



**RECOGNIZING  
OURSELVES AS TEMPLES  
OF THE HOLY SPIRIT  
SECOND EDITION**

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**LUZ DE MARÍA**

[www.revelacionesmarianas.com](http://www.revelacionesmarianas.com)

# RECOGNIZING OURSELVES AS TEMPLES OF THE HOLY SPIRIT SECOND EDITION

Compilation of Private Revelations from Heaven  
given to Luz de Maria from 2009 to May 2025.  
With ecclesiastic approval.

To learn more about the Messages from Heaven  
visit the page:  
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## Solemnidad Fiesta de Pentecostés 2022

El libro "Reconociéndonos templo del Espíritu Santo", quiere ser una guía segura y sencilla para caminar y apresurar en cada uno este nuevo Pentecostés "porque el amor de Dios ha sido derramado en nuestros corazones con el Espíritu Santo que se nos ha dado". (Rom 5,5).

Nuestro Señor Jesucristo nos asegura que solo "el Espíritu es el que da vida" (Jn 6 ,63), "la letra mata, pero el Espíritu da vida". (2 Cor 3,6)

Este libro a modo de "manual de bolsillo" nos ofrece un itinerario para entrar en la Era del Espíritu Divino y permitirle morar en cada corazón y transformar a la Iglesia y a la humanidad. Sin olvidar la fuente inagotable de las Enseñanzas de la verdadera Iglesia de Jesucristo sobre el Espíritu Santo, este libro nos ofrece las Revelaciones Privadas recibidas por Luz de María a lo largo de su vocación profética, todo lo cual nos saca del inmovilismo porque el Espíritu mueve y sopla donde quiere y "nos hace nacer de nuevo". (Jn 3,8)

Exhortamos vivamente a todos los miembros del Pueblo de Dios a acoger con fe y entusiasmo este libro que nos ayudará a perseverar en los caminos del Espíritu que nos enseña a llamar a Dios: "Abba Padre".

Concedo el "Imprimatur" a este libro basado en las Revelaciones recibidas por Luz de María y a la vez les invito a adentrarse en la conciencia de ser templos vivos del Espíritu Santo con corazón abierto a las mociones e inspiraciones que conducen a desarrollar Sus Dones y dar frutos abundantes de Vida Eterna.

+ *Anatalex*

**IMPRIMATUR**

+ MONS. JUAN ABELARDO MATA GUEVARA. sdb  
**OBISPO EMÉRITO, NICARAGUA**



## Solemnity of Pentecost 2022

The book "Recognizing Ourselves as Temple of the Holy Spirit," wants to be a safe and simple guide to accompany and hurry along in each one of us this new Pentecost "because God's love has been poured into our hearts through the Holy Spirit, who has been given to us" (Rom 5,5).

Our Lord Jesus Christ assures us that "the Spirit gives life" (Jn 6,63), "the letter kills, but the Spirit gives life" (2 For 3,6).

This book as a "pocket manual" offers us an itinerary to enter into the Era of the Divine Spirit and allow Him to dwell in every heart and transform the Church and humanity. Without forgetting the inexhaustible source of the Teachings of the true Church of Jesus Christ about the Holy Spirit, this book offers us the Private Revelations received by Luz de Maria throughout her prophetic vocation, all of which shake us out of immobility because the Spirit moves and blows wherever it pleases and makes us "be born again" (Jn 3,7).

We strongly encourage all the members of God's People to receive with faith and enthusiasm this book that will help us to persevere in the ways of the the Spirit who teaches us to call God: "Abba Father."

I grant the "Imprimatur" to this book based on the Revelations received by Luz de Maria and at the same time invite you to enter into the awareness of being living temples of the Holy Spirit with a heart open to the movements and inspirations that lead you to develop His Gifts and bear abundant fruits of Eternal Life.

IMPRIMATUR  
MONSIGNOR JUAN ABELARDO MATA GUEVARA  
BISHOP EMERITUS, NICARAGUA

## **Prayer to the Holy Spirit**

(Dictated by Our Lord Jesus Christ 01.17.2011)

Be true evangelizers, faithful mirrors of My very Love; do not be cloudy mirrors in which I do not dwell. Pray:

Holy Spirit, Love of the Father and of the Son,  
come, fill up this child of Yours with Your gifts.

Divine Splendor, Sacred Fire,  
Crystal Spring of clean fraternity.  
Life of Christians, staff of the helpless,  
light in the darkness, warmth  
in the cold, raise my dormant being,  
raise my soul towards You.

Come Holy Spirit,  
give me Your Wisdom to act correctly.  
Give me holy intelligence, to attract my brothers and sisters,  
that I may not feel superior to my peers,  
but the smallest one so that You surge with power.

Come, take my mind and renew it;  
that I may be an echo of Your voice  
and that I may advise in the Divine Will, not in mine.  
Give me the strength to not stumble and be able to resist, seeing you,  
be able to resist; spellbound by Your strength, may I be a faithful apostle.

Of Your science oh Divine Spirit, may I be a reflection,  
may I seek Your glory, drive the worldly away from me.

Penetrate the depths of my heart  
and graft in it Your very mercy  
that I may love with Your very love.  
Carry out in me the miracle of the fear of God;  
give me a thirst for souls, so  
that without seeing who,  
I labor for the Kingdom.

Oh Holy Spirit,  
infuse in me the gift of true love.  
Thank you Holy Divine Spirit, live in me fully,  
that aware of my need, with complete freedom  
I call you to take possession of my life.  
Thank you oh Divine Goodness,  
Merciful Ruler, Sacred Fire.  
Amen.

# Dedication

To our Queen and Mother of the End Times, who is  
Temple and Tabernacle of the Holy Spirit and  
continues with Her Maternal Love, leading us to Her  
Divine Son.



# Acknowledgement

We give thanks to God the Father, who in Jesus Christ has sent us the Comforting Spirit, who in these difficult times in which we live fills us with supernatural joy and hope that we are not alone. Jesus Christ tells us: "I will send you a Comforter who will teach you and give you light at all times".

We thank the Most Holy Virgin Mary, Mother of God, living Temple of the Holy Spirit and Sanctuary of the Most Holy Trinity. With her "be it done to me according to your Word" teaches us that God respects our decisions and awaits our openness in a resolute "yes", which united to hers, is a continuous prayer that cries out: "Thy kingdom come, Thy will be done on Earth as it is in Heaven".

We thank Saint Michael the Archangel, Chief of the Heavenly Armies, for his help and protection, and we ask him that the contents of this book may reach all mankind; may reach the ends of the Earth and thus glorify the Holy Trinity.

We are also grateful for the Private Revelation that Our Lord Jesus Christ, the Most Holy Virgin Mary and St. Michael the Archangel transmit to Luz de Maria in a particular way, and this makes us value that from the Trinitarian Throne, we always have the help of the Holy Spirit.

Luz de Maria, as an instrument of God, transmitter of Eternal Truths certainly helps us to better understand what the Lord has revealed in the Sacred Scriptures. Her mission has a universal character because God wants every human community to know His Word, made explicit in this difficult

# Acknowledgement

moment in which the great tribulation and the great purification of all kinds around the world are being lived. We are grateful for the constancy, fidelity and integrity of Luz de Maria for receiving with Faith, love and deep reverence this Revelation and transmitting it to humanity in multiple ways.



# About Luz de María

God has been present in every stage of human history, intervening in favor of the human being since Creation, guiding him according to His Divine Will through His instruments, the prophets; "The Lord God does nothing without communicating it to His servants the prophets" (Amos 3,7). Thus, in this stage of the history of Salvation, God, faithful to His Word, chose Luz de Maria as His Prophet to transmit the Divine Word to this generation.

The prophetic vocation of Luz de Maria has accompanied her since her childhood with the constant Divine Presence, generating in her a deep conviction that heaven had a special mission for her. The total disposition of Luz de Maria has allowed God to manifest Himself fully in her life, accompanying the transmission of the Word of God with supernatural facts and events, of which there are many witnesses, confirming the Divine election and veracity of the Word that she transmits.

During these years, Our Lord Jesus Christ, the Most Holy Virgin Mary, St. Michael the Archangel and sometimes God the Father, have led her to live very deep mystical experiences revealed to him through locutions, visions and ecstasies, and the Passion of Our Lord, as Christ himself lived it, being temporarily stigmatized.

In this Era of the Holy Spirit or Third Fiat since Pentecost, a particular stage promoted by the Church has been opened, and many instruments, among them Luz de María, have received instructions from Heaven to enter and be protagonists of this effusive action of the Holy Spirit. This has been done by the

# About Luz de María

Hand of the Most Holy Virgin Mary who welcomes each one with Motherly Love, protects, defends and guides them towards Her Divine Son. These messages are a Divine Call where the exhortation to Divine Love, Mercy and Divine Justice prevails, since God wants His Word to reach all mankind and thus achieve the salvation of all people.

# Preface

**RECOGNIZING OURSELVES AS TEMPLES OF THE HOLY SPIRIT  
SECOND EDITION** is a compilation of fragments of the Messages that Our Lord Jesus Christ, the Most Holy Virgin Mary and Saint Michael the Archangel have given to Luz de Maria since the year 2009 and up to date (May 2025), which have instructed and enriched us about the Holy Spirit.

With the desire to deepen our knowledge of the Holy Spirit, we took on the task of grouping the Messages from Heaven, in such a way that it would be more accessible to understand them and put them into practice.

We invite you to take this book as a "Pocket Manual", to consult and obtain the greatest spiritual benefit from all this Divine Wisdom that is impregnated with the infinite Love of God towards His children, to reach the fullness of the Holy Spirit.

For the Marian Revelations Team it is an honor to serve the Lord by spreading His Word to reach all humanity and at the same time a great responsibility, since we cannot keep this Divine Treasure to ourselves, we must make it alive and share it to the whole world.

May Our Blessed Mother and our Guardian Angels accompany us on this path and assist us to never separate ourselves from Our Lord Jesus Christ and always remain faithful, loving and serving Him.

Amen.

# Divine Revelation in the New Testament tells us about the coming of the Holy Spirit and His action in the Church

" And I will ask the Father, and he shall give you another Paraclete, that he may abide with you for ever. The spirit of truth, whom the world cannot receive, because it seeth him not, nor knoweth him: but you shall know him; because he shall abide with you, and shall be in you." (**Jn. 14, 16-17**)

"But the Paraclete, the Holy Ghost, whom the Father will send in my name, he will teach you all things, and bring all things to your mind, whatsoever I shall have said to you." (**Jn. 14, 26**)

"Now when it was late that same day, the first of the week, and the doors were shut, where the disciples were gathered together, for fear of the Jews, Jesus came and stood in the midst, and said to them: Peace be to you. And when he had said this, he shewed them his hands and his side. The disciples therefore were glad, when they saw the Lord. He said therefore to them again: Peace be to you. As the Father hath sent me, I also send you.

When he had said this, he breathed on them; and he said to them: Receive ye the Holy Ghost. Whose sins you shall forgive, they are forgiven them; and whose sins you shall retain, they are retained." (**Jn. 20, 19-23**)

And when the days of the Pentecost were accomplished, they were all together in one place. And suddenly there came a sound from heaven, as of a mighty wind coming, and it filled the whole house

where they were sitting. And there appeared to them parted tongues as it were of fire, and it sat upon every one of them: And they were all filled with the Holy Ghost, and they began to speak with divers tongues, according as the Holy Ghost gave them to speak. Now there were dwelling at Jerusalem, Jews, devout men, out of every nation under heaven. And when this was noised abroad, the multitude came together, and were confounded in mind, because that every man heard them speak in his own tongue.

And they were all amazed, and wondered, saying: Behold, are not all these, that speak, Galileans? And how have we heard, every man our own tongue wherein we were born? Parthians, and Medes, and Elamites, and inhabitants of Mesopotamia, Judea, and Cappadocia, Pontus and Asia, Phrygia, and Pamphylia, Egypt, and the parts of Libya about Cyrene, and strangers of Rome, Jews also, and proselytes, Cretes, and Arabians: we have heard them speak in our own tongues the wonderful works of God.

