

SIGNS OF PRAYER

N° 4 / 2011

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EDITORIAL

DEAR READERS AND PRAYERS,

As we come to Signs of Prayer 4, we realize that from its first number, and on the following ones, together we began a journey along the path of prayer; we looked for answers on how to pray, we performed the act of praying and we reflected about the meaning of praying.

In this number we go on in our search for understanding more deeply the potential of prayer as a pure link between humanity that prays and Divine Love and Grace. What sacred energies might flow to Earth by means of the hearts who open up to them by surrendering to prayer?

In this issue we will reflect on Forgiveness and Mercy.

In unity let us open yet another door, may Light enter!

Fraternity Prayer Network

DAILY MESSAGES OF MARY

NOVEMBER

- 1 By means of the spirit of Grace we become lights for its action on Earth.
- 2 Christ is the Grace for your daily life.
- 3 The flame of the Triple Spirit lights up the inner being.
- 4 We summon the essences that consecrate themselves to the Infinite.
- 5 Commit to the task of consecrating yourself to the Eternal.
- 6 In the Universe: cosmic life. On Earth: consecrated life.
- 7 Warriors with no weapons: souls in redemption.
- 8 Proceed on the path of Faith.
- 9 We will be lights that glow as consciousnesses in the universes.
- 10 In Christ: my strength. In Christ: my eternal life.
- 11 A soul alive: a praying body.
- 12 Redemption to those wounded by the lack of love.
- 13 Yes to Universal Peace and to Fraternal Unity.
- 14 We commune as essences and are reborn to the Universe.





- 15 Remember in your prayers those who are prisoners to their own truth.
- 16 Be the seed that will bear fruits to other hearts.
- 17 United to the Brotherhood of the Light we become beings of service.
- 18 Listen to the inner call of the Great transforming Sun.
- 19 Sublime prayer is a spirit that is in touch with God at every moment.
- 20 Invoke in your soul the ray of My Peace.
- 21 In the world, Peace; for humankind, Mercy.
- 22 Be aware of the value of the spirit.
- 23 Be born to serve; die to the conquest of your goals.
- 24 In a group of prayer the essences of spirits come together.
- 25 Call at the door of your soul that for a long time has been trying to reach out and irradiate.
- 26 In My Spirit you find the kingdom of your heart.
- 27 Irradiate your inner light as a part of the Source.
- 28 Pray today for the kingdom of My Universal Love.
- 29 Be like flowers, in eternal offering to the Universe.
- 30 Be reborn as an essence, a monad and spirit before the Master.

FORGIVENESS AND MERCY

UNIVERSAL MOTHER, WHAT IS THE REASON FOR SO MUCH DISHARMONY AND SO MUCH SUFFERING ON THIS PLANET?

We have come to this planet as learners, but we did not realize that we are here to learn from each other, from the wisdom of life itself, which is perfect. Most of the time we do not realize that life presents us with situations from which we should learn something, not necessarily to be successful or to gain immediate benefits. This is why we go through these experiences in frustration, dissatisfaction, and misunderstanding; all of which generate suffering.

And so we have acquired scars and wounds that do not heal and have an impact on our lives. These difficult situations bring us sorrow and leave us with less vitality. One can see how humanity is submerged in guilt, fear and pain and consequently generates violence, conflict and ultimately the absence of love.

These facts are totally opposed to the perfect cosmic harmony. We have created a kind of life on the surface of the Earth that is in opposition to the Plans of God. And we, His children, were the ones who did it all. We are in debt, we must amend this unbalance.

DIVINE MOTHER, CAN WE HELP?

We are in urgent need of Reconciliation, with ourselves, with our brothers and sisters and with God. To Reconcile is to be in peace and harmony with people and situations. It is to reunite that which was once united but was separated because of our own misjudgments. To Reconcile with ourselves is to realize that all the scars and wounds show us that we are still imperfect learners. Even so, we are God's loved children. To Reconcile means to respect one's own imperfections, one's mistakes, one's falls, and allow it all to become an impulse towards development and evolution. To Reconcile means to be willing to heal the scars and wounds by a deep act of love. Reconciliation is possible when we love Life, when we love ourselves and our brothers and sisters.

