

# *Co-Creating Our New Earth*

*Prayers of Love from  
A Choir of Angels*

Colin Brown

Embraced in Love Publications

# **Co-Creating Our New Earth: Prayers of Love from A Choir of Angels**

by Colin Brown

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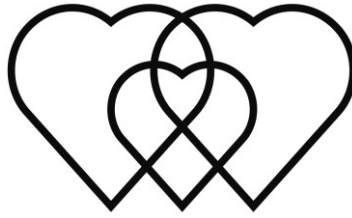
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## *Dedication*

All proceeds from the sales of this publication will go directly to The Foundation of Living Love, a charitable organization co-founded by Sebastián Blaksley and located at The Refuge of Divine Love—a place consecrated to Mary Immaculate, Mother of all creation—in the Tigre Delta, Province of Buenos Aires, Argentina.

To learn more about The Refuge of Divine Love, please visit <https://www.fundacionamorvivo.org/en/refugio-de-amor-divino>

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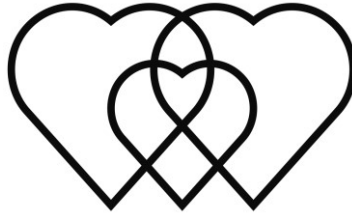
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# *Introduction*

## **About the Author**

Colin, born in Sydney, grew up near the sandy shores of Botany Bay. Known as Kamay to the First Nations Dharawal people, traditional custodians of the land and these waters for millennia. Over the years, he has played many roles on life's ever-revolving stage including lawyer, teacher, lay chaplain to merchant seafarers, and advisor to numerous faith based communities on human rights and social justice issues. But his most rewarding role of all is that of father to Patrick and Holly, and grandfather to Elijah and Luciana—both free spirited, playful and loving forces of nature that keep him eternally young but simultaneously exhausted.

These days, as a volunteer, he maintains websites of a spiritual nature, edits books, and helps out in a local second-hand bookshop.

At the age of thirty, in search for meaning and authenticity, he gave away his partnership share in a Sydney law firm to work in both church and government education systems with adoles-

cents and adults. Underlying a number of Colin's vocational roles has been a deep calling—to play a channel in humanity's mission to respond spiritually to “the signs of the times” including the organizing in Canberra of an international multi-faith conference on Climate Change early this century. He also later established, and for some years headed an Australian church ecological agency commissioned to safeguard creation and promote more conscious sustainability practices. And following that, became deeply involved in the introduction and implementation of the UN's Maritime Labour Convention, known as the Seafarers' Bill of Rights.

More recently, while lamenting the slowness of the world's major religions to respond to the signs of the “new times”, he fortuitously discovered astonishing archangelic revelations found in a then freshly published series of books. Eureka—after a lifetime of searching he had found spiritual gold! He was now living on a new Earth. One of love, truth, fulfillment and happiness. Never to return to the old. With a burning desire to share this new heavenly treasure with all of humanity.

## Welcome from the Author

When I was early into reading the first book “Echoes of Holiness” from the seven-book series titled “Choose only Love”, being so moved at the profound and thrilling angelic revelations enthralling me on every page, I instinctively grabbed a yellow highlighter pen to make my mark. I was increasingly inspired throughout the reading of the seven books to enthusiastically underline those many heavenly, tear evoking, words of pure joy and love that my heart was soaking up while causing my soul to do backward somersaults.

It felt as though the angels were sitting right beside me, cheering me on, and helping to turn each page. Many a time, I would fall asleep late at night in bed with one of the books still opened and nestled on my chest. At other times, it was not unusual to find a delicate white, or sometimes beige feather, showing up in the most unexpected places around the home. One time, surprisingly finding a largish sized feather firmly stuck to the warm spoon resting in the bowl, with which I’d just finished eating my morning porridge! I might add that none of my nearby suburban street neighbours keep chickens or ducks on their properties.

Clearly, my world was being transformed, with every single beat my heart pumped in response to the irresistible loving energy flowing from the pages containing these extraordinary revelations purportedly from Jesus, Mary, the Archangels and the Mother-Father Creator source, namely God.

I quickly concluded that these were no ordinary books that I was relishing. Without a shadow of doubt, the messages that had been mystically “received” by Sebastián Blaksley could not possibly have been composed on Earth. But were surely coming from

another realm—one that expressed only pure love, truth, peace, wisdom and supernal joy!

I knew that the precious prayers and meditations found within these “love letters” so called by the Archangels, infused with such a mesmeric loving potency beckoned to be extracted, sorted, featured, gift-wrapped and shared with humanity. Then ideally to be enfolded, integrated and cherished universally. However, in a format different to and independent from, but that complemented the “Choose only Love” publications.

One particular message from Jesus himself instantly ignited my imagination, when referring to the series of seven books he said to Sebastián: “This is not a literary work. This is rather a play of grace, and a gift for you. All minds and hearts in unison will be touched by these words. And when touched the whole universe will be affected.” I have not read truer words in my whole long life of nearing 80 years on this glorious garden planet of love and light.

Over the course of reading the seven books, I emptied many highlighter pens! The desire to craft together a selection of the spiritual exercises I had spotlighted throughout the series, and resolved to share with the world in some form down the path, gathered strength as each new day dawned.

Accordingly, this book with its collection of sublime, unique and richly diverse “other-worldly” spiritual exercises—directly gifted from Jesus, Mother Mary and the Archangels Gabriel and Raphael—for your enjoyment and spiritual nourishment, is the outcome of this loving co-creative endeavour.

