



Photo by Maryna Nazina

RECEIVE THE GIFT

By Jan Diana

My Beloved Children of Heart,

“Yes, it is our special time once again. I celebrate with you as we walk upon the pathways of light together.

Indeed it is a time to celebrate. What unfolds for us now can be considered a great marvel.

What you are offered today in your perfect timing is of such splendor. It will certainly delight your hearts.

Today we embark upon a journey of the heart. Let me take you back to a defining moment in your past.

First, place your hand on your heart and take in a breath of air. Relax, and now breathe out. Do this three times, relaxing more into your heart with each breath

Now, with your focus centered in your heart, follow my words as we journey to that moment when you took your first breath upon this world. Feel yourself there in that sacred moment.

Yes My Beloveds, you were in such joy at your time of birth. Although being in a body was a new experience for you and required you to learn how to be, you were in joy. You had the full awareness of your truth and were in great delight that your time to experience life on Earth had begun.

Take some more gentle breaths and feel the truth of these words. Feel into that moment of great joy at your arrival, the beginning of the dreams of your heart.

Be with this for a moment. Yes, you planned what you desired to accomplish and experience before your arrival. You waited patiently for your appointed time, celebrating the wonder of it all.

As you focus on your first breaths in a body, feel into that joy. Tune into it with your intention. Feel the sweetness of love that filled you to overflowing.

Joy is your divine nature. Even though you began an adventure of discovery how to be “you” in a body, you still knew joy.

With that joy, you also had full awareness of yourself, your divine nature, the truth of you and of all that is. Take another focused breath and feel with your heart into these truths.

Ah, the joy of life filled you with such excitement at the infinite possibilities that lay before you.

You knew it was going to be amazing. Your knowing self was not attached to time and knew that during your journey, you would at some point fully remember yourself.

Feel the sweetness of this as you began breathing life into your beautiful little body. As you now are experiencing the pleasure of life, you are filled with such joyfulness. Your heart turns to gratitude for this gift from the Creator.

Now as this moment in the past has made a new imprint for you to reflect upon, the threads of remembering are strengthened. Take a moment to allow these words to be accepted into your conscious awareness.

Now take another breath, breathing into your heart and center back into the present moment. Feel yourself now wherever you are, comfortably becoming aware of your surroundings.

You have just made a conscious connection to your beginning breath of life. Now as you continue to breath, know that you are always connected to that sweet all-knowing self, your true self. This will assist you in feeling this connection as a constant, knowing that you are always connected to your divine self.

Yes, you are here on a glorious adventure with opportunities to experience and express all that you desire. And yes, you are always connected to your knowing self, that part of you who is guiding you, loving you, assisting you on your journey.

You are remembering. Oh the joy in this. To discover your truth brings you into the conscious awareness of the divine nature of yourself. This allows you to know that sweet peace which can be sensed and known through your heart.

Remembering your truth is a gift. Allow yourself to receive each little spark of inspiration, each jewel that lights up another piece of discovering that truth.

It is a glorious journey. Yes it has had some challenges, but you knew it would be as such. And you knew you would find your way.

Let yourself bask in the light of your truth. Allow the sweetness to enter into your daily life.

Celebrate your magnificence as you connect to the truth of your perfect loving essence. You are children of the Creator, perfect in every way.

Enjoy the process of remembering. Each step, each breath, takes you closer and closer to the fullness of knowing yourself.

Celebrate these times. Though the world may seem a bit uncertain to some, each one is in the process of remembering, in their own readiness and timing.

Grasp the greater vision of yourself and hold it in your thoughts and actions. Allow yourself to accept this truth and watch as your world shifts in ease and joy.

As you hold the higher vision of yourself, your divine nature will shine onto you, and through you, blessing those around you. When you become more aware of the divine truth, it will bless others and assist them to also see and know the light.

We are a family of heart. Each one contributes to the wholeness. Each one blesses the all, and the all blesses the one.

Peace on Earth, abundance for all is only a thought away. Focus on your dreams and allow that sweet knowing self to guide you to their full realization.

Open to receive all the gifts offered to you. Allow yourself to accept the greater vision, the unconditional love and the lightness of truth that is always flowing to you.

It is your time My Beloveds, to walk upon the Earth in lightness, knowing of your greatness. Rejoice in your truth. Shamon.”

With great love,
Your Beloved Mother



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. Sessions and Classes by phone.



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