MARY, HOW CAN WE LOVE AND RECONCILE IF PAIN STILL EXISTS?

One of the truest and most powerful expressions of love is forgiveness.

Let us find the true love that is manifested by tolerance towards our own mistakes and those of others. What prevents one from loving is by not understanding that we are all the same, that we make many mistakes because we are still learning. What prevents us from loving is not recognizing that without mistakes there is no learning. Without love we react to errors and mistakes in a negative, destructive way, with criticisms and judgments. These attitudes generate sorrow, frustration and grudges; all this leads to the beginning of the process of pain and suffering.

Forgiveness, an energy of Love, leads to the path of liberation from pain and suffering.

One way of understanding all this with one's heart, rather than with one's mind, is to commit oneself to inner practice with one's own being, following 7 steps towards forgiveness and liberation. This exercise can be found in the CD "Perdão: uma porta para a Redenção", by Madre Shimani. It refers to short steps, that taken in the suggested order, help us to forgive.

SEQUENCE OF SHORT STEPS TO HELP US TOWARD FORGIVENESS

First step

The first step is to want to forgive. Sometimes we think we want to forgive but we do not realize that we are feeding upon energies of resentment that keep alive that which must be forgiven and forgotten. So we must be willing to face these aspects that are concealed within ourselves.

We can repeat a few times the following prayer:

I am willing to see in myself what needs healing.

Second step

Identify the focus of our forgiveness, who and what we are going to forgive. After acknowledging the focus of forgiveness, look into how everything happened, calmly and peacefully, as if one was watching a film.

We can repeat a few times the following prayer:

I acknowledge with love what must be forgiven.

Third step

This may be the crucial step to continue with the work of forgiveness; it is about realizing how the mind and the emotions work when dealing with this nodule of suffering that must be healed.

For this purpose we must consider the following:

- to assume there will be no judgment - not only of yourself but also of those involved in the situation, for everyone had believed they were doing the right thing.
- to try to acknowledge what is not real and may be just a supposition elaborated by the mind but that poisons the heart.
- to accept that misunderstandings exist to be clarified. That which is not clarified tends to get worse.
- to consider the experience as a learning opportunity for all involved: we are all students undergoing a test. This is a permanent practice.

We can repeat a few times the following prayer:

With wisdom from the heart I can consider with understanding the mistakes that were made.

Fourth step

Acknowledge that a great obstacle to forgiveness is the difficulty in accepting what is different from us. As we consider the situation that must be forgiven, we always come to this non-acceptance. When we regard ourselves as true spiritual beings, one of the virtues to be developed is tolerance towards that which we do not like, what we do not agree with and what we do not accept.

Tolerance is accepting that facts are what they are, despite our own wishes and standards. This makes us free of expectations and enables the existence of peace.

We can repeat a few times the following prayer:

I learn to tolerate my own mistakes and those of my brothers and sisters, and I am fulfilled with peace.

Fifth step

This step reminds us of the essence of that which must be forgiven. We must face ourselves and see what happened: there is a fact; we do not accept it; we do not understand it, we do not forgive and we live in pain. If we look more deeply into it we will see that our pride was hurt, for the pain we feel can be put into these words: "How could this happen to me?"

To heal this wound one must accept the existence of pride and that this is what brings on the limitation and makes us unable to get out of this situation.

We can repeat a few times the following prayer:

I humbly acknowledge the feeling of pride in me.

Sixth step

This is about correcting the mistake. Decide upon an action, interior or exterior, that is the expression of forgiveness. This must be done with the honest consciousness of our mind and our feelings, and all our being must be involved in the process.

When the act of forgiveness is carried out honestly, a great liberation takes place: a knot is undone and a negative energy is released. Bringing balance to wrong doing releases the ties and the pain.

We can repeat a few times the following prayer:

In gratitude I forgive and I am forgiven.

Seventh step

Now the situation in need of forgiveness has been totally settled. Rehabilitation takes place because for a long time we had been reviving the same thoughts, the same feelings and the same misconceptions.

