When you stress out trying to create something out of nothing it takes an enormous amount of energy to sustain. When you find yourself out of time, out of tune with the river of time, pause and reconnect. Are you impatient, stubborn, attached, or willful? Adapt your thoughts, feelings and desires to your higher consciousness, and move onward. If I decided to spin in another direction just because I felt like it, what would happen to you?!

**The End of Time as You Know It**

Time is not what you think it is. Twenty nineteen is bringing the end of time, not the end of *times*, as we know it. Physicists will pave the way to this new understanding. If you must have their proof, wait for it. If you don’t, then open directly to the codes from the Central Sun or feel them streaming from me to you through the soles of your feet. Find them in the Kundalini resting quietly in the root of your consciousness or journey deep into your heart. Experience directly what has been enlivened in you.

Twenty nineteen brings these new teachings on time. I urge you to live outside of the limits of time and find your rhythm in life, your own timing, your Spirit Time.

Sarah Weiss, MA, is medical intuitive, spiritual teacher and retreat guide. Her innovative approach to teaching about the grounding, the toroidal field, and the Flower of Life, has inspired many to find their inner path and connection to the greater cosmic family. Sarah has created programs that contribute to the healing of the planet. SpiritHeal Institute, The Enlightened Empath Training, and a Mentoring Program for Energy Practitioners are featured on her website. spiritheal@aol.com, [www.spirithealonline.com](http://www.spirithealonline.com) ,440-564-1190