

“DEAR CHILDREN: With joy I am calling all of you, who have responded to my call: Be joy and peace! Witness with your lives Heaven, which I am bringing to you. It is time little children that you be a reflection of my love for all those who **do not love and whose hearts hatred has conquered. DO NOT FORGET THAT I AM WITH YOU AND INTERCEDE FOR ALL OF YOU BEFORE MY SON JESUS THAT HE MAY GIVE YOU HIS PEACE”** (Med. 8/25/21).

Exercise VIII: This exercise uses verbal instructions to help you **transform objects by playing with them and changing their characteristics.** Picture an uninflated red balloon. Mentally blow it up half full, but distinctly round. Knot it. Throw it up and stop it near the ceiling. Make it rotate, faster and faster. Stop it. Make it bounce along the ceiling. Stop it. Bring it down, hovering above eye level. Now change the balloon’s color to white, then blue. Now bounce it along the floor. Stop it. Double its size. Make it small again. Rest it on the floor.

Exercise IX: In this exercise you **visualize a familiar person.** Close your eyes; imagine seeing them a few feet away. Look at their face; scan the details. Look at their body; notice their clothes and how they are standing. Imagine them doing something familiar; notice their arms moving and the way they hold their body. Imagine them talking on the phone; notice their facial expressions. Listen to their voice; what are they saying? Watch them end the conversation.

Exercise X: In this exercise **visualize yourself**—separate your conscious being from your body. Follow the steps in Exercise IX. Use a mirror, photos or videos to become familiar with yourself.

Exercise XI: In this exercise you **re-experience past sensations with your senses**—you see, touch, smell and hear. This will help enrich the visualization process, making it more effective. Visualize a tranquil scene from your past like the beach or mountains, somewhere you felt strong, happy and at ease. **Look** at the details of your surroundings. Feel the **touch** of the breeze on your skin; feel the warmth of the sand or the coolness of the earth on your feet. **Smell** the air, the salty odor of the sea or the humusy odor of the woods. **Hear** the sounds of the waves breaking or the leaves rustling in the wind. Return to this place anytime to feel good.

Exercise XII: In this exercise you **imagine physical sensations, experiencing them in your body.** Close your eyes. Hold your arms out, palms up. Imagine an object like a heavy book in your left hand, causing it to become very heavy. Now imagine a string around your right wrist, attached to a helium balloon, causing it to feel very light. Open your eyes. Notice if your left hand has dropped and your right hand drifted upward. This exercise helps you to visualize situations that produce changes in your body. It shows you that your body responds to the images that you hold in your mind. Use this exercise to visualize healing in your body.

Exercise XIII: Receptive visualization involves imagination and spontaneous thoughts. Close your eyes; visualize being in a workshop or outdoor space, somewhere you can work in your inner world. You may **SEE** the space all at once or gradually; what you **SEE** is unlimited. Sit and explore the space until you feel familiar with it. Many notice a clock and a window or a viewing screen. Now visualize a spirit guide *like a saint*, coming to help you **SEE** the answers to your questions. What do they look like? How are they dressed? Ask their name; talk with them. **Do not forget to ask them to intercede for you and to pray and GLORIFY JESUS with you—with your conscious being—that He may let you SEE how to achieve Heaven’s goal—the reign of peace and freedom on Earth.** Return here to think, pray or feel good. You may receive a vision. Artists and writers feel a similar experience when envisioning new works.

S8/CARD 8: MAKE HEAVEN YOUR GOAL BY VISUALIZING IT!

A Message from the Queen of Hearts and Souls
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S8/Card 7: 13 Mind Exercises to Help You SEE Your Spirit Guide!

Pray with Mary and All the Saints!

PRAY FOR PEACE AND FREEDOM!

Glorify Jesus with Your Conscious Being!

ARCHANGEL MICHAEL REVEALS:

I WILL COME AND UPLIFT THOSE WHO HAVE STOOD STRONG AND UNITED FOR PEACE, POSITIVE FREE WILL, AND LOVE—REGARDLESS OF RACE, GENDER, CREED, RELIGION OR COUNTRY. I WILL COME FOR THEM BECAUSE AS AWAKENED SOULS, THEY RECOGNIZE THAT THE ETERNAL LIGHT SHINES WITHIN EVERY LIVING SOUL AND THAT EXPRESSING LOVE IS THE KEY OF LIGHT THAT OPENS THE DOORS OF A NEW KINGDOM. S7/card 1

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

ARCHANGEL MICHAEL REVEALS:

