

“DEAR CHILDREN: I am looking at you and I see that you are lost. That is why I am calling ALL of you: **return to God, return to prayer, and the Holy Spirit will fill you with His love, which gives joy to the heart.** Hope will grow in you for a **better future,** and you will become joyful witnesses of God's mercy **in you and around you**” (new Med. 4/25/22).

ASK! THE HOLY SPIRIT WILL FILL YOU WITH LIGHT, LOVE, JOY AND WISDOM! Hanh lead us to our room and said, “Expect a dream!” In the morning he asked how I slept. I said that I slept okay but could not remember dreaming. He explained, “That’s because you don’t have enough energy. **When you wake up, you must begin to accept the divine energy in your body.** Stand with your legs apart, hands on hips; then slide your feet together, lift your arms, rise up on your tiptoes, and press your palms together over your head. Then start from your center below your navel and move every muscle to open your body everywhere to receive energy. Your body will know how to move to loosen your individual blocks. Touch the floor.”

We went outside and Hanh led me through some movements, explaining: “The legends say eventually all humans will acquire the ability to open up to the higher prayer-energy and learn to cultivate and maintain it. First, calm yourself and look out on your surroundings closely, **everything in the universe is alive with spiritual energy and is a part of God.** Intentionally ask to connect with the divine inside you. Energy doesn’t come so much from the things around us, although we can absorb energy directly from **nature and sacred sites.** **Sacred energy comes from our connection to the divine inside us.** When we open up to it, we raise our vibration, and thus our perceptual ability. Then we view everyone and everything in the world the way it really is—majestically beautiful! Paradise itself is right here! The degree of beauty that you perceive depends on how much divine energy you take in. Focus on beauty and begin to breathe the energy in you. Everything will become shiny, illuminating from within itself. You will feel joyous and lighter as the energy rises up in you, lifting you up. You will gain wisdom about what you are called to do, and receive intuitions and dreams to help you build a better future.”

BE CREATIVE AND POWERFUL! I WAS AT A VETERAN’S MEMORIAL SITE. THE NAMES OF LOCAL VETERANS WERE ENGRAVED IN BRICKS. I PRAYED A ROSARY BEGINNING WITH THEM, THEN CONTINUED TO SPREAD MY PRAYERS TO ALL VETERANS, THEN TO ACTIVE MILITARY PEOPLE, THEN TO THEIR LEADERS, UNTIL MY PRAYERS EXTENDED TO THE HIGHEST MILITARY LEVEL—PRESIDENT BIDEN—OUR COMMANDER-IN-CHIEF.

BE CREATIVE AND POWERFUL! PRAY FOR TRUMP SUPPORTERS WHO HAVE BEEN ILLUMINATED TO BE FILLED WITH COURAGE AND LOVE FOR AMERICA AND WITNESS THE TRUTH TO ALL THOSE AROUND THEM!

ONLY LOVE OPENS THE GATEWAY TO PARADISE! As I gazed out at Mt. Everest, really looking at it, visualizing the energy flowing out of me toward it, a rush of deep emotion filled me. I became euphoric, filled with love!” “Yes,” Hanh said with a big smile. It is love that becomes a background emotion that stays with you as long as your prayer-energy is going out into the world. You must stay in a state of love. You must purposely and intentionally expect this energy to keep filling you and to flow out of you in every direction. Visualize it happening. Do this and you will have completed the first extension.” I asked, “But how do we find the gateway to Shambhala?” He said, “You have only completed one extension of your prayer-energy. Before you can find and open the gate, you must overcome your tendency to fear and anger, and learn to creatively use this powerful energy to spread it continuously to all those around you!” ☐

BE CREATIVE AND POWERFUL! TRUMP SHOPS AND TOWERS OF BABEL ARE ALL AROUND THE WORLD. MENTALLY SURROUND THEM INSIDE A HOUSE OF MIRRORS, IN CONFUSION THEY WILL CLOSE! (S7/CARD 2A)

**SERIES 9/CARD 5:
THE TRUTH ABOUT THE
TRUMP CONSPIRACY!**

A Message from the Queen of Hearts and Souls
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S9/Card 4: Pubic Hearings on the January 6, 2021 Trump Insurrection!

**Carry Christ, the Living Host, in Your Heart!
PRAYER IS THE MOST EXALTED FORM OF LOVE!
Only Love Opens the Doorway to Paradise!**

1
ST. AQUINAS
WAS ASKED:
DO THE
EUCCHARISTIC
ELEMENTS—
THE VERY
SUBSTANCE
THEM-
SELVES—
BECOME IN
REALITY THE
PRECIOUS
BODY AND
BLOOD OF
CHRIST
THROUGH
THE ACT OF
CONSECRATION;
OR DO
THEY ONLY
REPRESENT
HIS BODY
AND BLOOD?
DOES HIS
BODY AND
BLOOD
EXIST APART
FROM THE
ELEMENTS;
OR DO THEY
EXIST AS A
PART OF HIM
AS A CON-
TINUATION
OF HIS SUB-
STANCE?

