

My Beloved Children,

"Greetings of joy, for it is within joy that I present this message of heart to you today.

Much is being brought to you to assist you in As you move through the steps of your life, your personal lives at this time. There are opthere is a gentle rhythm that underlies the portunities for elevation and greater awarefoundation of the sweet world upon which ness. Harmony is very easily attained in these you live. You have been aware of this gentle new energies as you embrace the deliciousrhythm throughout your life on many levels ness of their lightness and release attachand yet now you can be in greater awareness ments to the old stories of less ness. of the sweetness of this flowing lightness.

Today I will share with you an important mes-In these times of great change there are po- sage which will assist you to be ever present tentials for great awareness and for conscious in your awareness of what is and can unfold connection to the flow of life. To feel the con- into your reality. To more fully feel that sweet nection to the flowing lightness is like tasting connection to the flowing lightness that is ever sweet nectar which you desire to drink and present.

THE FLOW **OF LIFE**

By Jan Diana

enjoy to the fullness. This sweetness brings with it the flavor of home and a desire to fully remember the fullness of your sacred self.

Within the beautiful new energies now present As you notice those whispers and become on Earth is a glorious opportunity to share and experience your life journey in a whole new way never before possible for humanity as a Wisdom messages from your heart will lead collective.

You now exist on a higher dimensional plane explore. than your forbearers. It has been a collective effort, a choice of heart which has made this Let me share with you a simple way to feel that reality possible.

able to support you in making choices to live your life in a greater awareness of the wonder of what you can create for yourself to experience.

nities to enjoy new principles of lightness that were not possible before. It is a new playing sense this message; perhaps you may even field, which opens up possibilities to explore hear words. The main thing to focus on is the and experience your life in ways perhaps you sweet peace which feels like a tender hug, all have never dreamed possible before.

Take a moment to take in this thought and notice how your heart responds in joy.

ing disconnected is a story of the past. Your heart is in full awareness of the flow of life, that your truth and divine nature. This will assist beautiful golden river of lightness that gently you to feel that flowing lightness, that river of flows in a perpetual dance of love.

You have been guided throughout your life by There is much to discover and explore, for ness. There is a sacred connection from this ing for the time when you will reach each and knowing part of self to the part of you that is every jewel within its content. You will discover perience.

There is great celebration by your higher dreams of your heart. self as these times of change have brought these new energies for you to be able to There is much joy and wonder for you to exexperience your life in a greater lightness. Your heart knows that you can hear the guidance, the sweet message it whispers to you now, so much easier than ever before.

aware of their sweetness, it will assist you to feel your connection to your wisdom self. you to discover the ways and means to find the answers to all that you desire to know and

connection.

Place your hand on your heart and take a slow What this means to you is much more is avail- deep breath, in and out, focusing on breathing into your heart.

> Now, relax and let your mind focus on the breath, breathing into your heart.

As you do this for a few moments, you will feel your reasoning mind guiet and begin to sense This higher dimensional plane offers opportu- a quiet presence. That quiet presence will now whisper to you a message. You will feel or embracing.

You may choose to practice this daily or whenever you desire, for as you do, your awareness Yes, your heart knows that the time of feel- to your connection will magnify and expand, elevating you into a greater understanding of golden love which you are always a part of.

your knowing self within your heart conscious- within you lays a greater treasure chest, waitconsciously making the choices in your life ex- within this treasury, many innate gifts and abilities which when recognized and developed with lead you into the fulfillment of all the many

> perience as you take the steps in developing this loving connection to your heart. The flow of limitless wisdom will guide you onto pathways of such joy. Your life will be filled with great wonder and excitement.

Practice this connection to your heart an begin to feel this golden bridge of light a a constant awareness of the sweet lovin whispers of wisdom. Master this gift my be loveds, and you will live the life of your dream in such wonder.

It is time for you to live your life in an abu dance of joy, free of the perceptions of les ness from the old stories. It is your time to pla and dance in the flow of life, within the golde wisdom of the heart. It is time for you to r member and know your true nature.

Know that I love and adore you; you are m children of heart. Know that you are alway supported throughout your journey of discor ery. The pathway has been illuminated f you. Follow your heart and live your destiny joy. Chanulanaha.

With great love,

Your Beloved Mother

As a Gift to assist you on your life journey, offer Free Articles, Classes and Meditatic journeys. To access these and receive new o ferings on the horizon, you may subscribe with your email at: www.sunshineinyourheart.con

For more information on the mantra Chanulanaha you may refer to: Article: "Language of Love, Ancient Keys of Promise to unlock Your Potential"

nd	lan Diana ia
as	Jan Diana is an intuitive healer,
ng	spiritual teacher, and
ne- ms	master practitioner.
	practitioner.
un- ess lay	Her mission is to
	assist clients and
	students in creating
en re-	harmony, balance, heightened levels
	of clarity, develop innate gifts and
	abilities, empowering them on their
my iys	personal evolution to create the dreams of their heart. She utilizes several
)v-	modalities including SVH L3M,
for	Animal healing, GHM, Language of love,
' in	Reiki Master, and more.
γ, I on of- rith m	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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	http://www.sunshineinyourheart.com/ free_telecasts.html