THERE IS AN ANGELIC CITY HOVERING OVER THE FOUR CORNERS AREA IN THE U.S., CALLED THE OVER-SHADOWING CITY. IT HOLDS A HUGE GROUP OF INTER-DIMENSIONAL BEINGS FROM MULTIPLE COSMIC SYSTEMS. THEY INFLUENCE HUMAN CONSCIOUSNESS THROUGH TELEPATHIC CONTACT, PROVIDING INSPIRATIONAL THOUGHTS TO HELP UNVEIL YOUR LATENT SPIRITUAL ABILITIES. S7/cards 3-4

THE UNITED STATES FLAG: “OLD GLORY”
USE THE U.S.A. FLAG AS A SIMPLE, FAMILIAR TWO-DIMENSIONAL OBJECT TO OPEN YOUR MIND’S EYE.

TO PLEDGE ALLEGIANCE STAND WITH YOUR RIGHT HAND OVER YOUR HEART AND RECITE: "I PLEDGE ALLEGIANCE TO THE FLAG OF THE UNITED STATES OF AMERICA, AND TO THE REPUBLIC FOR WHICH IT STANDS, ONE NATION UNDER GOD, INDIVISIBLE, WITH LIBERTY AND JUSTICE FOR ALL."

THE PLEDGE OF ALLEGIANCE WAS WRITTEN IN 1892 BY THE SOCIALIST MINISTER FRANCIS BELLAMY (1855-1931). IT WAS PUBLISHED IN THE YOUTH'S COMPANION ON SEPTEMBER 8, 1892. HE HOPED THE PLEDGE WOULD BE USED BY CITIZENS IN ANY COUNTRY. IN 1923, "THE FLAG OF THE UNITED STATES OF AMERICA" WAS ADDED. IN 1954, PRESIDENT EISENHOWER ENCOURAGED CONGRESS TO ADD "UNDER GOD" DUE TO THE COMMUNIST THREAT.

“SEDITION IS TREASON, NOT PATRIOTISM!”

SYMBOLIC MEANING: THE STRIPES SYMBOLIZE THE ORIGINAL 13 COLONIES AND THE STARS SYMBOLIZE THE 50 STATES OF THE UNION. THE COLOR RED SYMBOLIZES HARDINESS AND VALOR; WHITE PURITY AND INNOCENCE; AND BLUE VIGILANCE, PERSEVERANCE AND JUSTICE.

“THE DEVIL WANTS PEACELESSNESS AND WAR” (MED. 3/25/21).

COLUMBUS DAY IS CELEBRATED ON OCTOBER 13TH. HE ARRIVED IN THE AMERICAS ON OCTOBER 12, 1492. IT IS A NATIONAL HOLIDAY IN MANY COUNTRIES OF THE AMERICAS.

HOW TO ACHIEVE HEAVEN'S GOAL OF PEACE AND FREEDOM:

Visualize Praying with Mary, with Your Being, and with All the Saints!



“DEAR CHILDREN: My heart is joyful because through these years I see your love and openness to my call. Today I am calling all of you: **PRAY WITH ME FOR PEACE AND FREEDOM** because Satan is strong and by his **deception** wants to lead away all the more hearts from my motherly heart. That is why decide for God so that it may be good for you on the earth, which God gave you” (Med. 6/25/21; 40th anniversary message).

SEEING WITH THE MIND'S EYE (1975) is a book by Mike Samuels M.D. and Nancy Samuels that teaches us how to awaken our telepathic abilities. In this series, I abridge the book and integrate it with **St. Mary's** current messages, a current Catholic or secular calendar event, current political events, and messages from Series 7—Revelations by Archangel Michael. This integrative process enables me to bring you a message from heaven that I received from the saints! St. Michael reveals that there is always disorder before ascension into a new millennium. **It is brought about by loveless leaders who want to control and manipulate the populace for self-gain by utilizing fear tactics through deceptive mind programming strategies.** He reveals that humanity must pass **eight tests** to prove our self-mastery and self-sovereignty—tests that help us master our telepathic powers by fighting to maintain our freedoms (S7/card 11). On March 13, 2020, President Trump signed an executive order, closing down the economy and churches. By allowing it, churches waived our **First Amendment freedoms**. On March 25th, **St. Mary** declared, **“Satan is reigning!”**

