



Prayer of Mediation

A spiritual prayer exercise done by the most Holy Virgin Mary during Her public Apparition on 25 November 2012, at the Light-Community of Figueira, Minas Gerais, Brazil.

During the apparition, the Divine Mother requested that those present pray for the souls in purgatory and for the souls of humanity so that She could perform an intervention from On High towards the Earth, from the universe towards the planet.

For this She asked everybody to stand up and She said:

"Today I will teach you the prayer of mediation, I will teach you how to truly have a dialogue with God. Now, dear sons and daughters, I ask you to feel the beating of your hearts. That you may feel the Light that My Heart is radiating towards your hearts; see without fear.

Feel the presence of God within you, see the thread of light that arises from within you.

Where is this thread of light going?

Where is it going and who is it meeting?

Direct this thread of light towards the Heights, you can count on the intervention of My Immaculate Heart.

At this moment, tell God what you expect most.

Allow that My rays enter within your hearts.

At this moment, enter into the universe of My Peace.

At this moment, unite this Marian Center with the Centers of Medjugorje, Fatima and Lourdes.

Now see how I am in all these places, I am here with you and also with my sons and daughters of this humanity. My Heart contemplates all the realities of this world.

Step into My Omnipresent Heart, look at God as something real in your lives.

Feel how My Peace is intervening for you, empty your hearts of all the past, allow My Light to fill you completely.

Follow this exercise of My Immaculate Heart, step by step, leaving your mind empty.

Deliver your thoughts to My Heart, allow in this moment, that your souls come close, in order to start to pray like mediators of Peace.



This will be an important exercise for the end of time, a teaching that could be transmitted to those who suffer.

Now, dear sons and daughters, contemplate the angels that accompany Me, do not try to look at them, try to feel them, feel their peace and purity, feel God present within them.

Contemplate with Me: the Universe is getting closer to Earth, the Celestial Heavens are present at this moment.

Now you are inside My Kingdom, do not come out of it, remain in the peace of My Spirit.

Open your interior essence for this moment, look for the pureness that God planted within you since your creation, because this way you will meet with My Pureness.

Now, renewed in spirit and forgiven by the intervention of the Holy Spirit, pray, united to My Maternal Heart."

***For the light poured out by your Immaculate Heart,
that converted the hearts of the world,
Divine Lady, pray for us.
Amen***