

The Book of True Life

Teachings of the Divine Master

Volume X

Teaching 277 - 309

Buchdienst zum Leben

The 12-volume work Libro de la Vida Verdadera (Book of True Life) is a legacy to all humanity and is registered in the "Dirección General del Derecho de Autor de la Secretaría de Educación Pública" in Mexico D.F. under the numbers 26002, 20111 and 83848.

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Note to this issue:

This volume was processed true to the content of the above mentioned original German translation for the translation program DeepL, ProVersion, which translates into 12 languages.

So far the following volumes have been translated with it:

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The Third Testament

From the German original to the languages: Dutch, Polish, Russian, Portuguese, Portuguese-Brazilian,. To follow: Japanese and Chinese

It was available in the following languages so far: German, English, Spanish, Italian, French,

The Book of True Life

From the German Original to English: The volumes IV, V, VI, VIII, IX, XI, XII - the other 5 volumes were already available in English.

Further translations will follow.

It is the will of the Lord to make these works available to all people free of charge. It is not His will to sell this work for money. All available volumes can be downloaded free of charge as PDF on the Internet.

It is also the will of the Lord to spread His word throughout the world. This is to be done in connection with the testimony of one's own spiritualist example. For this reason, all 6 volumes of my personal, spiritualist example that have been published so far are available for free PDF download on my homepage, as well as 5 volumes of poetry in German and English based on the Book of True Life.

The Lord called me into His service in 2017. I have recorded this story in the above mentioned 6 volumes, indicating the respective date. It contains many dreams, visions, secrets the Lord revealed to me, prophecies, predictions about current events all over the world. It is a wake-up call to mankind and for me a phase of purification and cleansing and ascension and return to the bosom of the Father.

My name, Anna Maria Hosta, is a spiritual name that the Lord has revealed to me in 2017.

Hosta, the Lord told me, has the following meaning:

Hos... (last name of my husband) - Hos - t.... (host, bread of life, word of God) and

Hos...t...A (A for my name, Anna)

My civil name has no meaning, since it is the will of the Lord that the WORD moves hearts and that they should be guided by the Word, not the messenger. The messenger is only the bringer of the WORD and this is God Himself. It is the essence of all God's own experiences with the beings created by Him, and it serves their teaching, so that they may study it to purify and perfect themselves, with the goal of returning to God and entering again into the bosom of the Father.

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Foreword

At all times, God has made himself known to mankind, has comforted us through his Word, has given us his commandments, and has given us teachings about his creation and our existence. Whenever people in pre-Christian times forgot these divine teachings, God sent his prophets to remind them of his laws.

When mankind had created more than 600 human rules from these Ten Commandments, God sent Jesus, through whose mouth Christ, the Divine Word, made Himself known, who summarized the Ten Commandments into one single commandment: "Love God above all things and your neighbor as yourself. Once again, people forgot this simple, redeeming recommendation of God. Cruel wars and inhuman persecutions to this day are the sad proof of this. By mixing the divine truth with human dogmas, by overemphasizing external rites and ceremonies, and by false, human interpretations of the pure divine word, many people today live in a kind of spiritual enslavement.

That is why it was and is necessary that God addresses mankind today once again with enlightening and admonishing words. This happened during a period of 66 years (1884-1950) in Mexico at more than one hundred meeting places at the same time, where the simple people met Sunday after Sunday to listen to the uplifting and instructive words of God. Contemporary witnesses of these gatherings reported that these divine words flowed like a stream of crystal-clear water from the mouths of messengers, called voice bearers, for two to three hours without any interruption and without the slightest slip of the tongue.

Those who received the meaning of the divine word with a pure and unprejudiced mind felt the presence of the Lord and the infinite love of the Heavenly Father. In the last ten years

before 1950, the teachings were taken down in stenographs and written down in protocols to be compiled later. 366 teachings were selected and published between 1956 and 1962 in the 12-volume work Book of True Life.

