

# JOURNEY TO THE HEART



By **Jan Diana**

My Beloved Children of Heart,

“Greetings! I welcome you to our heart, our loving presence of oneness, serenity, peace and joy. Yes My Beloveds, this is our heart, our home within our heart.

As you reflect upon these words, may you feel your countenance become lighter, bringing you a sense of simplicity and completeness. The connections you are making through these words and focus will set the intention of our message today.

May peace abide with you now and always as you center yourself within the loving arms of your heart. Through your heart, you connect to the One heart, our sacred heart of one, our home.

This is a good place to be as we commune together this day and always. It is a place that you can easily bring your focus to rest, free of what may be distractions to your peaceful joyful nature.

One of the most simple ways to rest yourself within your heart is to bring to mind a joyful experience. As you relive the feelings of joy, this moves you into your heart.

Another way is through meditative practice. There are many forms of meditation. You may find one that you enjoy and are comfortable with.

You may also place your hand on your heart, breathing in a relaxed manner to your heart. Then just allow your mind to settle into the focus of heart.





Today I will teach you another way that will be very useful for you in the days ahead. It is simple yet has profound possibilities for your personal expansion.

Find yourself in a quiet place to be. Take a moment to focus on your breath. Take your breaths, breathing into your heart, very relaxed, very peaceful.

Feel into the flowing energy of your breath. As you do this allow yourself to imagine being on a beautiful ship. It can be a sailboat or a ship like the ancients of Egypt floated upon the Nile many years ago. Whatever your picture is perfect.

Now as you are in your ship, see the waters you are floating upon as beautiful sparkling golden waters. With each of your breaths, feel yourself floating ever so smoothly on this glorious golden river of light.

Now that you are floating peacefully, look ahead to what is before you. See a beautiful golden gateway.

As you come closer and closer to the gateway your heart feels greater joy. You have a sense of awareness as to what is about to happen as it feels very familiar to you.

Continue to breathe in a steady easy flow. Your ship moves in grace towards that golden gateway. As you become closer, you feel great joy and excitement about what lies ahead.

Now you may choose to move through the gateway. Ponder for a moment. Will this bring me greater joy and peace? As you feel into the answer, you will know it by feeling a sense of peace that the answer is an affirmative.

You may then choose to pass through this gateway. Know that you are allowing yourself to accept whatever gifts and blessings you are ready to receive which are being offered to you in this moment.

See yourself upon your beautiful ship moving through the gateway of golden light. Now breathe in the gifts and blessings by allowing your heart to be open to receive.

Take a moment to ponder on the gifts you are receiving for there are many. You have called these forth to assist you at this time on your life journey.

This meditative experience has taken you into the realms of the heart. The heart knows all truth and is a place to be in serenity, peace and joy.

It is a place that reminds you of your divine nature, your authentic self. It is your place of connection to your home, our home.

You may use this practice whenever you desire to connect to your heart, your higher consciousness and soul. It is a tool that can be used to help with discernment of truth offering greater clarity.



As we move through the days ahead, many opportunities will present for you to easily find the lighter pathways. As you connect to your heart, you will find it becomes easier to more clearly know and see the pathways of ease, grace, joy and lightness.

There are many pathways and many gateways ahead. Your ship will assist you to ride through the golden waters leading you to fulfil your destiny.

Remember always to listen to your heart. It will only offer you wisdom within the state of peace and joy. There is no fear within the heart for it is only filled with the energy of unity, oneness and the divine love that just is truth.

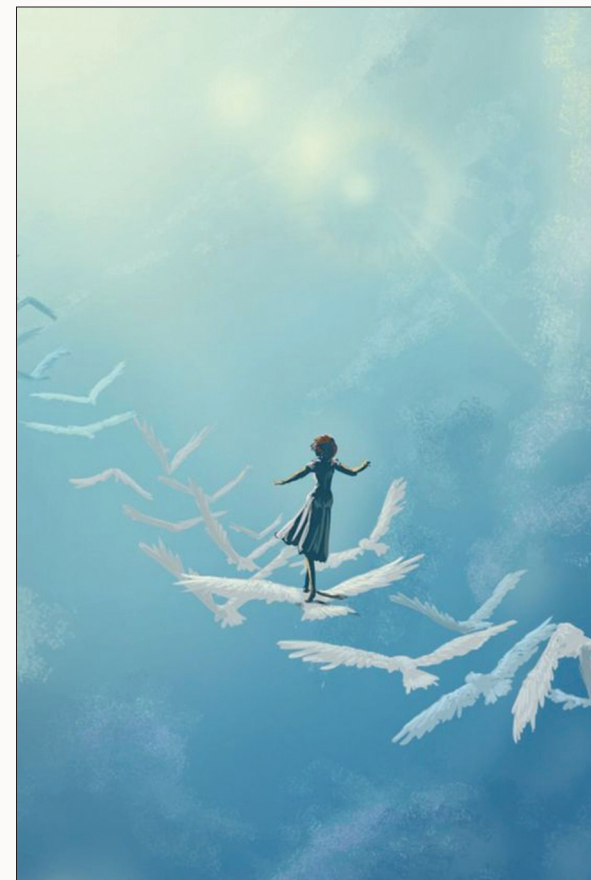
Use this tool as desired My Beloveds. It will bless you greatly in the days ahead.

Seek out other tools of mastery. You have laid them out in your plan you made before your incarnation.

Now is the time to be searching them out so that you will fulfill all that your heart desires. You have only to be open and follow the guidance of your heart.

Many blessings of heart be upon you My Beloveds. May you hear and know the song of your heart as it gently guides you to remembering your sweet self, that beautiful loving essence of purity and love. 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 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](mailto:sunsinyourheart@aol.com).

