

# The Spiritual Consciousness of Empaths

by Sarah Weiss January 2020

*Note: I write The Empath Portal, a monthly column for The Sedona Journal of Emergence. I will be sharing these articles with you through my newsletter and in the upcoming 2021 Enlightened Empath Training beginning March 20, 2021. Enjoy!*

**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 Earth and heaven. 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.]

#### **From Sarah Weiss: About the Heart of the Mother**

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 words to the experience.

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 dis-ease 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.

### **The Empath Portal**

*The Heart of the Mother will speak through the Empath Portal each month as a mentor and guide. She will offer transmissions, attunements, and specific practices to support you in being a skilled empath. Today was your first meeting with the Heart of the Mother. 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!*