Of course, my supreme gratitude goes to Sebastián Blaksley, for his preparedness to serve as a gracious channel, in accepting

Heaven's offer of a lead role in Christ's "play of grace". And then for so generously sharing Heaven's priceless "gift" of love letters with the world. The Archangels have most aptly and lovingly named Sebastián, "a pencil in the hands of God". I'm not expecting them to name me a "yellow highlighter pen in the hands of God" any day soon, but we can fantasize! However, in all seriousness, my role in this work is minimal, actually causing some embarrassment having to refer to myself as the "author" of the book given how insignificant is my contribution. Prospector, sorter and compiler of the treasured collection would be a more accurate description.

To sum up, the total number of 144 chapters comprising the "Choose only Love" series contains a constellation of exquisite dazzling diamonds in the form of: prayers, meditations, reflections, songs, mantras, visualizations and contemplative exercises, all sprinkled throughout the sky of the seven sacred books. And each one of the corresponding 144 spiritual exercises that has been extracted from the above series and chosen for inclusion in this book is vitally fresh, stunningly novel, dynamically alive and tenderly transformative. With these spiritual exercises in unison, announcing and preparing humanity for the Second Coming of Christ that, according to the Archangels, has already incarnated—infusing hearts universally, engendering the glorious birthing of a new Earth and new Heaven. These exercises are delivered with the full force of Heaven's supernatural love, eternal wisdom and sovereign assurance. And I dare say that these "diamonds" are the likes of which will not be found embedded in any other single book published on this most blessed of planets adorning our Milky Way galaxy.

Accordingly, it is our deepest desire that the sacred words contained in this priceless book on prayer and meditation, authentically serve as a loving and practical expression of the

extension of Christ's "gift" and the "play of grace" initially transmitted to Sebastián. Hopefully to serve as a luminous portal to accelerate humanity's healing, elevation and expansion of consciousness, as we enter a glorious new era, the Age of the Heart. Where Heaven's call to "follow your heart" and Mother Mary's invitation to join "the movement of beautiful love" will shine brightly as our spiritual lodestars illuminating the way for all souls.

Finally, profound gratitude extends to the majestic angelics from Heaven, for their divine role in delivering these celestial "diamonds" to the angels on Earth. Our sincere prayer is that the reader graciously embrace this book as a "gift" from Heaven—a gift that keeps on giving eternally—joyously with open arms and grateful heart for your soul's nourishment, evolution and eternal happiness. Amen, amen, amen.

Colin Brown  
Kiama, NSW, Australia  
15 August, 2025



## A Message from Sebastián Blaksley

The “Choose only Love” series of books, in unity with the other revelations received from Heaven by me, tells us in multiple ways that prayer is the life of the soul, it is the nectar that allows it to exist in the perpetual joy of divine union. We are praying souls it also reminds us. Beings who by nature have not only the capacity to pray but also the essential need to live immersed in it.

As our Divine Mother tells us in one of the given dialogues, prayer is an exchange of love between the creature and its Creator. It is extension between Source and being. In this sense, we recognize that we cannot live without praying. Naturally, this does not refer to the form of mental, spoken or written prayer exclusively, but to the reality of the direct relationship that exists between the soul and God. A bond of perfect love that nothing and no one can cut or obliterate, and whose expression is prayer.

Prayer is a path along which the Holy Spirit takes us until we reach the state of conscious union with the Christ that we truly are. In other words, with God. This is a journey that we take from structured prayer, mental or verbal, to silence, and then moving on to unity with our being. In that degree of prayer, the soul lives consciously in the perfect love that it is. It returns to the Mother-Father’s house.

This book, is a godsend from the Spirit to express our love for God through a set of lovingly and wisely selected spiritual exercises from the “Choose only Love” series. It constitutes a means to unite with our Source. By reciting and meditating on the prayers presented therein, we become more aware of the perfect love that we are, and in which we dwell forever in the holiness of our true self in Christ. We immerse ourselves in the sacred temple of

divine relationship. Accordingly, we achieve a greater knowledge of the love of God, which constitutes the happiness of our soul and the joy of our hearts.

With Love in Christ,  
Sebastián Blaksley

## How Sebastián Blaksley Receives the Divine Messages

In Sebastián's own words:

On 3 October, 2018 whilst doing some housework, before me suddenly appeared Archangel Raphael who introduced himself saying, "I am the medicine of God." It was later made clear to me that Heaven was inviting me to collaborate as the receiver and scribe of Heavenly messages, revelations and prayers to be published in books, as the magnificent Archangel communicated it to me.

Seven days later, I had a glorious visit from both Archangels Raphael and Gabriel accompanied by a countless number of other angels. All singing as a choir a majestic song of praise and gratitude to the Creator for the infinite mystery of love that is the Second Coming. Their love and beauty were beyond description and through them came the ineffable Voice of Christ. It is as if they were a vessel in which the Voice of Christ was carried. The Voice of Christ is pure thought. It is Christ in pure abstract consciousness.

The Voice also showed itself in distinct symbols visible to my spirit. I was able to express their meaning in written words, as well as make recordings of my voice. Many visitations followed, over the next year or so, with a similar pattern. First, I would hear the sublime music of an angelic choir and receive the images—downloaded in a nanosecond—then the chorus departed with Archangels Raphael and Gabriel remaining as custodians, or loving presences, until the message or session was transcribed; ensuring that the message was properly received by me and accurately passed from image into word. Initially, in Spanish my native language then English in which I am familiar.