THE SECRET OF SHAMBHALA ABRIDGED AND INTEGRATED
WITH MESSAGES FROM **MOTHER MARY** AND **ARCHANGEL MICHAEL!**

◆ TRANSUBSTANTIATION/FEAST OF CORPUS CHRISTI: CARDS 38, 90, 95, S8/C2 ◆

THE PRECIOUS BODY AND BLOOD OF CHRIST!

GAZE AT THIS BEAUTIFUL IMAGE: BACKGROUND— JESUS' FACE; FOREGROUND— JESUS' CROSS, GEOMETRICALLY DESIGNED TO TRANSFORM THEM INTO ONE CONTINUOUS SUBSTANCE!

“THOU WILL NOT SUFFER THY HOLY ONE TO SEE CORRUPTION” (PS. 16:10)

CHRIST TRIUMPHED OVER THE CORRUPTION OF DEATH. IT IS IMPOSSIBLE TO KNOW HIS LOVE AND DIE!

2
HE WROTE:
THE PHYSICAL SUB-
STANCE OF
THE BREAD
AND WINE IS
CHANGED BY
THE ACT OF
CONSECRATION.
THE SIMPLE ACT
OF CONTEMPLATION
AND GAZING
AT THEM—
WORSHIPING THEM
WITH FULL PURPOSE,
LOVE AND INTENTION—
CHANGES THEM INTO
THE BEAUTIFUL SUB-
STANCE OF CHRIST'S
BODY AND BLOOD.
THEY DO NOT
EXIST APART
FROM HIM,
BUT ARE OF
ONE CONTINUOUS SUB-
STANCE.

TRANSUBSTANTIATION—TRANSFORMATION OF THE LIVING HOSTS IN YOU!

CELEBRATE THE FEAST OF CORPUS CHRISTI ON SUNDAY JUNE 19, 2022.

3
AS ST. AQUINAS WAS PRAYING ABOUT HIS DEDUCTION AND GAZING AT CHRIST’S IMAGE ON THE CROSS, JESUS APPEARED AND SAID: **“THOU HAST WRITTEN WELL OF THE SACRAMENT OF MY BODY.”** THEN HE HAD A BEAUTIFUL MYSTICAL OPENING, PASSING INTO A PEACEFUL STATE OF ECSTASY, HE FELT THE GREATNESS OF CHRIST’S LOVE. AS HE CARRIED THE LIVING HOST IN HIS HEART, HE BECAME BUOYANT, HIS BODY RAISED UP IN THE AIR! MANY WITNESSED THIS RAPTURE! HE COMPOSED A BEAUTIFUL MASS CALLED THE FEAST OF CORPUS CHRISTI.

PRAYER IS THE MOST EXALTED FORM OF LOVE!

Carry the Light and Love of Christ—the Living Host in Your Heart!



“DEAR CHILDREN: With a motherly love I am calling you to respond to the great love of my Son, with pure and open hearts, with complete trust. **I know the greatness of His love. I carried Him within me, the Host in the heart, the light and the love of the world.** My children, also my addressing you is a sign of the love and tenderness of the Heavenly Father—a big smile filled with the love of my Son, a call to eternal life. Out of love, the Blood of my Son was shed for you. That Precious Blood is for your salvation, for eternal life. The Heavenly Father created man for **eternal happiness**. It is not possible for you who know the love of my Son and who follow Him to die. **Life triumphed! My Son is alive!** Therefore, my children, apostles of my love, **may prayer show you the way and the means of spreading the love of my Son—PRAYER IN THE MOST EXALTED FORM.** My children, also **when you strive to live the words of my Son, you are praying. When you love the people whom you meet, you are spreading the love of my Son. It is love that opens the doors of Paradise.** My children, from the beginning, I prayed for the Church. Therefore, I am also calling you, apostles of my love, to pray for the Church and her servants—for those whom **my Son called.** Thank you" ("old Med. 5/02/19; card 102).

THE SECRET OF SHAMBHALA: *In Search of the Eleventh Insight* (1999) is a prophetic book by James Redfield. In this series I abridge the book and integrate it with Mary's new and old messages, current events, the Catholic calendar, and messages from Archangel Michael from Series 7. Michael reveals that a few rich people control Earth through fear. On 3/13/20, President Trump, one of the riches men on Earth, closed down the economy over fear of covid under the guise that it would be for two weeks. On 3/25/20, Mary declared: **“Satan is reigning and wants to destroy your lives!” Trump continued to extend the closure and never laid out a plan to reopen America. Instead, he laid out a corrupt plan to take advantage of the crisis to overthrow democracy to keep the duly elected president from taking office. The House Select Committee, investigating the 1/6/21 bloody insurrection, revealed that two paramilitary groups and many high-ranking republicans were involved in his conspiracy. The Dept. of Justice, pressured by Trump, refused to conspire with him. He spent millions spreading lies that the election was fixed, using false results, not filed with the archivist. He pressured Vice President Pence to overturn the results, citing unconstitutional claims. When he refused to do it, Trump lied to the press, stating he supported him. Then he tweeted the angry mob that Pence didn't have the courage to do it, inciting them to attack him. He barely escaped with his life. Trump has raised a record \$102 million to continue spreading bald-faced lies with the intention of subverting democracy to reign in Communism. Chapter 3 follows: **“Cultivating Energy.****

