

**“DEAR CHILDREN:** Pray, witness and rejoice with me because the Most High continues to send me to lead you on the way of holiness. **BE AWARE,** little children, life is short and eternity is waiting for **YOU TO GIVE GLORY TO GOD WITH YOUR BEING,** with all the saints. Little children, do not worry about earthly things, but long for Heaven. **HEAVEN WILL BE YOUR GOAL** and joy will begin to reign in your heart. I am with you and bless all of you with my motherly blessing. Thank you for having responded to my call” (Med. 9/25/21).

**Concentration Exercises:** *To make Heaven your goal, fix your mind on Luther’s White Rose.* To visualize effectively, you must learn to concentrate—to fix your mind on one thought or image and hold it there. Uncontrolled thoughts constantly enter people’s minds. Yoga students say our minds are darting about like a “mischievous monkey.” Yoga schools teach students about the nature of thinking and give them exercises to increase and control concentration. **The first exercise is to concentrate on a simple, small image like Luther’s White Rose.** Place it in front of you. Keep your eyes open and think only of the image. Notice the various parts; then think of the image as a whole. **The goal of this exercise is to keep your attention fixed on the image.** Do this for one minute; each time another thought comes to mind, simply go back to the image. By practicing going back to the image, you strengthen your ability to concentrate.

TO ACHIEVE HEIGHTENED AWARENESS, Yoga students increase concentration by **counting deep, slow breaths.** Each time an intrusive thought enters their mind they stop it and return to the count. This frees them from following thoughts through, preventing them from being enmeshed in a train of thoughts that does not pertain to the count. You can also stop intrusive thoughts by neither pursuing nor stopping them, just let them pass through and disappear.

**LUTHER INSTRUCTED PASTORS:** YOU SHOULD PARTICULARLY URGE THOSE IN AUTHORITY AND PARENTS TO GOVERN THE YOUNG WELL AND TO **SEND THEM TO SCHOOL.** EXPLAIN THAT IT IS THEIR DUTY AND A DAMNABLE SIN IF THEY FAIL TO DO SO. BY SUCH NEGLIGENCE THEY RUIN AND DESTROY BOTH THE KINGDOM OF GOD AND THAT OF THIS WORLD AND PROVE THEMSELVES TO BE THE WORST ENEMIES OF GOD AND MAN. PARENTS AND THOSE IN AUTHORITY ARE GUILTY BEYOND WORDS IN THIS REGARD, AND THE DEVIL HAS HORRIBLE THINGS IN MIND.

**SEEING Exercises:** *To glorify God fill your whole being and the world with the White Rose!* To develop your ability to **SEE,** learn to look with AWARENESS and ALERTNESS at whatever is in your visual field. Go beyond the everyday labels you associate with things and concentrate purely on the visual image. The more you train your mind to perceive external images, the easier it is to imagine internal images. People often experience “blind seeing—” they look right at something and do not see it; or they see it but cannot recall any details. To become MORE AWARE of what you see—**TO BE MORE VIGILANT**—practicing looking at one characteristic of *the White Rose* and then another, noticing the details; or just stare at it and experience it. Allow thoughts to arise freely as you fix your eyes on different aspects. Try not to label what you see. Just experience *the Rose* and the **pure feelings** that surround it for 15 to 30 minutes to discover its aspects beyond its labels. **The goal is to allow it to fill your whole consciousness being.**

Another exercise to fill your whole conscious being is to physically move up close to *the Rose,* zooming in on it until it fills your whole visual field. Then move even closer and focus on a single aspect of it. You will realize that whatever your eye focuses on begins to fill your whole consciousness. Practice physically zooming in and out on it and you will be able to mentally zoom in and out on it. **Then imagine in your mind’s eye SEEING the Rose becoming larger and larger, zooming outward until its glorious light fills the consciousness of the whole world!**

