

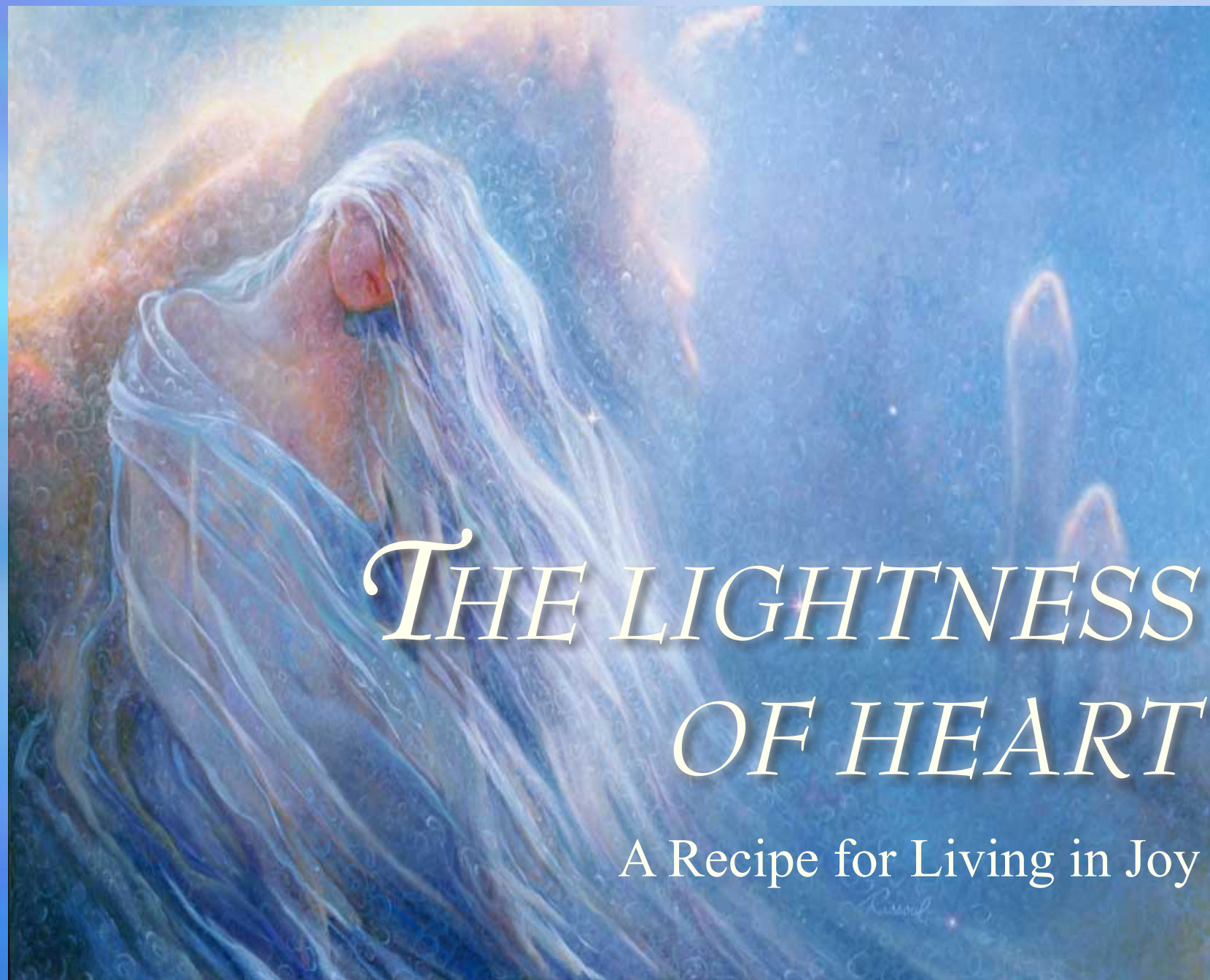
My Beloved Children,

“It is with joy that I greet you this day. Today we shall talk about the beauty and joy that resides within your heart, the lightness which is a reality always and forever. Within your heart is the sacred spark of truth that is your divine essence, your authentic self. The nature of your true self is of such sweetness.

In your quest for greater understanding of who you are and what you heart desires to experience, you are led on a journey of discovery, where you recognize more and more the divine nature and truth of self. This can be quite exciting for when you experience moments of illumination it brings you a sense of great accomplishment and the sweetness of joy.

