



The Empath's Portal

The Heart of the Mother through Sarah Weiss



Access Light Nutrition

I am the Heart of the Mother, the voice of Mother Earth, the universal feminine, the light the world cannot live without. Live in my heart and live as my soul, and you will be the voice of the Heart of the Mother too.

Anxiety and depression are widespread in the world now, so how are you managing your energy? You can feel overwhelmed by constant change, violence, and division. This allows you empaths to evolve into mature spiritual representatives of your higher beings.

You Are Seeded with Higher Wisdom

Your empath sensitivities are seeds of the awakened full-spectrum human. Sensing the world as yourself is the seed of unity consciousness. Knowing how others feel is the seed of clairsentience (the ability to know another's feelings). Being an empath is a stage along the path to becoming a New Earth human, one with awakened full-spectrum senses and a high-frequency, heart-centered compass.

How do anxiety and depression fit into this vision? You live in a highly anxious and depressed world that is separated from and devoid of sacredness. There are so many reasons for the vast void of meaning in life, but the dismissal and suppression of feminine wisdom is a primary culprit.

Connection to the feminine changes the entire landscape of your lives for the better. Without the Goddess — her Mother Earth light nutrition running through your veins — you become lost, confused, anxious, and depressed.

Identify Anxiety and Depression

Before you are even aware of it, anxiety or depression can flow through you empaths like blood flows through your hearts. You stream anxiety and depression instead of light and wisdom. You need blood to survive. Likewise, you need the feminine awakened to become whole and true.

The toxicity of anxiety and depression can overwhelm you when I am not flowing through you. I am your lifeblood; I gave birth to you and sustain you throughout your Earth cycle.

Identifying the feelings of anxiety and depression in your body is the first step. Sometimes your mind feels as if it is racing so fast that you can't breathe or think straight. You might feel relentless tension in your muscles, nausea, headaches, or some other dis-ease.

The experience is like being in a toxic river of thoughts and feelings that blur reality and eject you from the body to disappear into the nothingness of being. Immobilization and darkness could become your only identity, and self-loathing might set in for an extended visit. These are low-frequency, low-energy states, and you will need an infusion of feminine energy to raise your frequency.

Living in a world where feminine wisdom is not part of your reality leaves you nowhere to go; it appears as if you have no safety net and no solid support to catch you when you fall. When feminine wisdom is actively engaged, there is a sense of being held in the Heart of

the Mother. Without the feminine, you feel as if you can bottom out into nothingness, left helpless by the side of the road. This is the sum effect of living in a world that suppresses feminine wisdom.

It's essential to identify the energies of depression and anxiety in order to take the first step back to wholeness. You may not know who or where the feelings are coming from, but identify and name the feelings and sensations in your body first. Don't be afraid to accept what you find. Welcome the experience, and trust you'll be guided even when it feels as if you'll die. Sometimes it feels that way. The primal scream that may erupt is the path out or forward.

Change the IV Bag

After you identify the anxiety or depression, make the paradigm switch. It's like changing an IV bag. Infuse your body, and be with my light and power. Do whatever you can to feel your feet on the earth: Stand by a tree, take a walk, talk to a plant, express your creativity, or do yoga and tai chi, and then breathe until you can love yourself as you are.

The infusion of energy from me will eventually replace the heavy energies circulating through you. It doesn't matter where or who is affecting your present experience; it matters how you reconnect with the vibrant energies available to you as

an Earth-dwelling human. Remember, you are on a path to mastering your heightened senses so that you can discern the lower-frequency energies from the higher.

Practice connecting to Mother Earth when you are not in a discordant state so that when you need to, you'll know how to do it skillfully. Given the 100 percent lack of feminine consciousness activated in our current world, you are faced with a choice: "Can I connect to that which is ready to rise within me, the feminine energies that will spring forth to refresh and renew me, that will live within me perpetually?"

I'm not challenging you. I'm radiating generous power to help you find this power within yourself in order to inspire you to activate what lies dormant.

Exploring anxiety and depression is a journey just as exploring

any physical illness. When you sink into the experience, connect intimately with your unique body-mind-spirit complex, and develop an intuitive relationship within, you can journey beyond where you've been and arrive at a new place — whole and healed. But you won't feel safe taking this journey unless I hold your hand.

It's Not Easy, but It Is Possible

This is not a simple solution to all anxiety and depression; I don't mean it to sound as if you can just get rid of it with a little bit of light energy. But changing the way you think about it, how you own it, and how it can be the teacher on the path to greater awareness is what makes the difference.

The human nervous system, including your heightened sensory

abilities — what you call the sixth senses — are being validated daily by researchers. Soon the world will recognize and appreciate the unlimited capacities of the evolved human.

You are living at a time of momentous change, and it is not easy for empaths. Seeing yourself as on the way to being a more evolved, more mature spiritual being is inspiring and helpful.

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@spirithelonline.com. To learn more, go to SpiritHealOnline.com.