The messages are shown as a picture of great beauty in which each form (which has no form) is in itself a voice, a “sound image”. I hear something like the rhythmical twanging of a harp that becomes translated into words. A vibration of celestial music whose frequency is unlike the sounds of the world. It is a kind of “vibration-frequency” that the soul knows and I clearly recognize as the Voice of Christ.

The two Archangels come without wings, like humans wearing tunics. Raphael’s tunic is green edged with gold. Gabriel’s is pink, almost white edged with yellow. Both tunics are majestic, appearing as if made of precious silk. Their faces are cheerful, radiant with very light yellowish skin. Both have shoulder-length, golden hair and green eyes. Each has unique facial features and their bodies are radiant with serenely glowing light that generates peace and a great sense of beauty and harmony.

Many of the angels in the choir of angels have light pink and light blue tunics. Some others have light gold, or clothed in pastels, with the same serene luminosity; exuding joy and happiness. Their thoughts occur at an indescribable speed, faster than human thought. And are pure without contradiction or distortion of any kind. As a lightning bolt crosses the sky, so quickly do angelic thoughts pass through my mind. One day they told me that they are perpetually happy because they always give happiness. Their greatest joy is to serve God by serving all creation including: human beings, animals, plants, stones, elements, and every material and immaterial aspect of creation with a love and tenderness, that when experienced, is capable of “melting” the hardest of hearts. The angelic vibrations calm the mind and heart, and give peace. One knows, without knowing how, that this vibration is simultaneously prayer and praise. The wondrous vision of the angels and Archangels which I cannot fully describe in words,

leaves the soul submerged in an ecstasy of love and rapture in which one's whole being participates.

I clearly perceive the difference between human thoughts and thoughts that come from the Wisdom of Heaven due to how I experience them. Thoughts from Heaven feel like light and breath. They are full of certainty, can never be forgotten and bring a great amount of truth in the blink of an eye. In an instant I understand the full meaning of each message that is given.

But these ecstatic images I experience of the angelics, are only a pale flash in comparison to the magnificence of Jesus and Mary when they appear to me. In circumstances where Mother Mary and Jesus visit in their human and divine persons and communicate directly, the choir of angels accompanying them is sacredly silenced with love. The angels bow their heads and are caught up in an ecstasy of love, veneration and contemplation. The hearts of Jesus and Mary are eternal beauty, a beauty that cannot be named and that nothing in the universe resembles. They are the Creator God itself made man and woman.

The looks of Jesus and Mary melt the entire universe, such tenderness and love do they radiate. Nothing interrupts the holy silence in which the universe is submerged before the sovereign presence of Mary and Jesus as they speak directly to our souls. During the visitations my whole being is bathed in great peace and joy, as if being embraced by universal love.

On several occasions during the visits, texts from other times and traditions were also shown to me. In addition to some coming from the Old and New Testament, messages came from St Teresa of Avila, the Sufi wisdom of Rumi, and the Bhagavad Gita Hindu scripture. What this reveals is that the wisdom is one, whether coming from the Voice of Christ or embodied in other

manifestations. The cultural context, the religious tradition, the era when it arose—all of that does not matter. We are One Mind, One Heart, One Being, united in Truth.

In summary, the above describes as best I can, the source and the portal through which, the following divine prayers and meditations emanated. And now, here published for your enrichment and enjoyment.

## How to Use the Book

In this book all the spiritual exercises and messages are extracted from the seven books of the “Choose only Love” series verbatim, except for some paraphrasing for brevity in a number of them.

To be clear, in this book when words are in italics it is exactly how they were presented in the seven series by the angels and then recorded. And although the rest of the words are not in italics, they are reproduced verbatim as well for they are also communicated directly from the celestial realms.

Many of the exercises, such as the prayers and meditations, are clearly described within the messages as excerpted in this book. But in those instances where this is not the case, a suggested optional spiritual activity or exercise can be found set out under the heading: “Invitation”, added by the author at the end of the section which the reader might enjoy undertaking. But these are simply invitations that the reader may or may not want to consider. The real energetic alchemy occurs in the actual “play of grace”, being the transmitted revelations from the angels directly communicated to Sebastián, and immediately written down by him. From these messages came the words specifically chosen to be included in this book on prayer and meditation.

Each spiritual exercise is presented in the chronological order it appears in the “Choose only Love” series. And each one notes, following its title, the identity of the actual Heavenly entity that communicates the message. For example, all the prayers contained in Portal 1 Echoes of Holiness, are noted as “A message from the Voice of Christ through a Choir of Angels in the presence of Archangel Raphael and Archangel Gabriel”. This neatly

describes what Sebastián clearly saw with his own eyes, actually heard, and then assisted by the two Archangels physically transcribed and electronically recorded in response to their request.

However, in the other 6 Portals of the book the communicator of the messages as well as Christ, includes Mother Mary, Jesus, Archangel Raphael, Archangel Gabriel and Mother-Father God which is noted in more detail above each particular prayer exercise.

Listening to the audio presentation might provide a different experience to simply reading the book for some. It is often easier to close one's eyes and simply be guided by the voice of the audio reader, than to try to both read prayer guidelines and do what is being suggested at the same time. Nevertheless there is always great comfort in having a physical book in the hands, or in a carry bag, or on the nearby bedside table to provide that tactile, intimate and paced sense of connection.