And they were all astonished, and wondered, saying one to another: What meaneth this? But others mocking, said: These men are full of new wine. But Peter standing up with the eleven, lifted up his voice, and spoke to them: Ye men of Judea, and all you that dwell in Jerusalem, be this known to you, and with your ears receive my words. For these are not drunk, as you suppose, seeing it is but the third hour of the day: But this is that which was spoken of by the prophet Joel: And it shall come to pass, in the last days, (saith the Lord,) I will pour out of my Spirit upon all flesh: and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams.

And upon my servants indeed, and upon my handmaids will I pour out in those days of my spirit, and they shall prophesy. **(Act. 2, 1-18)**

" I say then, walk in the spirit, and you shall not fulfil the lusts of the flesh. For the flesh lusteth against the spirit: and the spirit against the flesh; for these are contrary one to another: so that you do not the things that you would." **(Gal. 5, 16-17)**

" And if the Spirit of him that raised up Jesus from the dead, dwell in you; he that raised up Jesus Christ from the dead, shall quicken also your mortal bodies, because of his Spirit that dwelleth in you." **(Rom. 8,11)**

" For whosoever are led by the Spirit of God, they are the sons of God. For you have not received the spirit of bondage again in fear; but you have received the spirit of adoption of sons, whereby we cry: Abba (Father)!" **(Rom. 8,14-15)**

I am here with My People, I live present and permanent, continuously, I do not only dwell beside My Father and our Holy Spirit in you, I have never abandoned you, and I will never abandon you.

*Our Lord Jesus Christ to Luz de María, 11.21.2013*

Take refuge in My infinite Mercy, source of forgiveness and hope for all My children, wellspring of conversion for the repentant, grace that descends from My Holy Spirit to the heart of each one of you so that you would receive My Love in the measure that each of you desires.

*Our Lord Jesus Christ to Luz de María, 04.22.2022*

I invite you to invoke the Holy Spirit in the face of trials, regarding the needs of each person, faced with the lack of health of body and soul, lukewarm faith or the total lack of faith, arrogance and the lack of humility, faced with the lack of charity towards neighbor, envy and the lack of fraternity: pray to the Holy Spirit.

*Come Holy Spirit, You who are the Giver of gifts, fill me firstly with Your Love, then give me what I require to be a better child of God and then, if I am worthy of a Grace from Your Divinity, fill me with Yourself. Amen.*

*The Most Holy Virgin Mary to Luz de Maria, 03.06.2023*

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# 1

## Living in the Era of the Holy Spirit

"In the last days -- the Lord declares -- I shall pour out my Spirit on all humanity. Your sons and daughters shall prophesy, your young people shall see visions, your old people dream dreams."

Acts 2,17

We are living at a special time such as humanity has not experienced since Redemption, and it is precisely at this time, in this Era of the Holy Spirit, that we need to be sanctified, and in order to be sanctified we must pass through the crucible. Let us ask for the grace of perseverance.

Commentary by Luz de María  
03.04.2021

## HEAVEN LIGHTS OUR WAY

My Holy Spirit descends in order to make explicit to Humanity what man does not yet understand or does not intend to understand.

My Holy Spirit explains to the humble, to those who wish to do good, to those who love Me and obey Me. **OUR LORD JESUS CHRIST, 01.26.2018**

These are winds of change, of spiritual ascent, of rebirth in my Holy Spirit, of an encounter with my truth, with that truth you have hidden.

This is the instant of my Holy Spirit, so that you unite more and more to me and to my truth... and instead you despise me with great ease. **OUR LORD JESUS CHRIST, 01.09.2013**

Purity and holiness are not reserved only for the religious but for every human being, just as Spiritual Love is for everyone. Each one of you is a living Temple of the Holy Spirit, the stones with which temples have been built do not speak, you who trust in Me as Mother, be testimonial Temples of the One who is "THE WAY, THE TRUTH AND THE LIFE." **THE MOST HOLY VIRGIN MARY, 11.07.12**

There are two times, two moments of which I talk to you today:

One of the them is the time of affliction and the tragedy that will befall the human race with no chance of going back. Everything moves and moves; each time it is nearer and nearer.

The other time is one of blessing. That is why I have told you that I come as a Father of Mercy, because my Mercy comes to all the faithful. How does it come? With My Holy Spirit, with the plenitude of My Spirit in man.

Now there are two transcendental moments.

One is the spiritual downfall and the economic collapse of the human race.

The other one is the plenitude of My Holy Spirit.

Beloved:

You must understand that the fullness of My Spirit in man is the triumph of My Mother's Immaculate Heart. It is for this that My Mother has fought.

It is not for her own triumph on Earth, but for the triumph of the fullness of My Spirit in every human creature. That is My Mother's triumph. It is not only the triumph of the woman clothed with the sun, but also the triumph of the woman who fights for the fullness of My Spirit in mankind for My return. And that is My return, My coming back: The fullness of My Spirit in the human creature. **OUR LORD JESUS CHRIST, 01.2009**

INVOKE MY HOLY SPIRIT IN YOUR WORKS AND ACTIONS AND ASK HIM TO POUR MY BLESSINGS, not only upon you and your families, but upon all humanity, so that you would strengthen your Faith in Me and not fall prey to false ideologies that seek out My children so that they would lose their souls. **OUR LORD JESUS CHRIST, 05.26.2023**

Hence spiritual relationship has declined more than in previous instants of Humanity. You know of the era of Creation dedicated by the Eternal Father to His People, you know the legacy of My Son and profit from It in order to continue on the spiritual path as His People, and at this instant you remain in the instant of the Holy Spirit, where the Heavenly Father arranged it that His children enjoy the good things that previous generations rejected.

YOU ARE THE CHILDREN OF THE FATHER, THE SON AND THE HOLY SPIRIT, AND THEREFORE THE GIFTS AND VIRTUES, JOYS AND THE RELATIONSHIP WITH THE DIVINE SPIRIT ARE CLOSER TO EVERYONE IN ORDER THAT YOU ARE ABLE TO ENTER INTO A DIFFERENT UNION, WITH THE DIVINE THOU RATHER THAN THE HUMAN ONE.

It is not easy to have such a close relationship with the Divine Spirit. This opportunity is being given to you by the Eternal Father for these instants in which man must leave a lukewarm relationship with the Most Holy Trinity in order to enter into a true relationship, where union, truth, closeness and man's continuous living with His Lord prevail. *THE MOST HOLY VIRGIN MARY, 12.12.2017*

THESE ARE INSTANTS WHEN MY CHILDREN MUST LIVE FULLY BEING MY SON'S CHILDREN AND HAVING THE GOODS OF THE FATHER'S HOUSE, BEING ASSISTED AND FILLED WITH THE HOLY SPIRIT.

Allow the fruit that My Son bequeathed to you to blossom; do not hesitate because the instant is closer than any other instant to the nucleus of the Great Tribulation. *THE MOSTY HOLY VIRGIN MARY, 05.02.2016*

Divine Love is not static but rather shared, and in that sharing it spreads to where it is necessary when you pray, act, fast and wholeheartedly offer your powers and senses, since it is the Holy Spirit who acts when you work and act as Our King and Lord Jesus Christ acts.

YOU NEED TO ENTRUST YOURSELVES TO DIVINE LOVE WITHOUT DELAY, AT THIS GREAT STAGE THROUGH WHICH HUMANITY IS PASSING: “THE ERA OF THE THIRD FIAT, THE ERA OF THE HOLY SPIRIT” (Jn 16,13).

In this Age, the Devil is roving from one end to the other in search of the slightest opportunity to rule through division, that which is the cause of the downfall of every good purpose of man. People of God, you need to understand that as humans, you are all walking a steep path, you are swimming against the current of the world, you are being formed to live within the TRUE WAY, before which you need to kneel and pray, to fast and offer up in order to find wisdom to work and act. You need to know that if you want to grow in the spirit, you must remain ready to give your all; you always have something new from which to learn.

IN THIS THIRD FIAT, YOU CANNOT CONSOLIDATE AND ENTER INTO THE CALL THAT THE MOST HOLY TRINITY MAKES TO YOU, IF YOU ARE NOT HUMBLE. WHAT THE DEVIL IS LOOKING FOR IS PRIDE IN ORDER TO SETTLE WITHIN CREATURES AND TO HARDEN THEIR HEARTS. *SAINT MICHAEL THE ARCHANGEL, 09.05.2019*

AS A MOTHER, I MUST EMPHASIZE TO YOU THAT THE MOST DIFFICULT TIMES ARE CLOSER TO YOU THAN YOU THINK. Hence My insistence that you convert and thus open your spiritual sight, allowing the Divine Spirit to guide you. *THE MOST HOLY VIRGIN MARY, 07.17.2021*

THIS IS THE ERA OF THE HOLY SPIRIT FOR THOSE WHO STAND FIRM IN FAITH... (Joel 2,28-29) IT WILL BE A TIME OF WONDERS FOR THOSE WHO WANT TO CONVERT: THIS IS THE MOMENT TO DO SO. NO MATTER HOW INTENSE THE TIMES MAY BE, THEY ARE OPTIMAL FOR PERSONAL CONVERSION. **SAINT MICHAEL THE ARCHANGEL, 11.03.2022**

HUMANITY HAS NO AWARENESS THAT THIS IS THE ERA OF THE HOLY SPIRIT, IN WHICH, THROUGH A WORTHY LIFE, CHILDREN OF GOD WOULD BE ABLE TO ATTAIN GREATER DISCERNMENT IN THEIR WORK AND CONDUCT BY THE GRACE OF THE HOLY SPIRIT... THIS TIME OF THE HOLY SPIRIT IS WHEN THERE WILL BE THE GREATEST NIGHTMARES FOR HUMANITY AND THE GREATEST BLESSINGS FOR HUMANITY. (Jn 16,13-14). **SAINT MICHAEL THE ARCHANGEL, 10.23.2022**

## **KEYWORDS**

**TRUE PATH:** Jesus is the representation of the True Path, because "No one can come to the Father except through me" John, 14, 6. The Bible declares in Proverbs 14,12, there are ways that some think straight, but they lead in the end to death, but the True Path leads to life. Man must understand that to find the salvation of his soul and the wisdom to live well here on earth, he must renounce his ways and walk the Way of Salvation.

**ERA:** Period of time that is counted from an outstanding fact. In this case, reference is made to the era of the Holy Spirit, also known as the Era of Love. In terms of time it runs from the time of Our Lord Jesus Christ to the present day.

**THIRD FIAT:** The first Fiat "Fiat Lux", the era of creation. The second Fiat begins with Mary "Fiat Mihi secundum verbum tuum: let it be done to me according to your Word", the era of Redemption. The

Third Fiat, "Fiat Voluntas Tua" or Let it be done, referring to the Divine Will is the era of Sanctification and is attributed to the Holy Spirit, "Fiat voluntas tua sicut in coelo et in terra: Let your Will be done here on earth as it is in Heaven". This third era refers to the Kingdom of God established here on earth.

## TIPS

Know ourselves in order to identify what we need to change in order to ascend spiritually.

Deepen our knowledge of Sacred Scripture in order to know Christ and allow ourselves to be guided by His Truth.

Reach an intimate union with Christ through inner silence in order to open ourselves to the action of the Holy Spirit in us.

Develop true humility in order to open our hearts to the Holy Trinity.

# 2

## Instructing ourselves about the Holy Spirit

“and a hope which will not let us  
down, because the love of God has  
been poured into our hearts by the  
Holy Spirit which has been given to  
us”

Romans, 5, 5



Brothers and sisters, we live with a common denominator: the Holy Spirit. When our strength is weakened, let us cry out to Him so as not to fall.

The Comforter of men will again lift us up and Our Mother will guide us like She did the disciples, when they felt fear. Thus the Blessed Mother welcomes Her Son's People and gathers them in the Perpetual Upper Room of Her Immaculate Heart. Amen.

