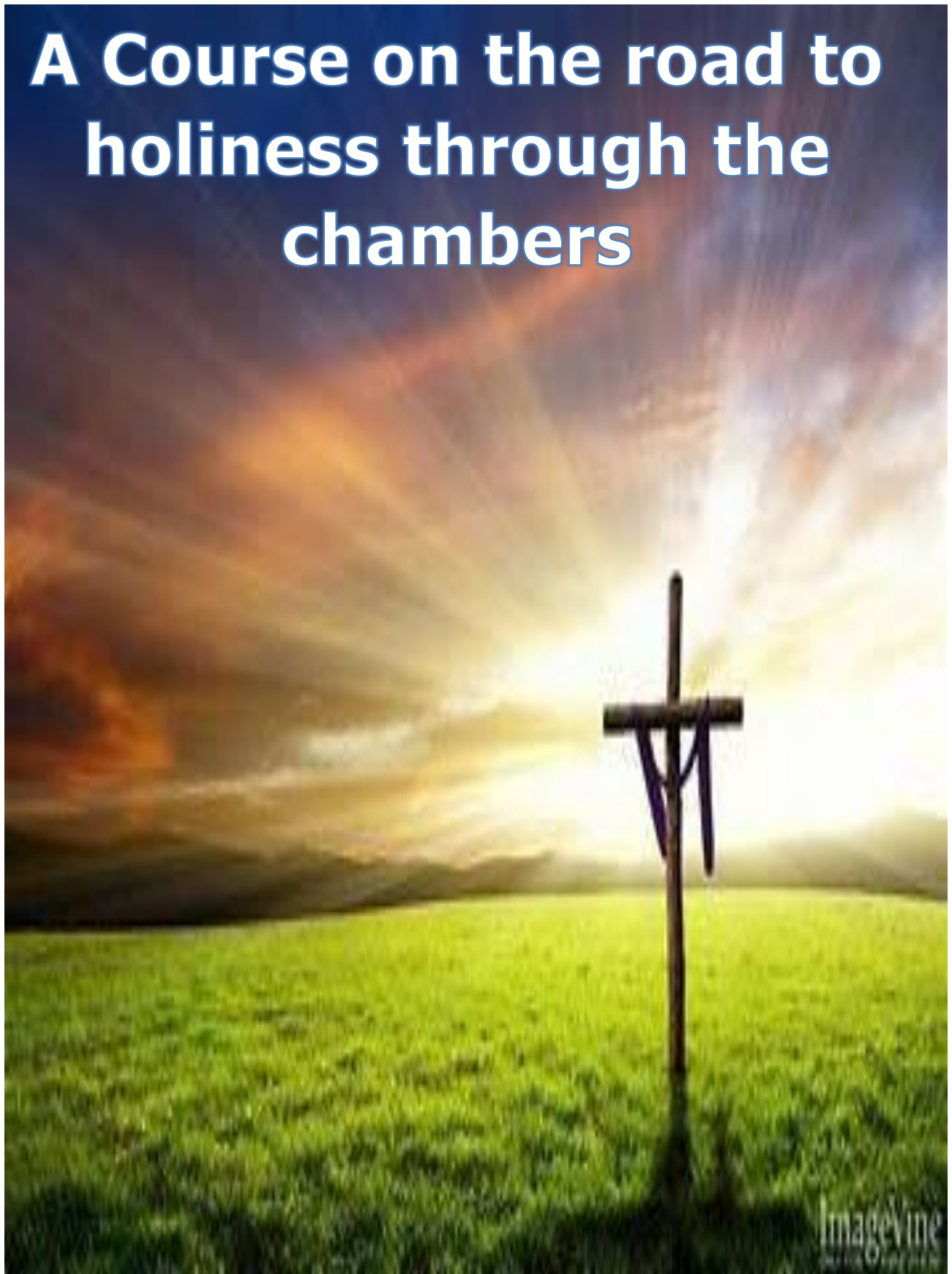


A Course on the road to holiness through the chambers



A COURSE ON THE ROAD TO HOLINESS THROUGH THE CHAMBERS

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(LESSON I) - INTRODUCTION

In this small compendium we will be shown the path to holiness. A narrow path of suffering and deprivation, where we will travel to our final homeland, Heaven.

It is a difficult road, enemy of the world and its delights. It is to go conquering ourselves, it is to go fighting against us and everything

dwells in us, that does not let us grow spiritually. It is a day-to-day struggle that is arduous and that must be titanic in these times where the good is called bad and the bad good. For this reason, we will follow some recommendations.

By means of this topic guide, in a short time we will be able to become living Tabernacles; Here comes the Omnipotence of God and what He can do in a soul that is delivered to Him. For this reason we will advance little by little on this arduous path towards Holiness.

We are in difficult and extraordinary times where things are seen that have never been seen in all areas, and also in the spiritual.

The soul rises to God in its eagerness to serve Him and be one with Him, reaching unsuspected heights within its spiritual growth. These are extraordinary times and therefore the Heavenly Father works extraordinary in us, so let us allow ourselves to be molded like clay in the hands of the potter so that God can make His work of art in us.

Let us remember that God has chosen us among many, so it is time to correspond to Him in the most committed way possible, since He chose us and gave us capabilities. For this reason, even if the world ignores us and we feel we are not participating in it, it is because God took notice of us that we are worth nothing to the world. The world has made us less, it has humiliated us. But God has exalted us and through His Power He wants to make His dreams come true in us.

Through this small compendium we will study more thoroughly the way to reach Holiness and transform ourselves into living Tabernacles. They will be easy steps to assimilate, but not so easy to carry out Because it is a fight against ourselves. A war between our internal self obfuscated and inclined to sin and our internal self inclined to virtues, is our original sin, our concupiscence, our flesh, against the grace of God that is in us.

Against the gifts that He planted in our souls through baptism and our lives as chosen by God the Father. It is an internal fight without truce and to the death because the enemy seeks to snatch souls from God. For this reason, we will delve deeply into full trust in God, because without Him we cannot do anything.

It is very important that we follow these steps little by little, which are a guide to Heaven.

We are being prepared to travel through the desert, and that in this desert we are seeds that are growing, but for this we must see the land where we are sown, the care and everything that a little plant needs to germinate and grow. Therefore, you must pay attention to the indications and put them into practice.

This compendium deals with various and diverse topics that we will see as soon as possible because Heaven needs us as living and shining Tabernacles to be able to shine in the midst of the dense darkness and the darkness of the world.

For this reason, we will advance little by little, but quickly, and when we least expect it, we will have been polished and transformed from rough stones to brilliant and shining diamonds.

Let's be attentive to everything that this compendium will teach us step by step.

But before we start with the first topic we will define what a living tabernacle is and the steps to become so.

To be a living tabernacle is to let Jesus Christ dwell in us so that He is the one who directs our lives, to be an oblation to Heaven with our lives, letting ourselves die so that Jesus Christ may dwell in us and therefore doing the divine will of God in our lives coming to melt our hearts to that of Jesus Christ being an Only heart, therefore, arriving at the Sixth Chamber, which is the last Chamber and that is what we will talk about in this compendium of the Sixths Chambers we will review one by one and how to progress little by little towards Holiness through them.

In order to become living tabernacles, first of all we have to clean our hearts, cleaning all the dust and leaving our hearts shining so that our Lord Jesus Christ can dwell in it, but how can we clean our hearts? First of all, being free from resentment and hatred, forgiving and keeping our hearts healthy from all resentment, confessing oftenly than we can at least 2 times a month to cleanse our hearts of impurities, remember the sins of omission are the common ones, that is why we will reward Him with works of mercy and love for our neighbor and above all much love and dedication to the Holy Trinity and the beloved Queen of Heaven, let us enthrone our Heart for our beloved King where He dwells, so it is advisable to meditate a little more on the Gospels. Let's remember to empty ourselves of the world, otherwise Jesus Christ will

not be able to enter, He wants a clean heart and empty of all roots in the mundane to inhabit it in its entirety, no unnecessary consumerism, we must read biblical passages, praise God, pray the Holy Rosary, welcome God into our hearts and make Him alive in our families, that even though they live far from God, that affection from us towards them makes the love of Jesus Christ sprout in their hearts and that seed of love and peace is planted in their hearts and we must pray a lot for their conversion and salvation.

Let us invite those who are close to God to be living tabernacles of Jesus Christ with the indications mentioned before, we must also make prayer cenacles, even if it is once a week, as well as to pray for the devotion to the Most Precious Blood of Jesus Christ

Let us not root in our hearts hatred or resentment or feelings of revenge forgive all offenses, if not Jesus Christ will not be able to enter us, let us not forget the daily rosary which is our sword, let us frequent the Holy Eucharist and daily Eucharistic adoration, if we cannot do adoration to the Blessed Sacrament every day then let us do it online and the Eucharist if we can't do it every day let us receive spiritual Communion.

Let us not forget the consecrations to the Sacred Heart of Jesus and to the Immaculate Heart of Mary as many times as possible. Let us pray a lot to Saint Joseph Patron of families because he will protect us from all danger.

We can not forget that we have been chosen to guide our other brothers, what a great honor to be living Tabernacles, so it is time to start preparing and cleaning our hearts. Remember the King of Kings will dwell in us.

(LESSON II) FIRST CHAMBER, WHAT DOES A PLANT NEED TO GERMINATE AND GROW?



In this topic, we will see that the Holy Trinity is within us and is what makes us grow.

For this reason we have been separated from the world and given specific missions, and we have been besieged by the world and also humiliated and mistreated by it, because we are like a stumbling block for the children of the enemy.

For this reason we have been kept in wineskins separated from the world, we are like little plants that are sown and cared for by Heaven, and therefore we have everything we need to grow. We have land, water and light. We have the Father, the Son and the Holy Spirit, as the Holy Trinity.

The light is the Holy Spirit: The Light that illuminates and guides us, teaches and shows the way to follow its inspirations. It gives us a motion of what decision to make and what path to follow within our existence.

The water is Jesus Christ who guides us through His word to the Father and the earth is God the Father who created us and gave us our essence.

The air is our own soul that calls us to meet God through spiritual growth in order to satisfy ourselves and fully live the spiritual life that He wants in us.

As we see we have everything to grow. We have land, water, light and air, we can become living Tabernacles and reach Holiness in a short period of time because we have everything necessary to grow.

The angels are in charge of watering and taking care of the fertilizer of the earth. And they with their wisdom will guide us. As we can see we are at home. We have found our true home. And we have been separated from the world and placed in wineskins different from those of the world.

So, what do we need to grow? Simple and simply let ourselves be loved by God and trust in His care and love because we are in the hands of God the Father, embedded in His heart. So the fight is against ourselves and the little worm that is inside of us, trying to eat the little plant. And that little worm is the weaknesses, the sins, and what does not let us grow.

What we will do is attack that little worm until it weakens and succumbs. Until it dies and we are confronted within ourselves. Let's call them the divine self and the mundane self. And the mundane self will be defeated. Now without any obstacles we will be able to grow and reach the stature that God arranged for each one of us.

We will start with this preamble; All of us are in the Hands of God the Father in an orchard, ready to grow. But there is a problem, all of us have already been separated from the world and planted in their little pots and we are ready to germinate and grow. But we are all participants in original sin, carrying within us a little worm that only we can fight; This is what we will be taught in this small compendium. How to fight that little worm until it stops being an obstacle and Heaven can carry out its plan with us.