Throughout Trump's presidency, both the FBI and Senate investigated him over allegations of his financial affiliations with Russian communist oligarchs. Many of his campaign workers pled guilty in a web of lies, deceit and treason (S7/card 2A). Trump barely escaped impeachment when he was confronted with the coronavirus pandemic. He had to decide to let the virus pass through the populace and build up natural herd immunity or close down the economy. He decided for the latter because he could gain from it. It gave him an agenda to revive his failing second-term campaign. He joined with the U.N. World Health Organization's agenda, using fear tactics over the virus to control and manipulate the populous. On March 18, 2020, proudly, he declared: “I am a wartime President!” On January 6, 2021, after losing his second term, he rallied his supporters to hatred with a deceptive mind strategy speech, influencing them to attack congress to stop President Biden from taking office. This seditious act resulted in the death of four people. “Sedition is treason, not patriotism,” states a local billboard. Patriotism is a pledge of allegiance to your nation, not to a political leader as in a dictatorship. To overcome the political mind games, we must learn to use our latent telepathic abilities to visualize peace and freedom with all the saints! Chapter 9 follows: “Visualization Techniques.”

TO ACHIEVE HEAVEN'S GOAL OF PEACE AND FREEDOM, visualize praying with a saint to SEE!

Visualization is creating a mental image, creating a picture in your mind, **SEEING IT with your mind's eye.** The following 13 exercises will help you project inner images outward, move about with your conscious being, and **SEE.** When you first begin to visualize, the images in your mind's eye will differ from the ones you **see** with your retinas. These mental images will resemble thoughts rather than ordinary sight. You may feel like you are making up the images instead of **SEEING** them. If you do not feel involved with an image or are not motivated to visualize it, use a simple, familiar object you like. Each exercise introduces new aspects of the visualization process. Relax and breathe before each exercise (S8/card 6). With practice you will improve your natural ability to visualize. *These exercises resemble the ones St. Michael explains (S7/card 8).* Visualization can help you achieve your goals. **You can even visualize a spirit guide like a saint to pray with you to help SEE the deceptions and also SEE the solutions.**

“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 that 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).

Exercise I: This exercise helps you **project inner images outward.** Use a simple, familiar two-dimensional object *like a flag.* Look at it until you feel familiar with it. Now with your eyes closed scan it as if they were open. Open your eyes; compare the image with the one you visualized. Close your eyes; imagine that you see the image 18 inches in front of you. With practice you will be able to project the image outward, seeing it as if it were an external object.

Exercise II: This exercise helps you **project outward with a three-dimensional object.** Place a simple object like an apple about eye level two feet in front of you. Sit, relax, look at it until you feel familiar with it. Close your eyes; imagine that you see the apple two feet in front of you. Now scan it with your eyes closed. Notice its shape, shadows, colors, irregularities, and other details. Open your eyes; compare the internal imagined image with the external image.

Exercise III: This exercise involves using a distant memory image to help you **mentally move about with your conscious being inside a space.** Close your eyes; imagine yourself in a room from your childhood. Look at the wall in front of you. Scan it with your eyes closed just as if they were open, noticing all the details. Gaze down; notice the floor material. Look to the wall to your right; then left; notice the details. Turn around and look at the wall behind you.

Exercise IV: This exercise helps you **move around a large object with your conscious being.** Close your eyes and imagine a large familiar object like your house. Visualize facing the front. Look at the door and windows. Walk up, looking closely at the details. Walk around the house, noticing the details. You are moving your conscious being at will without moving your body.

Exercise V: This exercise helps you **move around a small object with your conscious being.** Walk around a chair; notice its details. Close your eyes; imagine facing the front of it. Mentally move to one side; then to the back; the other side; then back to the front, noticing its details. Look down on it as if you were standing above it. Look at the bottom as if you were below it.

Exercise VI: This exercise helps you **mentally move around an object, rotate it, and float.** Use a small three-dimensional object with protruding parts like a teakettle. About eye level walk around it; notice the shape, handle, spout, lid, dents, and chips. Close your eyes and imagine moving around it. Notice how the spout goes out of sight when you look at it from the opposite side. Float above the kettle; look down on it. Float down until the kettle is about eye level again. Imagine it slowly rotating in front of you; notice the details change as it turns.

Exercise VII: This exercise uses a distant memory image to help you **change an object's appearance, control an object, and float with your conscious being.** Lie down, close your eyes and imagine a childhood room. Scan the walls until you come to a light switch. Turn it on; notice how the bulb glows. Turn it on and off several times; watch the bulb as it brightens and dims. You are now making an object's appearance change. Next mentally move to a desk or table and pick up an object like a pencil. Turn it around in your mind and then put it back down. Imagine it floating up, bumping the ceiling; watch it float back down. You are now mentally controlling an object. Next face a window; imagine floating toward it. Pass through it and Hoover a few feet outside. What do you see around you? Look at the ground; notice the details. Now float down until your feet touch the ground. *You have now begun to astral travel!*