Commentary by Luz de María  
06.23.2013

## HEAVEN LIGHTS OUR WAY

This generation has not been able to enter into the Father's last pact through His Son, in which he offered and announced the Holy Spirit. The Father pacts with His people, for their good, he opens the doors of salvation to them with the purpose that in unity, man may work and act in His Divine Will, arrive at the knowledge of the truth and follow the commandments, especially the first one. **THE MOST HOLY VIRGIN MARY, 12.31.2013**

I invite you to give yourselves to the Holy Spirit so that He can profoundly penetrate in you and lead you to understand that you are children of an Omnipotent Father who with His Hands created all that exists. **THE MOST HOLY VIRGIN MARY, 06.08.2012**

The conscience must remain united to the Holy Spirit so that man is worthy of My Son. **THE MOST HOLY VIRGIN MARY, 07.20.2014**

Not contemplating what happens in the light of the Wisdom of My Holy Spirit, you will never be able to see what My House warns you of, not only those who listen in this instant to My calls, but to warn the lost and those who do not even know Me or recognize Me. **OUR LORD JESUS CHRIST, 01.28.2012**

This is man's instant, his response must be born of the Spirit:

-So as to be filled with strength from My Holy Spirit

- So as to fight evil illuminated by My Holy Spirit

- So as to maintain Faith guided by My Holy Spirit. **OUR LORD JESUS CHRIST, 02.12.2012**

Love Charity, led by the Holy Spirit, takes man and leads him consciously to work and act in that form stemming from the Paternal House, where the soul desires what is from Above, being a just, merciful, grateful human being, who in every instant looks for how to do good.

Man emits thoughts, desires, acts among others; and what man emits comes out of him and is amplified towards the whole of Creation. Just as the sun influences man and as the moon influences man, so man continually emits his thinking and feeling ad extra, outside his physical body. Man is not trapped inside his body but is an amplifier of his works and deeds, hence the importance of prudence attracted by the believer, emanating from the Holy Spirit. **SAINT MICHAEL THE ARCHANGEL 07.03.2016**

If you do not understand, ask My Holy Spirit for the Gift of Understanding, remember that "to whom much is given much is asked." And you, My People, receive everything and more than that all that you need, because I previously announce to you the events out of Love, out of My Infinite Love for you. **OUR LORD JESUS CHRIST, 11.30.2011**

Beloved, man's behavior denotes his course of action, but this does not exempt him or free him from falling or remaining in what is incorrect. It is precisely the internal mystery in the human person that denotes the presence of My Holy Spirit, when this Presence acts within the guidelines that I established for My People, guidelines of Love, without which man will not be able to be a faithful copy of My Love. **OUR LORD JESUS CHRIST, 03.31.2013**

But do not forget that the one who lives and does My Father's Will, is in communion with Me: The one who does not allow faith to be taken away from him,  
The one who sees Me in every brother and sister,  
The one who loves Me despite his suffering,  
The one who loves Me even if they tell him I do not exist,  
The one who does and lives; My Father's Will... that is the one who continually is bonded in My Spirit. **OUR LORD JESUS CHRIST, 11.21.2013**

Dearly beloved children, come to Me; repent, accept My Mercy at this time, allow My Holy Spirit to penetrate each one of you and strengthen you; may He nourish you with knowledge and may the Faith remain immovable within you. Events are already upon humanity and My children are being manipulated so that they would be controlled by those who hold power on Earth. **OUR LORD JESUS CHRIST, 04.22.2022**

My Beloved children:

Ask for the daily bread: which bread are you asking in this instant? The material bread to satisfy hunger or the bread of the Word? Although you do not know it, that what you really need in this instant is the Bread of Fusion with My Son; fusion which consists of tête-a-tête alone with My Son to be strengthen and thus rise over those who don't pray and don't connect in that intimate communion with My Son so that the Holy Spirit, through this intimacy, descend upon each one of you. **THE MOST HOLY VIRGIN MARY, 07.09.2014**

Those who persist in remaining allied to what holds them in sin are accessible to the Devil, and he subdues them with his cunning so that they would grieve the Holy Spirit (cf. Eph. 4,30-31). **THE MOST HOLY VIRGIN MARY, 03.25.2025**

Beloved children of the Most Holy Trinity, be creatures of wisdom, using human intelligence entrusted to the light of the Divine Spirit, so that He would guide you at all times. In this way you will save your soul and bear witness to Divine Love and Action. **SAINT MICHAEL THE ARCHANGEL, 05.28.2024**

May you heal your hearts with the strength of the Divine Spirit, may you be protection for your brothers and sisters, even in the midst of darkness. **THE MOST HOLY VIRGIN MARY, 06.13.2024**

I CALL YOU TO CONSECRATE YOURSELVES TO THE HOLY SPIRIT AND TO REMAIN IN A STATE OF GRACE SO THAT YOU DO NOT SADDEN HIM (Jn. 14,16-18; 1 Cor. 3,16; Eph. 4,30). **THE MOST HOLY VIRGIN MARY, 11.02.2023**

## KEYWORDS

**CONSCIENCE:** In the moral sense, as “capacity to distinguish between right and wrong”.

**COVENANT:** A covenant is a contract or agreement between two or more parties. But the Covenant between God and humankind is the modality through which God has chosen to communicate with us, redeem us and guarantee us eternal life in Jesus Christ.

**SPIRITUALIZE:** to transform one's life in such a way that one can transcend from a totally mundane experience to an experience

where spiritual values are developed and a strong experience of God's love is generated, opening oneself to the action of the Holy Spirit.

## TIPS

Pray alone fused with the Trinity: Jesus withdrew to pray alone, let us follow his example to achieve this intimacy with the Holy Trinity.

To ask for the inspiration, discernment and illumination of the Holy Spirit to work and act: always ask for the help of the Holy Spirit, do not walk without entrusting ourselves to Him.

Fulfill the Commandments to be faithful to the Law of God.

# 3

## Recognizing ourselves as Temples of the Holy Spirit

"Do you not realize that you are a  
temple of God with the Spirit of  
God living in you?"  
1 Corinthians, 3,16

The realization of belonging to Christ's Mystical Body keeps us in a constant waiting because even if it is a mystery God the Father has revealed to us that incorporation. This is why we walk towards Christ in a constant effort, because we know that we are His children but we must give our best effort with all our might to remain united with Christ, with our Mother, and with our brothers so we will all be temples of the Holy Spirit.

Commentary by Luz de María  
06.08.2015

### HEAVEN LIGHTS OUR WAY

This generation will find freedom being born of the Spirit. Only thus will you be able to act according to God's Will, which through truth illuminates your mind and fills your heart with love. This generation must recognize the Trinity that dwells in its being and respect that Temple of the Holy Spirit. **THE MOST HOLY VIRGIN MARY, 10.30.2011**

THE TEMPLES WILL BE CLOSED AND MY CHILDREN WILL NOT KNOW WHAT TO DO... YOU MUST OPEN THE INTERIOR TEMPLE WHERE MY SON ABIDES INSIDE OF YOU, SO YOU WILL BE FILLED WITH THE HOLY SPIRIT. **THE MOST HOLY VIRGIN MARY, 08.25.2014**

It is important to raise up your Immune System: the body is the Temple of the Holy Spirit, do not forget. **THE MOST HOLY VIRGIN MARY, 11.29.2021**

Each one of you is a temple (I Cor 6,19) and it is a grave sin to act in deed or word against a brother. **SAINT MICHAEL THE ARCHANGEL, 03.13.2022**

Is the one who lives immersed in sin a Temple of the Holy Spirit, the one who returns to Me only for instants and in a constant coming and going like the waves of the sea, ceding in this way his or her souls to the devil, in a horrifying lukewarmness? Can this person be a true and living temple of My Spirit? My people must prepare urgently and prepare themselves spiritually for a definitive change from which you will come out triumphant, you who live it in Spirit and Truth. **OUR LORD JESUS CHRIST, 10.14.2012**

The body is the Temple of the Holy Spirit, and how you disfigure it with figures of malignant representation, with the number 666 showing it off with great pride! Those are My People. Do not remain blind; that is My People who have supplanted Me with evil's tricks. Those people are whom I want those who are consecrated to Me to awaken, to those sleepy people I have sent My Prophets so that they awaken those who are Mine. **OUR LORD JESUS CHRIST, 07.15.2012**

THE LIFE OF THE BODY IS THE SOUL, AND THE LIFE OF THE SOUL IS GOD. THE HOLY SPIRIT LIVES IN THE SOULS AND THROUGH THE SOUL THE HOLY SPIRIT LIVES IN THE BODY SO THE BODY WILL BE A TEMPLE OF THE HOLY SPIRIT. **THE MOST HOLY VIRGIN MARY 08.01.2015**

DO NOT TURN AWAY FROM THE FOOD OF THE EUCHARIST, EACH ONE OF YOU IS A TEMPLE OF THE HOLY SPIRIT and is therefore protected by Angelic Legions, therefore stay on the right path that leads you to the soul's salvation. **THE MOST HOLY VIRGIN MARY 10.11.2016**

Beloved: the body is Temple of My Spirit, attend to My House adequately dressed. Do not allow the devil to continue to debase the human body, human dignity. **OUR LORD JESUS CHRIST, 02.03.2011**



How much the current fashions offend My Son -- how much pain for My Son's Heart before such abominations! The body is the Temple of the Holy Spirit, it is exhibited shamelessly. And the Holy Spirit grieves so much! ... both men and women offend the Holy Spirit greatly. **THE MOST HOLY VIRGIN MARY, 06.05.2013**

My children, why do you feed and continue to feed on the garbage with which the great transnationals want to eliminate most of the world population? You are the great experiment of the large food industries. DO NOT ALLOW IT. YOUR BODIES ARE TEMPLES OF THE HOLY SPIRIT AND YOU MUST PROTECT THEM AND TAKE CARE OF THEM, NOT ONLY WITH GOOD CHRISTIAN BEHAVIOR, BUT ALSO WITH A CORRECT AND HEALTHY NUTRITION. **THE MOST HOLY VIRGIN MARY, 10.08.2015**

You continue to ramble since you are not capable of truly looking within yourselves. The human ego has risen powerfully over each one of you; it is few who strive to demolish their internal ego and allow the Holy Spirit to invade them completely so that with that blessing they be guided by the path of Truth.

My beloved, you find yourselves in the instant of instants, so expected and so announced, so elucidated and at the same time so feared, so revealed by Me and so hidden by men, so longed for by those who love me and feared by those who do not know My Maternity. But the instant is power and jurisdiction of the Father, and this generation has abused of the generosity of the Father, of the mercy of My Son and has sinned against the Spirit. Each one of you is a temple of the Holy Spirit and how I hurt seeing those temples wandering and deviating throughout the Earth without really being conscious that without My Son they are nothing! **THE MOST HOLY VIRGIN MARY, 03.28.2013**

My Spirit dwells in the heart of each person, and especially in the heart of those who believe in Me, but through free will, man can exercise his human desire and, with his personal interests, can reject or listen to My Holy Spirit.

Within My People there need to be more who pray in season and out of season (2 Tim. 4,2) and who increase their prayers, invoking My Holy Spirit, so that all may open themselves to His action and discern, without allowing human will to interfere.

**OUR LORD JESUS CHRIST, 05.04.2025**

MY HOLY SPIRIT REIGNS IN EACH OF MY CHILDREN; IT IS UP TO EACH PERSON TO WELCOME HIM AND TO WORK AND ACT RIGHTLY SO THAT HE WOULD REMAIN IN YOU. **OUR LORD JESUS CHRIST, 05.27.2023**

Diabolical action is directed towards physically attacking My children, sowing discouragement and despair in them; it has launched a war of attrition among My children. The body has the dignity of being the dwelling of the Holy Spirit (cf. 1 Cor. 6,19-20), which is why the enemy has now decided to act against the body. **THE MOST HOLY VIRGIN MARY, 05.13.2025**

## **KEYWORDS**

**TEMPLE:** It comes from the Latin "templum" which means sacred place, dwelling place of God, and therefore the space is honored through purity.

**HEALTHY FOOD:** Refer to the "contaminated food" special on the page, to learn more about genetically modified foods, diseases, antibiotics, allergies, toxicity, the environment and more.

**HUMAN EGO:** the excessive valuation someone has of himself or herself. As such, it is synonymous with immodesty, arrogance, conceit or hubris.

## TIPS

Take care of what you eat: eat a healthy diet, free of excesses, nourish ourselves with the Holy Eucharist.

Take care of your body: good sleep, keep active, do not stain it with tattoos.