Therefore everything depends on us. The angels of Heaven take care of us and protect us and we are all in the hands of God the Father. So let's not fear, ALL IS WELL. The orchard of God the Father is wonderful. Cut off from the world we are ready to grow to our perfect stature so that we can carry out our mission.

(LESSON III) SECOND CHAMBER (THE DIVINE SELF AND THE MUNDANE SELF)



The little worm that lives inside the plant seeks to eat it, starting with the stem.

And what does the little plant have to do so that the worm doesn't eat its stem? Trust in God.

If we stop trusting ourselves and trust in God, He will come with His Angels to clean the plant and remove the worm from there.

But to trust God, we must know ourselves, which is the First Chamber, and die to oneself, forgetting the world, which is the Second Chamber. And here is the problem, we are not of the world and never have been, therefore we must totally forget about it and die to ourselves in order to blindly trust God. And this is where we're going to dig a little bit.

This is where we must die to ourselves and let the divine self overcome the mundane self. And how are we going to achieve it? With prayer, penance and fasting. Works of charity and love for our neighbor and our enemies, Forgiveness and children's hearts, no grudges, resentments, hatred or revenge.

Here we enter into this very important topic for the spiritual growth of the human being. Dying to the mundane self. An inner self that, due to original sin, concupiscence and sin and due to the snares of the enemy and the world, fights against the divine self. And the divine self must overshadow the mundane self and die to everything that makes it grow and become deaf.

We must keep in mind that in order to die to the mundane self, one

must travel the narrow path and lead a life of renunciation and penance. There is our desire to fulfill our missions and our love and correspondence to God the Father who chose us from the beginning of creation.

Here we must put everything on our side and as warriors fight against ourselves to undermine the mundane self and give victory to the divine self.

2.1 Self-awareness

How well do we know ourselves? When we know ourselves, we know where our weaknesses are and how to attack them. But if we don't know ourselves, how are we going to know our weaknesses? And for a person to know himself and for the Holy Spirit to reveal his weaknesses, prayer is necessary. Therefore, if we don't know each other and we don't know where the problem is and what our weaknesses are, let's start by praying.

Praying, little by little, the Holy Spirit will reveal to us where the problem is and how to attack it at the root. Therefore we are recommended prayer, fasting and penance.

With penance, since we have found our weakest points with prayer, we will attack them and gradually diminish their effectiveness within us. And with fasting we will annihilate the vices and defects and we will increase the virtues.

It is therefore important that there be prayer, penance and fasting. These three elements will help us to attack the worm and not let it try to end its stem.

When we know ourselves, we already know where the problem is and how to attack it.

For example, when knowing one of the 7 deadly sins that are rooted in our soul such as pride, gluttony or laziness. If we recognize that we are lazy and that it is difficult for us to carry out our daily activities, by praying and doing penance and fasting we will know how to attack the problem and how ourselves can do violence against that sin, counteracting it with a virtue like diligence, being active, working and creating. That is why in the First Chamber we know ourselves. If we do not know ourselves, we will not be able to attack the problem at the root and we will let that worm eat our stem and we will no longer grow

spiritually.

For this reason, prayer, penance and fasting in this Chamber are important.

Prayer: Prayer consists of praying and supplications. To pray is to recite with the heart and mind ready-made prayers such as the Rosary, the Stations of the Cross and a multitude of ready-made prayers that will help us in our spiritual growth.

And supplication is talking with God. This is very important, don't forget to talk to God every day, and give Him everything you are. This dialogue with God will increase our knowledge of ourselves and of God, because how can we know a person if we don't talk to them? Therefore this step is essential, let's talk with God, with Jesus Christ, with our Guardian Angel and have a friendly relationship with them. This relationship will lead us to get to know God more, and this will lead us to enter into a friendship relationship and therefore He will tell us what to do and how to grow more spiritually. Don't forget this step.

A good relationship with God, with Jesus Christ, with our Heavenly Mother, with our Guardian Angel, with the Holy Spirit will help us grow and have more confidence in God.

Penance: penance combats the flesh and concupiscence, the world and the enemy. For this reason it is very important to do penance, whatever it may seem. Offer sacrifices to Heaven, God will take them into account and you will gradually tame your spirit and soul.

Fasting: fasting will help us directly fight the little worm and die to the mundane self and let the divine self grow more and more in order to suffocate the mundane self. That is why it is important to fast. You can fast from food, but there are also other types of fasts if your health does not allow them. They can be silent fasts. The important thing is to mortify the flesh and overcome the ego.

That is why it is very important to follow these three steps. For what it is that will help us to kill little by little the worm and to be victorious in our spiritual war without truce against the enemy of God, forgetting about the world we will give more space to the things of God and the mundane will not have importance within our lives.

This second chapter covers the First and Second Chambers, which are the most difficult because it is dying to the mundane self and letting the

divine self live forever in us.

(LESSON IV) HOW TO FIGHT AGAINST MY OWN SELF



This is a fight that man has always had who seeks spirituality, because he who does not seek it does not fight against his mundane self, but rather lets it grow, filling himself with ego and pride. That is why these people instead of the narrow path follow the broad one and for this they abandon themselves to sin and worldly delights.

But what happens when a soul searches for God and its spiritual growth? An internal struggle begins, a conquest within his person to be victorious in his path and approach to God the Father. It is a path that many saints have followed, and for each one it is different, full of obstacles, since it is a very strong war. And more in these times where the enemy wants to destroy the children of God, since he has been given the power to release his entire retinue of demons and pervert humanity.

These are very difficult times where reaching holiness is more complicated. But not impossible, because for God nothing is impossible. That is why we will focus on this lesson, which is how to fight with our own self.

A man is composed of body, mind and soul. The physical body of each person is directed by his mind, and the soul captive in the physical body cannot have freedom as spiritual entities have, such as Angels who have higher capacities than human beings. Capabilities that by being only spirit bring them closer to God.

Man lives imprisoned in his own body and cannot escape from this body, which limits him in many aspects. More, however, within each soul lives the spirit that is in contact with God. And the spirit of each person can grow and reach unimaginable spiritual heights even within a human body. They are like dwellings that are being conquered little by little by reaching and staggering within this spirituality.

That is why the body and the soul, and the spirit are therefore rooted.

It is said that the mind belongs to the spiritual area of the person in psychology, but it is not so. The mind is an organ of the human body that, being the one that sends signals and makes decisions, involves the body, the soul and the spirit. So they are united in a whole and must grow continuously, at the same time, in harmony.

When a person is in harmony in body, mind and soul, his spirit finds a perfect balance, therefore, to fight against the mundane self and for the divine self to grow, we will start from four virtues:

1. Trust
2. Humility
3. Obedience
4. Chastity

1. Trust in God. When a man totally trusts in God, his actions are no longer his, but God's in his life, in his mind, body and soul, therefore, spirit. And if these are governed by God, that is why he comes to have confidence in God.

But to have trust in God, you must first be humble. When a soul is humble, it allows the Holy Spirit to enter it and make it aware of what God can do in his life. If there is pride, the soul will not listen to the motions of the Holy Spirit.

That is why Prayer is so important because it will shape the soul and make it aware of its weaknesses. Obedience comes from trusting in God, because by believing in Him, and allowing himself to be instructed by God, the soul obeys his precepts and knows how to behave in certain situations in his life and how to react in the way that Jesus Christ would.

From trust, humility and obedience the chastity of the soul is born, which by acknowledging nothing before God keeps its chastity against sin and is clean and chaste before God.

When a soul has made these four virtues their own, they have a high spirituality that allows them to fight against their mundane self and by practicing these four virtues the mundane self is dying, and allowing the divine self to come out of it and be the one that moves their soul, body and mind. And when the divine self is the one that moves the soul, body and mind, the person's spirituality grows.

It is said that the soul of every human being is found in the heart, and the heart itself, attached to the whole body, is just an organ. But if we look at it from another point of view, the heart is the soul, because it feels, throbs and rejoices in God, sending wishes of love and prayers of repentance. Therefore, the heart is the soul if we see it from that point of view.

Therefore, for the divine self to grow, trust, humility, obedience and chastity that grow and develop, leaving aside the mundane self, are important. And therefore this divine self grows in spirituality reaching unsuspected heights of spiritual growth. For this reason we come to the conclusion that Prayer, penance and fasting lead us to know ourselves and to forget the world, and that with the practice of trust, humility, obedience and chastity we will gradually die to the mundane self. And when the mundane self dies, the Third Chamber is reached, which is when you can have a full and efficient communication with the Holy Spirit and in which the action of this in the life of each soul is carried out.

(LESSON V) THIRD CHAMBER (HOW TO ACHIEVE EFFECTIVE COMMUNICATION WITH THE HOLY SPIRIT)



We already saw in the previous topics: how we must know ourselves and die to the world and to our mundane self.

Effective communication with the Holy Spirit is achieved when the soul has already reached a certain spiritual height, although it can do so from a lower spirituality; almost always when the communication with the Holy Spirit is effective and healthy in all aspects, it is because the conduit through which the soul communicates with the Holy Spirit is clean and free. This conduit is prayer and having a free and pure prayer to God is achieved by defeating the flesh, the world, sin and mundane self, for this reason I think it is important to talk a little about spiritual combat before continuing with this topic.

Spiritual Combat

How to succeed in the Spiritual Combat that is experienced today, which is a relentless struggle between good and evil?

In our walk towards our final destination, Heaven, we must succeed in this spiritual fight, since the demons have been released from the abyss to pervert us and lead us astray; path of delights, mother of all capital sins, which lead us to lose our souls in the abyss of concupiscence, that is why we will go knowing what to do in the spiritual combat from day to day, in these writings we will see how to train ourselves spiritually within the spiritual combat.

When we can master our spiritual life and grow spiritually until we find the maturity requested by Heaven, it is when in the midst of chaos and misfortune we will find peace and harmony, which only Jesus Christ through His Sacred Heart can give.

For this reason, through these writings we will be told how to succeed in the spiritual combat that we live within ourselves.

Spirituality is very complex as it encompasses the mind, thought, soul and spirit of every human being. And we must study each of these parts of the human being to give a final verdict of what spirituality is.

But first of all we will focus on the most important thing to fight and be victorious in the fight against the evil that afflicts us and immobilizes us many times, so as not to let us activate ourselves in our spiritual life.

And this thing that doesn't let us move and paralyzes us is fear. Fear of many things and that occurs in different circumstances of our lives. Fear of the unknown, of failing God, of not carrying out our mission, of failing, of not knowing where to go and how to direct ourselves, of the silence of God. An endless number of factors and circumstances that each of us lives depending on our insecurities, our life story, even our mission, which is different and unique for everyone.

And how do we overcome fear? With trust in God.

And how do we acquire full and absolute trust in God? Loving Him and accepting His Will in all the circumstances of our lives.

How do you love God? By knowing Him, and how do we know Him? By talking with Him.

That is why we came to the conclusion that knowing how to talk with God is the fundamental point of our spirituality. God should be seen as a friend.

For that we will do an exercise. We will start a conversation with God alone and we will do it mentally all day in each activity we do. And any decision we make should not be done without consulting God, however small it may be.

Many of us already do it, that is why in our spirituality there is no fear and we have full confidence in Heaven. But others lack a little more maturity in this regard.

Let us remember that full trust in God is the base of a solid spirituality. Let us remember that fear does not come from God. And the enemy can attack us from there and immobilize and terrify us so that we do

not grow spiritually and mature in our mission.

So we came to the conclusion that fear is the main obstacle to our spiritual growth.

