



# The Empath's Portal

The Heart of the Mother through Sarah Weiss

## Mother Earth Speaks to Me for the First Time

Walk softly on Mother Earth.  
Feel me beneath your feet.  
Sink into me;

I am the living Mother.  
Merge with me, and enter the  
womb of creation.

Listen to my heartbeat,  
and know infinite love.

Allow my heartbeat to pulse  
through you and rejoice in  
your healing.

You and I, the Mother, are one.

From the concrete parking lot to the grass was only a few feet. I carried my camera and tripod, looking forward to immersing myself in the beauty of nature. If she granted me a few photos, I would be pleased. That was how I approached my photography: every image a gift, a possibility of holding on to the beauty I saw before me.

Somehow, mysteriously, in the space between my car and the curb, I crossed a threshold. A voice spoke. It sounded like my voice, yet it wasn't. I could tell it wasn't mine, because this voice had so much love and filled my being with extraordinary peace. Sadly, my voice never had that effect. "Feel your feet on the ground." I stopped and planted both feet squarely on the ground. The first thing I noticed was that the grass was soft and spongy. "Feel

the earth beneath your feet. It is me you are standing on. Walk softly in honor of my heart and yours."

I did, at first feeling the grass and the dirt. I would have kept walking had I not noticed the tingling on the soles of my feet. As I tuned in to the feeling, life-giving love and energy streamed through me. I had never felt so vibrant and happy.

She said, "Let your energy sink into the earth."

"Okay, what does that mean?" I wondered.

Answers came quickly. I felt my awareness drop out of my head and flow downward through my body, into my feet, and into the earth. It all happened so quickly that I couldn't tell you how or why, but the voice carried nonverbal instructions on an invisible wavelength that my being immediately understood.

She said, "Merge with Earth. Enter her womb."

My awareness did not stop just below the surface of the ground; it kept going. I felt like Alice falling through the rabbit hole. I had no idea what was happening to me, but I trusted the voice. It seemed to know what it was doing.

My awareness grew into roots that anchored in the consciousness of Earth. One exceptionally large and straight root extended from the



base of my spine as a fine stream of energy that centered and grounded the experience. This "taproot" kept burrowing downward, and my awareness traveled with it like a passenger on a train.

We finally arrived at our destination, and the taproot found the place it was seeking, where it could anchor and grow: the very core of Earth, her "womb."

### "You Are Safe"

She said, "You are safe."

It was true; I felt safely tucked into her dark, deep, moist womb in the center of Earth. I cannot explain it logically, but I knew where I was — the womb from which all life emerges. I snuggled in, wanting to rest there forever.

My awareness became very still; I was truly at rest for the first time in my life. And then I heard it: her heartbeat. I allowed it to vibrate into my heart, and we became one being, one voice, one life. This was Mother Earth, Gaia, the being who is our planet Earth. Our planet is alive; it's a real being.

Oh, my goodness, was this

happening for real? I had somehow shifted into a fully conscious world, teeming with life and light. It was a different type of consciousness from my normal state. I knew right then that a new normal had just established itself.

Mother Earth's heartbeat spoke directly to my heart, and I felt another shift. Her drumming heartbeat pulsed me into her heart, and her heart and womb transformed into one vast vital space. Merging with her heart took me through another portal of consciousness. I was sure this was a journey back to the source, where my being was seeded and sown in the womb of the Mother — the Mother of the universe, the Mother of All Creation.

She said, "We are one. Rest. You are home."

I had only walked a few steps onto the grass and stood motionless, as if I were a tree. I was part of the landscape, no longer walking on the earth but part of it. I saw the trees, grass, and blue sky around me, but my awareness snuggled and immersed itself into Mother Earth. It was then that I understood that we don't live *on* Earth; we live *in* her body, heart, and soul. This reality took a while to sink in, so I took some time to absorb the information and notice how I felt.