Sebastián “received” these seven celestial masterpieces over an eighteen month period, from September 2018 to February 2020. The publication of the “Choose only Love” series of seven books was spaced over the following three years. The series has been translated into numerous languages, and inexorably continues to gather momentum; reaching, enlightening and elevating more and more souls worldwide.



## A Special Note About Gender

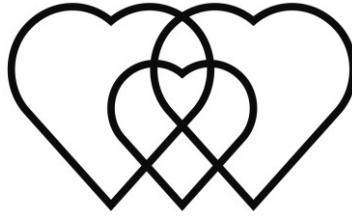
God has no gender but languages do. The reader will note that the Deity is referred to in this work sometimes as masculine and sometimes as feminine and sometimes as “Mother-Father God”. The intent is to reflect the universality of the Divine while staying within the conventions of the English language to which most readers are accustomed. It might also help the reader to know that in this book the pronouns for God, Creator and Mother-Father God, are capitalized while the pronouns for Christ, Jesus, Mary and the Archangels are not. The reason being that it makes for clearer communication, given the conversational style of the different contributors and number of excerpts included.



## Christ, A Definition

Christ is the identity that all creation shares in God. It is what makes a tree a tree, a fish a fish, and a human a human. This Christ identity is what makes each being unique, eternal, immutable, and holy since it is the essence of each created being and its own identity, united to Source. It is the true nature of each being.

(Received through Sebastián Blaksley on 25 March, 2023.)



# *Prelude*

*Greetings from Christ—through a Choir of Angels*

## **Prayer Must Be Your Life**

Daughters and sons of light that will never wane! This time we have come as light, the light that illuminates every man and every woman. We come as beings in Christ from all the universes created, from the perfect creation of the Father-Mother, to dwell with you in love.

Today we come to talk heart to heart. This message is for you, for love. Listen to this urgent call of love and rejoice, for it is a call to live and stay in the presence of love. It is an invitation to live in constant prayer. Prayer must be your life. Prayer must be your way of being so that you can move from the state of loving or being loved to that of being the presence of love—from the state of praying to a state of union that is true prayer.

Prayer is the life of the soul. Prayer is the nectar that makes a soul a soul. It is its essence. Prayer is union, arising from your deliberate action to join the Christ in you and with us who are Christ.

True prayer is divine union. True prayer only comes from a state of unity, and hence from love. It is a dialogue between you and your God, between you and your self.

It is the direct relationship between you and everything you really are—a union with all your feelings, thoughts, beliefs, ideas, memories, desires and more. In that loving union in which you embrace all you are, and thus embrace all that your sisters and brothers are in truth, you remain in constant prayer. Prayer does not imply words, thoughts, or effort of any kind, even though it may include them. Such union encompasses the desire to remain in unity.



## **Pray, Pray, Pray**

Prayer is not only a vehicle of miracles but also a great healer of memory. There is a direct relationship between prayer and divine memory. That part of you that knows God, but has deliberately forgotten can be peacefully reversed, undoing the amnesia in which your mind has been wrapped, allowing a return of the glorious memory of who you really are.

Divine memory can be known now, waking you from the dream of oblivion to remember who you really are, to remember the love you really are, to remember you are not alone, even for one single moment. Joyfully knowing for certain that we are all united by an invisible thread that makes us one with everything. This is an umbilical cord that unites us all with our Divine Mother and with each other. That invisible cord allows the flow from us to everything that is beautiful, healthy, good and holy.

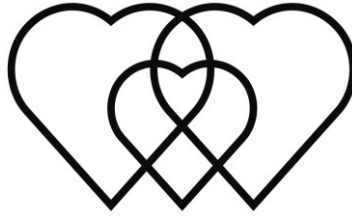
You can interrupt your connection by cutting or obstructing the cord. But those who lovingly receive these words maintain the umbilical cord of life, no longer separated from God. You are children of the resurrection. Let divine memory return to your enlightened mind and allow the miracle of healed memory. In this way memory will become perfect prayer born and developed in union, in joy. In this union with all that we truly are, we unite with the whole and experience the perpetual joy of living and being who we are. We don't judge anything. We are only the presence of love, and thus we respond to the call of union, the call of love, now and forever.

Prayer, or union is creative and only union creates. Only from a state of love, only from a state of unity can you join in prayer. In other words, prayer that does not come from union arises from the fear of separation, which is not prayer at all.

Children of light shining everywhere. You have to remember that creating a new reality for your existence here and now, for yourself and for everyone, is both possible and necessary. That is why the urgency of the call of love. It creates a new Heaven and a new Earth. In short, based on the love that you are you will see a loving transformation emerge before you leaving your soul full of peace and happiness. Beloved children of God this will work! Miracles will flood the Earth with their light and benevolence.

Pray, pray, pray. Embrace everything that arises within the love that you are and you will see the birth of a new Heaven and a new Earth.

Blessed are you—soul in love—who has responded to the call of love.



# *Portal 1*

## *Echoes of Holiness*

Each prayer and spiritual exercise expressed in this Portal, is described by the receiver Sebastián Blaksley as being, “A message from the Voice of Christ through a Choir of Angels in the presence of Archangel Raphael and Archangel Gabriel”.