You, dear readers, hold one of these 12 volumes, conscientiously and literally translated from Spanish, in your hands. It is not a book that you read through only once, and possibly only briefly, and then quickly put it aside again. In order to fully grasp its deep meaning, it is advisable to take the text bit by bit in small "bites", meditate on it and try to feel the connection with the Divine Spirit within.

The repetitions contained in the teachings are explained in detail in the preface of Volume II and should not disturb anyone. On the contrary, when we consider how much non-educational information our minds are bombarded and conditioned with nowadays, the repetitive but always uplifting and uplifting nourishment for our soul is extremely important to awaken the inner values that lie dormant in all of us.

Introduction

Certain essential themes run like a red thread through the entire Book of True Life, which we also find in Volume X. Below are some excerpts from this book, which may serve as a guide and overview for the reader.

The return of Christ

No one should be surprised by my new message and the meaning of my word. For the prophets of the First Age, like Christ in the Second Age, announced with the greatest clarity the age you are experiencing today. (279, 9)

My love teaching was not intended for a few who heard it through the voice carriers. My message has come to the world to be known to all people. That is why I tell you that it will reach the borders of the earth in many forms because it is the beginning of the consolation promised to mankind already in the Second Age when it would reach the climax of the times of tribulation on earth. (282, 57)

In view of your immeasurable lack of light ☐ Light, which means wisdom, love, elevation ☐ I had to come. To give you this light, it was not appropriate that I as man would place myself with you. Because to stimulate you to spiritualization, it was necessary that I would reveal my presence in a spiritual, invisible and yet for your faith and your love tangible form. (293, 57-58)

When this Word spreads throughout the world, and men ask who inspired it and who dictated it so that it might be written down, let the messengers and sowers of it testify that it was the Holy Spirit who revealed it through the prepared minds of its voices. (295, 26)

The Third Time

The first time is as it were the spiritual childhood of man, in which he opens his eyes and sees the face of his father, he hears him, but is still far from understanding him. The proof of this is that he tried to obey Him by clinging to the letters of the texts without penetrating with the soul into the meaning of the same.

In the Second Time I, "the Word", came to dwell with you in Jesus and to show you with my life the way of the soul. This Second Time is the time of growing up or the first spiritual youth. It is the age in which Christ taught people love, to awaken the sleeping strings of their hearts so that their hearts would vibrate with a new feeling, with the powerful impulse of love for their Father and for their neighbor.

This is the "Third Age" in which the soul of man must free itself from the chains of materialism. This will bring with it the struggle of world views, which will be more violent than the history of mankind knows. (295, 56-57+64)

This Third Age, in which human wickedness has reached its peak, will nevertheless be a time of reconciliation and forgiveness. (305, 12)

The Sixth Seal

The Sixth Seal is broken and has shown you, the pioneers of spiritualization on earth, a part of its contents. But it will still pour out its light on all men, even if once this word, which you hear today, has ceased. (284, 46)

At present I receive these crowds of people here on behalf of humanity, and when I refer to humanity, I am not only speaking of the people of the present, but of all generations that have inhabited the earth during six spiritual periods. The messages I have brought to you during these six times are exactly what I have symbolized with the name "seal", of which ☐ as you already know ☐ still one more has to be solved so that it reveals to you the meaning or significance of all the

others that high significance of the life of the soul, of development and perfection(303, 52).(303, 52)

The Spiritual People of Israel and the Spiritual Mission

The people of God will appear once more among mankind not a people personified in a race, but a great number, a legion of disciples of Me, where it is not the blood, race or language that is decisive, but the spirit. This people will not limit themselves to teaching my doctrine through scriptures. For words to have life, one must live them. This people will not only be disseminators of scriptures and books, but also of examples and deeds. (292, 28-29)

It is necessary that this people, to whom these revelations have been entrusted, should set out and bear witness to them. For through this people will awaken and be able to perceive the spiritual signs and manifestations that are peculiar to this time. (277, 15)

A world of spirit beings is just waiting for the hour to inhabit this earth valley. They are light beings who do not spurn to incarnate in the bosom of the backward peoples, because their mission will be just that, to awaken those who sleep. (288, 46)