A silence as clear and vast as the sky calmed my consuming mental chatter. My body felt so light and alive. In contrast, it seemed as if I had barely been lumbering and slumbering through life. Yes, she spoke and invited me into her heart. She and I were one, and I had never felt so at home, happy, and safe in my twenty years of living on the planet.

From that day on, Mother Earth became my true mother, the mother I count on to be there every second, every day, always. I knew I could depend on her. She didn't replace my biological mother; she became the Great Mother.

This knowing kindled a living

flame, a luminous pilot light that guided me from within. I knew whose womb conceived me and who thrust me into life. I also recognized her loving voice as having been with me for eternity. The painful gap I experienced between this world and the ethereal realms beyond were now connected. I was whole and gathered in a seamless stream of living energy from soul to cell.

### Water Droplets Share a Lesson

It was a beautiful fall day. Brilliant greens, golds, and reds dotted the trees highlighted by sunbeams weaving through the forest. My feet seemed to know where to go; a magnetic force drew me toward a small waterfall. Sparkles of water playfully danced before me. A clear memory surfaced that matched the brilliance of the sunlight on the water. Sometimes these memories of other times and dimensions are a little hard to believe. My mind wants to dismiss them with pure logic, but my heart eventually prevails. Thankfully, the truth always seems to win. I am so grateful that somewhere in the depths of my being I recognize and sense when I'm in the vicinity of truth.

Now that I was alive, everything was alive. My mystical nature was fully awake, revealing concise intuitive understanding. The sparkling water droplets spoke to me: "Communication between all realms happens when living energy is the common language. Walk lightly on your Mother Earth. You treat me as you treat yourself. You and I are one. I loved you into this world. I share my body so that you can have a glorious temple for your soul. The blood that runs through your veins comes from me, the water of life. When you sing to her, love her, and live as one with her, then the eternal, infinite, vital spring of compassion and wisdom flows through you just as it flows through her."

The water sparked its message into my heart and mind. Life made sense to me on that intuitive level. I liked it and wanted more. In answer to my wish, eternal teachings effervesced spontaneously from my soul. It seemed so natural. How could I have forgotten? It was so essential to life that I could not believe we did not learn it first from our parents. I imagined that this teaching was primary among Earth-based indigenous societies but sadly missing from ours.

It was the lesson of reciprocity: exchange, the flow of energy back and forth, loving to and from, breathing in and out. Trees and flowers take in our carbon dioxide and in exchange give us oxygen. Where there is reciprocity, there is wisdom, growth, and love. All life is sourced by these three vital forms of grace.

This was the teaching of the sparkling water droplets. In their generosity, they spoke to my soul and brought forth my sparkling creative life force. They did this not in words but in frequency and energy, the nonverbal universal communication of life. How much of life speaks to us this way? How much do we miss that could nourish and inspire us?

### We Are Linked to the Cosmic Matrix

When I become word-centric rather than feeling-centric, I miss the deeper meaning of the moment. Words take precedence over feelings when my connection to the Mother is severed. When my awareness of oneness with her fades and the world's noise gets louder, my roots retract, and I become small and limited. What I hear is filtered through my limited experience; nothing new and inspiring is allowed, so how can I learn and grow?

Immersing in Mother Earth fills me with the light of eternal wisdom. The harmony and music of the spheres flows through

me until I become the flow of life. Feelings have a much broader spectrum than words. I feel with my entire being. My heart and body are included, not just my mind. I feel integrated and whole as a listener and a speaker. I understand that once we learn to speak in “vibration” instead of English or Chinese, oneness is possible.

Even our relationship to the Source, God, the One, is based on reciprocity. When we are in a reciprocal relationship with God, our understanding of God changes. When we are in a reciprocal relationship, we are in a living relationship in which harmony and resonance can take us into states of oneness. Reciprocity vibrates us into God consciousness. Everything is living and linked in the cosmic matrix.