Avoid harmful substances: alcohol, smoking, drugs, drug abuse, abuse of medications.

Avoid stress.

Dress appropriately.

Take care of the words we use and what we look at.

Avoid impure thoughts.

Practice inner silence to listen to the voice of conscience to guide us and tell us whether we are acting right or wrong with respect to God and our neighbor.

# 4

## Developing the Gifts of the Holy Spirit

“Each one of you has received a special grace, so, like good stewards responsible for all these varied graces of God, put it at the service of others.”

1 Peter, 4, 10

ALL OF US ARE FIT TO POSSESS THE GIFTS OF THE HOLY SPIRIT, but we have not wanted to cultivate an openness in our spiritual intelligence that would allow us to say: yes, yes, because when something new comes to us, we say: no, no! And Christ wants us to say: yes, yes!

As children of God, we have received a full hand of gifts and virtues, and yet at the moment very many brothers and sisters are forgetting that Divine Omnipotence grants us life every day. Given that the love of God is forgotten in the convulsion in which we are living, the virtue of Love will succeed in awakening some souls, even in the most serious instants, and this virtue will lead us to help our brothers and sisters in the moments when they most need it.

Commentaries by Luz de María

05.31.2015

10.26.2019

## HEAVEN LIGHTS OUR WAY

The Holy Spirit, being the Giver of Gifts and Fountain of Wisdom for man, fights to renew those Preternatural Gifts with which man was filled as an Attribute of Paternal Love. **THE HOLY ARCHANGELS, 08.03.2012**

You HAVE THE LIGHT OF MY HOLY SPIRIT WITHIN, very deeply in your being, so that you can see what those who live in darkness will not be able to see. **OUR LORD JESUS CHRIST, 06.16.2010**

RECOGNIZE WHAT YOU ARE, CHANGE INTO WHAT YOU SHOULD BE AND HAVE NOT BEEN SO FAR. Draw from the Holy Spirit the necessary goods so that you may be creatures nourished by Divine Love. **SAINT MICHAEL THE ARCHANGEL, 07.13.2021**

My Father left you the Earth, the Universe and all that exists in it, visible and invisible; you possessed the Preternatural Gifts so that you would not need anything, only Divinity. That union was broken by man, who, wanting to develop at will whatever he possessed, disobeyed My Father and did not fulfill the purpose for which he was created. From that instant on, My Father at every stage of the human race allowed it that this separation chosen by man be repaired and communion with Our Trinity be re-established. **OUR LORD JESUS CHRIST, 10.24.2017**

Beloved, you know yourselves with a body that possesses faculties, without discovering the soul, without wanting to reach the spirit, you limit yourselves to living by the mind, thought and heart, thus being very human and not very spiritual. You have totally taken root in what is worldly, preventing My Divine Light from flooding you with the Wisdom of My Holy Spirit, **THUS STOPPING THE TRUE KNOWLEDGE THAT MAN CANNOT LIVE IN FULLNESS IF HE IS NOT UNIFIED WITH THE SPIRIT SO THAT WHAT IS WORLDLY DOES NOT CONTAMINATE HIM. MY SPIRIT GIVES MAN WHAT MAN IS FREELY DISPOSED TO RECEIVE. OUR LORD JESUS CHRIST, 11.06.2016**

Without love you are like dry trees that do not bear fruit: their leaves fall off and they do not bear fruit. So it is with those who refuse My Love, they are like the dry tree (Mt. 7:19). Therefore, I call you to conversion and to ask My Holy Spirit for the Gift of Love so that you may be that crystalline water, that fruit which are the testimony of those who work and act in My Will. **OUR LORD JESUS CHRIST, 08.07.2022**

THE HOLY SPIRIT POURS OUT HIS GIFTS AND VIRTUES (I COR 12:11) ON THE HUMBLE SO THAT THEY WOULD PREACH THE WORD, NOT ON THE PROUD SO THAT THEY WOULD EXALT THEIR FREE WILL. **SAINT MICHAEL THE ARCHANGEL, 06.23.2022**

You know that after rainy days the Sun comes out and shines with splendor in Heaven, and when the Sun is at its zenith, there is no shadow because its rays illuminate even the smallest place. **THUS IS THE HOLY SPIRIT: HE ILLUMINATES ALL, GIVES HEAT TO ALL, GIVES HIS LOVE TO ALL, GIVES WISDOM TO ALL, BUT YOU MUST REMAIN WILLING TO RECEIVE HIM AND BEFORE WHAT IS COMING, I ASK YOU TO INVOKE THE HOLY SPIRIT CONTINUOUSLY SO THAT HE FINISHES FILLING THOSE HOLY CUPS.**

In this instant you must use your senses, the gifts and virtues that My Son with His Holy Spirit has poured out in you. You must not blind yourselves but on the contrary, open the senses of the spirit, for these will guide you on the right path and will lead you to be cautious in the instant in which you must be so. **THE MOST HOLY VIRGIN MARY, 07.22.2013**

Children of the Highest, the Gifts of the Holy Spirit elevate the conscience and inculcate in man Spiritual Understanding in Heavenly Knowledge, which communicates to the soul all that it needs, if it is desired and sought in order to draw nearer to the Divine. **SAINT MICHAEL THE ARCHANGEL, 07.03.2016**

LONG FOR, DESIRE, IMPORE THE GIFTS OF THE HOLY SPIRIT IN ORDER THAT, AS CHILDREN OF GOD, YOU WOULD NOT LACK WISDOM, INTELLIGENCE, COUNSEL, FORTITUDE, KNOWLEDGE, PIETY AND THE FEAR OF GOD. THE WHOLE PEOPLE OF GOD MUST ACKNOWLEDGE ONE ANOTHER, MAINTAIN PEACE, UNITY, LOVE. **SAINT MICHAEL THE ARCHANGEL, 05.31.2019**

Remain on spiritual alert; be creatures of simplicity and humility of heart. Knowledge should not be displayed, but acted upon as a testimony of what dwells within each one of you. Prudence is a great companion for the Gifts. The prudent do not expose themselves to being brought down (Mt 10,16). **SAINT MICHAEL THE ARCHANGEL, 12.16.2022**

YOU MUST BE WILLING TO BE OBEDIENT, BECAUSE OBEDIENCE IS THE ART OF HOLY SOULS. Obedience does not mean walking blindly but walking in the light of the Holy Spirit using the Gift of Discernment. I have called you to unite yourselves to My Son, to travel the path of love, knowing and scrutinizing the Word of My Son, so that you do not walk blindly but enlightened by Knowledge, by Wisdom, and therefore understand that obedience to the Divine Will is necessary, even when you do not understand the why or wherefore of things...

My Son is hastening the steps of His People. You have so many blessings, so many gifts, but you keep them locked up out of ignorance and sometimes out of fear. But behold, I come in the Name of My Son, out of love for the People of My Son, love for you who are My children, to tell you to free these gifts, these virtues that you keep locked up, to place them before the Holy Spirit so that He be the One who guides you, and so that you in obedience to the Word of My Son, achieve to become more spiritual. **THE MOST HOLY VIRGIN MARY, 10.27.2016**

My children must open their hearts for My Holy Spirit to guide them “to a land flowing with milk and honey.” (Exodus 33:3) This Land is within each of you, and in this Land you will find the Gifts with which I adorn those who are faithful to Me, those who repent, those who are humble and, like small children, surrender to Me when they do not understand, when they do not see, because they know that those who walk hand in hand with Me will discover the delights of My House and will find the path more tolerable because Faith, Hope, and Charity are a safe Column. They know that, having been raised in My Love, they will come to live in My House. **OUR LORD JESUS CHRIST, 12.04.2015**

Children of God, you must possess the gift of Love so that the remaining gifts are poured out upon you and so that you are not only



people who function as spectators, but that you are actors in life, actors in society, actors in the community, in workplaces, actors who spread the Love that dwells in each person, not only being poor spectators who do not bear fruit, but being those who protect the seed, sow it and take care of it with dedication so that the insects that come with the intention to devour the harvest do not manage to destroy it, and so that in the end you appear before our King and Lord Jesus Christ with an abundant harvest for Divine Glory. **SAINT MICHAEL THE ARCHANGEL, 06.07.2019**

Children, it is necessary for you to become aware that you must remain united to the Holy Spirit, asking Him for His Gifts, Graces and Virtues. YOU ARE LIVING IN THE TIME OF THE HOLY SPIRIT, AND YOU MUST ASK HIM, WITH FAITH AND CERTAINTY, TO BLESS YOU CONSTANTLY WITH HIS LOVE, SO THAT YOU WOULD HAVE FRATERNAL LOVE FOR YOUR BROTHERS AND SISTERS. **THE MOST HOLY VIRGIN MARY, 03.06.2023**

I INVITE YOU TO TRUE REPENTANCE AND TO CONFESS YOUR SINS SO THAT YOU WOULD RECEIVE THE GRACE OF HAVING A GREATER LOVE ON THIS VERY SPECIAL DAY: THE FEAST OF MY HOLY SPIRIT.

In order for you to overcome all that you are living through and all that is to come, you need the fruit of love - that love which goes beyond what is human, that love which My Holy Spirit pours out upon My children in the face of calamities and so that they would not despair. The Love of My Holy Spirit will keep you from despair, being steadfast and holding to faith in Me.

Constantly ask for the Gifts of My Holy Spirit within you; it is necessary for you to possess them and to be worthy of such great treasures:

The Gift of Wisdom  
Gift of Understanding

Gift of Counsel  
Gift of Fortitude  
Gift of Science  
Gift of Piety  
Gift of the Fear of God

You must work and act in My Will, being observers of My Law, leading a worthy life and living with dignity.

From the Gifts of My Holy Spirit come the fruits necessary for a righteous life, being fully aware that without Me, you are nothing.

These are:

LOVE, which leads you to charity, to live fully in fraternity and to the fulfillment of the First Commandment.

JOY, as the soul's rejoicing above all confirms to you that with Me there are no fears.

PEACE is the result for those who surrender to My Will and live securely in My protection, in spite of earthly life.

PATIENCE belongs to those who are not disturbed either by the adversities of life or by temptations, but who live in total harmony with their neighbor.

LONG-SUFFERING. Knowing how to wait for My Providence, even when everything seems impossible, provides you with generosity.

AMIABILITY: the kind and gentle person has it, maintaining gentleness in their dealings with others.

KINDNESS always benefits one's neighbor. Devotion to one's brother is constantly present in the person who has it, in My likeness.

MEEKNESS keeps you even-tempered; it is a true brake on anger and wrath; it does not tolerate injustice, it does not allow vengeance or rancor.

FAITHFULNESS bears witness to My presence in the person who is faithful to Me to the end, living by My love, in truth.

MODESTY: as Temples of My Holy Spirit, live with dignity and decorum, giving that temple the necessary dignity so as not to grieve My Holy Spirit.

MODERATION: having My Holy Spirit, a person has a high degree of awareness; the person thereby maintains order in their works and actions, not desiring what they do not possess, being a witness to inner order and controlling their appetites.

CHASTITY: as Temples of My Holy Spirit you are in true fusion with Me; for this you must entrust yourselves to Me, thereby weakening not only the disorders of the flesh, but also the inner disorder that leads you to disorder in your works and actions.

BELOVED CHILDREN, BE TRUE WITNESSES OF MY HOLY SPIRIT - NOT HALF-HEARTEDLY BUT COMPLETELY.

MY HOLY SPIRIT REIGNS IN EACH OF MY CHILDREN; IT IS UP TO EACH PERSON TO WELCOME HIM AND TO WORK AND ACT RIGHTLY SO THAT HE WOULD REMAIN IN YOU. **OUR LORD JESUS CHRIST, 05.27.2023**

## **KEYWORDS**

**THE GIFT OF WISDOM:** in which charity shines and the creature understands that God's Plan must be exalted above all things and must not be hindered.

**THE GIFT OF UNDERSTANDING:** enlightens the human creature in order that it penetrates clearly within the truths revealed by God.

**THE GIFT OF COUNSEL:** with which you can discern among the options presented to you - for this you need to attain, with this gift, the knowledge of how to listen to and help your brothers and sisters. "He shall not judge by appearances, nor decide by what his ears hear. He will judge the weak with justice, and will decide with equity for the poor of the earth." (Is 11,3-4)

**THE GIFT OF KNOWLEDGE:** is not what the world believes, but it is when, inside each person, God reveals to the human being what He knows about each one of you.

