



# The Empath's Portal

The Heart of the Mother through Sarah Weiss



## You Are a Sacred Presence

I am creation; there is no other beyond me. You journeyed through my womb to Mother Earth to continue your soul journey. Earth is just one of the many dimensions you live in, and the body is just one of your vehicles.

Let me remind you that your soul exists beyond the physical as pure consciousness; this may be hard to remember while you are immersed in the current state of humanity's consciousness. Also, remember, Earth is not your home; the sacred realms beyond physical reality are where you reside. The only way your life as an empath makes sense is in sacred realms.

You are a fifth-density being living in a third-density world, and the frequencies of these two worlds are very different. Your yearning for a world where you fit, where all live in oneness, is an expression of your evolved state. You seek the sacred in a world that is not. So how do you navigate the shifting landscape?

The need for the sacred is the most driving need for an empath, and relationships are no exception. Since birth, you've been seeking Home, wondering why Earth life is so alien. You are the alien in a sense, because you've left the sacred light to live on Earth during a dark time.

I realize it is a shock, but you needed to see the current state of humanity to understand its influence throughout the cosmos. Discordant vibrations from Earth ripple through the airwaves, disturbing the harmony of the spheres. You now understand why a reset is necessary: Negative frequencies have lingered too long, and Mother Earth

will no longer tolerate the intrusion. Your presence mirrors these conditions and helps those in nonphysical dimensions gather their loving support.

I created your human vehicle as a sacred habitat to keep you aligned with your higher being. I exist as the kundalini in the human root chakra, and Father Sky exists in the human crown chakra. Together, we hold you in the loving space you need to survive the Earth experience.

You can experience sacred love within your being when we flow without hindrance through your consciousness and envelope you in our loving embrace. Once you experience yourself as love, you will remember your Home and recognize when you are in the presence of those who share your frequency and purpose.

### It Is Time to Remember

Let me help you remember what you already know. Humanity's shadow has dimmed your memory. The conscious connection that tethers humans to the life-sustaining light matrix is frayed. Don't worry; it will never completely dissolve, but a human without a secure connection to the sacred is like a wild animal escaping the hunter, terrified and dangerous.

All creation is sacred. Even the worlds you cannot see are sourced from my sacred heart. I am a prolific creator of sacred space, as are you. Restoring awareness of the sacred begins with the transition into the Aquarian Age. There is hope for humanity, and you are a testament to that future.

You were once in the same position, living on another planet surrounded by denseness, and know what that forebodes. Your decision to incarnate at this specific time is because of that memory. Feel how hard you are working to prevent a total backslide into worse pain and misery. It is not just for yourself; you are greater than that. You are joined by many in the nonphysical realms who are devoted to planetary harmony and love. The timing for intervention is now, and you are participating in a cosmic endeavor.

The scientific creation stories cast a hypnotic spell that binds the mind to darkness. The Big Bang theory starts and ends in violence; does that align with your heart wisdom? You were created by love, you live in a cradle of love, and your relationships are ultimately guided by a higher love. But until humanity evolves to the fifth dimension, your challenge is to remember and return to the circle of light that breathes life and love.

Many worlds were already in existence before the dawning of humanity's consciousness. The living universe is populated by heavenly beings who live in worlds tuned to different frequencies. Their bodies are made from non-earthly elements, but consciousness is universal, so they can resonate at the same frequency as you and even share sacred space with you. Just as you can feel me, feel them too. You were once

one of the shining beings; it's time to bring forth those memories.



#### VISUALIZATION TO FIND YOUR SACRED CIRCLE

Live on Earth as you live in the heavens in love and unity. Imagine all beings in their primal light-bodies, orbs of sparkling rainbow light. Then imagine the orbs who dance joyously with you, who vibrate at the same frequency as you, and who form your spiritual community on Earth and in the heavens. Each day, spend time immersed in this vision, and you will vibrate those with similar resonance into your life sphere.



#### Relationships in the 5D

In the 3D, you have the opportunity to channel universal love into personal love. By maintaining awareness of universal love as it shifts into personal love, you become a channel for love and the living presence of love.

Before jumping into personal love and friendship, sense the frequency of your beloved. *Don't let your desire to merge as one overshadow your clarity.* You are not in your home realm, so be curious yet open. Let the wisdom inherent in oneness be your guide. Learn to trust and be patient, allowing each relationship to find its balance point.