At that moment, communing with the little waterfall, my entire being remembered why my soul was drawn to beautiful Mother Earth. My hope of spiritual growth and maturation was possible only through the guidance of the Great Mother.

It is she who speaks and teaches us here. Through a spiritual maturing process — an evolution and expansion of consciousness rooted in and sourced by the heart of Mother Earth — we discover and grow into our higher beings. When we leave, we take the sum of our experiences with us and vibrate as living, loving pulses, as if we’re stars shining in the black night — beacons, lights in the heavens. We become the portal, the threshold where the womb of creative consciousness waits to be seeded once again.

Isn’t it amazing how a little path in the woods can lead to such an enlightening journey?

### Life Spirals through Reciprocity

Ah, but there is more. “Reciprocity” is still our keyword. We are circling in on further expansion,

more wisdom, and healing vital essence. Do you ever ask yourself what makes a tree grow, what makes a flower blossom, or what is the organic process that involves seeds, earth, water, sun, and air?

This takes us to the second part of my deep experience with Mother Earth. I stood there, both feet rooted in the earth by the waterfall. It felt as if I was planted up to my knees, more like a tree than me. It was an intimate moment when my indigenuous soul emerged.

My awareness extended deep into the heart of Mother Earth. She held me lovingly in her arms, and my body began to feel the effects of her loving energy. A sudden downward flow rushed through my body, opening channels I never knew existed. All tension, fear, darkness, negativity, woundedness, and heavy energy drained through the energy centers in my seat and feet.

Imagine being relieved of all your fears and darkness. All those feelings and thoughts that had built a protective barrier, a thick skin, sloughed off my field and drained into her heart. She took it all and transformed it into light and love.

My first thought was, “Oh my, how can I do this to her? How can I dump all this on my dear Mother?”

She said, “Release it all into my heart. I will digest it through my body and send you back a wonderful surprise.”

“Okay, if you say so,” I responded. “Everything you have said so far has worked, so I’ll trust that I’m not hurting you.”

I let go fully and completely. My body went limp, but I didn’t collapse into a puddle on the ground as I imagined I might. Instead, a strong rush of vital, bright energy sprang from her heart. It rose through my body and shot straight up and out through my crown chakra as a fountain of light and energy. It was very physical and ethereal at the same time.

Wow. This caught me entirely by surprise. Mother Earth supports us physically? She cleanses us of pain and sorrow? She raises our consciousnesses into the light? What can’t she do? I was amazed, to say the least.

As the light continued to fountain through me and around me, she explained a deeper truth: “Life is reciprocal and complementary. You call it “recycling.” If you live with this one truth, you’ll find that it releases bounty, love, and vital essence into life. Your heavy energy is my light, and my heavy energy is your light. Trees take in your carbon dioxide, what you consider a waste product, but the carbon dioxide is the trees’ food. They feed you with the waste they release — oxygen. This is the true circle, the spiral of life. Life does not keep circling; it grows and spirals through endless cycles of evolution through reciprocity.”

Years later, I discovered that most earth-based indigenous societies live the principle of reciprocity and understand it fully. They take care of all beings with respect, performing ceremonies to maintain balance and harmony with Mother Earth, Father Sky, and the cosmos. They understand that their lives are part of a grand matrix that breathes and pulses with the inbreath and outbreath of energy exchanged infinitely through all dimensions.

### Access the True Self

I could not have moved an inch if I’d wanted to. Can a tree walk? Deep in our cellular awareness is a memory of pure delight, peace, harmony, power, and love. It is possible to free these memories and live an ecstatic life if we honor our reciprocal agreement, beginning with Mother Earth.

I experienced my reciprocal nature with the Great Mother, her energy supporting my body effortlessly

with extraordinarily fine energy; I was in the throes of beautiful healing. Bones and muscles contracted for years returned to their natural alignments. My chest opened, my back released, and my neck aligned without effort, force, and tension but with the natural spring flowing through my body. The deeper I sank, the more I released, and the more of this brilliant and wise energy flowed from her heart.

