



# THE FLOW OF LIFE

By Jan Diana

## **My Beloved Children,**

“Greetings of joy, for it is within joy that I present this message of heart to you today.

As you move through the steps of your life, there is a gentle rhythm that underlies the foundation of the sweet world upon which you live. You have been aware of this gentle rhythm throughout your life on many levels and yet now you can be in greater awareness of the sweetness of this flowing lightness.

In these times of great change there are potentials for great awareness and for conscious connection to the flow of life. To feel the connection to the flowing lightness is like tasting sweet nectar which you desire to drink and

enjoy to the fullness. This sweetness brings with it the flavor of home and a desire to fully remember the fullness of your sacred self.

Much is being brought to you to assist you in your personal lives at this time. There are opportunities for elevation and greater awareness. Harmony is very easily attained in these new energies as you embrace the deliciousness of their lightness and release attachments to the old stories of lessness.

Today I will share with you an important message which will assist you to be ever present in your awareness of what is and can unfold into your reality. To more fully feel that sweet connection to the flowing lightness that is ever present.



Within the beautiful new energies now present on Earth is a glorious opportunity to share and experience your life journey in a whole new way never before possible for humanity as a collective.

You now exist on a higher dimensional plane than your forbearers. It has been a collective effort, a choice of heart which has made this reality possible.

What this means to you is much more is available to support you in making choices to live your life in a greater awareness of the wonder of what you can create for yourself to experience.

This higher dimensional plane offers opportunities to enjoy new principles of lightness that were not possible before. It is a new playing field, which opens up possibilities to explore and experience your life in ways perhaps you have never dreamed possible before.

Take a moment to take in this thought and notice how your heart responds in joy. Yes, your heart knows that the time of feeling disconnected is a story of the past. Your heart is in full awareness of the flow of life, that beautiful golden river of lightness that gently flows in a perpetual dance of love.

You have been guided throughout your life by your knowing self within your heart consciousness. There is a sacred connection from this knowing part of self to the part of you that is consciously making the choices in your life experience.

There is great celebration by your higher self as these times of change have brought these new energies for you to be able to experience your life in a greater lightness. Your heart knows that you can hear the guidance, the sweet message it whispers to you now, so much easier than ever before.

As you notice those whispers and become aware of their sweetness, it will assist you to feel your connection to your wisdom self. Wisdom messages from your heart will lead you to discover the ways and means to find the answers to all that you desire to know and explore.

Let me share with you a simple way to feel that connection.

Place your hand on your heart and take a slow deep breath, in and out, focusing on breathing into your heart.

Now, relax and let your mind focus on the breath, breathing into your heart.

As you do this for a few moments, you will feel your reasoning mind quiet and begin to sense a quiet presence. That quiet presence will now whisper to you a message. You will feel or sense this message; perhaps you may even hear words. The main thing to focus on is the sweet peace which feels like a tender hug, all embracing.

You may choose to practice this daily or whenever you desire, for as you do, your awareness to your connection will magnify and expand, elevating you into a greater understanding of your truth and divine nature. This will assist you to feel that flowing lightness, that river of golden love which you are always a part of.

There is much to discover and explore, for within you lays a greater treasure chest, waiting for the time when you will reach each and every jewel within its content. You will discover within this treasury, many innate gifts and abilities which when recognized and developed with lead you into the fulfillment of all the many dreams of your heart.

There is much joy and wonder for you to experience as you take the steps in developing this loving connection to your heart. The flow of limitless wisdom will guide you onto pathways of such joy. Your life will be filled with great wonder and excitement.

Practice this connection to your heart and begin to feel this golden bridge of light as a constant awareness of the sweet loving whispers of wisdom. Master this gift my beloveds, and you will live the life of your dreams in such wonder.

It is time for you to live your life in an abundance of joy, free of the perceptions of lessness from the old stories. It is your time to play and dance in the flow of life, within the golden wisdom of the heart. It is time for you to remember and know your true nature.

Know that I love and adore you; you are my children of heart. Know that you are always supported throughout your journey of discovery. The pathway has been illuminated for you. Follow your heart and live your destiny in joy. Chanulanaha.

With great love,

Your Beloved Mother

As a Gift to assist you on your life journey, I offer Free Articles, Classes and Meditation journeys. To access these and receive new offerings on the horizon, you may subscribe with your email at: [www.sunshineinyourheart.com](http://www.sunshineinyourheart.com)

For more information on the mantra Chanulanaha you may refer to:  
Article: "Language of Love, Ancient Keys of Promise to unlock Your Potential"

Jan Diana is an intuitive healer, spiritual teacher, and master practitioner.



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](http://www.sunshineinyourheart.com)

or by email [sunsinyourheart@aol.com](mailto:sunsinyourheart@aol.com)

SPECIAL offer 20% discount for new clients. Free meditation journeys, articles, & classes.

[http://www.sunshineinyourheart.com/free\\_telecasts.html](http://www.sunshineinyourheart.com/free_telecasts.html)