**S8/CARD 7: 13 MIND EXERCISES TO HELP YOU PRAY WITH THE SAINTS!** *A Message from the Queen of Hearts and Souls*  
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**S8/Card 6: Make Heaven Your Goal—Fix Your Mind on Luther’s Rose!  
Pure Inner Feelings—The Holy Spirit’s Work in You!  
THE GLORIOUS LIGHT OF THE OLD ETERNAL TRUTHS!  
Fill Your Being and the World with God’s Glory!**

**1 MARTIN LUTHER’S PREFACE**  
(TO HIS SMALL CATECHISM SUMMARIZED) **TO ALL PASTORS:** THE DEPLORABLE CONDITIONS WHICH I OBSERVED WHEN VISITING THE PARISHES HAVE CONSTRAINED ME TO PUT THIS CATECHISM OF CHRISTIAN DOCTRINE INTO THIS SIMPLE FORM. THE COMMON MAN KNOWS PRACTICALLY NOTHING OF CHRISTIAN DOCTRINE AND MANY PASTORS ARE INCOMPETENT TO TEACH IT.

**SEEING WITH THE MIND’S EYE** SUMMARIZED AND COMBINED WITH MESSAGES FROM **MOTHER MARY** AND ARCHANGEL MICHAEL!

**THE OLD ETERNAL TRUTHS**

YOUR PEOPLE HAVE BEEN BAPTIZED AND RECEIVE THE HOLY SACRAMENT, EVEN THOUGH THEY DO NOT KNOW **THE LORD’S PRAYER, THE APOSTLES CREED OR THE TEN COMMANDMENTS.** HOWEVER, THEY HAVE MASTERED THE FINE ART OF TEARING CHRISTIAN LIBERTY TO SHREDS. HAVE THEM **MEMORIZED** WHATEVER FIXED FORM OF THESE YOU WISH, AND THEN STICK WITH IT!

**LUTHER’S SEAL OF THE WHITE ROSE**  
USE LUTHER’S ROSE AS A MANDALA—A DIVINE IMAGE USED AS A FOCAL POINT TO CONCENTRATE ON THE ETERNAL TRUTH.



**LUTHER’S SEAL IS A SUMMARY OF GOD’S GLORY!**  
**BLACK CROSS:** HELPS US REMEMBER THAT JESUS DIED TO TAKE UPON HIMSELF THE PUNISHMENT FOR OUR SINS; **RED HEART:** GOD LOVES US AND SENT HIM TO SHED HIS BLOOD FOR OUR SALVATION; **WHITE ROSE:** THE HOLY SPIRIT WORKS INTERNALLY TO MAKE US PURE BY BRINGING US TO FAITH IN JESUS; **BLUE BACKGROUND:** GOD GIVES A NEW LIFE OF JOY TO ALL WHO TRUST HIM; **GOLD RING:** HEAVEN—OUR GOAL!

CARD 22 WAS MY FIRST CARD USING MARY’S 2ND OF THE MONTH MESSAGES

CARD 15 IS AN OVERVIEW OF MARY’S MESSAGES FROM MEDJUGORJE

**SEPTEMBER 19, 2021—MICHAELMAS:** ST. MICHAEL THE ARCHANGEL IS CELEBRATED BY CATHOLICS AND LUTHERANS. HE IS THE “**GREAT CAPTAIN,**” LEADING THE HEAVENLY HOSTS OF ANGELS AND SAINTS AND ALSO US ON EARTH IN THE **WAR AGAINST SATAN.**

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**DECEMBER 2, 2021,** IS A RARE EIGHT DIGIT PALINDROME—IT READS THE SAME FORWARD OR BACKWARD. IT IS ALSO A RARE AMBIGRAM—WRITTEN IN ANALOG IT READS THE SAME UPSIDE. IT IS CONSIDERED A HIGH-ENERGY DAY TO MOVE FORWARD IN CONSCIOUSNESS. MARY GAVE HER LAST MONTHLY MESSAGE ON THE 2ND ON 03/02/2020 (CARD 114).