## TIPS

Love God and our neighbor: with Love we can grow in the gifts of the Holy Divine Spirit.

Constantly search for Love and Humility: this search gives us the virtues as fruits.

See with the eyes of Jesus.

Dominate the "ego" and love Christ so much that we are able to fusion with Him

Pray from the heart, practice fasting and offer sacrifices

Long for, desire, beg for, the gifts of the Holy Spirit

# 5

## Preparing ourselves for the spiritual battle

"Do not be afraid, for I am with  
you; do not be alarmed, for I am  
your God. I give you strength, truly  
I help you, truly I hold you firm  
with my saving right hand."

Isaiah, 41, 10

Thus, there we have three enemies, three allies who are in the same war against us: the devil, the world and the flesh. These three fight against the Holy Spirit and against each one of us in particular. And each one fights in its own way: if one demon cannot defeat us, another one will come; if two demons cannot defeat us, they will go for another one; if three demons cannot defeat us, they will go for another demon and so on.

Therefore, it is known that demons act collectively; they do not act alone and they trap others to make them accomplices so that they act against man. That is why the Grace of the Holy Spirit has to awaken in each one of us so that it helps us to tend more towards God and less towards the worldly.

Commentary by Luz de María  
04.13.2016

## HEAVEN LIGHTS OUR WAY

My Son passes in front of you and you do not recognize Him, like the Disciples on the way to Emmaus. You need to focus on knowing My Son, you need stillness as you work and act, so that the Holy Divine Spirit would enlighten and inspire you, and so that you would not be hasty in your actions, so as not to be led away from My Son by them.

Temptations are stronger now than at other times in human history, with the battle against spiritual and in some cases physical evil cases being palpable: this you cannot deny. **THE MOST HOLY VIRGIN MARY, 03.28.2021**

Humanity will know what spiritual battle means (Eph. 6,12) and will regret not having believed. **SAINT MICHAEL THE ARCHANGEL, 07.09.2022**

You remain in the midst of the darkness that has covered humanity and has now become thicker. Listen to the Holy Divine Spirit who calls you to keep your candle alight, so that the willpower of each one of you would be greater than the temptations of the world.

**SAINT MICHAEL THE ARCHANGEL, 12.30.2020**

Pray, Pray, children of our King and Lord Jesus Christ, so that under the protection of the Light of the Divine Spirit, darkness disappears, and may you be men and women of faith and worshipers of the Divine Will.

**SAINT MICHAEL THE ARCHANGEL, 06.07.2019**

On this day when My children bless candles in Eucharistic Celebrations and use them in the days of darkness or emergency due to natural phenomena, like a sacramental, you must bear in mind that the sacramental protects when the human creature keeps its soul burning like a candle filled with the fire of the Holy Spirit.

Come to bless candles and come to cleanse the candle of your thought, mind, memory, sight, hearing, palate, smell, touch, and cleanse the spiritual senses so that they burn in Love and Truth before My Son. **THE MOST HOLY VIRGIN MARY 02.01.2018**

Do not let yourselves be separated from My Son, cry out to the Holy Spirit, do not forget your Guardian Angels, your travelling Companions. **THE MOST HOLY VIRGIN MARY 12.22.2017**

Under the protection of the Holy Spirit, discern the works and acts to be done. The seal of evil is soon to be placed upon humanity: "whoever has ears, let him hear". (Lk 6,8-13; Rev.2,11). **SAINT MICHAEL THE ARCHANGEL 12.19.2021**

Evil is so subtle that for you it can go unnoticed, therefore you must remain united to the Holy Spirit, pleading for discernment in every step you take, in every action, in every work, and even more so in every word that comes out of your mouth. **THE MOST HOLY VIRGIN MARY, 08.23.2017**

Ask My Holy Spirit to help you so that you discern My Word, since in this instant a great number of false prophets has arisen in order to cause you to stray from the correct path. **OUR LORD JESUS CHRIST, 10.12.2011**

Once again I call you to maintain yourselves in a firm and immovable faith, nourished by the daily Eucharist, by persistent prayer, and by continuous petition so that the Holy Spirit assists you at every moment, and that way you succeed before the continual coming and going of the ambushes of the devil, who at this time attacks the children of God. **THE MOST HOLY VIRGIN MARY, 09.09.2009**

Come to the Holy Scripture; in it you will find everything you wish to know, the answers to your questions, what you must do and not do, what your works must be like, when your acts are good and when they are not good, but come to receive Me so you will receive My Holy Spirit, non-human Wisdom, and thus you'll be aware of My Calls at this instant. **OUR LORD JESUS CHRIST, 08.13.2015**

THIS IS A TIME OF GREAT SPIRITUAL BATTLE. You know full well that this battle is of a spiritual order (Eph. 6,12): it is between good and evil. You need to exhale as much good as possible so that evil would not gnaw at you internally and make you inclined to vomit out the insidious evil of the oppressor of souls over your brothers and sisters. **OUR LORD JESUS CHRIST, 03.07.2022**



Look on high, await for the One I will Send, pray to the Holy Spirit in every instant, He will give My Peace to those who live in Faith. **OUR LORD JESUS CHRIST, 12.09.2013**

Unite in a single heart, in a single petition, in a single prayer through the Holy Rosary so that you intercede strongly before My Son, and the strength of His Holy Spirit keep you standing and with an unshakable faith. **THE MOST HOLY VIRGIN MARY, 10.26.2011**

In order for you to overcome all that you are living through and all that is to come, you need the fruit of love - that love which goes beyond what is human, that love which My Holy Spirit pours out upon My children in the face of calamities and so that they would not despair. The Love of My Holy Spirit will keep you from despair, being steadfast and holding to faith in Me. **OUR LORD JESUS CHRIST, 05.27.2023**

FACED WITH TRULY ALARMING TIMES FOR THIS GENERATION, I INVITE YOU TO REDISCOVER YOURSELVES INWARDLY, RENEWING THAT UNION WITH THE FATHER'S HOUSE, CONSECRATING YOURSELVES TO THE HOLY SPIRIT AND BEING MEEK AND HUMBLE OF HEART. **THE MOST HOLY VIRGIN MARY, 05.21.2023**

MY DIVINE SON IS IN YOU AT ALL TIMES; HE ACCOMPANIES YOU AND THIS MOTHER WILL NOT FORSAKE YOU; you must continue in this strength, little children, spreading the Word allowed by the Divine Will before everything is extinguished and you are unable to hear the Divine Calls. You will, however, be able to hear the Holy Spirit, enlightening you in your daily work and actions. **THE MOST HOLY VIRGIN MARY, 07.04.2024**

THE HOLY SPIRIT IS WITHIN EVERY HUMAN CREATURE (cf. 1 Cor. 6,19-20) INDICATING TO THEM THE BEST PATH: THE BLESSING YOU RECEIVE FROM THE HOLY SPIRIT IS INFINITE, THEREFORE

MAINTAIN YOUR EFFORTS TO STAY ON THE PATH OF GOOD, REJECTING EVIL. *THE MOST HOLY VIRGIN MARY, 08.22.2024*

## KEYWORDS

**DISCIPLES ON THE WAY TO EMMAUS:** Reference to Luke 24, 13-35. On the road to Emmaus we are all disciples to let ourselves be reached by Jesus and not to distinguish him because we are scared to death about what may happen to us in the immediate future.

**GUARDIAN ANGELS:** also known as the Guardian Angel, is the angel to whom God gives the mission to protect, guard and guide each person during his life on earth to facilitate his ascent to Heaven.

**GOD'S ENVOY:** Also known as the Angel of Peace. Each generation has always been blessed with a special creature, whom Heaven has endowed with a particular anointing to assist the People of God in times of trial.

## TIPS

Nourish ourselves with the Holy Eucharist.

Pray and meditate, to be able to listen to the inner voice of the Holy Spirit that advises us, enlightens us and helps us to discern good from evil.

Invoke the Guardian Angels to accompany us on our journey.

Always carry the sacramentals.

Pray the Holy Rosary.

Consecration to the Holy Spirit.

Wait with faith for God's Envoy.

Study the Sacred Scriptures.

# 6

## Knowing the sins against the Holy Spirit

"And so I tell you, every human  
sin and blasphemy will be  
forgiven, but blasphemy against  
the Spirit will not be forgiven."

Matthew, 12, 31

Let us meditate on this great truth that Our Lord Jesus Christ has reminded us about the sin against The Holy Spirit.

The sin that does not have forgiveness: Let's read in the Holy Scriptures:

"But whoever blasphemes against the Holy Spirit will never have forgiveness, but is guilty of an everlasting sin." (Mk 3,29; Cf. Mt 12,32; Lk 12,10)

JOHN PAUL II IN HIS ENCYCLICAL REGARDING THE HOLY SPIRIT, DOMINUM ET VIVIFICANTEM 46-48, EXPLAINS THIS SIN AGAINST THE SPIRIT:

"This blasphemy does not consists in the fact of offending the Holy Spirit with words; on the contrary it consists of the rejection to accept the salvation that God offers to man through the Holy Spirit."

Further on it says: "...it consists of the radical rejection to accept that remission, that it is the Holy Spirit himself the intimate dispenser, and that presupposes the true conversion worked by Him in the conscience." If Jesus declares this sin as unforgivable, "it is because this no-remission is united, like its cause, to the no-penance, in other words, to the radical rejection to be converted..."

The way the Pope explains it to us, the sin against the Holy Spirit consists in the resistance and rejection to conversion. It is the Holy Spirit who convinces us of sin. (Jn 16:8-9). To reject in our heart this reality and cling to evil leads us to this sin. This was the Pharisees' attitude that barred themselves in accepting the divine plan to reconcile with men."

## HEAVEN LIGHTS OUR WAY

Do not forget that the one who commits a sin against the Holy Spirit, that one, that one does not have forgiveness, for by his own actions and words he condemns himself. **OUR LORD JESUS CHRIST, 11.21.2013**

My beloved children, KEEP IN MIND THAT YOU MUST NOT UTTER WORDS AGAINST THE DIVINE SPIRIT; THIS IS A MOST SERIOUS OFFENSE, INFINITELY SERIOUS. **THE MOST HOLY VIRGIN MARY, 12.24.2015**

Sin has existed throughout the history of humanity but no other instant has surpassed or will surpass the degree of sin living today. THAT IS WHY I CALL YOU CONSTANTLY TO BE STRICT WITH YOURSELF SO YOU WON'T BE PERMISSIBLE WITH THE ME HUMAN, WITH SELFISHNESS AND WITH VIOLENCE that will lead you to act against each other and to sin against the Holy Spirit with that unforgivable sin; he who sins against the Holy Spirit does not attain forgiveness. **THE MOST HOLY VIRGIN MARY 06.04.2014**

If you consider these Calls catastrophic and terrifying, this is what this generation will face (Mt 24,21) for being irreverent, hypocritical, lying, false, for not turning humbly toward the Divine Word, for their Heresies, for their constant sins against the Holy Spirit (Mt 12,32), but always, both My Son and I exalt the Divine Mercy, for you are in the instant of repentance, of conversion, and My Son will not deny forgiveness to anyone who comes truly repentant. **THE MOST HOLY VIRGIN MARY 11.30.2016**

Man's rage has led him to look at other men as inanimate objects, lifeless, without the Gift of Life, and the acts that man commits at that instant against the Gift of Life are sins against the Holy Spirit. **THE MOST HOLY VIRGIN MARY, 04.23.2016**

Walk without grieving the Holy Spirit (Eph. 4,30); call him and He will help and provide you with the strength necessary for you to remain firm and watchful, seeing the enemy from afar so that he will not surprise you. **THE MOST HOLY VIRGIN MARY, 01.20.2021**

Every instant is an opportunity for the human creature to see the OPEN DOOR, THE DOOR OF ETERNAL SALVATION. TO ENTER THROUGH THAT DOOR, HUMANITY MUST BE PURIFIED, NOT BECAUSE THE MOST HOLY TRINITY WANTS IT, BUT BECAUSE OF HUMANITY'S SURRENDER TO THE DEVIL AND HIS MACHINATIONS, BECAUSE OF THE GREAT OFFENSE TO GOD OF THE LAW OF ABORTION, BECAUSE THE HUMAN BEING REJECTS THE NATURAL LAW AND BECOMES ATTACHED TO SINNING AGAINST THE DIVINE SPIRIT. **SAINT MICHAEL THE ARCHANGEL, 06.07.2019**

## **KEYWORDS**

**BLASPHEMY:** Word or expression injurious against someone or something sacred.

**HERESY:** Doctrinal affirmation contrary to the faith of the Church in a defined matter.

**GIFT OF LIFE:** Life is not only a good, but also a gift, a gift. That gift has been given to us (through our parents) by God: God alone is the owner of life.