PRAYER IS THE MOST EXALTED FORM OF SPREADING LOVE! (Story recap: **Redfield** and Yin are trying to find their friend Wil, who is on a mission to find the city of Shambhala. Communist's agents, trying to suppress a spiritual uprising, are pursuing them. They barely escaped with their lives to a monastery. Yin and I left the Ridgen monastery in a jeep loaded with essentials. We headed north toward Mt. Everest to the Rongphu monastery to learn the **First Extension of prayer-energy**, information we needed to know in order to find Shambhala. Yin explained, “We all have a **pray-field, a light energy flowing out from us all the time.** This field has an effect on the world, on what happens around us. It can be small and weak or extensive and strong. **We can learn to extend our field to be more creative and powerful spreading prayer.** The legends say one day all humans will know how to do this. But to find Shambhala and open its gates, you must intentionally extend it.” I asked, “Can you do it?” “No!” he confessed.

“DEAR CHILDREN: I am looking at you and thanking God for each of you, because He permits me to still be with you to encourage you to holiness. Little children, peace is disturbed and Satan wants peacelessness. That is why, **may your prayer be even stronger** so that every unclean spirit of division and war may be stilled. Be builders of peace and carriers of joy of the Risen One **in you and around you**, for the good to win in every man. Thank you for having responded to my call" (new Med. 5/25/22).

CARRY THE LIGHT, LOVE, JOY AND BEAUTY of the Living Host in your heart continuously!

When we reached Mt. Everest, Yin cautioned, “Be alert, soldiers will be observing everyone.” At the monastery Yin introduced me to Mr. Hanh. He remarked, **“You are very fearful.”** “No kidding,” I replied. He smiled, **“To find Shambhala you must overcome fear.”** He surveyed my body and said, “Your energy does not flow up your body well. Those in Shambhala live at a higher state of energy, a higher vibration of light, than us. You must cultivate and stabilize your energy like them. The strength of your energy field is felt when you enter a room, it's the feeling of your presence by those around you. When this energy is displayed through the ego, it feels strong at first, but dissipates rapidly. Others have a genuine heart and a constant energy field that remains stable and reliable. I perceive that you have experienced a **mystical opening, a sudden inflow of divine light.**” “Yes, I was about to be killed by soldiers in Peru when I began to gaze at the beauty of the rainforest around me, connecting to it in an ecstasy, receiving its energies. **I perceived it was a part of me and I of it. I felt one with the Living Substance of the universe, radiating through me. My fear left! I was filled with peace and love for everything and everyone!** This transformative state came up my spine and out my head, lifting my body up. I learned then to breathe in the beauty around me to rekindle the joyous feeling (card 38). Hanh revealed, “This is apart of the first extension! You must intentionally breath in the energy of the beauty around you to continuously carry the higher prayer-energy in you.”

BE CREATIVE AND POWERFUL! FIND A SITE WHERE YOU CAN BREATH ENERGY IN YOU FROM NATURE'S BEAUTY. MENTALLY EXTEND IT TO ALL THOSE AROUND YOU TO SPREAD PEACE AND OVERCOME FEAR.

BE ETERNALLY HAPPY! CHRIST TRIUMPHED OVER THE CORRUPTION OF DEATH!

Hanh brought us a platter of vegetables and explained, “Your entire lifestyle must support the higher energy. If you consume wrong foods, they will rob you of this energy. There is much false information out there about foods, but the truth is out there too. Each of us must do our own research to make ourselves see the larger picture. **We are spiritual beings, who come into this world to raise our vibration.** Most food is designed purely for sensual pleasure and distraction, and it saps our energy and pulls us toward physical corruption. If we really believe that we are spiritual beings, we must follow a narrow path through these temptations. In Shambhala they see the larger picture. They know we humans look like material stuff, flesh and blood, but we are really atoms—pure energy! The food we eat affects our vibrational state. Alkaline foods like fruits and vegetables increase our energy and vibration, while foods with high acids like meats and sugars diminish it. All disease is a result of a drop in vibrational energy, which allows nature's forces to disincorporate our bodies. When we die our cells lose their vibration and become acid in chemistry. This acid state is a signal to the microbes, viruses, bacteria and fungi all around us that it is time to spread to decompose our dead tissue. It is there job to return a body back to the earth. When we eat foods high in acid, we become susceptible to every disease. The microbes sense this acid and know that the body is ready to be decomposed. The first extension legends of Shambhala say that humans must learn the true nature of foods and only eat foods that open up our inner sources of energy, increase our vibration, and extend our life.”

BE CREATIVE AND POWERFUL! SPREAD LOVE LIKE A CONTAGIOUS DISEASE TO THE PEOPLE YOU MEET! PRAY: HOLY MARY, ...PRAY FOR THE GOOD TO WIN IN (THAT PERSON) AND IN ALL THOSE AROUND THEM!