Spirit, Spirit Soul, Soul

Man is a reflection of the Creator, an image of God. Children must inevitably become like the father from whom they came forth. This resemblance is rooted in the spiritual soul, since it is endowed with attributes of God and, moreover, has eternal life. Matter, that is: the human body is only a temporary garment of the soul. (295, 44)

It is the human spiritual soul that should advance all the works that man does, for it is it to which life on earth has been entrusted. (305, 7)

The spiritual prayer

The spiritual soul preserves the intuitive knowledge that it has come from the bosom of the Creator long ago, and since it knows that it still has a long way to go and that it must travel to return to its point of departure, it devotes itself to prayer, knowing that at least in this moment it can make contact with its Father. The soul knows that in prayer she finds a comfort that caresses, strengthens and heals her. I bless those who pray. The more spiritual their prayer is, the greater is the peace I make them feel. This is easy for you to explain to yourselves, for those who, in order to pray, depend on kneeling before images or objects to feel the presence of the Divine will not be able to experience the spiritual sensation of the Father's presence in their heart. (279, 1-2)

See, however, how easily he who applies even one atom of my instruction practically transforms. Would you like an example of this?

There was someone who told me all his life through word prayers that he loved me ☹️ prayers that others formulated which he did not even understand because they consisted of words whose meaning he did not know. But soon he understood what the true way to pray was, and by putting aside his old habits, he focused on the innermost part of his soul, sent his thoughts up to God, and for the first time he felt His presence.

He did not know what to say to his master, his chest began to sob and his eyes began to shed tears. In his mind only one sentence was formed, which read: "My father, what can I say to you, when I do not understand how to speak to you? But those tears, those sobs, that inner bliss and even his confusion spoke to the Father in a language so beautiful that you will never find it in your human languages nor in your books. That stammering of the man who begins to pray spiritually with his Lord resembles the first words of infants,

which are bliss and delight to their parents because they hear the first utterances of a being who begins to rise to life. (281, 23-24)

The perfect spiritual communication I have spoken to you much about spiritual communion, have told you that you will learn to use it in a superior way, and you will give in to this desire. (291, 81)

As this teaching spreads, you will be asked about the purpose of this message, since so many religious communities already exist. Then you shall reveal to them that this Word has come to mankind to teach men spirit to spirit communication that their religions do not teach them, and that this message is the divine light that reveals to you all the spiritual qualities that you possess. (294, 44)

Practice the dialogue from spirit to spirit, which you shall perfect from day to day. For it is my will that you and mankind communicate with me. Through this union you will receive my inspirations, my assignments, and I will receive your soul, will hear your prayer and allow your spiritual arms to embrace me. (304, 51)

This proclamation was the step that allowed you to take another step up the path that will bring you closer to perfect communion. (278, 44)

Acceptance and rejection of divine manifestations

How many are there who know, through the writings of times past, the prophecies that announced this era. And yet if they were to attend my rallies, they would not believe them, nor would they regard them as the fulfillment of those promises! They are those who have not reached the level of development that would allow them to recognize this light. How many, on the other hand, of those who would give their lives today to testify that it is I who make myself known to men at this time, did not even know that there are

prophecies that speak of these events. The reason for this is that their soul was already prepared and ready to receive the light. (298, 19)

These crowds here consist of believers and unbelievers, but they are all souls that hunger for love, thirst for light and truth. While those who have faith nourish themselves and become strong, the unbelievers spurn the bread of eternal life and must bear their hunger and thirst. These are souls confused by a life of materialism, ignorance and fanaticism, which they cannot forget, so that they can then recognize and feel my presence. They are hearts that fear the judgments of men. How could they concentrate on the high in their soul to feel my essence when they think of what others will say about them? They will eventually say that my presence in these places is not true, while in reality it is they who are although they are present but have not been with Me because their soul has remained where their thoughts, their interests, their worries and their passions have kept them.