## TIPS

Think before speaking, as Proverbs 21,23 says " "Watch kept over mouth and tongue keeps the watcher safe from disaster".

Always be attentive to our actions and deeds in order to repent of our sins and rise up conscious of the greatness of Divine Mercy, which forgives those who repent.

Keep the human ego subject to the Cross of Christ so as not to let it act with selfishness, without love, with violence and without self-control.

Accept the word of God as the light of life and to ask for the help of the Holy Spirit.



# 7

## Embracing the promises of the Holy Spirit

“But the Paraclete, the Holy Spirit,  
whom the Father will send in my  
name, will teach you everything and  
remind you of all I have said to you”  
John, 14,26

"Then God said, "Let us make humankind in our image and likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the earth, and over every creeping thing that creeps upon the earth. So God created humankind in His image, in the image of God He created them; male and female He created them." This is revealing for us because God speaks in the plural when He is the one who says "LET US MAKE". It is revealing because God clearly anticipates the Revelation of the Trinitarian Mystery and speaks with His Son and with the Holy Spirit. Because at some point in the history of Salvation the Son of God made flesh would ascend to Heaven and in union with the Eternal Father would send us the Holy Spirit.

Commentary by Luz de María  
11.20.2018

## HEAVEN LIGHTS OUR WAY

CHILDREN, A BREATH OF MY HOLY SPIRIT WILL COME UPON YOU SO THAT THE JOURNEY THROUGH LIFE WILL BE LESS DIFFICULT. **OUR LORD JESUS CHRIST, 06.08.2014**

When evil feels triumphant, My Holy Spirit will come to extinguish the smoke of the fire. Do not fear, a single blow vanishes the smoke. **OUR LORD JESUS CHRIST, 07.03.2009**

At this time when My churches have been closed - a sad omen of what is to come -, My People must not be distressed and lost, but be strengthened with their previous Communion and wait patiently. THEN THE SECOND EFFUSION OF MY HOLY SPIRIT WILL BE GIVEN just after the Warning for My righteous and faithful so that they would be an encouragement for their brothers and sisters.

My Mercy does not forget the needs of My People, and My Holy Spirit and My Holy Archangels and Angels will not leave My People alone. **OUR LORD JESUS CHRIST, 04.19.2020**

My children have been formed to see Me as resurrected, glorious and distant. On the contrary, I remain present before each one of those whom I love, suffering continually for their sins and denials of My Kingdom. MY HOLY SPIRIT DWELLS WITHIN ALL; SOME GRIEVE HIM, OTHERS LOVE AND MAKE REPARATION; I DO NOT REMAIN FAR FROM MY PEOPLE. **OUR LORD JESUS CHRIST, 01.19.2014**

You will receive the Great Trinitarian Blessing when you are presented before God the Father, God the Son and God the Holy Spirit from My Hand, for the work carried out to fulfillment on the part of each one of you, being men and women missionaries, mirrors of Trinitarian Love. **THE MOST HOLY VIRGIN MARY 09.07.2011**

AT THIS TIME THOSE WHO ARE LIGHT AND GIVE LIGHT TO THEIR BROTHERS AND SISTERS WILL RECEIVE MORE LIGHT FROM THE DIVINE SPIRIT. THOSE WHO ARE DARKNESS WILL RECEIVE MORE DARKNESS. **SAINT MICHAEL THE ARCHANGEL, 07.13.2021**

DO NOT FEEL DEFEATED, REMEMBER THAT I WALK WITH YOU AND I GUIDE YOU LIKE THE PILLAR IN THE MARCH THROUGH THE DESERT. YOU WILL HEAR MY VOICE, MY HOLY SPIRIT WILL GUIDE YOU AND WILL STRENGTHEN YOU. **OUR LORD JESUS CHRIST, 10.22.2014**

THE BLESSING COMES DOWN FROM HEAVEN THAT WILL PROTECT THE PEOPLE OF MY SON AND WILL ENCOURAGE YOU WITH THE TRUTH OF THE WORD THAT COMES FROM THE HOLY SPIRIT. **THE MOST HOLY VIRGIN MARY 11.08.2014**

THE HOLY SPIRIT WILL POUR OUT UPON HIS FAITHFUL ONES THAT WHICH IS NECESSARY SPIRITUALLY AND PHYSICALLY IN ORDER TO FACE WHAT THEY WILL EXPERIENCE; IN ADDITION, EVERY HUMAN BEING MUST BE FULLY PREPARED IN ORDER TO BE CLOTHED WITH ALL HIS GIFTS. (Jn. 14,26). **THE MOST HOLY VIRGIN MARY 03.06.2023**

I look for humility in the creatures. To a humble creature I give the wisdom that the learned do not have. There are too many who feel they comply with My Will and dare tell Me what is licit and what they do not think is licit for Me to act on one of My creatures. They ignore that with My First Disciples the apostolicity of My Church did not end, it goes on as the duty of each one of you, but you have renounced continuing with this duty; and when most renounce this designation, I SEND MY HOLY SPIRIT TO ACT ON THE SOULS OF THOSE WHO CONTINUE HAVING THE RIGHT DISPOSITION TO TAKE MY WORD AS A RULE OF LIFE.  
**OUR LORD JESUS CHRIST,**  
**08.27.2015**

AT THE TIME OF HUMANITY'S GREATEST TRIAL, DIVINE AND INFINITE MERCY WILL SHOW THE HUMAN RACE THAT IT IS NOT ALONE, BUT ON THE CONTRARY, THAT WILL BE WHEN IT WILL BE MOST FULLY ACCOMPANIED BY THE FATHER'S HOUSE AND OUR QUEEN AND MOTHER.

The Holy Spirit shows Himself with strength, even when a human being's faith is like a mustard seed. When human beings have true faith is when the greatest miracles occur among the children of Our King and Lord Jesus Christ. **SAINT MICHAEL THE ARCHANGEL,**  
**07.23.2023**

## KEYWORDS

**BLESSING:** comes from a Latin word that refers to the action and effect of blessing. This verb is a way of denominating the action of praising, extolling or ennobling, of consecrating something to divine worship or of invoking divine blessing in favor of something or someone. The blessing, therefore, is the expression of a benign desire that is directed to a person, to several persons or to an object and that, through the expression itself, is made concrete. This means

that, at the same time that the blessing is pronounced, the action of blessing is materialized.

***EFFUSION:*** The concept of effusion comes from the Latin word *effusio*. It means the outpouring of something, in this specific case it will be the outpouring of the graces of the Holy Spirit.

***SOUL:*** comes from the Latin *anima* and the Greek *psyche*, which means 'human soul', and, in this sense, soul is synonymous with *psyche*, 'vital breath' and self (the self-self), but it is also synonymous with individual, person or inhabitant. According to theology (the study of God), the soul is a dimension of the individual that contains a divine portion and survives the death of the body.

## TIPS

Detach ourselves from the worldly and sinful: this is the only way to grow in the spirit and increase our faith.

Practice the Gospel: to be authentic and lovers of the Holy Spirit.

Make correct use of our free will: always asking for the guidance of the Holy Spirit.

Unity and community are very important for all of us as brothers and sisters.

Ask for help from the Most Holy Mother: who is the light that illuminates our souls.

# 8

## Uniting with Mary: Spouse, Temple and Tabernacle of the Holy Spirit

"The angel answered, 'The Holy Spirit will come upon you, and the power of the Most High will cover you with its shadow. And so the child will be holy and will be called Son of God'"

Luke, 1, 35

Heaven warns us passionately, it doesn't allow time for man to disperse, and centers the human creature in the reality of its existence and in the veracity of the scene in which he lives, to which man lessens its importance. At the same time, Christ and His Holy Mother do not skip an instant, to emphasize the spiritual state of this generation.

Our Mother, which we acknowledge her: MOTHER OF GOD AND OUR MOTHER, knows man's journey, because all of us that call ourselves Her children, we know that Her Divine Son does not hide the paths that man take. Precisely because of that, as Mother of the Word, with her Maternal Love invites us and invites us again energetically, and as Spouse of the Holy Spirit, concludes demanding from us an affirmative response that will take us to conversion.

Our Mother, and Mother of all humanity, explicit with gentleness and at the same time with firmness, that man knows, but because of his spirit of antagonism, doesn't recognize it.

At the same time, knocks down with one single blow the pedestals where the human beings have climbed on, because the instant of the instants, is only for the GLORY OF GOD.

Commentary by Luz de María  
01.21.2015

## HEAVEN LIGHTS OUR WAY

COME TO ME, DO NOT CONTINUE TO REFUSE ME; DO NOT OFFEND MY MOTHER, SHE IS THE DAUGHTER OF MY FATHER, MY MOTHER AND THE TEMPLE AND TABERNACLE OF OUR HOLY SPIRIT. **OUR LORD JESUS CHRIST, 02.14.2019**

AS THE DAUGHTER OF GOD THE FATHER, MOTHER OF GOD THE SON, TEMPLE AND TABERNACLE OF THE HOLY SPIRIT, IN UNITY WITH THE FEAST OF THIS DAY WHEN WE CELEBRATE THE GREAT SOLEMNITY OF THE MOST HOLY TRINITY, I INVOKE DIVINE MERCY UPON ALL HUMANITY. IN HEAVEN THE INEFFABLE MYSTERY OF THE MOST HOLY TRINITY IS CELEBRATED, THUS I CALL YOU TO CELEBRATE IT ON EARTH. IN THE UNITY OF THE MOST HOLY TRINITY. *THE MOST HOLY VIRGIN MARY, 06.07.2020*

Beloved children: My Love remains attentive to each one of those who are Mine, those who I call to invoke My Mother, the Full of Grace, Advocate of Men, Temple and Tabernacle of My Holy Spirit.

My Mother, in whom My People will find refuge in the instants of pain, My Mother, the one who remained at the foot of My Cross like those who truly love Me. *OUR LORD JESUS CHRIST 03.24.2013*

Love My Mother, be pure and clean of heart. Call her constantly saying: "HAIL MARY MOST PURE, CONCEIVED WITHOUT SIN, DAUGHTER OF GOD THE FATHER, MOTHER OF GOD THE SON, TEMPLE AND TABERNACLE OF THE HOLY SPIRIT. MARY MOST HOLY, PRAY FOR THE WHOLE WORLD." *OUR LORD JESUS CHRIST, 06.03.2010*

I HAVE COME TO EACH GENERATION TO CLARIFY MY WORD, I HAVE NOT COME ALONE, I HAVE COME WITH MY MOTHER WHOM SO MANY SCORN, IGNORING THAT SHE IS:

- THE INTERCESSOR BEFORE ME,
- MY FATHER'S FAVORED ONE,
- THE ONE WHO IS TEMPLE
- AND TABERNACLE OF THE HOLY SPIRIT.

And how can you invoke the Holy Spirit in you if you only love that



which is His gifts and scorn She who is His Temple and Tabernacle? LOVE MY MOTHER, BEYOND WHAT YOU LOVE HER, SHE IS THE DEFENDER OF MY PEOPLE, TO HER I HAVE ENTRUSTED MY CHURCH, and the one who does not cling to Her Protection/Help, is like the one who walks with a band over his eyes -- he will walk but will always find obstacles in his path. **OUR LORD JESUS CHRIST 08.23.2013**

THE ENDEAVOR OF PLEASING MY SON MUST BE PRIMORDIAL FOR ALL. MY CHILDREN ARE THE SOULS THAT FIGHT TO NOT EXPOSE THEMSELVES TO TEMPTATION, TO NOT FALL AND SUFFER THE ETERNAL FIRE, FOR TEMPTATION ON OCCASION LEADS YOU TO ALWAYS CONTINUE IN SIN. THOSE WHO REMAIN IN THE CONSTANT BATTLE, THOSE, THOSE WILL ENTER THE HEAVENLY HOME.