The intelligence of the energy was so evident, I did not even question it. The energy knew where to go and how to heal. It knew how to do this gently through a slow unwinding of the tight twists and turns in my contracted body. When something is twisted like a pretzel or tightened with a double knot, it takes some wisdom to release it without breaking or tearing. That's how incredibly wise this energy is. Without doing any harm, it knows how to release and free all levels of our beings from the mental, emotional, and physical knots we have created.

When we do not have real, vital essence flowing through us, we must figure out a way to keep ourselves going, so we generate other ways of surviving. We use our creative minds to manufacture artificial ways to live: more food instead of vital food, constant chatter instead of silence, reacting instead of responding, taking instead of giving. It is the difference between plastic and wood. One is barely alive, and one is fully alive. One takes a lot of energy to recycle, and one recycles naturally. This is the false self instead of the true self. We have created a world based on substitutions for the real. We are slowly making our way back to a world based on natural wisdom and the intelligent practice of reciprocity.

My body had never felt this free and alive, and my consciousness had never experienced such depth and expansion. I was accessing and

connected to the wisdom of Earth and the cosmos at the same time. I could even walk, talk, and drive a car in that state. Was this what fully realized living felt like? Was this the complete integration of body, mind, and spirit? Indeed, it was a big surprise, just as Mother Earth had promised.

### Mother Earth Is the Ultimate Healer

I noticed my feet again, and they reminded me to regroup and review the teachings: My energetic roots and awareness were deeply set in the core of the planet, Mother Earth. My heavy energy fed the fire of her heart and belly, and the well-spring of healing and wisdom flowed upward through my physical body from her heart.

I felt straight and tall, as if my spine had lengthened and stretched both downward and upward, flexible and resilient. Having seen great martial artists perform, I realized this was what their bodies must feel like: suspended from an energetic exoskeleton that is elastic, coherent, sensitive, and responsive like a spider web. A matrix of primordial living energy suspends us. It really does exist!

Next, intelligent and wise energy started to root out past, heavy emotions, similar to a gardener weeding in the spring. Old memories welled up. Wounds, painful betrayals, disappointments, anger, resentments, judgments, self-pity, and a lifetime of bitterness liquified and released into her heart. Emotions and thoughts released from muscles, cells, and organs, forming a channel that traveled down into the earth. The lightness and relief that came with this clearing was miraculous, but it contained a lesson that was especially important.

Seeing clearly how the physical and emotional get so intertwined confirmed my knowing that illness is not just a physical experience; it is

a total mind, body, and spirit event that requires a delicate approach to its many facets. The experience was exquisite, sublime, refined, and filled with love. There were no negative side effects, only positive ones. It was apparent that Mother Earth, in her infinite wisdom, knew so much more about healing than I did. She seemed to be offering her wisdom to use whenever I wanted. She insisted on it!

The energy rising through me, fountaining through my crown chakra, began to shift. Nothing blocked the full flow of shimmering, silvery golden light from Earth to the cosmos and from my feet to my head. The stream transmuted into a vortex in the shape of a chalice that opened to the heavens. I experienced this expansion physically and metaphysically.

The feminine chalice of receptivity was wondrously alive and open. My heart received this grace without resistance or hesitation. It felt as if the most refined, healing, and encompassing love of the cosmos flowed through me, spiraling upward and downward and radiating out into infinity. It was complete unto itself, a feminine power rising through me, strong and wise and in perfect balance and harmony. I felt no neediness, collapsing, or diminishing of myself in the face of something greater.

### The Experience of a Lifetime Ends

As if in response to showing up in her whole expression, a light appeared out of the vastness. It was barely noticeable at first and grew into a shining spear of bright laser light. It came directly from above and entered through the center of the fountaining chalice. The chalice and light spear continued downward through the central column in a swirling dance of cosmic love and formed into a single column, a perfect spiraling axis of light that