I have come very well, I have been very well with you, because I always think of those who need me and to those who drink the cup of suffering and eat the bread of bondage and humiliation (301, 2)

The purpose of the tests

Sometimes your peace turns into struggle, worries or fear. This happens when the storm lashes the fields and gardens, shaking the trees and defoliating the flowers. Then you ask what is the meaning of those trials. But I tell you that the whirlwind brings down from the trees the bad fruits and the dry leaves and blows away from the garden everything that should not exist in its bosom. (278, 31)

Allow your conscience to tell you in the trials that I do not punish you, but that you are just purifying yourselves, and that when you see unleashed forces of nature causing

horrors, you should not blaspheme by saying that it is a punishment of God, but that it is a trial to purify you. (293, 75)

You have traveled the long way of experience. That innocence, which is blindness and ignorance, disappeared when you attained the light of experience. Moreover, you have defiled yourselves, and for this there are the trials and the pain to cleanse and purify you. (301, 24)

Spiritual inspiration for all know, people, that not only you are able to receive spiritual messages and inspirations. There are many people in the world who, not knowing that I am pouring out my word through these voice bearers, sense the nearness of a light that is ready to pour out on humanity in revelations. They will receive from my Spirit the necessary preparation, so that when they hear your testimony and you convey my divine message to them, they will say, rejoicing, "This is what I hoped for. (283, 51)

Spiritual harmony among all

Goodness and love, from which charity and peace will blossom, will be the keys that open the doors of mystery, whereby people will take a step towards universal harmony. (292, 5)

The spiritual harmony among all beings will reveal great insights to them, will bring them the dialogue from spirit to spirit, which will shorten distances, bring the absent closer and eliminate fronts and borders. (286, 3)

I am the Father who works to ensure that harmony begins to reign among all his children – both among those who inhabit the earth and those who live on other worlds. (286, 2)

The spiritual awakening

After living in discord for so many centuries, after all the painful and bitter experiences it has had, this humanity is

capable of understanding that unity among peoples, harmony among all people, cannot be based on material interests, nor can it be based on earthly values. Finally, it will understand that only the superior soul can be the firm foundation, the unshakable rock on which the peace of men is based. (289, 3) I speak to you in this way because no one knows better than I the development of your soul, and I know that today's man, despite his great materialism, his love for the world and his passions developed to the greatest sin, lives only for the appearance of "flesh" and material life. I know: as soon as he feels in his soul the loving touch of my love, he will quickly come to me to rid himself of his burden and follow me on the path of truth, which he unconsciously longs to walk. (305, 36)

Mercy

The first step to the renewal of human beings, to attain a state of spiritual upliftment, is mercy. Mercy to the soul, mercy to the body, mercy to the neighbor. (287, 31) When I direct my gaze to the hospitals, the prisons, the mourning homes, the broken marriages, the orphans or the mentally starving — why don't I discover you there? Remember that not only have I taught you to pray, but I have also given you the gift of the Word and taught you to heal. And on many occasions I have told you that your presence can work wonders if you are truly prepared. (306, 27) Roque Rojas, the pioneer, inspired by the spirit of Elijah, wrote the following sentence: "Mercy and again mercy with your fellow men, then you will see my Father in all his glory. Truth and light lie in these words, disciples, because he who does not exercise mercy in his life will never enter my kingdom. In contrast, I assure you that even the most hard-hearted and persistent sinner can save himself through mercy. (308, 52)

Reincarnation and spiritual development

Jacob revealed to you in his dream the existence of the spiritual ladder on which beings were constantly ascending and descending. Who has understood its content? Who has interpreted its secret? There, in the meaning of that image seen by the patriarch, is contained the development of souls, the unceasing reincarnation of spiritual creatures into men, the reparation and expiation of beings, the communication of God with man, and the dialogue from spirit to spirit. (287, 59)

In this Third Time I have brought you the confirmation of the reincarnation of the soul. Mankind has always had the intuitive knowledge of it, and the soul has revealed this secret to the "flesh", but this ☩ always disbelieved and weak ☩ has doubted it. (309, 22)

But I have come at this time to bring you the confirmation of this and to tell you: In the reincarnation of the soul my perfect law of love is revealed. (309, 22)