THESE ARE NOT USELESS WORDS; HUMANITY IS FRACTIONS AWAY FROM SUFFERING BECAUSE OF ITS SINS AND OF ITS DISTRUST AND REJECTION OF MY SON. THE SIGNS ARE IN SIGHT, HUMANITY DOES NOT WANT TO SEE THEM OUT OF FEAR. IT IS NEVER TOO LATE, ONLY YOU MUST NOT WAIT UNTIL THE FINAL INSTANT. I WAIT FOR YOU, I WILL PUT YOU IN MY HEART AS A TEMPLE AND SANCTUARY OF THE HOLY SPIRIT; I REMAIN BESIDE YOU, YOU NEED ONLY CALL ME. **THE MOST HOLY VIRGIN MARY, 10.11.2013**

My Mother, Defender of Christians, inseparable Mother of all people, is mocked by those who believe that they are not seen by Our Most Holy Trinity.

"I AM WHO I AM" (EX.3,14), AND MY MOST HOLY MOTHER IS THE SUPREME COMMANDER OF THE HEAVENLY ARMIES. OUR MOST HOLY TRINITY HAS ENTRUSTED THE CUSTODY OF THIS GENERATION TO MY MOTHER IN THESE SPECIAL TIMES, SO THAT THEY WOULD NOT BE LOST.

MY MOTHER WILL BE WITH MY PEOPLE - a people who will suffer

from event to event until they reach purification.

My beloved People, without entering into the confusion of the world, enter into inner silence, far from worldly things, taking the Most Holy Hand of My Mother, so that together with Her you may free yourselves from evil and keep yourselves on the True Path that leads you to My House.

My Mother of Silence, Mother of Faith, teaches you to be creatures of silence, not in the face of injustice, but in the face of your lack of love for your brothers and sisters. *OUR LORD JESUS CHRIST, 03.23.2022*

LOVE MY DAUGHTER, LOVE THE MOTHER OF MY DIVINE SON, LOVE THE TEMPLE OF THE DIVINE SPIRIT. *GOD THE FATHER, 03.04.2025*

## KEYWORDS

**SACRARY OR TABERNACLE:** It is a chest made of wood, stone or metal, destined to keep the Holy Eucharist that was consecrated in the Mass and remained afterwards for distribution to the faithful, in order to be able to take it to the sick or disabled and for the adoration of the faithful. This term is applied to the Blessed Virgin Mary since the Church calls her Temple and Tabernacle of the Most Holy Trinity because in Her God dwells permanently.

**DIVINE MYSTERY:** In its strict sense a mystery is a supernatural truth, which by its very nature is above finite intelligence. That is why God gives us the faith to accept these Divine Mysteries even without fully understanding them.

**PREDILECT:** Preferred by love or special affection, she has a special

distinction. This is how the Blessed Virgin Mary is the beloved daughter of God the Father.

## TIPS

Love the Most Holy Mother with a pure and clean heart.

Call to the Blessed Virgin constantly saying: HAIL MARY MOST PURE, SINLESS CONCEIVED, DAUGHTER OF GOD THE FATHER, MOTHER OF GOD THE SON, TEMPLE AND SACRARY OF THE HOLY SPIRIT. MARY MOST HOLY, PRAY FOR THE WHOLE WORLD.

Live in the Will of God.

Transform the spirit totally: in this way we will be able to overcome the moment of trial.

Ask for discernment to recognize the things that God gives us and those that are of the world.

# 9

## Praying with the Holy Spirit

"And as well as this, the Spirit too comes to help us in our weakness, for, when we do not know how to pray properly, then the Spirit personally makes our petitions for us in groans that cannot be put into words; and he who can see into all hearts knows what the Spirit means because the prayers that the Spirit makes for God's holy people are always in accordance with the mind of God."

Romans, 8,26-27

In the latest Callings, we are invited to pray with fervor and awareness. This is because it is Our Mother who tells us that she does not desire hasty prayers. Praying and praying with the heart are different things. Sometimes prayer is carried out in haste as if to finish a commitment. That is why Our Mother tells us to pray in peace and tranquility, because a great part of our brothers and sisters feel that they can pray in a hurried manner, and this is not so. The mere fact of signing oneself is already an act to dispose oneself to prayer, whether they are prayers that sublimate the soul such as the Our Father or a Hail Mary, or prayers born from the depths of the heart.

Our Mother asks us for more prayer and greater spiritual union. Prayer is powerful, so much so that even the Seraphim and Heavenly Beings pray. We see this clearly in Isaiah 6,2-3: "Seraphim stood above Him. Each had six wings: with two they covered their faces, with two they covered their feet, and with two they flew. They cried among themselves, saying, 'HOLY, HOLY, HOLY, IS THE LORD OF ARMIES, FULL IS THE WHOLE EARTH OF HIS GLORY!'. We see in this Biblical Text quoted the relevance of prayer and we know that it is indispensable, since it leads us to worship, to unity, to offering, to respect and to internalize more in our union with the Will of the Father.

Prayer does not continue without bearing fruit. Whether we want to recognize it or not, prayer is a palpable reality of the presence of the Holy Spirit moving the People of God to remain united in the Spirit. The strength that prayer projects towards the rest of the brethren has a great impact on what each one of God's children can contribute to the awakening of souls.

Commentary by Luz de María  
10.11.2015

## HEAVEN LIGHTS OUR WAY

Remain alert, do not fall back; do not think that with prayers that with love you have offered me you have fulfilled, since IN THIS INSTANT OF MY HOLY SPIRIT, I NEED A PEOPLE OF ACTION THAT WILL NOT STOP, THAT WILL WORK MORNING, AFTERNOONS AND NIGHTS FOR MY REIGN, WARNING THEIR BROTHERS, BEARING MY WORD AND GIVING TESTIMONY OF MY LOVE, BUT AT THE SAME TIME CALLING SIN BY ITS NAME. **OUR LORD JESUS CHRIST, 10.22.2014**

PRAYER IS POWERFUL WHEN IT COMES FROM THE HEART, when you abandon yourself to the guidance of the Holy Spirit. This way the strength of the prayer is the protective wall around the Peoples that I invite you to protect **THE MOST HOLY VIRGIN MARY, 03.11.2015**

Beloved children:

Prayer must be that intimacy with the Sacrosanct Trinity; prayer must bring you closer to My Son. Whoever doesn't pray does not penetrate in the path of light that the Holy Spirit bestows upon the praying souls. PRAYER IS COMMUNION, COMMUNION IS JOY, AND JOY IS TO BECOME FILLED WITH THE HOLY SPIRIT. **THE MOST HOLY VIRGIN MARY, 11.08.2014**

Pray, My children, pray to strengthen interiorly and to ministering to one another. I do not want cold prayers that do not bear fruit and do not move consciences. From My children I wish the piercing prayer that vibrates in the inner moved by My Holy Spirit. **OUR LORD JESUS CHRIST, 06.30.2016**

If you do not pray, you will not receive the fruit and the abundant graces that the Divine Spirit pours out (cf. Rom 5,5) on those who pray with their hearts. **SAINT MICHAEL THE ARCHANGEL, 05.15.2022**

MY CHILDREN WORK IN FAVOR OF THEIR BROTHERS; BUT THEIR WORK IS WEAK, WITHOUT THE WEAPONS TO PROTECT THEM, SINCE THESE WEAPONS CAN ONLY BE PROVIDED WITH PRAYER, prayer in which the creature makes himself worthy and asks the Holy Spirit for Divine Help, surrendering to the Divine Will without fear, with that assurance of those lacking in great part of those who establish communities which are more social than spiritual. Brotherhood is a requisite that My Son asks, but the brotherhood is not complete if the creatures do not pray to their Father.

FAITH WITHOUT DEED IS DEAD, but... how can there be creatures of Faith if they do not pray, because through prayer you are strengthened by the Holy Spirit to continue in battle? How can you say you are creatures of God if you do not strengthen yourself with the Divine Bread, with the Heavenly bread from God, with the Body and the Blood of My Son? **THE MOST HOLY VIRGIN MARY, 07.09.2014**

Who will be able to prove that prayer is not important?

CHILDREN, THERE ARE SOME HUMAN CREATURES WHO DO NOT PRAY. PRAYER IS A CALL FOR ME; IT IS A WAY TO KEEP ME ALERT. MY HOLY SPIRIT HELPS YOU, AND THOSE WHO DO NOT PRAY DO NOT ADVANCE BECAUSE THEY DO NOT PRACTICE PRAYER. **OUR LORD JESUS CHRIST, 01.24.2016**

Continue to live by the spirit, praying with the heart, not praying what comes to your minds out of fear. Prayers in which fear and unease do not allow you to pray with the heart or to meditate so that the Divine Spirit may guide you, are a long way from being prayer. **THE MOST HOLY VIRGIN MARY, 12.23.2021**

YOU HAVE MY EXAMPLE: I RETIRED TO PRAY ALONE WITH MY FATHER. MY TRUE CHILDREN CANNOT GIVE TESTIMONY OF ME IF THEY DO NOT RETIRE TO PRAY ALONE WITH OUR TRINITY, because if they do not act and work this way, they are acting and working under the empire of free will. My children know that not even I, the Man-God, acted without first retiring to pray alone with My Father. The reason is that, amid the bustle of everyday living, you cannot be attentive to the inspirations of My Holy Spirit. Some of My children think they are illuminated and so they think they do not need to retire to pray alone with Our Trinity, they think they do not need to listen to the inspiration, discernment, and illumination of My Holy Spirit to act and work. *OUR LORD JESUS CHRIST, 10.28.2015*

## KEYWORDS

**TO PRAY VRS TO PRAY WITH MEDITATION:** To pray with meditation is to address God with the purpose of communicating with Him, accepting His omnipresence, His goodness and trusting in His judgment. When praying, a dialogue takes place that can be materialized in many ways, one of these is praying. To just pray means vocalizing and externalizing a prayer; that is, praying aloud.

**INTIMACY WITH GOD:** personal relationship with God. It is unique to each person or soul. Jesus refers to seeking a close relationship, He comes to your door and knocks, if you open and allow Him to enter into that intimacy, you with Him and He with you.

**SPIRITUAL UNION:** Degree of spiritual perfection in which the soul aspires to fulfill in everything the Divine Will.



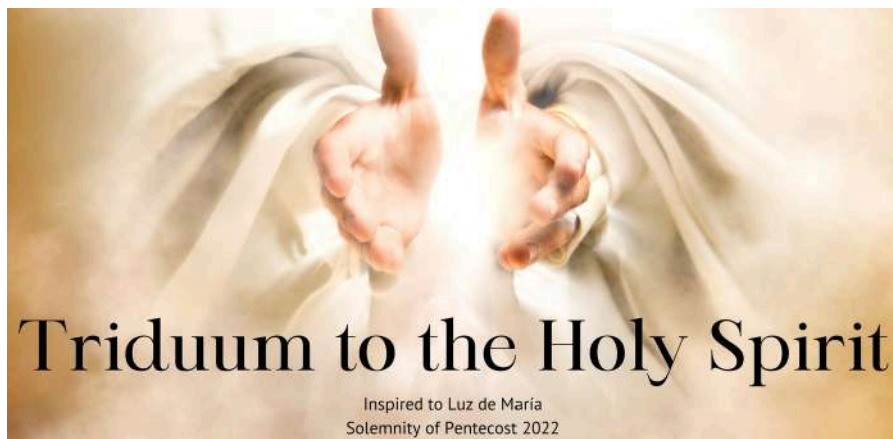
## TIPS

Dispose the mind, heart and body for prayer, praying in an appropriate place, in a moment of peace and abandoning oneself to God.

When praying always ask for the assistance of the Holy Spirit and learn to listen to the Voice of God in the silence and intimacy of the heart.

When praying ask our guardian angels to assist us and protect the place where we are to avoid interruptions.