In your life journey, each of you has many opportunities and potentials to make choices that allow you to experience great expansion in many ways. With so many choices available to you, this can perhaps at times fill your mind with confusion as to what to choose, as each choice brings with it an opportunity to experience and learn lessons that can lead you to a greater understanding of who you are and what your heart desires to fulfill. To make choosing easier, I suggest you flavor your choices with asking the question “what will bring me into greater joy?”, and then allow yourself to experience all that is possible.

Let me share with you some insights as to your true nature and state of being.



Message from Goddess Mother  
by **Jan Diana**

You were created in great love and joy. You are my children of my heart, my children of joy. This speaks volumes about you, who you are and what you are capable of.

Every time that you are in the sweetness of joy, in whatever experience you are having, it assists you in remembering more of your truth. As you remember more of your truth, your thirst to know more grows and you begin to seek out pathways that bring you into joy.

Within your sacred heart, dwells the spark of light that is your very truth. This spark of light radiates pure love. It is so delicious to feel this lightness of heart. As you spend time in lightness, in joy, you connect in greater ways to that sweet spark of self. Your heart's nature is lightness and joy. This is your divine nature.

Have you noticed how you feel when you are in joy? Life seems to flow so much easier. Imagine if you make conscious choices that bring you into joy!

You see joy is expansive. It is easier to create the dreams of your heart when you are in joy. It is easier to feel empowered when you are in the lightness of heart. Light is expansive, joy is expansive. Joy is a part of being in the light, remembering the lightness of heart.

I suggest you make a note of what brings you joy. Perhaps a walk in nature, or time spent in a lovely garden gladdens your heart. Or it might be spending time with your beloved pets.

What are the foods that you love to eat or a special tea you love to sip? Perhaps it is certain music that delights your heart or the companionship of family and friends. I am sure it is many things.

Imagine if every choice led you into feeling joy! Imagine if every moment was experienced in joy! Life is meant to be filled with great joy. How can it not be for your nature is joy!

Smile at yourself in the mirror. Love yourself and your life. This is the great adventure that you waited for so many years to experience. This is your time to live in joy expressing yourself and discovering and developing your great mastery.

Here is a little exercise you can do. Each time you spend time in joy, imagine putting a beautiful pearl into a golden treasure chest. Your intention is to fill this chest up to where it is not only full but overflowing. Each of these pearls will add to your awareness of the vibrations of joy and assist you to know what it means to be in the lightness of your heart.

Walking through your life journey in the lightness of heart, filled with joy, seeing and knowing the beauty of life and all of creation, will fill you with such a sweetness that you will feel like you are floating on a golden river of such delight.

This is the dream you hold within your heart, to remember your truth and to

experience the many dreams of your heart. It is as easy as making the choice to live each day experiencing joy. This will lead you to your next step on your mastery and take you to the places you have been dreaming about.

Here is a simple recipe for living in joy, by choosing a daily focus of joy.

1. Begin each day with a song in your heart.  
Starting the day with something that brings you joy, and will set the tone for the day.
2. Be kind to yourself and others.  
This will bring joy to your heart, by feeling the connection to all beings for we are one family in heart.
3. Do what makes your heart sing, what you are passionate about.  
This allows you to create and experience doing what you love to do and will bring great joy and fulfillment.

Today I am offering you a gift from my heart to assist you in experiencing joy.

Let us call it "Mother's Gift of Joy". It is a basket of golden rose petals filled with lightness and joy from my heart to yours. To receive this gift, just think "yes" and these beautiful petals shall shower upon you as raindrops of golden light, bringing joy to your heart. Anytime you desire to experience this gift, with intention bring it to mind and say "yes, I desire Mother's gift of joy".

May you remember your sweetness and begin to live in the lightness of your heart. I lovingly support your choices, holding the vision with you for your many dreams to be experienced. I sing the song of joy to your heart always. Listen and know that sweet song for it will lead you to the lightness that you so desire."

With great love,  
Your Beloved Mother

As a Gift I am offering you a Free Tele- Class, "Living in a Garden of Joy". Take a Journey to the Garden of joy and experience the seeds of your heart blossoming before your eyes. Take in the wonder of the sweetness of a joyful heart and learn how to express this in your life. Become acquainted with a sacred tool that will enable you to align with the song of your heart. This class is truly a joy bringer.

**Note:** Register by subscribing by email at: [www.sunshineinyourheart.com](http://www.sunshineinyourheart.com)

(if the time is not convenient, register to receive the recording when available)

**NEW Course:** Enhancing your innate abilities through Angel Communication: develop and heighten your clairaudience, clairsentience, clairvoyance, claircognizance. Contact me for information on this fun course.

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  
[suninyourheart@aol.com](mailto:suninyourheart@aol.com)

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