### **Love and Creation**

Love is the origin of creation because only love is. The power to be both cause and effect that is characteristic of love is the power behind everything in creation. This is how love manifests by extension. The force that created the whole universe resides in you. There is a nucleus within you that is united with the divine nucleus. It pushes your spirit and spurs it to spread, to get out of the chrysalis and start flying.

Everything that is love in you is what will begin to expand today. This is a call to allow the explosion of the power of love you are.

You who read these words are ready to allow the love that you are to manifest. Do not choke it off. Be pulled by the wings of the spirit of God.

Eternally enjoy the game of beautiful love, the game of creating as God creates, that is to say, create new love from love, with love, for love.

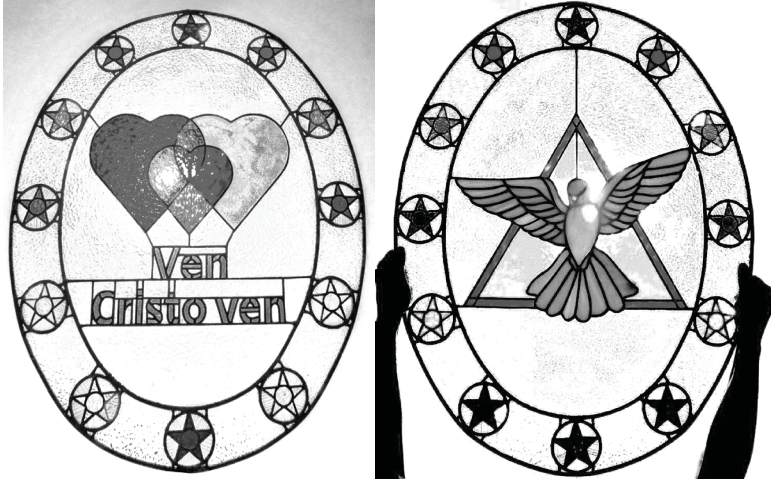


## Morning Prayer of Praise

When you awake each morning, praise God with a song of gratitude. Make this song of perfect praise yours. The angels will surround you every time you pray. Your prayer will be like incense that rises to the heart of the Father. It is God's promise. Pray the prayer of the Union of Three Hearts with the intention for the Second Coming:

*Heavenly Father, I bless you, I praise and thank you for the union of our hearts with the Immaculate Heart of Mary and the Sacred Heart of Jesus, in whose unity we live forever in harmony and holiness with all creation, and for Your mercy and kindness. Father let the Second Coming of Christ be manifested in us now. Come Christ come, do not delay, come to illuminate and flood the Earth with your light and with your love. Come and burn our hearts with the fire of your love. Come and we will sing forever of the mercies of God. May the angels of Heaven and all creation sing a hymn of praise and gratitude for the Christ of God. Amen.*

## Visualization of the Medallion



You can also begin the day with an imaginative visualization of the above medallion that has a symbol on each side. The faith and love you have for symbols will allow you to go beyond them, integrating into your present reality the truth that they represent—uniting symbols with that which is beyond all symbols, uniting the visible with the invisible, form with content, material with the spiritual, love with truth. This is a way to honor the spirit within the form and create the consciousness of unity. Your mind and heart will become increasingly aware of the union of body and spirit, the singular and the universal. This is the embrace. This is love.

On the front side of the medallion is three intertwined hearts that represent the Sacred Heart of Jesus, the Immaculate Heart of Mary, and the human heart surrounded by a circle of twelve stars that represent all creation. Below are the words, “Come, Christ

come". On the other side is a dove in flight representing the love of the Holy Trinity. This triangle is also surrounded by a circle of twelve stars.

The symbol represents the union of the known and the unknown, the encompassable and the immeasurable, Earth and Heaven, humanity and divinity. It also expresses longing and gratitude for the Second Coming. Visualize this image with veneration, respect, love, and faith every day you can.

### Invitation

You may feel called to create your own version of the two symbols. Perhaps in a drawing, painting, sculpture, stained-glass panel, metallic design, tattoo, garden landscape, rock formation or some digital artistic expression to serve as your meditation piece be it living or inanimate. One example of an inspirational interpretation from an Australian artisan is found at:

<https://www.chooseonlylove.org/choose-love-daily/daily-spiritual-exercises/>



## Short Prayer for the Union of the Three Hearts

We also give you a short prayer for the union of the three hearts:

*Come, Christ come. Illuminate and flood the Earth  
with your light and with your love.*



### Invitation

Consider whether you would like to learn to use sign language to express this brief but potent prayer. Or perhaps design a colorful poster, sticker, prayer candle, wall hanging, banner or some other practical art form that features this invocation.



## Afternoon Prayer of Divine Mercy

At three o'clock in the afternoon a gate to timeless time opens. This is the hour of mercy when Jesus took his last breath, a sublime and exalted hour in which the floodgates of the merciful love of the Father for the world open. Honor this hour as an ineffable gift of God's infinite love for salvation. Pray the prayer of Divine Mercy with the intention for the salvation of the whole world, for everything in human form:

*Oh Divine Mercy, infinite compassion! You are the amazement of the angels and the delight of the heart thirsting for love and truth. In You, the devotee trusts and the sage awaits. In You the minds that seek peace calm down. Before everything existed, You existed. In You everything was created. You are a safe refuge for souls and joy of spirits. My heart invokes You in response to your call. Here I am, Divine Mercy. Here I am, Essence of my being. Spill yourself in me and water the Earth with your love.*