The abandonment in God and the full trust in Him help to make this prayer permanent and to pray in every act or work of our life.



## INTRODUCTION

The era of the Church—as the supreme pontiff John Paul II expresses in the Encyclical *Dominum et Vivificantem*—began with the “coming,” that is to say with the descent of the Holy Spirit on the Apostles gathered in the Upper Room in Jerusalem, together with Mary, the Lord’s Mother....

...The time of the Church began at the moment when the promises and predictions that so explicitly referred to the Counselor, the Spirit of truth, began to be fulfilled in complete power and clarity upon the Apostles, thus determining the birth of the Church (*Dominum et Vivificantem* No. 7).

“Having accomplished the work that the Father had entrusted to the Son on earth (cf. Jn 17,4), on the day of Pentecost the Holy Spirit was sent to sanctify the Church forever, so that believes might have access to the Father through Christ in one Spirit (cf. Eph 2,18). He is the Spirit of life, the fountain of water springing up to eternal life (cf. Jn 4,14; 7,38ff.), the One through whom the Father restores life to

those who are dead through sin, until one day he will raise in Christ their mortal bodies” (cf. Rom 8,10f.) (D.V. 25).

...”and through the Sacrament of Confirmation, ensure that all who are reborn of water and the Holy Spirit are strengthened by this gift. And thus, in a certain way, the grace of Pentecost is perpetuated in the Church” (D.V. 25).

This Triduum, which includes the Revelation received by Luz de Maria about the Person of the Holy Spirit, is an effective way for us to understand how to continue living the Era of the Holy Spirit.

## FIRST DAY

### RECOGNIZING WE ARE THE TEMPLE OF THE HOLY SPIRIT

*“Don’t you know that you yourselves are God’s temple and that God’s Spirit dwells in your midst?” (1 Cor 3,16).*

**God, come to my assistance.  
Lord, make haste to help me.**

*“...because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us”, alleluia (Rom 5,5).*

## Opening Prayer

### Sequence – Veni, Sancte Spiritus

Come, Holy Spirit, come!  
And from your celestial home  
Shed a ray of light divine!

Come, Father of the poor!  
Come, source of all our store!

Come, within our bosoms shine.

You, of comforters the best;  
You, the soul's most welcome guest;  
Sweet refreshment here below;

In our labor, rest most sweet;  
Grateful coolness in the heat;  
Solace in the midst of woe.

O most blessed Light divine,  
Shine within these hearts of yours,  
And our inmost being fill!

Where you are not, we have naught,  
Nothing good in deed or thought,  
Nothing free from taint of ill.

Heal our wounds, our strength renew;  
On our dryness pour your dew;  
Wash the stains of guilt away:

Bend the stubborn heart and will;  
Melt the frozen, warm the chill;  
Guide the steps that go astray.

On the faithful, who adore  
And confess you, evermore  
In your sevenfold gift descend;

Give them virtue's sure reward;  
Give them your salvation, Lord;  
Give them joys that never end. Amen.

## **Meditation of the Day**

The life of the body is the soul, and the life of the soul is God. The Holy Spirit dwells in souls and through the soul, dwells in the body so that the body is the Temple of the Holy Spirit. **THE MOST HOLY VIRGIN MARY 01.08.2015**

Do not distance yourselves from the Eucharistic Food, each one of you is a Temple of the Holy Spirit, and therefore, is protected by Angelic Legions. Thus, remain on the straight path that leads you to the salvation of your soul. **THE MOST HOLY VIRGIN MARY 11.10.2016**

**Send forth your Spirit, Lord, and renew the face of the earth. Alleluia.**

### **Closing Prayer**

Almighty God, may the splendor of Your Glory shine upon us and may the Holy Spirit, light of your light, strengthen the hearts of those regenerated by your Grace, through Christ Our Lord, Amen. (Evening Mass of the Vigil of Pentecost)

### **Offering**

United with Jesus Christ in inner silence, let us open our hearts to the movement of the Holy Spirit.

### **SECOND DAY**

#### **DEVELOPING THE GIFTS AND FRUITS OF THE HOLY SPIRIT**

*“Each of you should use whatever gift you have received to serve others,  
as faithful stewards of God’s grace in its various forms”  
(1 Peter 4,10).*

**God, come to my assistance.  
Lord, make haste to help me.**

*“...because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us”, alleluia (Rom 5,5).*

## Opening Prayer

### Prayer to the Holy Spirit

(Dictated by Our Lord Jesus Christ, 17.01.2011)

Holy Spirit, Love of the Father and of the Son,  
come, fill this child of Yours with Your gifts.

Divine splendor, Holy Fire,  
Cristal clear Spring of clean brotherhood.  
Life of Christians, crook of the helpless,

light in the darkness, warmth in the cold,  
lift my sleeping being, raise up my soul to You.

Come Holy Spirit,  
give me Your Wisdom to act rightly.  
Give me holy intelligence, to draw in my brothers and sisters,  
may I not feel superior to my peers  
but be the smallest, so that You arise with power.

Come, take my mind and renew it;  
may I be an echo of Your voice  
and advise in the Divine Will, not in mine.  
Give me the strength not to falter and endure, looking at You;  
enraptured by Your strength, may I be a faithful apostle.

Of Your science, oh Divine Spirit, may I be a reflection,  
may I seek Your glory, keep what is worldly far from me.

Penetrate the depths of my heart  
and graft Your own mercy upon it  
to love with Your same love.  
Produce in my being the miracle of the fear of God;

give me a thirst for souls, so that without distinction,  
I labor for the Kingdom.

Oh, Holy Spirit,  
instill in me the gift of true love.  
Thank You Divine Holy Spirit, live in me fully,  
for conscious of my need with full freedom,  
I call you to take possession of my life.  
Thank You, oh Divine Goodness,  
Merciful Sovereign, Holy Fire.  
Amen.

### **Meditation of the Day**

My Son quickens the pace of His People. You possess so much blessing, so many gifts but keep them under lock and key out of ignorance and, on occasion, out of fear. But here I come in the name of My Son, out of love for My Son's People, love for you who are My children, to manifest to you to set free those gifts, those virtues that you have locked up, that you place them before the Holy Spirit so that it is He who guides you, and you, in obedience to My Son's Word, are able to be more spiritual. **THE MOST HOLY VIRGIN MARY, 27.10.2016**

Children of God, you must possess the gift of Love so that the remaining gifts are poured out upon you. And, in that way, you are not only creatures that act as spectators but are actors in life, actors in society, actors in the community, in the workplace, actors who spread the Love that dwells in each one of you. Not simply being a poor spectator who does not bear fruits, but being those who protect the seed, plant it, and care for it with dedication so insects who approach with intentions to devour the harvest are not able to destroy it. And, in the end, you present yourselves before our King and Lord Jesus Christ, with an abundant harvest for the Divine Glory. **SAINT MICHAEL THE ARCHANGEL, 07.07.2019**

**Holy Spirit, enclose Jesus in me.**

### **Closing Prayer**

Praise the Lord, my soul.

God, how great You are!

You are clothed in beauty and majesty, light envelops you like cloak.

**Send forth your Spirit, Lord, and renew the face of the Earth. Alleluia**

(Psalm 103,1-2A).

### **Offering**

In all our actions, thoughts, and words let us seek to love God and our neighbor, because with love we can grow in the Gifts of the Holy Spirit.

### **THIRD DAY**

### **UNITING OURSELVES WITH MARY, TEMPLE AND SANCTUARY OF THE HOLY SPIRIT**

*“The Holy Spirit will come upon you, and the power of the Most High will overshadow you. So the holy one to be born will be called the Son of God” (Luke 1,35).*

**God, come to my assistance.**

**Lord, make hast to help me.**

*“...because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us”, alleluia (Rom 5,5).*

### **Opening Prayer**

**Veni, Creator Spiritus**



Come, Holy Spirit, Creator blest,  
and in our souls take up They rest;  
come with They grace and heavenly aid  
to fill the hearts which Thou hast made.

O comforter, to Thee we cry,  
O heavenly gift of God Most High,  
O fount of life and fire of love,  
and sweet anointing from above,

Thou in Thy sevenfold gifts are known;  
Thou, finger of God's hand we own;  
Thou, promise of the Father, Thou Who  
dost the tongue with power imbue.

Kindle our sense from above,  
and make our hearts overflow with love;  
with patience firm and virtue high  
the weakness of our flesh supply.

Far from us drive the foe we dread,  
and grant us Thy peace instead;  
so shall we not, with Thee for guide,  
turn from the path of life aside.

Oh, may Thy grace on us bestow  
the Father and the Son to know;  
and Thee, through endless times confessed,  
of both the eternal Spirit blest.

Now to the Father and the Son,  
Who rose from death, be glory given,  
with Thou, O Holy Comforter, henceforth  
by all in earth and heaven.

Amen.

## Meditation of the Day

It is necessary that My Church prevent the rejection of My Mother. By continuing to accept this grave error, My Church will face great confusion and decline. Some of My Priests prohibit My People the devotion to My Mother. Before this, nature itself cries out to man not to set aside My Mother from his life. And in the face of refusal, the waters will surge with force and man's lament will be great. Until you give My Mother the place Our Sacrosanct Trinity assigned Her as My Mother and Mother of My People. (Cfr. Mt 1,18; Jn 19,25-27). **OUR LORD JESUS CHRIST, 15.06.2019**

My Mother: Queen of all creatures has been endowed with the Gifts of Grace and Glory and with the Superior Humility of our Love, so that humility is what defeats satan, the one who will present himself in this generation with all his evil intentions. This is the instant in which evil fights against good in each one of you to exclude My Mother from My children's life, knowing in advance that he will be broken, defeated and thrown into the abyss by My Mother, to whom My Father has granted the intercession and the guide of the fight against the infernal spirits, which have been poured over humanity, with iniquity, malice, self-exaltation, vainglory, vices, enmity and ignorance being part of those spirits. **OUR LORD JESUS CHRIST, 10.06.2015**

### Prayer to Renew Our Consecration to the Holy Spirit

(Given in inspiration to Luz de Maria, 05.2021)

In the Name of the Father, and of the Son, and of the Holy Spirit.  
Amen.

Come, oh Holy Spirit,  
come I beg You, I am unworthy of You.  
I know you reside in me, and I have not reciprocated so much Divine  
Love.

Conscious of this, I desire to consecrate my life today  
to be a worthy temple of Yours,  
I consecrate to You my senses, which I have led to separate  
themselves from You.

Come, oh Holy Spirit, make a dwelling in me.  
Come to order my life, I beg You.  
My free will has run aground,  
and I need You to be the rudder of my life,  
I need to walk towards You.

Holy Spirit I give You my free will,  
so that from now on it is You who guides me  
and leads me with righteousness,  
thus purifying my physical and spiritual senses  
that I may be light and not darkness.

Come, oh Holy Spirit, in the Name of the Father and of the Son,  
I give myself to You, with my fallen pride, with my character  
trampled,  
with my empty pride, with my ineptitudes,

I humbly prostrate myself before Your Divinity,  
conscious that I have offended You, and like the prodigal son, I come  
to You.

Come, oh Holy Spirit,  
I wish to free myself from the submission to my human ego.  
Govern me with Your Love so I may be a new creature,  
filled with Faith, Hope, and Charity.

I consecrate myself to You, Holy Spirit,  
rejecting evil, refusing its advances.

I consecrate myself to You, Holy Spirit  
and I light my lamp to keep watch with You,

in this my inner room  
where only YOU and I can meet.  
Amen.

## Offering

Just as Our Lord Jesus Christ taught us on June 3, 2010, let us invoke the Blessed Virgin Mary constantly saying:

**HAIL MARY, MOST PURE, CONCEIVED WITHOUT SIN, DAUGHTER OF  
GOD THE FATHER, MOTHER OF GOD THE SON, TEMPLE AND  
SANCTUARY OF THE HOLY SPIRIT, MOST HOLY MARY, PRAY FOR  
THE WHOLE WORLD.**

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"And the spirit and the bride say: Come.  
And he that heareth, let him say: Come.  
And he that thirsteth, let him come: and he that  
will, let him take the water of life, freely."  
(Revelation, 22,17)