

# WHISPERS OF THE HEART

By Jan Diana

Greetings My Beloved Ones,

“Today I wish to share with you a truth that will bring you comfort and peace as you journey through your life experiences. It is a gift from my heart, given to all my children.

From the very beginning in the early moments of your life as you began your experience living here on this blessed world, this gift was active. You were receiving constant communication from my heart to yours. Even as a newborn babe, in your little body, adjusting to being in a new environment, experiencing yourself in new way, you were comforted with this heart communication. You understood and knew on very deep levels who you were, what you were about and that you were not alone.

As you began to become more accustomed to being in this world, you found ways of communicating to those around you, with what means they were able to understand, such as crying when you were hungry, tired or just wanted a cuddle. And yet always we were in a constant communication through our hearts.

The first few years of your life you remembered our communication. As you grew a bit older, you began to forget more and more of this sacred language of our hearts, and yet on very deep levels you always knew who you were and that you were never alone.

Now as you are reading these words, your heart is witnessing to you of their truth for it is time for you to begin the process of remembering this sacred language, how to speak and utilize it in your lives. This is the grand time of awakening. This is the time that your heart has been longing for.

The truth I share with you today is like drinking sweet nectar bringing your heart great joy. To know that my love is always with you, that I am singing to you of your sweetness, and that I am lovingly supporting you as you live the many dreams you have desired to experience. This truth offers peace to you.

Your heart longs for you to remember our conversations, to feel that connection consciously in your daily life. You long for this even now more than ever before. It is time to celebrate the truth of my

words as today I will share with you how you can begin to consciously remember and recognize this sacred communication of hearts.

For you to make this connection of awareness is an important choice. Every step in your journey of developing your mastery begins with a choice. As you decide to move forward with this quest of remembering, begin to hold a vision of a continuous circle, a golden circle that connects our hearts. Our messages are living in a constant flowing motion, just like your breathing is flowing in and out.

As you hold this vision, focus your mind on your heart and imagine this golden stream of light flowing from your heart to mine and back again. Begin to feel this flowing energy as you hold the vision. This will develop and become a constant as you allow your mind to flow within this golden energy between our hearts.

Now imagine that it is like a dance back and forth, which is uninterrupted. This dance is within a beautiful song within a forever loop of loving. This song is sung in the notes of the heart. The language of the heart is the language of love. The sweetness of this heart language sings a song understood on many levels by you even now.

With your choice to know this connection, you are focusing with your thoughts the desire and intention to remember this beautiful language of heart.

The language of the heart is transmitted telepathically in frequencies and vibrations, coming to you in sweet whispers of the heart. These whispers bring to your mind messages in many different ways. Perhaps in pictures, sounds, thoughts, ideas which can inspire you to make light choices supporting the desires of your authentic self, the self that remembers all truth and your purpose you chose for this life.

To hear these sweet whispers, first you have the awareness that this is a true reality. With acceptance of this truth, you will be able open your mind to allow the receiving in a conscious way.

As you are open to this truth and have the desire to develop your ability to recognize these messages, you can begin to direct your thoughts consciously to pay attention and notice what and when you are receiving. This gift is like other innate abilities which you possess. With practice and focused purpose, you will strengthen and develop your ability until it becomes second nature for you.

To know and recognize the sweet whispers of the heart is a gift that will lead you to remembering more of your authentic self. The sacred messages will guide, direct, and lift you into planes of greater awareness, making it possible for you to see the many pathways of light that are available for you to choose.

A simple practice that you may use to assist you in developing your connection is to spend a few moments each day connecting to your heart. Place your hand on your heart and breathe gently focusing on the flowing in and flowing out of your breath. Feel yourself moving into your heart, this place of peace and joy. Imagine the golden circle of light, our connection of communication from my heart to yours. As you focus, relax into this flowing energy, feeling yourself dancing within the golden streams of light. Allow your mind to let go of the cares of life and just be with this for a few minutes. You are developing your conscious awareness to our connection.

As you go through your day, you will begin to notice thoughts coming to mind. Whispers of the heart are inspiring and uplifting. They bring messages of lightness and joy, for the heart speaks in the language of love and unity.

My Beloveds, I rejoice in this time of awakening, for you are remembering the sweetness of your divine truth. I celebrate with you as each step brings you closer to your destiny of greatness. May you listen to the sweet whispers of the heart; feeling my love, for I am with you always."

With great love,

Your Beloved Mother

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)

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by Joseph Emet

Like consciousness itself, mindfulness has a wide scope. Through the years as I progressed in my own practice, I have also seen its focus change on the bookshelves, on the Internet, and most importantly, in the focus of practitioners themselves. In the first wave, there was Mindfulness Based Stress Reduction. Many people trained with Jon Kabat Zinn, and then trained with those who trained under him. You could find a course in just about every town in North America—you still can.

These days however, the emphasis seems to be shifting towards observing the brain and its constant chatter with a certain detachment. In the bookstores I see books such as “You Are Not Your Brain” by Jeffrey M. Schwartz and Rebecca Gladding, and “Get Out Of Your Mind And Into Your Life” by Steven C. Hayes. Steven Hayes started out as a young psychology professor who suffered from panic attacks—he could not ride the elevator and could not talk in front of groups. These are huge handicaps for a professor of psychology. Yet, Hayes found a way to let his values and goals define his life, and not his fears. Mindfulness is a big part of this way. His “Acceptance and Commitment Therapy,” ACT for short, is now a widely used therapeutic tool—an example of its widespread use is the fact that it is now the primary means of intervention at the Veterans’ Hospital near where I live in Canada.