The second obstacle is spiritual laziness and the comfort zone, which does not help us to grow spiritually and, therefore, losing the fight against evil and not fighting a good spiritual fight. Let's get out of our comfort zone and our spiritual laziness and this is achieved with sacrifices, mortification, fasting and penance. Leading a life of mortification elevates the soul to unsuspected spiritual heights, since it exalts it and makes it grow more, In a higher spirituality that leads us to find answers to all our doubts and opening spiritual paths that we did not know before. Therefore, doubts are clarified and eyes are opened to a more mature spirituality, bringing with it that we know the unfathomable mysteries of God and therefore we will acquire more divine wisdom, reaching heights and degrees of spiritual growth that lead us on a path towards Holiness.

From here is born the soul's desire to resemble Jesus in every way. And it is when the Will of Jesus begins to merge in that of man and one begins to die to the flesh and to sin and to grow spiritually. Therefore, the good spiritual fight is waged against the world, the flesh and sin. Getting out of the temptations that the enemy puts in our path to make us stumble and waver.

So we already have two important points in spiritual combat. Overcome fear through trust in God and get out of the comfort zone and spiritual laziness, through the mortification of the flesh and the senses.

Another very important point that helps us to grow quickly and exercise like an athlete is to be able to participate in a race of contemplative life.

What is the contemplative life? It is to offer all activities that we do throughout the day as prayers, surrendering it to God and fulfilling His Will. But to reach this point we must go on fulfilling His Will. But to reach this point we must have overcome fear and comfort to enter into a broader spiritual growth and that leads us to reach higher heights within each soul, that lead us to advance on the long and hard path towards Holiness.

When this point of spiritual combat is reached, all that remains is to fight against one's own carnal self and overcome the flesh, which is achieved by defeating the carnal self that leads us to want to have

material goods and engage in mundane activities.

By leading a contemplative life we forget about the world and its interests, which lead us to change course and deviate from its ultimate goal, to reach Heaven.

To overcome the flesh, a lot of prayer and mortification is needed. When a soul overcomes the flesh, the veil that was in its eyes falls away and it can see the spiritual with more clarity. It is when this soul begins to experience and live mystical experiences.

But what is the way to follow to overcome the flesh? A very powerful weapon for this is the consecration to the Immaculate Heart of Mary and the Sacred Heart of Jesus. These consecrations will show us the path to follow, and what to do and how to exercise ourselves spiritually.

This is a race where the fittest will reach their goal the fastest. For this reason, we must prepare for the race, which is what we are doing in this time of isolation and prayer in our lives. As we have original sin, it is more difficult for us to overcome the flesh because this inclination leads us to commit more mistakes and to fall more due to our fallen nature, which comes from the fall of Adam and Eve.

That is why we are asked for more prayer, penance, fasting and mortification. Overcome the senses and die to the old man to be reborn as the new man, and be able to receive light and strength through the Holy Spirit to reach Heaven.

Therefore, through spiritual combat we will reach higher spiritual heights.

When we have already overcome the flesh, with our life of dedication and prayer, it is when there is a fusion of his divine self with his mundane self and the mundane self tends to disappear by the force of the Holy Spirit in us.

This fusion undermines the mundane self and this transformation to the divine self unites us to the Holy Trinity, allowing Jesus Christ to live in us in all the extension of the word.

Therefore, it is no longer our acts but those of Jesus Christ that are carried out. We are completely united to the Divine Will and it is the one that guides us in our walk, therefore, by immersing yourself in Jesus Christ, you reach Holiness, and that is when you have reached the

culmination of your spiritual growth and His mission is entrusted to a holy soul, who knew how to reach this point in a stony and difficult walk through spiritual deserts.

The spiritual desert helps the growth of the soul and God allows it so that they get closer to God in their ultimate goal.

Thus, depending on each soul, there are endless factors that each person personally lives according to their mission and life story. For this reason it is important to turn to the Father and put our lives at His service in all aspects so that our Lord Jesus Christ takes our souls and molds them like clay in the hands of the potter.

Upon reaching the Third Chamber, the spiritual level is very high because we no longer live, but it is God who lives in us, and the mundane self has been defeated. Therefore, the conduit, which is prayer, is clean and healthy. But to reach this important point, we must have healed the inner self that all of us carry within. Only in this way can a total fusion with the Holy Spirit be achieved, which is achieved with a true contemplative prayer. Therefore, we will say how to heal the inner self, but first we will delve into what a contemplative prayer is.

(LESSON VI) CONTEMPLATIVE LIFE



Therefore, we must break the schemes and take refuge in a contemplative life, which leads us to know more deeply the designs and plans of God in our lives; it is something simple and complex at the same time.

Being contemplative in our daily life can be easy, but there are a multitude of factors that can lead us to fail in our attempts, because in order to have effective communication with God the Father, first of all, we must know how to keep silent within ourselves, and that for many people is not easy.

You have to silence the heart and mind, so that you can enter your

spirit; It is something as we said, simple, but at the same time complex; so we will see some tips to lead a contemplative life.

First of all, we must ask for the help and anointing of the Holy Spirit and He will come to our aid; but for the Holy Spirit to descend upon us, we must have a pure and clean heart; by this I mean that there should not be resentment, hatred, lack of forgiveness or bad intentions towards others within our hearts.

For this reason, one must begin first of all with an analysis of life; that is why the Sacrament of Confession is important, so that we can put our accounts in order. If we have been hurt and our hearts are sad and dissatisfied, we must ask for healing.

Another very important thing is to know that healing will not come to us as long as we are not willing to forgive and love even our enemies, which is why the first step is Confession.

But it must be a sincere Confession where we are totally willing to forgive and love even our enemies, having the true intention of amending our mistakes and carrying out the word of God in our hearts, so being pure and simple we will be ready to be filled with the Holy Spirit.

This is why the mysteries of the Father are not revealed to the proud and they do not understand the spiritual world, because their souls and spirits are closed to the grace of the Holy Spirit, which is why it is very important to have a pure and simple heart that forgives and knows how to love.

This seems complex, but it is also simple, because if you ask for the anointing of the Holy Spirit, He will come to our aid and will guide us step by step, you just have to let yourself be molded by Him for it.

Another important point is trust and abandonment in the Father and in carrying out His Holy Will; to be like little children in the arms of our Father, confident that He will take care of us and protect us. Children blindly trust their parents, so we must be like children.

As you can see there are many factors that come together to be able to carry out a life of prayer and contemplation:

- 1.- Trust in God.

- 2.- Make ourselves like children

3.- Sincere Confession

4.- A clean and pure heart, free from resentment, hatred and grudges.

5.- Love and forgiveness for your neighbor, especially your enemies.

6.- Spiritual healing.

When you comply with these six steps, you should humbly ask for the anointing of the Holy Spirit, because number seven is to be humble.

If there is no humility, the Holy Spirit will not descend upon us, the Angels and Archangels were tested just like man in obedience and love for God; if there had not been humility in them, they would not have passed the test and would have been filled with pride being part of the fallen angels.

That is why humility is primordial, because it removes the veil of selfishness and pride and spiritual things are revealed; for the same reason we have our eyes open to the grace of God, which penetrates our souls and therefore we are capable of seeing beyond and knowing spiritual things, and therefore we are filled with Divine Wisdom, for which in order to have wisdom, humility is essential.

Wisdom is a very precious gift given by the Father to the simple and humble man; it helps us to discern and make correct decisions in the light of the Holy Spirit.

Ask God the Father for humility and wisdom, but above all love, since it nourishes souls and frees people from heavy chains; many people have been carrying very heavy chains since their gestation and even generations, and do not know how to free themselves from them.

All these points that we have mentioned help us free ourselves from heavy and generational chains.

For this reason it is important to follow these steps, because when we finally get to be prepared in the presence of God and free from all resentment, hatred and truly healthy and trusting in GOD and above all with a child's heart, we have to put ourselves in the presence of the Holy Spirit and ask for His anointing, which will come upon us only if we have been truly authentic and simple and have really prepared our hearts to receive it.

He will descend and perform miracles in our lives by fully opening up to

Him, which is why people do not heal physically or spiritually, because they do not know how to open up to the action of the Holy Spirit and He cannot enter into a proud, selfish and resentful heart.

This is why it is so important that we heal our hearts and cleanse them; it is then when the soul will be anointed with the Holy Spirit; and it is through the babbling and words of children that the soul is filled with the love of God and therefore enters into communion with God the Father; people listen to Him and delight in His prayer.

Simple and pure prayers are a haven for God the Father, for Jesus Christ and for the Heavenly Mother.

Great prayers or supplications are not necessary, it is only to feel the love of God in our hearts and correspond to that love: that is praying, it is establishing a spiritual communication with God, it is so simple, because with only one pure thought you can reach Heaven. The Father looks at His children with great love and tenderness and out of love forgives a multitude of faults and sins, which is why it is very important to know how to pray.

People can pray many rosaries, prayers, chaplets, hours and hours a day and if they do not do it with love and a pure heart, they do not have the same effect as a thought, a small prayer or a desire for love towards their neighbor or to God the Father made with a loving and sincere heart.

People measure prayer in hours and time, but the Father measures it in the intention of the heart towards God the Father, Jesus Christ or the Virgin Mary.

Now we understand the difference between true contemplative prayer and simple prayers that often do not reach Heaven. That is why many people spend their lives praying and do not see the fruits of prayer in their lives, because they have not healed their hearts.

Now you understand what a contemplative life is, it is not necessarily spending all day praying, it is having God in the heart and then everything that is done with love will become a prayer.

Praise is very important because with songs they express to the Father, Jesus or Mary how much you love them and when a man praises His Creator with a pure heart, the Angels accompany him in his praises and that man becomes a spiritual being, therefore praise, pray, but above all

love. Love is prayer.

I will explain to you why love is so immense and so beautiful, that when we love we are healing, converting and praying, because love towards our neighbor, towards ourselves, towards the Father, towards Jesus Christ or the Mother of Heaven, is a prayer that transform and change the evil-filled orb into a new world; love transforms and love is the one that will win.

Now you understand the importance of prayer, you do not need to pray all day if your activities do not allow it, a single thought of love, a heart that knows how to forgive an offense, that is prayer.

But for these prayers to be really effective, we must be guided by the points described above.

Now we will analyze a Biblical quote that talks about prayer: Matthew 21, 18-21

THE DRY FIG TREE

18) In the morning, as he was returning to the city, he was hungry.

19) And seeing a fig tree by the wayside he went to it, and found nothing on it but leaves only.

And he said to it, "May no fruit ever come from you again!" And the fig tree withered at once.

20) When the disciples saw it they marveled, saying,

"How did the fig tree wither at once?"

21) And Jesus answered them,

"Truly, I say to you, if you have faith and never doubt, you will not only do what has been done to the fig tree, but even if you say to this mountain, Be taken up and cast into the sea, it will be done.

22) And whatever you ask in prayer, you will receive, if you have faith."

With this Biblical quote we arrive at the final and most important point of the prayer; in verse 22 we are told that whatever you ask for with faith in prayer you will get.

That is why faith is very important since through it you will be able to perform miracles in your lives.

There are people who have been praying for years and do not know why the Father does not answer their prayers, and it is that they do not reach Heaven, because there is no pure and healthy heart and it is not asked with faith.

Now we understand the transcendental nature of prayer, it is not as simple as praying a Rosary, a Chaplet or any prayer, it is something much more complex.