## New Song of Mary Prayer in the Evening

At six every evening, pray to the Immaculate heart of Mary, the universal Mother, the source of creation, with the intention for the atonement of souls. Honor this hour of the evening for what it is, a holy hour in which the purity of the Mother of all creation is completely poured into souls and the whole world. By venerating this hour the whole world is immersed in the light of holiness. Receive with love the new Song of Mary:

*My soul sings the greatness of the Lord, and my spirit hath rejoiced in God my Savior. Because He poured out His blessings on all creation. He did great things in me. The grace of His love fertilized my self, making me the wife of His divinity. Let the universe sing a hymn of praise and gratitude to the love of love. Let everyone know that God is merciful, that His kingdom is eternal, as eternal is His love for His children. His fidelity is unbreakable and great is His power. May all open their hearts to the Christ of God and live in the glory of love.*

Daughters and sons of holiness, you cannot even imagine the shower of blessings you and the whole world receive when you sing the Song of Mary.

Blessed are you who by joining the devotion to the Three Hearts bring the living Christ to Earth. The angels surround you everywhere and the love of the Holy Trinity embraces you, spilling a flood of grace and blessings throughout the Earth.

### Invitation

Meditate as regularly as comfortable on the significance of this most beautiful and mystical revelation of a “shower of blessings” being bestowed upon you. Let your heart open wide, to identify some of these blessings in your life. To “count your blessings” as the old saying goes. You might feel inspired to write them down on paper, or in a diary, or on computer if available.

For those musically gifted, as Christ describes this prayer as the “Song of Mary”, you may feel moved to compose your own music to accompany the lyrics so as to add another dimension to the spoken words of the prayer. The angels say that “singing is praying twice”.



## **The Before Bed Prayer to the Angels**

At the end of the day praise God in such a way that your whole day is dedicated to praise. Praise the angels of God with the prayer of the union of the three hearts, then the prayer of divine mercy for humankind, and then the Song of Mary. The archangels and seraphim will take your soul during the night and fill it with love and wisdom. And your dreams will be happy dreams because they will be holy. The whole world will benefit from your prayer. A blanket of stars and blessings will silently cover and protect you. It is God’s promise: a refuge of holy love.

### Invitation

At times when preparing for night prayer and tiredness intervenes, do your best to be present, to stay alert which is not always easy. However, to simply recall and express gratitude for the fact

the three bedtime prayers have been gifted by the angels, even without your reciting or reading them fully will suffice if sleepiness takes over. It is a perfect way to end your day and drift into peaceful slumber.



## Prayer to Banish Fear and Evoke Love

Everything you fear you put in front of you to keep it in sight. You don't take your eyes off fear for a second. You even take it to sleep with you to see it, face to face, in nightmares. Fear is your great companion. But you can say goodbye to him today and forever. He will let go when you let go of him, for the simple reason that he is not part of God, not part of yourself. In this lies the great difference from love. Love will never let you go. You cannot abolish love because you cannot abolish God. But you can abolish fear because fear is what God is not, and therefore has no reality. Only love is real. And to abolish fear is to abolish suffering.

*Forget the experiences.*

*Forget the offenses.*

*Forget what one day made you suffer.*

*Forget what you think you are.*

*Forget what you have learned.*

*Forget the future.*

*Forget everything, including yourself.*

*Evoke love given and received.*

*Evoke beauty, peace and joy.*

*Evoke happy stories.*

*Evoke loving thoughts.*

*Evoke noble feelings.*  
*Evoke the Christ in you.*  
*Evoke God.*

### Invitation

Calmly ponder on ways of devising a trusted strategy for evoking awareness of the Christ alive within you, for abolishing fear whenever it arises. Consider creating some reassuring mind mantras, simple and easily remembered, that in the blink of an eye evoke “loving thoughts” and “noble feelings” when called upon.



## **Prayer to Be Reminded**

Beloved soul, live life submerged in peaceful vigilance, in constant observation without judgment, effortlessly attentive.

Remember always who you really are. If you discover yourself experiencing the slightest trace of bitterness, the slightest tension in the body, or a fit of anger, say to yourself:

*Come, Christ, come.*  
*Come to remind me of the truth,*  
*The truth of who I really am.*  
*I am the living Christ who lives in me.*  
*I am holy.*  
*My Father and I are one.*  
*I am the anointed of God.*

Above all do not judge anything. Remember to love all that arises, whatever it is.

### Invitation

Reflect on those ideas, occasions and people that you are most susceptible to pass judgement on. Consider how you might go about, gently but surely, abandoning this common ingrained habit as best you can. Remember you can always call on Christ, in a single heartbeat, for extra strength and grace when such impulses arise.



## **Prayer of Healing and Return to Love**

Now we offer a prayer of healing with which to let go of fear forever, and to welcome the love and infinite kindness of the Father who takes us home:

*Heavenly Father, one day I wanted to separate myself from you.*

*I did it to find my own way, far from your presence. I wanted to be myself, I wanted to be different from You. That's why I created the experience of fear, death and pain. That's how I opened the gates of hell for myself. I created my own nightmare. I wanted to be myself, but I did not know that I would end up suffering so much on the path of fear. I tried to be myself in my own way and stopped being myself.*

*Oh Father of lights, how much foolishness! Look at me, Father, in what I became. Having been created to be the face of love, I have turned myself into embodied suffering. Eternal Father I no longer wish to suffer or make others suffer. I no longer wish to continue this way. I just want to love and be loved. I have made a mistake! I recognize my mistake. I do not feel guilty for all the damage I did to myself. It was a foolish choice that I made. But not any more. Now I want to go home.*

*I have understood that only love is what I really am and what I want to be, because only love is real, and because You are the love in which I am. Only of late have I understood, my Father. Only of late have I loved You! Now I have returned because You brought me back to live forever in the house of truth. Thank you for giving me eternal life, living with eternal happiness at your side.*

### Invitation

Reflect on the changes you may have noticed in yourself as “of late” that have moved you to express a more loving disposition towards others, both human and non-human, as well as your connection with nature. Gratefully and happily recall practical examples, if possible.