## TO BREAK THE DARKNESS SEE THE LIGHT OF TRUTH!

The Holy Spirit Works Internally through Pure Inner Feelings! ☞



**MARY'S LAST CALL ON THE 2ND—3/02/2020:** “DEAR CHILDREN: Your **pure and sincere love** draws my motherly heart. Your faith and trust in the Heavenly Father are **fragrant roses**, which you offer to me—the most **beautiful bouquets of roses**, which consist of your prayers, acts of mercy and of love. Apostles of my love, you who sincerely and with a **pure heart** strive to follow my Son, you who sincerely love Him, you help; you be an example to those who have **not** come to know the love of my Son—but, my children, not only with **words**, but with **acts** and **pure feelings** through which you **GLORIFY** the Heavenly Father.

“Apostles of my love, **IT IS A TIME OF VIGILANCE**, and of you I am asking for love—that you **not** judge anyone because the Heavenly Father **will** judge everyone. **I am asking that you love, that you convey the truth; because truth is old, it is not new, it is eternal, it is truth! It testifies to God's eternity. BRING THE LIGHT OF MY SON and keep breaking the darkness, which all the more wants to SEIZE you. DO NOT BE AFRAID!** Through the grace and the love of my Son, I am with you” (4Med. 3/02/20—card 114).

*SEEING WITH THE MIND'S EYE* (1975) is a book by Mike Samuels M.D. and Nancy Samuels. In this series to help you **SEE**, I summarize the book and combine it with **Mary's** messages, the Liturgical calendar used by Catholics and Lutherans, current and old events, and messages from Archangel Michael from Series 7. I had started this card with Mary's message on 9/25/2021 (back), but after I placed Luther's White Rose on the cover, she internally instructed me to move forward with the next three cards and then come back to this card. I had just finished up with the last card when it came across the Internet that 12/02/2021 was a rare date. On 8/02/1987, Mary began giving monthly messages on the **2nd**, but during her annual message on 3/18/2020, she announced she would no longer be conveying messages on the **2nd**. This was the day President Trump announced, “I am a wartime president,” achieving his **legacy**. On the 13th, using **fear tactics** over COVID19, he signed an Executive order to seize control of the economy and close it down, along with the churches, shredding our religious liberties. He also closed the schools. On the 25th, Mary declared: “Satan is reigning and wants to destroy your lives and the Earth!” **She has not reversed her stance.**

Starting with this card, then jumping forward to S8/card 10, I will be using Mary's ongoing new messages on the 25th and her old messages from the **2nd**, **moving backward** from her last message above, conveying the old eternal truth. **SEE IT LIKE A COUNT DOWN!** Michael says darkness always **PRECEDES** ascension into a new millennium. The darkness is brought about by leaders who seize control and manipulate the populace for **self-gain** by utilizing **fear tactics** through deceptive mind programming strategies. To break the darkness and be released from their deceptions, we must pass 8 tests to preserve our liberty, requiring us to open our mind's eye so we can **SEE** the light of God's glorious truth (S7/card 11). Chapter 8 follows: “Opening the Mind's Eye: Preliminaries.”

**TO SEE THE TRUTH** and break the darkness around you, **be vigilant**—**SEE** with your internal eye! Visualization is a natural skill you use all the time. The eye has long been a symbol of sight—both outward and inward. You visualize or **SEE** internally when you open your mind's eye. People visualize in two characteristic modes of thought: **visualization** and **verbalization**—thinking in **images** and thinking in **words**. You can learn to improve your ability to visualize, making it more effective, using exercises to increase, control, and direct visualization. When you become **AWARE** of the different aspects of visualization, you will become more **VIGILANT**—noticing the situations all around you. You will tend to consciously visualize more—**SEE MORE!**

**“DEAR CHILDREN:** In a motherly way, I am calling you to **RETURN TO THE JOY AND THE TRUTH OF THE GOSPEL—TO RETURN TO THE LOVE OF MY SON**, because He is waiting for you with open arms; that **everything you do in life you do with my Son, with love**; that it may be blessed for you; so that your **spirituality may be INTERNAL**, and **not just external**. Only in this way will you be humble, generous, filled with love and joyful; and my motherly heart will rejoice with you” ( Med. 3/18/21; new annual message).

