

YOUR HEART SONG

Everything is energy, frequency and vibration. Everything has a frequency resonance.

When you are aligned and attuned to divine truth, you can feel and hear your heart song very easily, in great clarity. As you raise your light and vibration through entertaining higher conscious thoughts, you also elevate your frequency resonance.

When you do this, you will feel the harmony on many levels. This experience feels like bliss for this is the nature of being in a unity resonance with your divine truth.

Living on this beautiful planet has offered you the experience of an illusion of feeling separate from your heart song, your resonance with the divine. As Earth and all living here move into higher levels of consciousness, the opportunity to connect to your heart song becomes ever easier.

When we look at life as an opportunity to have experiences, we can begin to remember why we came here to Earth. To participate in an opportunity to experience forgetting ourselves for a while, to have an adventure in remembering ourselves through discovery, offers opportunity to experience the self in new ways. This is why you chose to come here, for indeed you were excited for the opportunity to experience this evolving to remember self-project.

Now with the lighter energies of Earth, it is easier to see and feel more clearly what truth is. It is also easier for you to begin to hear and feel your heart song.

Imagine the joy of reuniting your consciousness with your heart, your divine truth! It is happening in a process based upon conscious choice, timing of readiness, and of acceptance.

When you think of yourself and your life experiences from the perspective of frequency, you will begin to see and know possibilities leading to create greater harmony. You will begin to feel, sense and know what is discord and the source of it.

You will also know the nature of harmony. Harmony flows, is experienced as peace of mind, of joyfulness. It is a sense of surety and completeness.

Peace can be felt in the present moment. Focusing on the now moment brings mind to a point of balance where harmony can be more easily felt and accessed. This offers opportunity for greater clarity and connection to your heart song.

Whenever you feel distress of any nature, move your consciousness into the present moment and focus on your heart. Listen to the stillness. Feel into it. With practice you will be able to feel sense and know your heart song, the true frequency of yourself.

This is the point of remembering truth, of self-recognition. The more you focus on this point the more deeply you will sense and feel your truth.

My Beloved Children of Heart,

“Greetings of joy! It is a time for us to celebrate new beginnings, new perspectives, new ways of seeing and experiencing our life journeys.

As I walk among the beautiful flowers in the garden of My Heart, I can feel the songs of the many hearts. I feel the sweetness of the vibrations as they dance upon the frequencies of lightness.

Yes Beloveds, you each have a heart song. It plays as a constant singing to me, to you and to the all of us.

Your song is unique to you. It is always in perfect harmony, perfect resonance with your true nature of self. This is truth.

However, during your journey of life on Earth you have and are experiencing discordant energies. You can hear them. You can feel them. They can be uncomfortable at times. They can even be felt as pain.

It is a way for you to know that you are experiencing being out of tune with your heart song. Your heart song is in perfect resonance with love, with the divine.

It is a simple practice that you may choose to do often. The more you practice with focus, the more you will feel harmony in your life experiences.

It is as if you are fine tuning a beautiful instrument. You are consciously choosing to align and attune with your heart song.

As you raise your light and vibration, this allows you to be able to access your heart song at even deeper levels. This elevates and inspires you even more to choose pathways that lead you to that destination of a conscious connection that your heart desires.

You might ask “how do I raise my light? How do I raise my vibration?” There are many ways, let me share a few.

Most important is to love yourself. To treat yourself with kindness and to make choices which support you in honoring ways. Make it a focus to bring more joy into your life experiences. Whatever brings you joy, makes your heart song even louder.

Joy elevates you and those around you. Thoughts and acts of kindness to others elevate your light and vibration.

Another way to elevate is to let go of judgments of yourself or others. Let go of old hurts, old stories from the past that are filled with discordant energy.

Begin to allow yourself to see the beauty and wonder of you, of life and within all people. See beyond the definers holding lesser value held in the past or present of you and of others.

Open up to the greater vision of yourself. Let this vision dance in your mind into the flavors of new possibilities and potentials of lighter experiences.

Every choice you make to love, every choice you make to experience joy, every step you take to make a light choice, elevates and inspires you to become more. You become closer and closer into resonance with your heart song.

It is a process, a journey of great wonder. The more you connect to your heart song, the more joy and peace you will experience.

This is your time to choose a higher frequency, a higher resonance with your heart song. The opportunity is here. The choice is yours.

Remember your song. Allow yourself to flow in the sweetness of silky harmony. Let yourself be uplifted into higher states of knowing truth and the bliss that comes with this. Your song is precious. Your song is most exquisite. It is unique with the flavors of your specialness.

Each one's song is perfection in harmony. Each song comes together in unity to create a symphony of oneness of which we are all a part of.

Enjoy your journey of remembering Beloveds. Know that you are the songs of my heart. Dance in the joy of knowing our great love, the song of our divinity. Shamon.”

With great love,

Your Beloved Mother

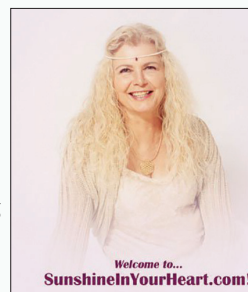
FREE CLASS: As a Gift I am offering you a Free Tele- Class, “Remember Who you are”.
 -Restore pathways to remembering the truth of yourself using the tools of SVH, a prayer modality that can shift the old stories, old beliefs and perceptions that are not relevant to your truth.
 -Receive tools that you can utilize in your life to further free yourself from the veils of forgetting
 -Take a journey to meet your true self and receive a priceless gift you will leave this class filled a greater vision of yourself and what is now possible for you.
 This class is a great joy bringer!

Note: Register by subscribing by email at: <http://www.jandiana.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 & students in creating harmony, balance, heightened levels of clarity, develop innate gifts & 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.



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