Rehabilitation is in fact the beginning of a new life, a new relationship with that situation since the past no longer exists. According to God's laws, we are all entitled to rehabilitation.

We can repeat a few times the following prayer:

Liberation, Liberation, Liberation.

The seven steps can be of help for us to bring to our lives forgiveness, the great expression of Love. As we can see, with disposition and firmness we can access sublime energies of healing and liberation such as the energy of forgiveness.

DIVINE MOTHER, DOES FORGIVENESS LIBERATE HUMANITY UNDER ANY CIRCUMSTANCES?

In prayer we can access a certain divine energy that is the antidote to any disorder we might create in our own lives or in the planet. It is the energy of Mercy. Once more we encounter God's unconditional love for us. He gives us life, perfection, learning, evolution - we leave this ascending path, and in order to be healed from our falls, He, as our Father, holds out His hands to help us rise forward, rehabilitated. Rehabilitation is also made possible by Mercy. Mercy comes from the love of God for us, it is born from His Heart. On this planet, the highest expression of Divine Mercy was the presence of Christ amongst humanity.

Mercy is literally human misery accepted into the Heart of God. In the Heart of the Celestial Father we can place all our misery, i.e., the situations we cannot understand and transform, the ones that hurt us and bring about fear, guilt and pain, those for which we have no way out. In a sacred and occult chemistry, the energy of Mercy transforms matter that is corrupted and ill, brings revitalizing light, regenerates and dissolves suffering.

A being that is enveloped by Mercy transforms failures, debts and mistakes into new opportunities of evolution. This is redemption, i.e, the opportunity of liberation from that which imprisons us and hinders our steps.

HOW CAN ONE BE TOUCHED BY MERCY?

Mercy has a channel through which it may flow on the surface of the planet. This channel is the heart. Notice how Creation is perfect: the instrument is within us, at our reach. It is enough to want it and to offer yourself to it. Any heart has the possibility of lighting up its flame, as long as it wants to love.

When we honestly persevere in the practice of prayer, our heart begins to receive certain energies that awaken it and broaden it for true love. This happens because we begin to feel that we are infinitely loved by God.

When our heart unites to the heart of God, the sacred attunement that is created enables us receive and radiate the energy of Mercy. The union of the love from God's heart, with the love from our own hearts, creates an energetic vortex that regenerates, forgives and redeems everything. That is the nature of Mercy, the Love that heals, the Love that is the amnesty that frees us from the past.

That is why it is said that in prayer one can receive Divine Grace.

For further study on Forgiveness and Mercy we suggest the following CDs: ""Perdão, uma porta para a redenção", "Misericórdia" and "A Lei da Misericórdia Divina", by Madre Shimani, available on site www.irdin.org.br.

MAY THEY BE FORGIVEN...

May those who cry, because they have not found the true kingdom of God, be forgiven.
May those who cultivate wrath and spread revenge and punishment be forgiven.
May those who expect to find true light, but remain in darkness, be forgiven.
May those who are thirsty of love and poor of heart be forgiven.
May the invalid of spirit, because they wait to hear the fervor and the flame of God, be forgiven.
May those who ignore reality, the present and the time for purification, be forgiven.
May those who punish with their thoughts and separate with their words be forgiven.
May those who deceive, deceive themselves and are deceived by scarce love, be forgiven.
May those who consider themselves free, because they believe they own the only truth, be forgiven.
May those who disregard the Law and destroy it with evil actions be forgiven.
May the cowards who only go after their own comfort be forgiven.
May those who suffer because they take upon themselves the pain of others be forgiven.
May those who clamor for forgiveness be forgiven, because they will receive pardon during the great truce on Earth.
May those who listen to the voice of My Heart be united.
May those who proclaim truth and contemplation be united.
May those who persist in faith and in love to their brothers and sisters be united.
I have called all of them, again and again, to take the mission of prayer throughout the Earth.
May those who surrender their precepts and human desires to God be united.
May those who enlarge boundaries and unite regions to carry out the Divine Plan be united.

In My Heart I keep you, with My Voice I protect you, with My Vision I observe you, with My Mantle I shelter and shield you from everything.

passage of Messages of Mary

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