

course you have your physical is your divine essence.

My Beloved Children, "It is with heart as part of your beautiful vesgreat heart that I greet you this day sel. The heart we speak of today is as our very subject is your heart! your Heart Center, the place where When we speak of your heart, of within dwells the sacred spark that Each of you has your very own heart leads you on pathways of illumination and yet you are a part of the One heart and serenity. of all, the Sacred Heart. It is time for your awareness to be raised to the When you learn how to connect with great blessing that your heart offers your heart mind and master being in you, for as you begin to connect with this state of conscious awareness, all your heart, the gateways to greater of your life experiences will be filled understanding will shower upon you, blessing you with even greater sparks of As you begin to become aware of this awareness of your sacred truth.

The Sacred spark, that light of your ity and grace, all flowing in a perpetual divine essence held within your sacred dance that enlivens and elevates. You heart is your authentic truth guiding you on the many pathways of your jour- heart mind and heart consciousness ney. This sacred essence is the light, are always graceful. the love that fuels your life and expressions, which is leading you into a full Imagine living your life feeling the sweet remembering of your holy truth and purpose.

In these times of great change, the con- is only loving, the lightness of the dance sciousness of the collective of Earth is of sweet presence of the essence of reaching to elevate into greater wisdom your divine true nature. and brighter awareness. There is a thirst for knowing and understanding more It is your divine birthright to learn and than ever before. In a quest for greater remember how to be in your heart, in understanding, many are searching for heart consciousness and to master this the pathways of lightness. It is a time natural ability. to remember more of your truth and sacred purpose for this lifetime. With Let us speak about grace and how it this in mind, I bring to your awareness, will assist you in your journey of reyour sacred heart for within your heart membering your sacred heart. Grace are the answers you seek. There is is a state of mind, a state of beingness. a treasury of knowledge and wisdom It exists within the present moment, which lies within your heart.

have a mind in your heart as well! It is loving essence that you are intimately called your heart mind. The heart mind a part of. is the way to heart consciousness and

with great joy and infinite possibilities. sacred space, you will know more fully the sweetness, the stillness of serensee the pathways of the heart, of the

silkiness of energy which is graceful, loving, very peaceful and filled with joy. There is no longer any resistance; there

an element of the unified field of consciousness. It is a component, a flavor Would it surprise you to know that you of the sweetness of the light, the forever without any question, celebrating you your truth. and your journey of experiences into higher levels of conscious awareness. As you develop your heart consciousand expression, knowing of your perfec- ness and being in this state of being, tion always.

the fields of divine love that are your velop your mastery. very source of self and of life. As you open your mind to this truth and choose I celebrate you my beloveds, for this to have greater awareness of this, you is the time you have dreamed into beshall feel it even more, as if little drops ing. Let yourself flow within the rivers of golden raindrops are dancing in your of grace, and allow yourself to be in joy. energy fields bringing sparkles of great Your heart will guide you always, for love joy, lighting pathways to your heart.

within the flow of grace to reach the ever oneness of heart." levels of heightened awareness, creating new pathways of discovery of your With great love, magnificence.

Each of you are evolving at your own

Within the flowing energy of divine pace and choosing. As you focus on grace, there is a flowing of a loving grace, allowing yourself to flow in the presence of honor, devotion, celebra- sweetness of grace, you will feel how tion, joyfulness, serenity, wisdom and the process of shifting into greater knowing acceptance without question of awareness can be much easier and you and your magnificence. It feels as simpler. You will begin to recognize if you are held in such loving support, what you have always been, a great as a loving parent who loves you master in the process of remembering

you will also be developing your many abilities and attributes which are your Imagine feeling this divine grace in divine birthright. To choose to elevate every moment of your life experience! into the lighter pathways will bring Grace flows to you perpetually within you such joy as you remember and de-

is always present.

With a simple shift into the sweet fo- You will feel my loving embrace ever cus of your heart, joy, grace and all of more as you reach greater awareness. the many sweet flavors of Serenity, you I am always here for you. I am the greatwill notice more opportunities to feel est supporter of you and your gloria deeper connection to your sacred ous journey. Call on me as you desire heart and the true essence of yourself. with the words Mother's Love and you Your journey will take on a new flavor shall feel my loving embrace, as I hold of brightness, allowing you to navigate you in my arms in the dance of our for-

Your Beloved Mother

As a Gift I am offering you a Free Tele-Class, "Grace, The Way of the Heart".

Take a journey to connect at a very deep and master practilevel with your heart mind, allowing this imprinting to create a clear pathway for you. Experience flowing in grace, feeling uplifted within the sacred flowing essence that is your truth. Learn how to recognize the heart mind's guidance as you develop a greater awareness of your divine truth. Truly a sweet experience!

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

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

NEW Course: Enhancing your innate abilities through Angel Communication: develop and heighten your clairaudience, clairsentience, clairvoyance, claircognizance. Contact me for information on this fun course.

Jan Diana is an intuitive healer, spiritual teacher, tioner. 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

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