When people come to have a contemplative life, they can be full of activities throughout the day, but with just one thought, a little prayer, they can pray more than people who spend hours in church praying, but still full of resentment, hatred, gossip, bad intentions.

The prayer must come from a pure and simple heart and it will surely reach Heaven. Leading a contemplative life is knowing the true meaning of love and putting it into practice, being spiritually free and healthy. That is why those who love know how to pray fully.

The Holy Spirit will guide us little by little; when we achieve a contemplative life, we will be ready to form fortresses of prayer that will protect us from the enemy.

We will review the points to be clear about them and to be able to start working on our lives.

- 1.- Trust in God
- 2.- Make ourselves like children
- 3.- Sincere Confession
- 4.- A clean heart without resentment, hatred or grudges.
- 5.- Love and forgive your neighbor, especially your enemies.
- 6.- Spiritual healing
- 7.- Humility
- 8.- Faith
- 9.- Upon gathering all these factors, we will remain silent to begin the prayer asking for the anointing of the Holy Spirit.

Now that you know the true meaning of prayer and the contemplative life, you are ready to start growing by feeding more than anything else

on the word of God.

Let us pray with the Psalms which are very enriching and let us feed all our lives with the Holy Scriptures; let us read the Bible a little more, there are the answers to all our concerns, but above all let us abandon ourselves to the Will of the Father, let us become like children and we will enter the Kingdom of Heaven.

(LESSON VII) STEPS TO HEAL THE DIVINE SELF



When the mundane self dies, the divine self remains, which is the good internal self, because the bad one has died with the mundane self. But this divine self, even if it is divine, is damaged because it has had wounds from the moment of its gestation that have taken root in it and left it with traumas and insecurities.

While it is true that the Holy Spirit can do everything, we will also work on some important points to heal.

When the individual has been injured in his physical, psychological and spiritual integrity, it is difficult to heal, therefore, this is achieved through the points mentioned before such as prayer, penance and fasting that heal the soul. But also through other means that we will use in this interesting lesson.

The human being from the moment of gestation is damaged in his integrity, either due to internal factors that are conferred on the mother and the child, or external factors that are conferred on other people close to the child such as the father, siblings, relatives.

When the gestating embryo is affected by the mother, the wounds are much deeper due to the strong bond that exists between mother and child. While it is true that all this can be healed with prayer, forgiveness is very important. Therefore the first step is forgiveness.

Number 1: Forgiveness:

The damaged individual must forgive and forgive himself in order to be freed from this burden that imprisons him of hatred and resentment. When a person forgives, they free themselves from the chains that have that soul captive in the pain and suffering caused by that person. So by forgiving you feel liberated and can heal your soul.

Number 2. Self-esteem:

Self-esteem is damaged from the moment of the gestation of the fetus, therefore, it must be reintegrated to the individual, regenerated and increased, creating a high self-esteem, where the individual, by being in intimate union with God, is not enthralled but rather he becomes more humble and loving. She (the person) has high self-esteem and therefore loves herself and knows how to love others. This is what high self-esteem consists of, knowing how to love yourself and love others.

Therefore, by joining God, this self-esteem is not seen as a presumption in the human being, but as a virtue. Know how to love and love, love and accept yourselves.

When a person loves and accepts himself, spiritual growth is faster, because if there is no love, there is low self-esteem. The individual has not learned to love himself and therefore does not know how to love others. And from there comes the law of God. You will love God above all things and your neighbor as yourself. For this reason, forgiveness, love, self-esteem and acceptance that we will see below are important.

Number 3: Acceptance:

A person must accept his limitations, his life story, his past, its wounds, its sufferings and change what can be changed. And yet there are limitations or things that cannot be changed. For this reason, we must learn to accept them and live with them, like the loss of a loved one that can affect an individual so much.

Therefore, you must accept everything you know is God's will in our lives and focus on changing what can be changed, such as defects and circumstances that can be resolved or improved, such as relationships with other people, which can be more harmonious.

These three conditions help us to heal the inner self, apart from prayer as we have seen. The divine self, which overcomes the mundane self, not necessarily perfect, is the divine self, the one that needs to be free from the mundane self, to grow until reaching holiness in its fullness.

Although when you reach the divine self you are already at very high spiritual heights, and although you still carry wounds in your soul.

Upon reaching the Third Chamber, where he defeated the worldly self, the sins in this Chamber are very few and venial. The soul is totally withdrawn from the world and has worked hard on its virtues. For this reason, it only remains to heal some wounds and it will be ready for the Fourth Chamber, where it is totally healed of all emotional wounds so that it can have a perfect knowledge of God and absolute trust in Him.

For this reason, this Chamber would be the Chamber that I would call the room of achievement because it was possible to overcome the world and the flesh and the only thing left is to heal some wounds of the soul, which is achieved with prayer, trust in God and the points mentioned before.

For this reason, heal your inner self so that you can grow more spiritually now that you know what steps to follow until this third topic and the steps to follow in each topic.

Let's review the three Chambers:

First Chamber: Prayerful Self-Knowledge achieved through prayer

Second Chamber: Detachment from the things of the world with fasting, penance and prayer. Victory of the divine self with the four virtues, trust, obedience, humility, chastity.

Third Chamber: Victory of the divine self and healing of the inner self through forgiveness, self-esteem and acceptance, we have arrived at the third Chamber.

(LESSON VIII) HEALING THE INNER SELF THROUGH PRAYERS, PART ONE, INTRODUCTION



In this chapter we will heal spiritual and mental wounds, both physical and psychological; traumas that throughout our lives have taken root in

our souls, as well as illnesses that have developed during the gestation period of babies in the womb, both psychological and physical and spiritual.

We must be freed from all ties that enslave us to countless psychological, emotional and physical problems, and therefore spiritual. They must be attacked at the root, a root that comes from the gestation of the embryo in the womb, since doctors seek to find solutions to diseases through science, when their origin is of a spiritual nature, because many psychological and health problems mental health often go back to the time of gestation of the fetus, which is when the baby in the womb is rejected and diseases develop that manifest later in adult life or in puberty or childhood.

The mother's rejection of her child, who seeks to find easy solutions to her pregnancy, is one of the causes of psychological problems, because with the fact that the mother only thinks about it, that feeling affects the gestating embryo, feeling the rejection by his mother that affects his psychological and emotional integrity, because the spiritual bond that unites a mother with her child is very strong.

Hence the importance of having a good pregnancy in all aspects, including the spiritual one, which is very important, since it entails a full development of the baby. Children rejected in their mothers' wombs are more likely to develop mental, psychological and psycho-affective illnesses when they grow up; even diseases such as cancer can develop if these wounds are not healed spiritually.

Generational curses are passed down spiritually from generation to generation and can be healed with the power of the Holy Spirit. As you can see, all this is not easy to understand and here you have to go deep into spirituality and psychology. The behavioral canons of a person are derived from many factors: psychological, sociological, genetic, spiritual, generational and even environmental.

The way people behave varies and we do not understand how being brothers and educated with the same moral values and the same education, we are all very different; even twins develop very different and ambiguous behaviors from each other. This is because since their gestation, they are people with unique and different souls; from there arises the spirituality of each person that allows each one of them to develop their capacities and abilities according to their inheritance, not only genetic but also spiritual, which is different for each soul, since

each one comes to fulfill a specific mission; That is why people develop different skills according to their mission.

Art in the human being is more than anything a spiritual inheritance, so it is a gift from God that is given to each one, according to their mission; It is something so beautiful that scientists do not know that each soul has different capacities and gifts.

That is why for a person to develop his gift, he needs a spiritual anointing at a certain stage of his life with his Creator, and from there art, music, song, dance, writing, oratory, even the vocation to marriage, celibacy or vocations to religious life. The fact that a young man is inclined towards a priestly vocation, to a consecrated life or to marriage, comes from the spiritual inheritance that God placed in his soul as a gift or gift from Heaven freely given to men to carry out their mission.

We will start with the most important thing, the healing of the soul, and this will lead us to heal psychological, mental and even physical illnesses. We will make a prayer of healing and liberation from the moment of conception until the moment you are living; this will help us heal our souls.

(LESSON IX) HEALING OF THE INNER SELF THROUGH PRAYERS PART TWO, FROM THE MATERNAL WOMB AND THE FIRST YEARS OF LIFE

Let us begin:

I am in the womb, everything is dark but I feel the warmth of my mother; through the umbilical cord I feed myself and I feel the timbre of my mother's voice: she is sad, angry, worried or attacked; I feel her heartbeat joining mine and there is a spiritual connection between her and me from the moment I was conceived; I hear her resounding voice and feel her like an angel.

From this moment I ask Jesus Christ and the Holy Spirit to heal everything that affected me inside the womb, which could have been insults towards my mother, attacks, screams that affected her psychologically and emotionally and therefore spiritually and that therefore affected me. they affected me, unleashing diseases in my mind and soul.

I heal in the name of Jesus all negative thoughts or feelings of rejection of my mother towards me, everything that has influenced me to feel rejected and alone, because I felt the rejection of the only being whom I knew and in whom I trusted and this hurt my heart triggering in me sadness, anxiety and loneliness. This led me to accumulate hatred and resentment without knowing why, since it inclined me towards a bad temper and made it difficult for me to comply with the Commandments and Precepts of the Church; because when I felt the rejection of the only being I knew and in whom I blindly trusted, I unconsciously claimed it from God, and therefore I feel a rejection in the spiritual and it is hard for me to pray, fast and fulfill my tasks and purposes of prayer.

I heal in the name of Jesus Christ every impure act of lust, passion or ill-intentioned sexuality that my parents have carried out at the time of my conception and gestation.

All these acts have affected my emotional sensitivity and sexuality; That is why I like to resort to masturbation, pornography, sexual debauchery and even homosexuality or lesbianism.

This lust on the part of my parents affected my spiritual integrity, sowing in me feelings of masochism, unbridled sexuality and even taking refuge in drugs or alcohol. I bind, in the name of Jesus Christ, all rejection by my father of my being at the moment of my conception; I free myself from all ties that at the cost of that feeling led me to be an insecure child in my childhood and with learning problems at school.

This lack of acceptance by my father at the time of my conception led me to develop inappropriate behaviors in my childhood such as:

hyperactivity, learning problems or lack of concentration and bad behavior, because inside me I felt my father's rejection and I took refuge in my own ego, being an undisciplined and badly behaved child, or dull and lonely, carrying with me ideas of suicide and sadness in my development and psychological maturity, which led me to divorce and marital failure, being an unstable person, because inside me and

unconsciously I felt rejected by a father figure, the one who gave stability to my mother, creating in me growing up, feelings of anguish and worry, which took a toll on my soul, mind and spirit.

I heal in the name of Jesus Christ, all sin against my spiritual integrity and that of my mother that has been carried out during my gestation in the maternal womb, such as card reading, horoscopes, palmistry, New Age, satanic readings, yoga, reiki, consulting the stars, santeria or any occult rite or activity that damaged the spirit of my mother and mine, leading me to have an aversion towards God, because she opened the door to the enemy and therefore, within my body, mind and soul there is a being dissatisfied with life, moody, unable to love and forgive, selfish, conceited, arrogant, because the enemy took possession of my soul, damaging it to such an extent that I am conceited and arrogant. He planted in my soul the seven deadly sins and therefore it is very difficult for me to understand, accept and love others, because I am selfish and arrogant; therefore, I crave power and prestige even at the expense of others. I like money, the excessive hunger for acceptance, I am aggressive and compulsive, I do not control my character and therefore I develop both psychological and physical illnesses, and even cancer, which affects my integrity as a human being, because my soul has not been released from the ties of the enemy that affect me, being a being closed to the grace of God, concentrating on my ego, making me selfish, petulant and arrogant.

