

The Key To Riding The Waves Of Change In Grace

Message from Goddess Mother by Jan Diana

My Beloved Children,

"It is with great heart that I greet you this day. These are the times of great change. It is a time you have been waiting for with great anticipation and excitement, certing to you. It is a time that you have though you may not have the full awareness of this at this time. This is about to change as you choose the time of your readiness.

Your very nature is of such a sweetness, always flowing, like a wonderful dance. You might say that change is part of your divine nature, for you are flowing always As you spend time in quiet reflection, in this dance of delight. Though you may you will feel this connection to your heart not remember it fully yet, never the less ever more and begin to have a greater it is your truth and only a matter of moments until you do.

As you look upon your life at this time, you might have a sense of much change in the energies, in the way people are even wonder how you can change, or thinking and perhaps even a sensing that there are some new opportunities that are knocking at your door.

Sometimes you might even feel a bit of Gaia, all people and yourself making overwhelmed as it seems like some of changes in your thoughts, in how you the ways you used to approach things perceive your life and the world, we can don't seem to be working anymore. In say with great certainty that there are big truth this is part of the reality that is in changes in process at this time.

presence at this time on our Beloved Earth.

It is not something to be feared, though it may bring up thoughts that are disconlonged for. Your very hearts know of what I am speaking.

Remembering your heart and your truth is in a process for you. It is part of your personal evolution, which you are experiencing most wonderfully.

awareness of what it is that you have been dreaming about, what it is that you are beginning to have a greater sense of.

In your moments of awareness, you may what your life might look like. Imagine that you and every part of the family of Gaia is in this evolutionary process, some more aware than others. With all parts can you move through these waves and see it as such. Imagine how your life can feel the greatest ease and balance? The change with this simple change in focus? answer is guite simple my sweet ones, it is to find harmony. To be in harmony, in It is a simple shift in perspective, yet accord with yourself and your reality, will will open up doorways of infinite potenassist you in being in harmony within a tials for self- discovery and awareness. world of change.

You might ask, how can I be in harmony world, you will find greater peace and when my very life feels so uncertain and joy. Things in your life will seem to work I don't know what tomorrow might look so much easier for you. like? The key is to find your harmony within yourself, to let go of any energy Being in harmony, will help you not only forward in a world of much change.

Spend some time taking notice of what It is time my children for you to choose. your thoughts are about. Are you in fear You are ready, you are remembering. or in joy?

Notice what was it that triggered these leged to choose your path. You are alfeelings? If you have something which ways honored in your choices. As you is creating feelings and thoughts of fear move into greater self-awareness of your fear, look at it in a different way. See it lightness, you will rediscover what you as a beautiful golden energy, like sparkly have always known, that you are a begold dust. As you look upon it in this way, ing of great love and capacity with the you will notice that you feel differently, it innate gifts and abilities to create all your is as if that very fear has softened and dreams held within you hearts. transformed before your very eyes.

within the illusion. You have the capac- of great promise, in my heart always.

With so much in this flow of change, how ity to recognize what is the real truth and

As you spend more of your moments in harmony with yourself, your life and the

that has a tug of war or resistance en- to move through all the waves of change ergy. To come into acceptance with what in grace, it will prepare you for the next is, while you are remembering and learn- stages of your evolution. You have been ing how to create what you really desire dreaming of these opportunities and now in your life to express and experience. it is here. Open your heart and mind to Let me share with you a simple way to embrace the changes that are here and find that inner harmony which can assist coming. Your heart will sing in such joy you to be in ease and grace as you move as you begin to more fully recognize your own golden light.

> Much is being offered to assist you and yet you are the great Master that is privi-

You see in truth, everything is created I am here cheering you on always. from beautiful golden light. If it appears know each of you. I know what you are different than that, it is playing a role capable of. You are my Beloved Children May you be in the joy of sweet harmony as you move through these glorious times."

With great love,

Your Beloved Mother

As a Gift I am offering you a Free Tele-Class, "Harmony, The Key To Riding The Waves Of Change In Grace"

Take a journey to experience the Sacred waters of harmony where you will have an opportunity to release energy of resistance and discord.

Experience the Harmony of your heart in a new profound way that will help you see the lightness in all that is. Begin to open your heart to receive the love that flows to you and allow it to assist you to expand in wonderment. This class is a true celebration of your sweet divine nature.

Note: Register by subscribing by email at: www.sunshineinyourheart.com

(if the time is not convenient, register to receive the recording when available)

Jan Diana is an intuitive healer, spiritual teacher, and master practitioner.

Her mission is to assist clients and students in creating

harmony, balance, heightened levels of clarity, develop innate gifts and abilities, empowering them on their personal evolution to create the dreams of their heart. She utilizes several modalities including SVH L3M, Animal healing, GHM, Language of love, Reiki Master, and more.

Sessions and Classes by phone. If you have questions or would like to set up a session, you can reach her at website www.sunshineinyourheart.com

or by email sunsinyourheart@aol.com

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