Getting to listen to your brain objectively is the starting point of ACT. It is a healing skill. When a person comes to me for meditation coaching, she brings her

mind over, and lets it talk. Usually this is a kind of talk that does not bring happiness. I listen objectively, and with much empathy—I have been there. Will she learn to listen to her own mind the way I listen to it, objectively, and with acceptance? Some people learn this skill within three or four sessions. However, one client, Mark, is still struggling with it after a year of weekly meetings. His mind is still full of generalized negativity. He seems to get it by the end of each session, but comes in the week after, totally identified again with the voice of his brain. For him, it is a familiar voice, a voice he hears as “my voice” and trusts unquestioningly.

Mark’s main problem is lack of practice. He identifies awakening with intellectual understanding. He “gets it” mentally during each session, but does not practice during the week, and soon reverts back to his old mental habits. He has been doing this dance of “one step forward, two steps back” for a year now. In changing entrenched mental habits, insight and practice need to go together. Insight alone is not enough—the force of habit wins when there is a tussle. It is by practice that new habits are formed and old ones extinguished. By the way, practice alone is not enough either. Many people sit in the meditation pose and practice—their old mental habits. They ruminate instead of meditating; as a result, instead of changing in the direction they desire, they become even more entrenched in their old ways. In this case it is insight that is missing.

What I admire most in ACT is the C that stands for commitment—commitment to one’s values. When you are crippled by chronic stress, stress reduction certainly feels like a goal in itself, but once stress is under control, the important question of what you want to do with your life still remains. Do you want to be a less stressed bully, a relaxed thief, or a chilled out crook? The inherent contradiction in each of these prospects arises because the question of values is left out. Clarifying values, and living according to them is an important part of a life well lived, and of the tradition that gave birth to the practice of mindfulness.

I was introduced to this tradition by Thich Nhat Hanh, the Vietnamese Zen master. His emphasis on being present here and now resonated deeply with me. Like most people, I had many years of training in not being mentally present. I had received this training in High School where I was required to be physically present, but when the classes were boring to the point of torture as they were most of the time, I was mentally out the window hobnobbing with the birds and the butterflies. A harmless diversion, you may think. Not so. Not paying attention slowly becomes a habit, until you lose touch with yourself, with what you think, and with what you feel. Doing something and knowing that you are doing it get separated. Did you ever wonder where you put your keys?

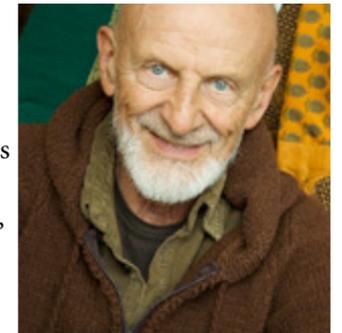
You were the one who put them wherever they are, not someone else, yet without knowing that you did it. Feeling something and knowing what you are feeling can also get separated. Some people are angry without knowing it. When others point it out to them, they may even deny it. Similarly, stress often sneaks up on us without our awareness.

Thich Nhat Hanh has been tirelessly pointing out to all comers that breathing, and knowing that one is breathing do not necessarily go together. He urges us to bring these together. This is not a trivial matter, for awareness of breathing is also awareness of being alive—a miracle in itself. When we live without knowing that we are alive and participating in the most awe-inspiring miracle in the universe, we live like zombies. As he once said, we are like a person who has a handful of precious pearls, and just throws them away.

This teaching is basic, and is one of the sources that fostered the current interest in mindfulness.

Each current version of mindfulness also has its own different focus. This variety in emphasis in turn enriches and widens our understanding of what mindfulness means. And the journey continues.

Joseph Emet is the author of *Sleep Better With Mindfulness Meditation* (Penguin), *Buddha’s Book of Stress Reduction* (Penguin), and *A Basket of Plums, Songs for the Practice of Mindfulness Meditation* (Parallax Press). These three books all have forewords by Thich Nhat Hanh. His newest book is *Buddha’s Book of Meditation: Mindfulness Practices for a Quieter Mind, Self-Awareness, and Healthy Living*, also published by Penguin/ Tarcher (March 2015). His book on sleep has won an award as the best self-help book of the year in 2012, and has been translated into 9 languages. The French version is entitled *En pyjama avec Bouddha*, and is published by Les Éditions de l’Homme.



Joseph started the Mindfulness Meditation Centre in 1997, because he had found the practice of mindfulness very helpful in his own life, and wanted to share it with others.

On January 14, 2003, he was invited by Thich Nhat Hanh to receive the Lamp Transmission as a Dharma teacher. His Dharma name is Dwelling in Peaceful Concentration. He has been trying to live up to that name ever since. Joseph has trained several thousand people in mindfulness practices in large and small groups, for organizations, and in private sessions.

Joseph holds a Doctorate in Music from Boston University. He has been certified in Reality Therapy Counselling with Dr. William Glasser, and has been a Fulbright scholar. He has been a long time T’ai Chi practitioner with Master Lee Shiu Pak, one of the original Yang school students.