

THE WISDOM OF HAPPINESS

By Jan Diana

My Beloved Children of Heart,

“Greetings of joy! Happiness is our focus on this glorious day.

What does it mean to you to be happy? Ponder on this for a moment and notice what comes to mind.

Perhaps you feel happy when you are spending time with a specific friend or family member. Maybe thoughts of tasting your favorite cake come to mind or perhaps something you love to do such as dancing, playing a sport or traveling to a distant land.

What if there was a way where you could feel and experience happiness more often? What if you could experience it all of the time? Wouldn't that be so delightful!

Many times you have experienced some happiness. I know that many thoughts came to your mind when I asked you to ponder. I am sure you would enjoy feeling and experiencing happiness more often and perhaps even have it as a way of living.

Imagine that, living in happiness all of the time. Perhaps you might think that just isn't possible, that you live in the real world and nobody is happy all of the time.



Let us think about this for a moment. What if it was truly possible to be happy as a constant? What do you think your life would look like if you were?

Would you be free of all of the cares and concerns that you are experiencing? Would life seem easier, allowing you to feel as if a heavy load was taken off your back?

Let me share with you a story. There once was a great Master, She was very wise and had enjoyed learning new knowledge. In fact it was a passion for her to study, learn and express wisdom and knowledge.

She had spent most of her life with this passion. Every time she learned something new, she felt her heart expand. It was

as if she filled herself up with wisdom and then there was room for even more! It was magical!

There was always more to learn. It was a constant and became a wonderful process of discovery, of learning and growing in wisdom. With each success on reaching and acquiring more wisdom came the great joy of achievement. Her countenance was always wearing a smile because she felt fulfilled. Yet she was always in the process of filling herself up even more.

There was a time in her early life when she felt lonely and sad. She had felt like all she ever did was work hard and struggle.

Then one day she had a great awakening. She was busy engaged in her work. It was a beautiful day. She could hear the birds singing and felt the gentle warmth of the sun shining upon her. As she focused on the beauty of the moment, she felt a thought, almost like a little love whisper say to her, "what a beautiful day. Isn't life wonderful!"

As she felt that thought blossom into another and another, she realized she felt happy. Wow, she didn't realize this beauty was here all along. She had been too busy working and living life and just hadn't noticed the richness of the beauty around her.

It was as if a window opened up for her. She saw and heard what was the true reality around her.

This was a beginning of many new moments of greater awareness. Soon she began to seek out greater wisdom and understanding for as she became more aware, she experienced even more happiness.

She recognized the gifts that life offered and began to consciously choose what she desired to experience. The freedom to choose fulfillment and happiness fueled her passion and she created the most exquisite dream life.

Each of you are like this great master. You have forgotten perhaps for a while the beauty of life. Maybe you have felt you didn't have anything to be happy about.

The window is opening for you to see and know happiness as a reality. It is only for you to choose.

Take a look through that glorious window and see what is real. Open to new possibilities, new potentials presenting for you. Allow yourself to see the bigger vision.

Take your life journey in the direction of greater joy and happiness. Let yourself feel the lightness of heart, the lightness of the journey.

Choosing happiness is choosing wisdom. Choosing wisdom is choosing love. Choosing love is remembering your divine nature, your true self.

Let yourself be as the great master, allowing the lightness to shine into your heart. Gaze through that glorious window and see the greater vision.

You can create a life of happiness just as that great Master did. Indeed the truth is that you are all great masters in the process of remembering the truth of yourself.

May your journey be filled with great vision, great passion and great happiness. I hold the vision with you for your dreams to unfold, to reach the desires of your heart, that place of remembering. Shamon."

With great love,
Your Beloved Mothe

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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.

<http://www.jandiana.com>

Sessions and Classes by phone. You can reach her at website <http://www.jandiana.com> or by email sunsinyourheart@aol.com.



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