## Prayer to Abolish Suffering

Beloved of eternal truth! You are one thought away from abolishing suffering and bringing Heaven to Earth forever. Now is when, with sincerity of purpose, you say:

*Father, we trust You, we know that Your will for us is nothing but perfect happiness here, now, and always. For that reason merciful Father, You who are unnameable happiness, we decree with humility and strength, in union with Heaven and Earth, may Your will be done now and always, beloved Father in honour of the truth that is always true. We allow the happiness that never changes and the fullness of love to be our only conscious reality. Our Father take us on the right path. Take us back home on the path of love. We are Yours. We are children of love. We are happiness and fulfillment. We are the redeemed of God, now and always one with you. Amen.*

### Invitation

In comfort and with ease, visualize as vividly as possible yourself traveling on this “right path” on “the path of love”. What might give you happiness, joy and fulfillment along the way that leads you to “home”?





## Prayer of Joyful Christ Consciousness

We give you a new prayer to serve as a reminder whenever you feel the need to use it to help sustain the consciousness of Christ in your mind. If you feel the slightest hint of unhappiness that is the perfect time to immerse yourself in this blessed prayer to help you remember your unity with the love you truly are. In this way you hold steadfast to your desire to abolish suffering forever. In this way you also welcome true joy. Your soul will guide you.

*I am the living Christ who lives in me.*

*I am the truth of the Father come true.*

*I am the face of love that only I can be.*

*I am very holy.*

*I am one with my Heavenly Father.*

*I am the joy of God. Amen.*

Now rest in the presence of love. Let yourself be embraced by Heaven and prepare to see miracles of love.



## Meditation on the Beauty of Your Soul

Please understand how invaluable is the beauty of your soul. You cannot imagine how beautiful you are, nor how much joy you give us by the simple fact of your existence. You manifest the wonders of God by your mere being. Your existence is a joy for all creation. You are a living miracle of the God that is infinite love.

Meditate on the value of your soul. Free your memory to recollect the glory of your divinity. You are souls made by God. You are human spirits fused to divine love. You are one with God.

Think about this truth every day, for in this truth lies the infinite mercy of you who are, the resurrected of God. Meditate on this unfathomable mystery, the mystery of infinite love that no angelic or human mind could ever fully comprehend. We assure you that your joy will be complete in the contemplation of this mystery of Divine Mercy.

### Invitation

Don't delay. Express the profound love you have for yourself as "a living miracle of God" by contemplating in deep silence this "unfathomable mystery" that will sweetly reveal its secrets to you. Experience, bathe in, and savor the joy that will surely and tenderly flow through your heart and soul.



## **You are the Second Coming Revelation**

Remember that Christ has a single abode, and that abode is in your heart. Christ dwells in everything but manifests his glory only in the docile hearts that welcome him, in the humble hearts that are carried away by love, in the hearts of lovers of truth. There is no abode for Christ other than yourself, for Christ and yourself are one. The Second Coming is the actual expression within form of the fullness of the living Christ. If you realize this truth here and now, you are yourself the Second Coming—the living Christ. You are love.

This is a great revelation. Rejoice with all your heart.

### Invitation

Reflect on how these astonishing words impact you. What emotions are stirred within realizing that “you are yourself the Second Coming—the living Christ”? Do any initial inspirations, and possibly aspirations, arise within your consciousness in response to this revelation?



## Declaration of the Soul's Freedom

Beloved of God feel the embrace of our love. Feel the music of the harps that in the Heaven of your holy mind is heard as a harmony we sing together for all who are the living Christ. Stay in the presence of love. Be accompanied by the truth that is always true, repeating in the silence of your soul, as often as you feel the need, this declaration of freedom:

*I am who I am.*

*I don't have a name.*

*My brother is what he is.*

*He doesn't have a name.*

*Everything is what it is.*

*Nothing has a name.*

*I reside in the nothingness of God.*

*I am the pure abstraction of love.*

*I am the pure potential of self.*

*I am.*

*This is the truth.*

### Invitation

Reread the above words slowly, thoughtfully, and with an open heart and relaxed body. Say them either out loud, or in a whisper if you feel drawn. Before beginning the reread, take three deep breaths slowly and consciously—noting the sensation in your nostrils. Stay in the experience with an easy focus and clear head. Then, in sacred stillness, welcome the truth into your life.



## **Mantra - I Am Christ**

Today is the day when you accept that all the greatness you see in Jesus is exactly the greatness you are in your self. All the purity you see in Mary is exactly the same purity that resides in your self. Now happily repeat in the depths of your soul:

*Now I know who I am.  
My Jesus and I are one.  
My Immaculate Mary and I are one.  
My Christ and I are one.  
Now I know who I am.  
I have found my self.  
Now I know who I am.  
I am Christ.*

### Invitation

Repeat these beautiful words and allow them to seep into your heart and soul. Relax as you feel their soothing and healing alchemy rejuvenate your whole being.