**PURE FEELINGS:** *Allow the Holy Spirit to work internally!* To visualize more effectively put yourself in a quite, relaxed state so that you can become **AWARE** of your inner processes. The following exercises stem from old and new practices to help you **relax, concentrate** and **SEE!**

**Relaxation Exercise I: Progressive Relaxation:** This exercise will help you become **AWARE** of tension and relaxation in your body by tensing a muscle and letting it go. Start with the muscles around your face, neck, eyes and jaw. These are the muscles associated with speech and vision. When people **SEE** something in their mind's eye, like imagining a dog running from right to left, their eyes will shift and there is measurable tension in their eye muscles. When people think in words (inner speech), there is measurable tension in their speech muscles, especially the tongue and jaw. When people are totally relaxed their jaw drops loosely and their eyes become motionless. When the body is deeply relaxed, there are no images in the mind. If the mind is clear, it is **open to suggestions** and the **law of reversed effort** is allowed to work. To make the right decisions, you must do it **without effort** by putting aside your selfish will and letting go of control, allowing solutions to come **internally—from pure inner images.** ☞

**Relaxation Exercise II: Autosuggestion** is an old technique to relax the body, using inner verbal instructions. **You mentally repeat the instructions and allow the suggestions to work.** Your body responds to ideas held in your mind. Repeated inner speech is a simple way to hold an idea in your mind. Giving yourself instructions through inner speech is essential to directing inner processes. You do not need to perfectly memorize the instructions, but you need to have a sense of their meaning and be able to repeat them internally. **You are programming your bio-computer—giving yourself instructions in order to ACHIEVE A SPECIFIC GOAL LIKE HEAVEN!**

In a quiet place lie on your back with your legs uncrossed and your arms at your sides. Close your eyes and **breath**. Inhale slowly and deeply; pause; exhale slowly and completely, allowing your abdomen to rise and fall as you breath. Do this several times. Now mentally say, “My feet are relaxing, becoming more and more relaxed.” Breath. **Repeat the suggestion** for your entire body, moving upward from your feet to the top of your head, pausing to feel sensations of relaxation in each muscle. Then rest and allow your whole body to relax. You are now in a calm, relaxed state of being. You can deepen this state by breathing in and exhaling slowly, while **counting backwards**. Say to yourself, “Ten. I am feeling very relaxed.” Pause, inhale and exhale, repeat the suggestion, counting down to zero. You are now in a deep relaxed level of **AWARENESS, your body feels healthy and your mind feels peaceful and is open**. You can now experience images in your mind clearly and vividly. To return to ordinary consciousness, mentally say, “I am now going to move. When I count to three, I will raise my left hand, stretch my fingers and **feel relaxed, joyful and strong, ready to do everything I need to do in life.**”

**LUTHER INSTRUCTED PASTORS:** IF YOU PREACH TO A LEARNED AUDIENCE, YOU MAY USE VARIABLE FORMS OF THE LORD'S PRAYER, APOSTLES' CREED, AND THE TEN COMMANDMENTS. BUT WITH THE OTHERS KEEP TO A SINGLE, FIXED FORM SO THEY CAN REPEAT IT. AFTER THEY COMMIT IT TO MEMORY, EXPLAIN THE MEANING SIMPLY AND SLOWLY. **SUGGESTION: PRAY A VARIABLE FORM OF THE ROSARY: PRAY IT AS USUAL, USING THE FIXED PRAYERS, BEGINNING WITH THE APOSTLES' CREED, FOLLOWED BY THE LORD'S PRAYER (CARD 6). THEN MEDITATE ON THE OLD ETERNAL TRUTHS, ALTERNATING THE 5 GOSPEL TRUTHS WITH 5 COMMANDMENTS.**