I heal, in the Name of Jesus Christ, all bad influences in my being at the moment of conception and in my development inside my mother's womb. I declare myself in the Name of Jesus Christ, free from all ties that lead me to act irresponsibly and selfishly with my neighbor and especially with my husband or wife. I heal in the Name of Jesus Christ, all family rejection towards me by my grandparents, siblings or close relatives who influenced my bad temper, since my mother did not know what to do and transmitted to me that anguish and feelings of rejection by my family, and I felt rejected and unprotected; All of this led me to have few friends, to be unpleasant and lonely, not to relate well with my spouse, not to interact affectively with my children, to be selfish and insensitive. That is why from today I ask for liberation and healing in the name of Jesus, from everything that affected me at the moment of my conception and gestation.

The moment of Conception and gestation is the moment in which the spirit and soul develop fully, and it is very important to heal wounds that have been carried since pregnancy, since these influence the behavioral canons of people and this affects and influences so that the spiritual gifts that God gave to them do not develop well in each person and therefore do not know what their mission is. That is why we consider it pertinent to heal everything from the moment of conception.

Now we go to the first years of life, where the child's character and psychological and mental integrity are formed:

Sitting comfortably, let us bring to mind every act that marked us in our lives, from newborns to five years of age, what we remember: some rejection, psychological or physical abuse, lack of attention, domestic violence. Everything that we remember that marked us in our childhood and let us say:

"In the name of the Slaughtered Lamb and its Blood shed for me, I declare myself free from any bad influence or psychological, emotional or physical mistreatment towards me, from a call to attention that has affected me to verbal, psychological or sexual abuse.

I declare myself in the name of Jesus, free from all disease that has been triggered in my body, mind and soul and by that circumstance that marked me in my life, and I declare in the name of Jesus, that I am free from all ties and everything that led me to this physical or psychological condition that I have, as well as illnesses in my body or in my soul.

In the name of Jesus Christ, I declare that He has healed me and freed me from all evil that was the consequence of my childhood traumas.

(Lesson X) Healing the Inner Self Through Prayers, Part Three, Ages Six to Twelve, All Life Stages Up to Now, and Generational Curse

"Now let us go back to the age of six to twelve years and free ourselves in the name of Jesus Christ from everything that affected us in our physical, mental, psychological and emotional integrity and that does not allow the Holy Spirit to flow in us, and therefore we do not achieve good communication and effective prayer with the Father

Let the Holy Spirit flow in us and say:

"I declare myself free in the name of the Blood of Jesus Christ shed for me, from everything that in my childhood affected me in my psychological, physical, mental and spiritual health and I am free from all ties; therefore I declare that I am healthy from all physical or spiritual illness in my being."

Now with this prayer, we will heal each stage of our lives that we are missing, until we reach this moment.

"I, as a child of the Most High, ask for healing in every part of my life in the name of Jesus Christ and by the Blood that He shed for me on the Cross, I declare myself free from all physical, psychological or mental illness. Above all I declare spiritual health in my soul, to be able to carry out my mission.

I am free to carry out my mission, since free from all psychological, emotional or spiritual ties, I will be able to let the Holy Spirit flow in me, which will give me the necessary strength to fulfill my mission by the power of the Blood of Christ. I declare myself healthy from all evil in my being, free from all ties and ready to carry out my commendable mission. Amen. "

Now we go to the generational curses that come from the sin of our ancestors, which were inherited from them; therefore a very strong and special prayer must be made, so that we are free of body, mind and soul from very strong and heavy chains. We will put a blessed candle on the altar and a Bible on one side, as well as the image of the Virgin in any invocation; a Cross and the image of Saint Benedict.

Sitting comfortably we will pray to the Father declaring liberation in this way:

"I, as the favorite child of the Most High and heir to the future Kingdom of Peace of Jesus Christ on earth, need to free myself from the generational curses that weigh on me to carry out my mission. For this reason I ask my Lord Jesus Christ to come to my aid and with his power and the power of his Glorious Resurrection clothe my soul with his grace and make me free from all ties of sin and abomination of my ancestors that weigh on my soul and spirit. I declare myself in the name of Jesus Christ, healthy and free from all generational curses by the Blood of the Slaughtered Lamb that cleanses me, overcomes and loosens all the chains that oppress my soul and in the name of Jesus Christ I loose all the generational curses that weigh on my mind, body and soul, free from all ties I declare myself a person ready to carry out my mission that has been entrusted to me. I declare to be free to choose and I choose from now on to fight as a warrior of God, trained and ready for the battle, willing to give my life for my Lord Jesus Christ. Being free from all ties and curses, I give my Fiat to the Most Holy Trinity and to my Heavenly Mother, letting the Holy Spirit flow in me from now on and fill me with its strength and power, giving me the necessary tools to carry out my mission. As a child of the Most High, I declare myself ready for everything that comes and in the name of the Blood of the Slaughtered Lamb I am free from all evil. Amen.

(LESSON XI) HEALING THE INNER SELF THROUGH PRAYERS, PART FOUR, MAIN TIES OF UNION

Now we will clarify some doubts about the prayers delivered for spiritual, physical and mental healing, as well as healing from the moment of conception, gestation and life of the human being.

This is complicated, because everyone has a particular life story and different circumstances of their lives, which take root in each person's traumas and diseases, combined with generational curses.

To be more specific, we will analyze the strongest bonds of union and we will give healing prayers that will be anointed by the power of the Blood of Christ and the Anointing of the Holy Spirit.

We will start with the spiritual healing between mother and child bond:

When a mother rejects her child in the womb, she deprives him of feeling God's love fully, because although God loves that baby with all His soul and affection, the only being the baby knows is his mother.

It is true that each person's Guardian Angel is there to protect each baby from the moment of conception, but the bond between mother and child is very strong; he not only feeds on her physically, he also feeds on her spiritually, therefore all feelings from the mother to the child and everything that affects the mother emotionally affects the baby.

It is very important for this reason, to heal this stage of life so essential in the stage of every human being.

Let's start with the prayer of a mother to her son who, after having rejected him, wants to recover her son's love.

The bond that unites a mother with her child is very strong, therefore,

even if they are far apart, the prayer of a repentant mother is so effective and fills Heaven with so much joy that it is always heard when it comes from a sincere repentant heart.

Healing Prayer of a Mother for her son

"I, as a mother who bears the gift of motherhood and as the giver of life, thank my God for such a beautiful gift and I ask my God for forgiveness for not having known how to thank this precious gift and for having despised and rejected the fruit of my entrails during the gestation inside my womb. I ask my Father for forgiveness for all sin committed against my son, and I not only ask the Father for forgiveness, but I forgive myself, accepting the consequences of my sin.

I ask the Father to give me the opportunity to see my son forgiving and loving me so that from now on I can lead a full and satisfying life, surrendering my weaknesses at the feet of the Holy Cross.

May that bond that unites us as mother and son, be for us the strength that helps us to continue. I ask my Father for forgiveness, I forgive myself and my beloved son, so that he may be illuminated by the Light of the Holy Spirit and may return to my arms; I snuggle him in my womb as if I was pregnant and thus, feeding him spiritually through my umbilical cord, I ask that the Holy Spirit flow into his heart so that the umbilical cord that fed him for nine months is today the spiritual cord that feeds us both of the Holy Spirit, creating in us a relationship of love and understanding, affection and respect. I ask in the Name of the Slaughtered Lamb and by his Blood shed for me and my son, to heal the wounds that my indifference and rejection caused in my son and that he, free from all ties and sin, can return to me, to recover all the time lost and give my great love of mother. Amen. "

Healing prayer from a son to his mother

"I, as a son of the Most High and as a good brother in Christ Jesus, forgive my mother with all my heart and declare healing in my mind, body and soul for the rejection I felt from my mother during my pregnancy.

As a good son of the Father, I forgive all offenses and I declare myself free from all ties to be able to strengthen with my mother that spiritual bond that unites us from the moment of my conception; and I declare that by the Blood of the Lamb and by His great love for me and my mother, I forgive myself and my mother.

Free of all ties, I place my mother in the arms of the Father so that He unites us, and gives us love and understanding for one another and thus be able to lead a full life and in the grace of God, strengthening that spiritual union between us and giving the best of each one of us; recovering the love of mother to son and of son to mother. Amen.

Forgiveness prayer from a husband to his wife

"I, as your husband and united to you by the marriage bond and forming one flesh, I ask your forgiveness with all my heart for not having loved and respected you as God asks and for having hurt your heart and soul, damaging our relationship and marriage bond with the sin that destroyed our union and that gave rise to hatred and resentment.

I ask the Father for forgiveness, for not having respected and loved you as Christ loved His Church; for not having made me a man worthy of you. I ask your forgiveness, I ask God for forgiveness and I forgive myself in the name of Jesus Christ. I declare myself free of this guilt and this sin that destroyed our home and family integrity. By the bond of love that united us at the moment of marriage and I prostrate before the Cross, I offer all that I am to my Lord and free from all ties, sin and curse I ask you to forgive me and help me to recover our marriage. In the name of Jesus Christ. Amen."

Forgiveness prayer from a wife to her husband

"I ask your forgiveness for not having given you your place as the head of my home, as bearer and giver of love and understanding; for not having valued you enough and for having sinned against the bond that unites us before God and for having thrown you out of my life.

For not having loved and respected you as my husband, the Father of my children, the breadwinner of the house, the head of my family. I ask the Father for forgiveness and He forgives me, so that free from all guilt and ties I can love you as you deserve and rebuild our marriage bond with God's help and thus, under the Anointing of the Holy Spirit, restore our marriage. Amen. "

Little by little and with the help of Jesus Christ and the Holy Spirit, we will heal the wounds caused from the moment of conception and gestation, and we will be able to grow spiritually and heal all the wounds during our lives.

We will leave feeling free and with more spirituality to pray, fast, love and forgive. We will be filled with the Holy Spirit little by little and we will see our mission clearly and we will be able to grow. Everything that we could not control before, such as our character, our temperament, will be easy to mold, within our particular mission.

(LESSON XII) FOURTH CHAMBER - A SOUL HEALS, THE FOURTH CHAMBER)

In the Fourth Chamber, where the mundane self has died and the inner self has been healed, the soul in its communication with the Holy Trinity is free of all ties and clean to be able to communicate effectively with the Creator. Therefore, the power of the Holy Trinity flows in the soul, in such a way that the soul begins to experience mystical experiences because there is no longer anything that binds it to the world or keeps it private. The Holy Spirit flows within her in a powerful way, bringing docility to her soul.

CHARACTERISTICS OF THE SOUL IN THE FOURTH CHAMBER:

Docility: The docility of the soul achieved in this Chamber corresponds to the virtue of being docile to the inspirations of the Holy Spirit, following them and being open to listen to them, recognizing them quickly. This characteristic of the soul is extremely important, since the soul is totally docile to the inspirations of the Holy Spirit because its soul is free and healthy.

Purity: In this Chamber the soul is pure because it has been cleansed and unstained from the sins it had been carrying, through the infusion of the Holy Spirit that has cured it of its internal self and has given it health, therefore, purity.