## Prayer of Joy

We rejoice by giving a unique face to love. And we recognize joyfully, in union with legions of angels of God, that there is no greater joy for the mind than to live in truth. Likewise, our hearts could never find greater joy than to make their Creator known. The soul yearns for one thing only, like a holy prayer from the depths of self that says in an ecstasy of love:

*My Father, when you are known, in you dwells all my joy and contentment.*

This is how you return to your sacred role in creation: showing who you are in truth in order to make God known. This is how you live a life of fulfillment, now and forever.

### Invitation

Reflect on ways in which you already make God known in your day-to-day activities. Do you feel called to extend these expressions of love? If so, in what ways that might seem practical, meaningful and achievable?



## Mother Mary Calls for Sacred Dialogue

Now we are silent and listen from the depths of our heart, which is the centre of our self, to the mother calling her child. We are silent, for we are in the presence of the most sacred dialogue that can exist. It is the dialogue between you and Mary. In this way the seal of the children of Mary, which is the seal of holiness, is

imprinted on your consciousness. It is a seal that distinguishes but at the same time calls to all. It is a seal always remembered, a seal that forever marks the soul with the mark of Mary's answer:

*Sons and daughters of love, I am the one who gave you life. I am the one who keeps you in existence. I am the purity of love. I am that which craves your heart. I am the peace that has no opposite. I am everything you have ever looked for when you thought you had to seek.*

*Do not be afraid of anything or anyone. Come immerse yourself in the arms of the Mother of Love. Trust me fully. I am the refuge of your heart. I am the security that nothing can disturb. I am the tenderness of the love of God. I am the Immaculate conception that lives in you. You are the self of my self.*

*Daughter or son of my self, direct your loyalty solely and exclusively to the love that God is. Trust without limit the true life, which is Christ. Live forever in love. Do this so that you can live forever, from now on, in the joy of the children of God.*

The self replies:

*Mother of Love, my mother, be done in me according to your word, now and forever.*

### Invitation

Reflect on whether you feel inspired to add any more to the previous sentence, in response to the Mother of Love's irresistible call to "immerse" yourself in her arms.

## The Cherubs' Trumpets of Joy

Each of you has an angel by your side—not just one, but several. A myriad of seraphs surround the Earth at this time in history. They are the custodians of the Second Coming. They are your guides in the light of Christ. They watch over you.

If you close your eyes and remain in the peace of Christ, resting in the presence of love, you will hear trumpets of joy that the cherubs of God intone, announcing the coming of Christ. And you can see the same living Christ coming to meet you. It is a time of the union of Christ with your human nature to a degree never before on Earth. It is a time to move into a new state of consciousness: full awareness that the Christ of God has descended from the Heavens in response to your call and has merged with your soul. Now you are joined. You are the living Christ who lives in you.

### Invitation

Settle into a comfortable chair in a quiet space. In deep silence, with your heart opened and feet grounded—and slowly moving into an expanded state of consciousness— welcome the vibrations of the music of the angels, and sense the loving warm energy of Christ embracing you. Savor the experience with your subtle senses and let it be.



## Speak to Your Angels

Redeemed humanity feel the beating of the wings of your angels of God, those that have been given to you as an invaluable gift of the incomparable love of the Creator. Speak to your angels. They await you always. They are at your door and knocking. If you make a peaceful space for them in your hearts and minds, they will enter and prepare a feast of love. In union with ineffable love the angels escort you to the Heavenly banquet where the soul delights in the love that God is. Delight and joy are experienced in the silence of your heart, in an ecstasy of love and contemplation.

### Invitation

Make a “peaceful space” in your heart to connect with your angels and guides. Call on them with heartfelt fervor and then listen. Enjoy their whisperings of love and their gifts of happiness. Answer them back in your own words of love and gratitude. Thank them now and always. Expect to see signs and find feathers!



## Prayer of Surrender

Surrender yourself completely into the arms of love. Surrender to God, and let Christ teach you to fly the majestic flight of freedom. Simply say with all your heart, if necessary every day:

*Eternal Father, I trust immensely in Your mercy. I know that You are watching over me. I know that I need not worry about anything, nor procure anything. I give You control of my life, of my desire to possess,*



*and of my whole self. I do not want to possess even my soul. I do not belong to myself, I am only Yours. Your will and nothing but Your will be done in me. Heavenly Father, You who gave me life and sustains my existence, allow me to abandon everything in You, and to rest eternally like a newborn child in Your arms, in the arms of love. Amen.*

### Invitation

Ponder on what these words truly mean to you. What might you consider doing or more accurately being, to reach the place of resting “eternally like a newborn” in your Heavenly Mother-Father’s arms?



## **The Angels Say Thank You**

We, the angels of God, your friends and your companions, thank you with all our heart for the time in which you allow us to dwell with you in this particular way. You will not be able—in the world—to know for sure how much harmony, beauty, bliss, and love you spill over into creation every time you join in prayer to the source of life that is God. The union that you make real when you join this work is an expression of Heaven for you and for the whole world.

Always remember that we are one mind, one heart, one soul—one God.

### Invitation

You might like to happily meditate on the potency and efficacy of your sincere heartfelt prayers when offered and how much “love

you spill over into creation”, in the light of this most beautiful revelation from Christ’s holy angels.