Ponder these questions to guide your relationships:

- Does this person harmonize with my frequency?
- Does this person understand both universal and personal love?
- Does this person live a sacred life?
- Should I invest my precious energy in this relationship?

You tend to shine your love-light on others, but this prevents you from seeing clearly. Your path is to learn about third-density consciousness without being devoured by it.

Trust the guidance downloaded directly into your heart and remain open as the relationship unfolds. Intuition will guide you; watch for messages, but don't overlay your hopes and desires. Remain neutral even when love draws you in. Words can lie, but vibrations do not.

Empaths seeking sacred relationships must first learn patience, self-respect, self-love, and clear intuition. Sacred realms do not open for the impatient and demanding. And allowing your love to gush and overwhelm another without discernment disturbs cosmic and personal harmony. *Your memory banks hold the teachings on higher love; access them through meditation, hypnosis, or regression.* Allow the light matrix of creation to guide your choices; you will be drawn to those of similar frequency who understand you and see you for who you truly are.

Trust and return to the most sacred relationship of all, the one with yourself. Everything you've known about love is going through a frequency upgrade now. Your body-mind matrix is undergoing a complete recalibration, which means that what you think and feel now will be continuously modified to align with the 5D frequencies. At the beginning of this transmission, the lightbeings I asked you to imagine will become very real as you become more energetic and less material. Your senses will expand to receive information that has been out of your reach, and the material world will recede as the world of vibration and energy emerges.

Releasing old paradigm relationships challenges all people to change how they love and live. In the new paradigm, relationships are determined by subtle degrees of frequency. New relationships will

emerge, and finally the loneliness, confusion, and pain around relationships will diminish. When the language of vibration and frequency becomes universal, relationships will be fluid, aligned, and resilient, responding to the spirit of guidance in the present moment.

#### Create Sacred Space

A giant leap in human evolution is taking place at this very moment. I have returned to my Home in the galactic center, and everyone is feeling the shock waves of higher frequencies bathing the Earth. Your being relishes the higher frequencies and will feel more at home. I'm happy for you.

My last teaching in this transmission places you in the center of the shift. Each being who understands the power of telepathic communication can have a significant impact on the rate of ascension. You'll resonate with my next teaching because it is inscribed in your eternal heart: *It only takes one person to create sacred space, and it only takes one person to engage transformative energies.*

That one person is you.

The inner ceremony of creating sacred space begins when you greet Mother Earth and Father Sky and the spirit of the land where you stand. Align your heart with the forces of creation, and invoke universal light and wisdom. Expand until you are so immersed in the heart of the Mother and Father that it becomes a cocreative experience within and around you. In this way, you'll create a nourishing and uplifting sacred space felt by the entire web of humanity.

#### Read the Vibes

Be aware of your space and the people you meet in life. Forget your insecurities, and immediately read the vibrational information. Is there a sense of the sacred and respect for life and the higher self? Don't try to

see beyond the obvious or be naïve; empaths want to see the very best in everyone. Yes, every heart is beautiful, but not all people live from their hearts.

If the sense of the sacred is not there, be clear and name it. Once you name it, your energy will pull back because it recognizes that denser energies do not nourish you. Become friends with your energy,

trust it, and don't overpower it; let it guide you. Don't get entwined if the desire to share sacred space isn't shared by others. Protect and amplify your true self by redirecting your attention inward and sanctifying the moment with simple prayer and awareness. The sacred relationships you seek will find you in the most surprising ways.

I Am the Heart of the Mother.

**Sarah Weiss, MA, LMT**, is a medical intuitive, spiritual teacher, and founder of the *Enlightened Empath Training* program. Her universal approach combines Qigong, Sufi light healing, and Andean shamanic practices with a focus on self-healing and self-revelation. She performs personal and planetary healing ceremonies, channels transmissions, and sparks transformation through individual sessions, classes, and retreats. Together, she and her friends from many dimensions help shift the matrix toward high-frequency living. To contact Sarah, email [sarah@spirithealonline.com](mailto:sarah@spirithealonline.com). To learn more, go to [SpiritHealOnline.com](http://SpiritHealOnline.com).