Subtlety: This is another characteristic of the soul that is subtle to the inspirations of the Holy Spirit and therefore carries them out by putting them into practice within his life. The soul knows how to follow the motions of the Holy Spirit and knows how to respond adequately and subtly to the temptations of the enemy.

It is so subtle, that is why the Divine Will is in it and its purity that knows how to subtly react to temptations since it recognizes them in their totality and knows how to overcome them. Therefore in this Chamber the soul becomes in the first stages of a stronger communion with God the Father, God the Son and God the Holy Spirit.

Chastity: In this Chamber it can be said that the soul has reached spiritual chastity, therefore its sins and faults are very few, almost always venial. Mortal sins disappear, and the soul is strong to overcome temptations and be victorious because its divine self is in an almost perfect state that allows it to be filled with the Holy Spirit, and although temptations will never disappear in the history of a soul, it will know how to overcome them without suppressing them so as not to fall into sin.

These four characteristics that the soul has in the Fourth Chamber lead it to begin to have mystical experiences that give it more spiritual growth and make it spiritually great.

In this Chamber, as we already mentioned, the soul gets closer to God and the Word of God begins to be alive in our lives because it is Jesus Christ who lives in our soul and the practice of the word of God in his life is no longer an obstacle but a way of life.

In this Chamber one is one step away from holiness, the litmus test is missing to be able to reach this, the desert, through which every soul that has decided to follow Jesus Christ has to pass. It is an arid desert in which the soul is submerged, in restlessness and desolation to emerge victorious like Jesus Christ on the Cross, tasting the glory of holiness. And it is reached in the Fifth Chamber of which we will speak later.

In this Chamber it remains to be mentioned that the conventional, extraordinary gifts and charismas also appear and begin to flourish, such as discernment of spirits, the gift of science, wisdom, tongues, interpretation, prophecy, healing, to name a few, and spiritual experiences begin to manifest that have never before experienced that it submerges the soul in a state of ecstasy, that leads it to go deeper into the Divine Will and to know more about the Word of God and therefore understand it and comprehend it with divine wisdom putting it into practice to perfection. So there are no more obstacles to be able to

put into practice the Word of God. And the soul does it in such a way that it makes the Gospel alive in its life.

It is important to start working with gifts and charismas, all of us from birth have gifts that we will call conventional because they are the ones that according to our genetic and spiritual heritage we possess from birth, it is important that we know these gifts and develop them, they can be dance, singing, writing, what we are good at and so is our vocation if we are married we live in celibacy or consecrated life.

It is important to discover the conventional gifts because oftenly from there arise the other gifts that we will call extraordinary and these are received when there is an intimate contact with God the Father, it could have been in an Evangelization retreat, in an hour of adoration, at these gifts we will call them charismas of the Holy Spirit.

For this reason, the generational curses must be broken and the traumas from the maternal womb overcome, for this we made the prayer from the maternal womb in the previous chapter, apart from that we must cover our conscious, subconscious and unconscious with THE BLOOD OF JESUS CHRIST, this is very important otherwise we will not be able to develop the gifts and charismas, so we will follow the following instructions:

- Confession to free the Spirit and soul from sin.
- Daily prayer of the prayer given in the previous chapter to break generational curses and overcome traumas from the womb.
- Cover the conscious, subconscious and unconscious with the Blood of Christ as well as free the body and soul with prayer number one in order to discover and develop the gifts of the Holy Spirit and the charismas.
- Development and discovery of conventional and extraordinary gifts with prayer number two.

FIRST PRAYER

As a disciple of my Lord Jesus Christ and willing to develop my gifts and charismas, I ask Jesus Christ to cover my conscious, subconscious and unconscious with His Blood from all bad thoughts, suggestions, bad desires or attacks on my physical, spiritual and mental integrity that want to make a dent in my being so that the enemy does not interfere

in my development of gifts and charismas for the glory of God and the fulfillment of my mission, I cover myself with the Blood of Christ, I am filled with the Holy Spirit and I protect myself in the womb of my beloved Mother. Amen

We came to the conclusion that in order to develop the gifts of the Holy Spirit we have to be free in mind, body and soul and from there the charismas arise from the gifts, which is why many people do not develop them and think that they do not have them and that God does not listen to them or does not choose them for specific missions, but the gifts and charismas are there, they just need to be developed.

After having discovered and developed the seven gifts of the Holy Spirit and the charismas we will discover and develop the extraordinary gifts with this prayer, (it is important to follow all the previous steps).

SECOND PRAYER

As a disciple of my Lord Jesus Christ, after having discovered my gifts and charismas, I ask through the intercession of my beloved Mother of Heaven that they show me and help me to develop my extraordinary gifts little by little and those that Heaven allows me to develop and put them into practice and through the blood of Christ, the infusion of the Holy Spirit and the powerful hand of my Father God I ask you to help me develop these gifts for the good of myself and my brothers after having developed the conventional gifts and charismas I ask to discover and develop the extraordinary ones. Amen.

After having discovered these two types of gifts and charismas Conventional and Extraordinary, many of you have experienced changes in your souls, minds and spirits.

It is as if little by little they begin to awaken to the spiritual life, to which God has called us as His disciples.

They are more sensitive and persuasive to spiritual things and many have received charismas, which is why this appendix deals with the discovery of gifts and charismas starting with the conventional and the extraordinary.

The conventional ones you have been developing throughout your lives, such as writing, music, singing; and the extraordinary ones are those that the Holy Spirit has given you and will continue to give them according to your mission.

We will do the following questionnaire, which you will answer and read mentally before the Blessed Sacrament, so that God the Father helps you in this stage.

1.-What conventional gifts have I had since I was a child, which have I been developing throughout my life?

2.- What conventional gifts are the basis or foundation of my extraordinary gifts and when developing them will help me to grow more spiritually?

For example, the conventional gift of being a good writer can be linked to that of prophecy that develops later based on the conventional gift of being good at writing.

3.- What conventional gifts have I been developing more lately?

4.- What conventional gifts do I have that will help me in my mission?

5.- What extraordinary gifts has the Holy Spirit instilled in my walk with Jesus Christ?

6.- What extraordinary gifts do I have that I have not been able to develop?

7.- What extraordinary gifts do I want to have and do I think they will be effective for my mission? Mention them and ask the Holy Spirit with a prayer that I will give you to say from now on every day and Can you increase your gifts both conventional and extraordinary?

8.- How will I cultivate my extraordinary gifts for my specific mission?

9.- Am I clear about my specific mission?

Remember that the Holy Spirit will corroborate our specific mission very soon, if not it has already done so, so it is important that we answer this questionnaire and read it in front of the Blessed Sacrament and say this prayer every day:

Prayer:

"I ask God the Father to help me discover, increase and develop my gifts, both conventional and extraordinary, with the Power of the Holy Trinity so that through the anointing of the Holy Spirit I can develop them little by little to prepare myself for my mission. I ask God the

Father to help me increase them with love and giving my best, I give my FIAT again to the Holy Trinity and I declare to be the Living Tabernacle of my Lord Jesus Christ.

Amen.

We will say this prayer in front of the Blessed Sacrament and give thanks to God the Father, God the Son, and God the Holy Spirit for the gifts we have received, for those we will receive, and for our specific mission.

(LESSON XIII) RECOMMENDATIONS TO INCREASE CONVENTIONAL AND EXTRAORDINARY GIFTS

The gifts are like a little plant that needs water to grow. It is a seed that is there but we do not notice it because they are small and to make them grow they need water, light and air. And we represent these three elements with the Holy Trinity, Father, Son and Holy Spirit.

We need the Holy Trinity to increase these gifts. For this reason, it is important to pray to the Holy Trinity every day so that we fill our essence in your souls and spirits.

And to live in the Sixth Chamber is to let the Holy Trinity inhabit our hearts in every sense of the word, flooding our souls and spirits with its presence as it is an indissoluble unit, like the Holy Trinity.

Achieving that, it is no longer us, but the Holy Trinity, who lives completely within each one of us. For this we will give you the following recommendations:

- Recognize that we are unworthy children of the Father and that without Him we can do nothing.

- By recognizing it, we will be free of all attachments to ourselves and our own self, leaving egocentrism and pride aside. Then we can leave our hearts open to the powerful infusion into our hearts and souls, minds and spirits.

- When we annihilate ourselves before God the Father, and do nothing to ourselves, then we will leave the door of the heart open for the Holy Trinity to enter. Without this step, which is the most important, you cannot reach out to others. As we begin to live with the Holy Trinity within us, we will feel different, we will feel great joy and peace, and more sensitivity to spiritual things.

There we will feel that the plant has received what is necessary to start growing, water, light and air. Then we will begin to feel our gifts spring up within our hearts little by little.

And to keep growing and not let us die without food, we will go to prayer, penance and fasting, but not before having accepted the Divine Will of God the Father within us. That is why we must totally die to ourselves in order to increase our gifts. After having prayed, fasted and done penance, we will offer our whole lives to God the Father every day so that it is no longer us but Him and every decision we make will be a decision of God and not of us. Then we will continue feeding our gifts and charismas with Eucharistic Adoration, Mass and Communion. And having the mentioned elements will give the final transformations. Water, light and air, prayer, fasting and penance, Eucharistic Adoration, Mass and Communion.

With these elements we will be able to develop our gifts and charismas. The fertile land where the seed is sown is an open and sincere heart and also represents the Mother of Heaven, let us always remember to turn to her. The land where the seeds are sown is also faith and love in the Virgin Mary and letting her be our guide. For this reason, the prayer of the Rosary is so important because with her Maternal love she leads us to the Holy Trinity.

Earth, water, light and air result in well-planted seeds ready to grow with prayer, fasting, penance, Mass, Eucharistic Adoration and Communion and these will strengthen and transform us and when we least expect it we will reach the Sixth Chamber and no longer it will not be us but the Holy Trinity who lives in us.

We will make a small prayer so that we surrender to the Divine Will:

Prayer:

As an unworthy child of the Father, I surrender all that I am and all that I have to God the Father so that the Holy Trinity may take possession of my body, soul and spirit.

I give you my life so that from today it is no longer me, but God who lives in me to increase my gifts and charismas for the service of my brothers. I give my all because I no longer live but God who lives in me. Amen.

We will say this prayer and we will follow the indications mentioned and when we least expect it we will already be Living Tabernacles.

This Fourth Chamber is the ladder to the other two higher Chambers where the soul has already reached holiness, because it is the last of the primary preparation and the first to enter deeply into the Divine Will of God, full and sublime of every soul, where surrender to God is total.

Getting to this Chamber is not easy and when you arrive, the Holy Spirit blows so hard that it is when the soul experiences ecstasy, a unique mystical experience where the soul unites with its creator as one, coming to experience the infusion of the Spirit Holy in such a sublime way that when the soul explodes in love, a love that burns and is very powerful, it enters ecstasy and experiences Heavenly experiences so strong that when it returns it is no longer the same. You have been endowed with such a beautiful love and experience that you arrive fully strengthened. These ecstasies are experienced before entering the desert and after it.

(LESSON XIV) FIFTH CHAMBER - HOLINESS

Before entering the Fifth Chamber, in the transition between the Fourth and the Fifth Chamber, a spiritual desert is experienced that every soul lives before reaching holiness. It is a feeling of abandonment and desolation by God, where the soul experiences the loneliness that Jesus Christ felt shortly before expiring. When He pronounced: "Father, why have you abandoned me?"

This same loneliness is experienced by the soul and it is because it has to live the death and resurrection of Jesus Christ in its soul. He has to die to himself in order to resurrect as Jesus Christ did and reach sainthood.

