



GREATER JOY

By Jan Diana

My Beloved Children of Heart,

“I greet you in great pleasure this glorious day. Each day presents an opportunity to experience the glory of life, expressed and experienced through the heart.

I feel it is time to share with you an important message that will assist you to experience the greater joys that life has to offer. There is much available for you to experience in your life that is now more easily accessed and will become ever more so in the days to come.

It is of great value to begin a conscious choice to recognize what joys you already have in your life. May times throughout the history of humanity the primary focus had been the struggle to survive as experienced by ancestors and fellow beings that touch your life.

It is time to begin to consciously set aside any need to suffer and struggle. Though you may think, why would I think or support these concepts, it has been a conditioned way of living and being throughout the history of humanity.

Now the way has been made available that provides for an easier release of what no longer is relevant or necessary to experience in your life journey. You can begin to make choices consciously that will support you in a way

that will bring about a greater awareness of your truth and the potential to elevate in your consciousness.

Within elevated consciousness and focused thoughts, you can begin to create and experience the greater joys of life. To allow yourself these opportunities will bring delight to your hearts and minds.

Begin to ponder on your life, paying attention to all of your blessings. As you notice these with an open mind, your heart will expand to feel the appreciation and gratitude for what is already offered and experienced in your life.

Beginning to notice the sweetness will bring you greater joy. It will assist you to recognize your connection to that great love that feeds and sustains your very life experience.

As you release from the shackles of the old stories and experiences that kept you feeling limited, you will begin to feel the greater freedom from whatever kept you from experiencing the greater joys of life.

The ultimate goal is to be living in joyful conscious awareness constantly. To know the greater joy is to know yourself and your divine nature

Imagine now an experience that brought you great joy. It could be when you gazed into the eyes of your newborn babe. It could be when you felt the arms of your beloved around you, or someone you care deeply for. There are many to choose from.

Think of a joyful experience that comes to your mind. As you recall it, allow yourself to feel as if you are reliving that moment. Feel into it as if time stopped and you are bathing in this moment of joy.

This exercise will assist you to touch upon an experience when you felt connected to your heart. Immerse within this moment and imprint the wonder of it.

Now that you have imprinted this experience into your present awareness, let yourself move to another experience when you felt a similar heart connection. Follow the same steps and recognize the wonder and sweetness of the experience.

Bringing your awareness to these sweet experiences in your life will assist you to recognize the blessings of your life. You will begin to notice the joy and the truth of how you are so loved.

The greater conscious awareness will be brought into your present moment. You will begin to feel the same feeling in your experiences today.

Imagine stringing a series of wonderful moments like this together, like a beautiful strand of pearls or orbs of gold. Now imagine wearing this strand of golden orbs daily.

They will be like little beacons of lights shining bright for all to see, attracting more of the same wonderful joyful experiences.

Whatever you focus your thoughts on can be fueled into becoming reality. As your focus turns to joyful moments, more joy will present.

Living in greater joy is your divine birthright. It is your destiny as you move into the greater acceptance of your sacred truth.

Become aware of the many gifts and blessings showering upon you. Open to receive in loving acceptance and allow yourself to let go of anything that does not support a joyful life.

The power to do so lies within your reach. Be open to your

guidance. Embrace the sweetness, knowing that you are ready for your next steps into the greater joy.

I hold the vision with you of your dreams to experience the greater joy. We are a family of heart. Remember the joy and celebrate. Shamon.”

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:

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.

Free meditation journeys, articles, & classes.

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