

Communing with the Heart

Photography by Ashley Batz

My Beloved Children of Heart,

“Greetings of joy! I welcome you today to our meeting of hearts for it truly is through our hearts that we communicate.

As we look upon the world today, it appears perhaps as if there is much that is resisting the greater lightness. Let me assure you that the many hearts of our brothers and sisters are truly beginning to open up and embrace the greater light.

Yes, there is a residue of conflicting energies based upon old patterns and choices to uphold. However there are more elevations in acceptance of the lights of truth as they shine upon us and our Beloved Earth.

As we begin to recognize the lightness, there is a process that unfolds of releasing from what was, to what is and can be. This process involves adjusting our minds to embrace more of what our hearts have always known to be truth.

Therefore, as we focus on the attributes of our heart we can become attuned to the higher frequencies of truth more easily. This assists to smooth out our experiences as we move through the shifting energies to embrace the higher principles of lightness and truth.

These are exciting times filled with opportunities to make great shifts in our consciousness and our life experiences. To be able to recognize your personal truth and what you are capable of creating to experience, is the beginning of your greatest dream held within your heart.

To return to heart consciousness and the ability to direct energy is your divine right and privilege. It is what you have dreamed of before you even entered this life.

How can you move into heart consciousness? What is the pathway?

For each one the pathways are unique and yet similar to everyone. The plan you created before entering your life is truly in full effect.

You laid out the steps from that place of knowing. You knew that you would forget yourself. You also knew that the way

would be made for you to remember.

It is a journey, a process of connecting deeper into your heart, to feel the sweetness that is your truth. To allow yourself to feel that sweet unconditional loving acceptance of your holy self is the connection you desire above all else.

As you move through your personal life experiences, you are offered opportunities to feel, sense and know little sweet messages from your heart. They are like little phone calls from home, always hopeful that you will make the connections and feel the conversing that is in a perpetual flow.

Your heart is always in constant communication with you. Leading, guiding, inspiring, and blessing you with frequencies set to uplift you to your next level of understanding and awareness.

Your journey is unique to you, designed by you for you. As you reach the greater awareness there will be a sense of more peace and contentment in your life. You will notice what brings you joy more frequently.

This is a natural occurring process. We are all here elevating together along with Mother Earth.

Each one is elevating based on their choices and focus. As you are ready for more light, it is offered to you.

You develop in each stage of experience and move into greater conscious awareness. It is like someone turned on the lights and you can now see what was there all along yet seemed hidden from you.

Celebrate each step and stage as it leads you through your adventure of discovering truth. There is always more to discover and experience. Each step and stage leads you to even greater joy and possibilities.

Moving through these experiences is your life purpose unfolding. You are as if a beautiful lotus flower beginning to open up and develop your many petals of beauty.

You might ask “how can I commune with and recognize my heart transmissions with a greater awareness?” I would suggest first that you choose this as your focused desire.

Then center yourself into your heart by bringing attention to it, breathing into it, and becoming calm and centered. Be in the stillness and allow the flow of connection to come from your heart to your awareness.

Sit with the flow in a state of pondering. Feel into it. Experience the flow as loving, feeling that joyful reunion.

Now as you take in the flow, allow yourself to be guided, to be inspired. What thoughts come to mind? Make notes if you desire to refer to them as focus points.

Notice the sweetness of the connections. It is within the quiet stillness that you will hear these sweet whisperings. If there are no words that come to mind, just enjoy the experience of transmission, knowing you are receiving on many levels.

You can develop this connection through practice, through mediation and with focus. You can open up to a new perspective for yourself on your life and your truth, beginning with this simple yet profound practice.

It is as if you have a personal guide that knows you and is here to assist you in every step of your life journey. Indeed this is truth. For you are the one guiding yourself from that place of the fully remembered self, your true self.

Ponder on these topics if you desire. What would I like to experience in my life? How may I feel more connected to my true self? What is my life purpose? These are topics you can begin to explore through these times of communing with your heart.

A whole new world awaits your discovery. A life filled with the excitement of exploration, discovery and realization of dreams is yours to claim.

It is your time to begin the blossoming process. Acceptance is the key. Accept the loving and the lightness. Allow yourself to receive for you are both deserving and ready.

Accept that you are loved. Know that you are that beautiful perfect true self, living a life on an amazing journey of discovery.

Celebrate your truth. Live your life in great joy. It is your divine right and privilege to do so.

Your heart holds the vision of your greatness. I also hold this vision with you.

Enjoy your life My Beloveds. Know that it is your destiny to remember. Live your dreams and blossom within the vision of your truth. 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

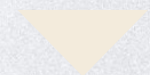
-Take a journey to meet your true self and receive a priceless gift

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 L4, Animal healing, GHM, Language of love, Reiki Master, and more.

Free meditation journeys, articles, & classes. <http://www.jandiana.com>