This desert is very arid, the soul experiences the desire to leave everything, to return to the world, because the forgetfulness that it feels on the part of God is very great. For this reason, when leaving the desert, he is resurrected and is born to a full life and holiness.

Upon reaching the Fifth Chamber, and after having crossed the desert, the heart of the soul merges with that of Jesus Christ, so they are one. This union brings with it very high mystical experiences such as stigmata, bilocation, levitation, since the infusion of the Holy Spirit is totally full in the soul, and a single heart is already formed with that of Jesus Christ.

When one reaches holiness, lived by each soul as a unique and incomparable experience, and different for each one, this experience brings with it an indescribable joy. True happiness, based on the beatitudes, which we will analyze below.

LET'S SEE THE BEATITUDES:

-Blessed are the poor in spirit because theirs is the kingdom of Heaven:

What is it to be poor in spirit? It is being a simple and humble person, who does not boast of his worldly achievements and human greed and foolishness, but instead resembles Jesus Christ by being humble and simple, leading a pure and chaste life, simple and in great humility and thanks to God for everything received.

A simple soul is grateful to God and appreciates everything that happens to it. The problems and tests that make him grow as a child of God. Therefore, God makes him worthy of the Kingdom of Heaven.

-Blessed are the afflicted because God comforts them: Afflictions lived on earth with love and surrendering them to God magnifies the spirit of man and makes him grow spiritually. If we suffer afflictions and surrender them to God the Father, we will have a treasure in Heaven and therefore we will be comforted by God for our sufferings. So if we suffer afflictions, let us surrender them and live them with a grateful spirit, offering them for the salvation of souls, so we will obtain the consolation of God and a treasure in Heaven.

-Blessed are the humble because they will inherit the earth: Humble people resemble Jesus Christ and God is pleased with them as His beloved children. Being humble is a very important virtue that Jesus Christ taught us when He came to earth, and God rewards it enormously by inheriting the earth. A fertile land, a fruitful land that will give you long life and abundant fruits to live in it.

Humility is an enemy virtue of pride, let us practice it so that we can become more and more like Jesus Christ.

-Blessed are those who hunger and thirst to do the will of God because God will satisfy them: Doing the will of God encompasses everything. When a person does the will of God, he complies with the Commandments and leads a life of dedication and love, and serves others. It is very complex to do the will of God, and in order to explain it in a better way, I tell you that doing the will of God is letting Jesus Christ dwell in us, letting Him act. It is immersing yourself in the Divine

Will of the Father as Jesus Christ did. Therefore, we cannot achieve it if we do not die to ourselves and let Jesus Christ live totally in us. And as it says in this Beatitude, those who do the will of God will be satisfied with the love of God and the reward for all of us for having lived in the Divine Will will be Heaven, the Paradise that God has reserved for each person. A place inside the Father's House. For this we will be satisfied and rewarded with Eternal Life.

-Blessed are the merciful for they will have mercy on them: In this Beatitude Jesus tells us that if we are merciful we will obtain mercy from God. And it is as God the Father taught us in the Our Father:

"Forgive our offenses as we also forgive those who offend us." If we forgive those who offend us, God will forgive our offenses, but if we do not know how to forgive those who offend us, how can we ask God the Father to forgive us? Here we follow the same guidelines of God, if we are merciful to our neighbor, God will have mercy on us.

-Blessed are the pure in heart because they will see God: In this Beatitude God wants us to be pure in heart, and to be pure in heart is to have a pure heart, without hatred or resentment. It is to lead a life of purity and surrender that we do not harbor evil in our hearts, that it be a good heart and free of sin.

People who have a pure heart are innocent, they are like children, therefore they are almost free of sin, so their purity does not admit sin in their hearts.

That is why a pure heart is rewarded with being able to see God. Because only the pure in heart can see Him. That is why to reach it you have to be pure of heart.

-Blessed are those who build Peace because God will call them His children: In this Beatitude Jesus Christ calls us to build Peace in a world full of hate and evil, where it is very difficult to live in Peace and bring the Peace of Christ to others.

Peace is carried within, if we carry Peace within our hearts we will know how to give it to others, for this reason God will call us His children, because we knew how to carry the Peace of Christ within us to our brothers in a world full of violence and insecurity, hate and malice. Whoever carries the Peace of Christ within his heart has a great treasure on earth and in Heaven.

-Blessed are those who are persecuted for doing the will of God because theirs is the kingdom of Heaven: Being persecuted for doing the Will of God is a great honor because we have already said what doing the Will of God entails is letting Christ live in us dying to ourselves and when for doing the Will of God we are persecuted as Jesus was, and we become His most intimate friends, and therefore we carry His Cross together with Him, and God, being other Christs, calls us His children and for having lived His life as Christ lived it and suffering persecution because of it gives us as a reward the Kingdom of Heaven.

-Blessed will we be when they insult us and persecute us and say against us all kinds of slander because of Jesus Christ: Rejoice and be happy because your reward in Heaven will be great because that is how they persecuted the prophets who lived before you.

When we are insulted, persecuted, slandered because of Christ, it is because we no longer live but are already other Christs. Our hearts have already melted together with His, for this reason our life on the Cross, like that of Christ, leads us to rejoice in doing the Will of the Father in our lives because of Jesus Christ we are persecuted as He was. Therefore, let us be glad and rejoice, so that our reward in Heaven may be great. We will be called children of God and close friends of Jesus Christ. At His table we will sit close to Him, in the place of His closest friends because we knew how to carry His cross. For this reason we have to be persecuted, slandered, insulted because of Christ, let our hearts not be troubled, on the contrary, let us rejoice because we will have a great reward since we will live the Crucifixion of Christ in our lives as part of His church, so our reward will be enormous in Heaven, therefore to live the beatitudes in our lives is to suffer with Christ and this brings joy and happiness to the soul, since it does not seek itself but Jesus Christ. Therefore he wants to imitate Him in every sense of the word.

Suffering exalts the soul and suffering for Jesus Christ is its greatest delight. The soul thinks it is going crazy with love for Jesus Christ. He behaves differently from others, because he has joined Jesus Christ. Therefore she no longer lives but it is Jesus Christ who inhabits her, He has lent her His body, mind and soul. And in a fusion between the soul and Jesus Christ, the spirit finally achieves holiness.

The holiness so longed for by every soul that seeks Jesus Christ becomes a reality, and the soul jumps for joy and happiness. A joy so immense that it surpasses the entire Universe, merging into a heart that beats in unison. A love song of the two lovers. The beloved and the beloved will declare perpetual love. They come together as one bringing happiness and joy to hearts.

This is the most sublime joy that exists to achieve the much-desired happiness through holiness. That fills her and fills her with joy. For her, reaching the Fifth Chamber is the highest level.

This Fifth Chamber is very difficult to reach and very few souls reach it.

In this Fifth Chamber the soul experiences very strong mystical experiences. He is greatly strengthened, and his trust in God is complete. These blissful souls give the world a beautiful legacy through their experiences and their lives. They are seen by the world as beings who have fallen into madness because they are so radical, extravagant, and sensitive. They do unbelievable things to the world. To mention an example, Mother Teresa of Calcutta who took care of beggars, the sick and lepers, something that almost no one does.

Moreover, she did it with so much love that she was happy doing the will of God. Therefore these souls are a great legacy for humanity. Courageous men who give their lives for Christ, completely forgetting the mundane self to fully live their divine self, united to that of Jesus Christ, forming a single body, a single mind, a single soul. Because it is no longer they who live, but Jesus Christ who lives in them.

There is no more sublime grace than arriving at this beautiful Chamber, where the soul fully develops all the theological and cardinal virtues and all the gifts and graces that the Holy Spirit can give to a soul, inflaming it with love to such an extent that it explodes with joy and happiness in carrying out his mission and the will of God in his life.

Very few are chosen by God to be able to live in the Sixth Chamber to which we are all invited. But only by the grace of God can one enter the Sixth Chamber.

(LESSON XV) CAN AN ORDINARY MAN ACHIEVE HOLINESS?

Before explaining this Chamber, we will see how to reach holiness through several premises that we will see below, especially through the suffering that refines the human being and leads him to grow in spirituality.

The supernatural truths of God the Father can only be glimpsed in the light of faith, it is as if a blind man wanted to see, a deaf to hear, a lame to walk well, it is really impossible, but if we see this reality in the light of faith we will have to first invite Jesus Christ to perform the miracle in our lives, through faith in His word, in His gospel, in His teachings, to be free from all ties, ailments or physical defects that invalidate us to see beyond the ability to do so.

However, if we ask Jesus Christ to heal the eyes of the blind, open the ears of the deaf, and alleviate the foot of the lame, something that can only be achieved with a pure spirit, soul and heart, with this we will be able to heal those ailments that make us incapable to see, hear or walk like others, then our eyes in the light of faith will be able to see surprising and wonderful things that we are not capable of seeing when we do not die to our carnal senses, because when we die to our carnal senses the blind see, the deaf hear, the lame walk well, and it is then when in the light of faith we know that the liberation of our soul will have an effect on our physical ailments and we are totally healthy in mind, body and soul and above all in spirit.

Therefore we can know and accept the highest and incomprehensible mysteries of creation, but for this purity of heart is necessary, and openness to God the Father, God the Son and God the Holy Spirit, this openness that is obviously not a dogma of faith, neither a theological foundation for not having validity nor human support because it is of a supernatural nature, it will open our senses to the spiritual world, which we cannot physically touch, but nevertheless it is very real and true,

because it is a spiritual world in which there are very different rules and guidelines to follow than in humans, because they are based on these rules and guidelines of a divine logic and incomprehensible to the human mind, which is why the human being, not having a very spiritual growth elevation and humility of heart cannot know things that escape the subjectivity and objectivity of human reasoning, because they are irrational and incongruent for the human being.

However, this mysterious spiritual world can be understood by humans who have a very high Spirituality and because it is an open conduit to the light of the Holy Spirit, they understand everything perfectly, things that many people in the world due to spiritual and mental arrogance and all kinds cannot even think about it and to justify that incomprehensible Spiritual reality they resort to easy solutions that calm their spiritual arrogance and egoism centered on them, the solution that will feed the soul of themselves to continue impoverishing themselves as semi-Gods unable to fly towards the freedom of the soul because they are subject to sin, being tied to feelings of greatness that in the light of faith are poverty.

These poor human beings will never understand unfathomable mysteries or unreal rules that are the foundation of supernatural life in the logic of God where $2 + 2 = 4$ may not be true because his omnipotence and supernatural flow of the Holy Trinity leads him to exclaim that if in his omnipotence he wants to conceive that $2 + 2 = 7$, he can do it with all the power that comes from God. This is easy and difficult to understand because they are unfathomable mysteries of God of a supernatural nature, which are based on an irrational and incomprehensible logic to the human mind because the limited human being in the face of these incomprehensible situations does not know how to defend himself, basing his human and erroneous theories on a spiritual blindness that leads him to affirm that everything comes from human logic. However, it is by faith in Jesus Christ that the blind see, the deaf hear, the lame walk well, God heals those foolish and small souls, exalts them, makes them sublime and supernatural.

Can an ordinary man reach sainthood?

Not within human logic, but within the supernaturality and omnipotence of God everything is possible, a normal human being can become a saint, this can happen and we can say in the light of faith that $2 + 2 = 7$.

So if I raise my wings to the sky, I know that I will fly, not because of human logic, but because of the spiritual dimension that will give me the faith to believe that I will indeed fly.

This supernatural logic of myself nourishes my spirit, therefore it is no longer difficult for me to delve into the mysteries of faith and the supernatural, coming to the conclusion that this theory was not false, but on the contrary, I do not understand it with my human and limited capacity and mind, but if I open my senses in the light of faith to the light of the Holy Spirit, it is easy to understand that 2 plus 2 is 7, because God's logic is supernatural and not human.

Because simply and easily the supernatural and almighty God breaks into human logic, finally making the blind see, the deaf hear and the lame walk well, this breaks human schemes.

But why not think that not everything is written, looking at the divine logic, His omnipotence and supernaturality, we can say in the light of faith that he did not want to leave everything written, because they are incomprehensible to humanity, he proves his love, faith and availability of to do his will even at the cost of everything and everyone and because his faith is not based on anything palpable, he is capable of walking on water without sinking, going through the red evil without drowning or accepting, like the Virgin Mary, the divine will through the archangel Saint Gabriel, he is capable of resuscitating the sick, taking poison and not dying, walking on snakes and dragons because their faith is not grounded in anything tangible, in nothing written and this is the faith that God asks of us, the faith grounded in our love for God, not in something tangible and written by men, but the faith grounded in God makes us grow and reach unsuspected heights, which is when the theological virtues are born in the human being, therefore, climb unsuspected and beautiful paths that man discovers and makes his own, that nestles them in his heart and therefore, make this being a being so sublime and beautiful in the eyes of the creator, because there is no stain or evil, his soul is transparent, he can go freely into the arms of the Father, free from all ties and tell God the Father here I am to do your will.

Because I no longer live but Jesus Christ lives in me, from there the roots of holiness begin to sprout, which only need special care for the seeds to grow, since the roots are there, therefore it is easy for these human beings, who already have passed these tests, that they can say

thank you before the throne of God.

Suffering exalts makes you mature, grow, endure and strengthens the human being making him capable of shipwrecking in the sea of the world and sin, without succumbing because finally his future is God, but in order to be able to well-founded faith in God it is necessary to have passed on the suffering that is the basis of all human faith that converts when it is refined in divine faith that give us the pattern to understand the incomprehensible.

The suffering of the blind from not seeing, the deaf from not hearing and the lame from not walking properly, purifies them when God considers it prudent and then Jesus Christ appears in their lives and performs the miracle of being able to hear, see and walk and that is when Suffering purifies them that they are capable of understanding what is incomprehensible to the human mind in the light of faith.

From what we deduce that here the blind saw, the deaf heard and the lame walked well and through their suffering exalted by the grace of Jesus Christ and divine logic they understand by their purity of Spirit that $2 + 2$ is 7 in such an evident way that it is not necessary to question it, so its logic is based on faith in God, not on human patterns or guidelines.

That is why the humans chosen for an important mission, God allows them a greater suffering that enables them so that under this suffering, which can be physical or spiritual, they purify themselves, and when they are healed by Jesus Christ, they understand the unfathomable mysteries of the Father.

Because if they are not refined by pain they will not be able to carry out their mission, this suffering strengthens them makes them more capable of understanding the incomprehensible, their human mind is not that of an ordinary human because due to their refinement they have infused knowledge divine and this makes him understand without problems that $2 + 2$ equals 7, and that God may have broken the schemes because He is Omnipotent.

(Lesson XVI) Sixth Chamber - The fusion of the soul with the Holy Trinity

The spiritual Metamorphosis is necessary to be able to reach holiness, because he who is not refined in pain and suffering cannot be a saint, so this is a necessary guideline for all those who aspire to be saints and have NOT suffered the purifying pain of the deaf, lame and blind will not be able to reach holiness.

Therefore, the first premise is to have been refined in suffering, the second premise is to understand that 2 plus 2 equals 7, the third and most important is to ask Jesus Christ to heal each one of us so that we can hear, see and walk well, since that when we are healed we will be able to fly into the arms of the Father and tell Him here I am to do your will because it is no longer me who lives but Jesus Christ who lives in me.

This healing process that we have already been experiencing is the stage of Metamorphosis to which all the saints are called to live, therefore in our hearts we feel that we can reach holiness through the following steps:

1.- Refined in pain

2.- Understand that 2 plus 2 equals 7 because the will of God is Omnipotent and supernatural, therefore a characteristic that we have already mentioned many times is:

2.1 A child's heart

2.2 Humility and simplicity

2.3 Openness to the outpouring of the Holy Spirit

2.4 Recognize that God's will is so beautiful and sublime because it is to feel the love of God the Father and give thanks to Him for everything we have lived.

2.5 Love the Cross

2.6 Trust totally in the designs of God the Father.

2.7 Availability and fervent love for Jesus Christ so that we would not mind giving ours for Him.

This stage of Metamorphosis is painful because it is like when butterflies are being transformed, from a carnal man to a holy human being, because he is no longer an ordinary human being, his mind is open to know incomprehensible designs and mysteries of God, and to acquire an endless number of extraordinary gifts that with an unlimited human mind he could not handle because he would die in the attempt, he would inflame with his ego and he would not fully develop the gifts, it would be counterproductive because his gifts would not be fruitful in him, that is why he must first comply with the points mentioned before: refinement, knowledge of the Omnipotence and supernaturality of God the Father, therefore, of the premise that 2 plus 2 equals 7 and all the premises mentioned before.

This stage of Metamorphosis is very hard because it is dying to the flesh, to the world and to sin, therefore, if we do not die to these three premises we will not be able to see, walk well and hear, when we open our eyes, we uncover our ears and we can walk well, then the Metamorphosis will be almost complete and the premise that 2 plus 2 equals 7 will be fulfilled in us, and we will be ready to receive the gifts.

Resulting in a human being who has reached holiness who is no longer an ordinary human being because he has broken the schemes and God infuses His breath of life into him because through the infusion of the Holy Spirit and the help of the intercession of the Holy Trinity, he will be able to carry out his praiseworthy mission as a human being who has transformed from a caterpillar into a butterfly.

Therefore we come to the conclusion that in this Chamber the supreme height is reached in Jesus Christ and more than that, the soul and the heart are united, not only to the heart of Jesus Christ but to the hearts of the Holy Trinity, giving to the soul the qualities of the Saints who enjoy the beatific vision.

In this Sixth Chamber, Heaven is reached in the full sense of the word. Heaven is lived on earth, resulting in the most sublime grace that exists for the soul.

In this Chamber the glory of God is experienced in our hearts. An experience so sublime and excellent that few souls have experienced it. Because when the soul merges with the Holy Trinity we acquire these characteristics, therefore it is the soul that bears the Glory of God. For this reason it is said that this Chamber was experienced by the Saints who enjoy the beatific vision, because it is such a high Chamber that it is very difficult to reach, but not impossible.

The Holy Trinity will live within each soul in a unique fusion of the soul with its creator: Triune and Omnipotent God, the enlightened soul will participate in this glory experiencing the essence of God in his heart, soul and spirit. Upon reaching this Chamber, the soul will have supreme qualities, the gifts that have been given to the saints in the history of humanity.

It is to reach the highest Heaven when the human will unites with the divine will and there is an alliance of love of the soul with the creator, the soul is consumed in the divine will and exists in God, it is the enthronement of the heart of the Father within the human heart, in a few words the will of man is immersed in the divine will to be a single.

CONCLUSIONS

We live submerged in a world of mirages that lead us to lose ourselves in erroneous ideologies and to lose the sense of every human being, which is to be with their creator. In these times, hardly anyone cares about reaching holiness, to which we were all called by God, to return to our home to our final homeland in Heaven, we are here in the world no more than simple nomads who walk towards our ultimate goal to return to Heaven where we come from and to which we belong, but human beings lose the meaning of life. And in this world where we come to earn Heaven through our acts of love for God, our neighbor and ourselves, we lose ourselves and do not achieve eternal happiness.

Today, unfortunately, many men lose their souls and go to hell for not living in the Divine Will, for this reason it is very important that we become aware of why we are here and why we came, this life is like an exam that we have to pass to deserve the prize, eternal life, it is very sad to see how thousands of souls are lost forever and it is because the road to Heaven is difficult and narrow, it is a world of sacrifices and mortifications and man, through the ideologies that abound, has been taught to live in mundane pleasures to seek only the material, the mundane, the devil has been given these last years to pervert humanity and lose them in vices and sins, that is why in this small course we are given the guidelines to follow and the steps to reach holiness that are not easy to follow is to renounce ourselves and fight with our own selves, it is to do God's will in our lives and not our own, it is a narrow path of recovery of renouncements and privations but that nonetheless will lead us to total happiness where we will be so happy doing the Will of God that by imitating Him will be a delight to live united to Jesus Christ in His sufferings, suffering like other Christs, because simply and easily without the Cross there is no resurrection and as the Church of Jesus Christ that we are, we must follow in His footsteps, we must be crucified in order to be resurrected, this is the reality of every Christian and nobody wants to live it, people want to live immersed in the world in its delights and vices that lead them to lose their souls forever, let us be aware of this and get to work trying to live according to the Gospel and following in the footsteps of Jesus Christ in order to save our souls and be worthy of the crown of glory that God has reserved for each one

of us. Jesus Christ has left everything revealed to us through the Bible, that is why it is essential to know it and more in these times where everything is very confusing and evil has taken all of society from its foundations, which is the family, attacking it and planting in it anti-values and sins so that society declines and is destroyed from its foundations, the family is the nucleus of society and in these times it has been greatly attacked by the enemy, there are endless erroneous ideologies that lose the human being in the abysses of death. That is why it is very necessary to increase our faith by reading the Bible and the Catechism of the Catholic Church and putting ourselves in mind wanting to reach holiness and please in all senses to God, following His Commandments and living in His Divine Will, that is why it is necessary to delve into this preparation that today I have made for you the coursea path to holiness through the Chambers where we are shown how to reach holiness step by step and how to reach our final destination, Heaven Therefore it is important that we take this course into account and more than anything that we put it into practice, thinking more thananything about our eternal destinations, it will be very beautiful for our Father God to see that we knew how to multiply our denarii and gave our lives for God dying to ourselves to let God live in us and to be able to live the Divine Will in our lives as God wanted from the beginning of creation with Adam and Eve. If we all lived in the Divine Will, this worldwould be a paradise like the one Adam and Eve lived in, but we are so used to living doing our will to fulfill our whims regardless of whether we go above other people to achieve our goals, therefore there is no respect for the human being or dignity in people because they do not mind doing whatever it takes to live doing their will without turning to see God and His precepts that He instituted since He gave the Commandments to Moses, Jesus Christ is our light and the light that illuminates the darkness of the world, that is why He said that whoever wanted to come after Him should renounce himself and take up his cross, but we are like the young man rich man who for love of money did not follow Jesus Christ, we live full of attachments to the world, to money, to fame, to power, forgetting about God, exchanging the delicacy that God offers us for the dish of lentils that the enemy offers us, we do not have awareness of what eternal life is and due to ignorance and coldness we fall into a multitude of faults and sins.

The only way to Heaven is the cross and to get to it we have to be crucified with Jesus Christ in order to rise to a new life in order to be transformed into other Christs and in order to become like Him we need

to be refined in the suffering of this. This course has spoken to us and it has given us the guidelines and steps to follow, therefore it is important to take it into account so that through this we have the bases and guidelines to follow on the path to holiness, for my part everything has been, I hope this has been to your liking and more than anything to help you in your spiritual growth.