The Spiritual World

The life of the soul, which exists beyond your material world, could and should not be a mystery to man. Seeing your desire for knowledge, the Father began His teaching with the gift of revelation and inspiration, and manifested Him in infinite forms. But these teachings began from the very first man and have not stopped until today. (289, 17)

Wake up, people! The beyond is watching your steps on earth! These worlds know your works! When they see this humanity perish in the sea of their enmities and passions, they are shaken and pray them for you. (298, 41)

In order that mankind's faith in the knowledge of the spiritual existence beyond material life might be strengthened, you have been granted some manifestations of messengers of the Father in past times, to whom you have given the name "angels. (301, 10)

Nor should you believe that you work alone in your work, for you do not yet have sufficient strength to accomplish works of such great spiritual significance. You must know that there are beings who show you the way to follow and who show you the way and the places to which you must bring the seed. These pathfinders are your brothers and sisters from other worlds, from other homes, from where they watch over your steps and break you. For they too are workers of peace, love and brotherhood. They are souls of greater purity than yours, of greater knowledge and experience, of whom you have nothing to fear. They are those who do not let you stop ☐ those who bring unrest in your hearts when you leave the seed in the bite. (297, 6)

The law and the power of love

The law of love, on which the love of neighbor, understanding and forgiveness towards your fellow men is based, is the foundation I have inspired you for your spiritual mission. (291, 8)

It shall not be fear that guides your steps, nor shall it be fear that compels you to fulfill the law. Faith and love shall be the power that urges you to do good works in your life. For then your merits will be true. (305, 51)

Peace, the highest spiritual good

It is my word that gives rest to your heart and peace to your soul. The greatest thing I have determined for them is peace. Whoever possesses this treasure has everything ☐. Whoever knows this state of soul would not exchange it for the greatest possessions and treasures on earth.

When you ask Me what the secret is to obtain and keep peace, I tell you that the secret is to do the will of your Father. And if you asked me how to do the divine will, I would

answer you by applying my law and teaching to your life.
(307, 1-2)

The voice of conscience

Make yourself familiar with conscience, it is a friendly voice, it is the light through which the Lord lets his light shine ☞ whether as father, as master or as judge. (293, 74)
See how man stands before and above everything that surrounds him; that he is the only being endowed with freedom of will and conscience. From this freedom of will all aberrations, falls and sins of men have their origin. But these are transitory transgressions before justice and the eternity of the Creator. For afterwards conscience will prevail over the weaknesses of the body and the seductiveness of the soul. With it will come the victory of light, which is knowledge over darkness, which means ignorance. There will be the victory of good, which is love, justice and harmony, over evil, which is selfishness, licentiousness, injustice. (295, 49)

Mental liberation

Useless and futile will be the efforts that denominations make to keep their believers in the well-worn tracks of old beliefs and outmoded belief systems. For no one will be able to stop the divine light, which penetrates to the very basis of human thinking and awakens the soul for an age of revelations, divine inspiration, the illumination of doubts and mysteries, spiritual liberation.

Also no one will be able to stop the flood, which will form mankind, when it sets out in the desire for its freedom of thought, spirit and faith. Nobody is to believe that I snatch from the different religious communities their pupils, believers or followers ☞ no. But the hour has come when a new time will begin, bringing to light forgotten lessons, eliminating useless customs, doctrines and traditions,

cleansing and purifying souls from all wrong, to give them the true bread of the Spirit, which has always been replaced by the rite. (290, 58-60)

For how many of you who have heard my word at this time, the day of your deliverance was the very day you heard this voice for the first time! With how much love have you imprinted in your memory the blessed date when you remember the miracle of your resurrection to faith! (294, 24)

Teaching 277

1 I have seen in you the vanguard of the caravan that follows Me at all times - the wise Israel, the fighting spirit of Judah, who fights to make way for his people. You come to fight the last battle and have Me before you to guide your steps and bring you to the climax of your work.

2 I have just sent you out in the moment of trial, when mankind is going through the greatest dangers, and I tell you that it will continue with its striving for power for a while more, to then fall into painful exhaustion until its conscience comes out and tells you how many futile ways it has made and how it has wasted its existence. It will speak to her in my name and teach her wisely to come to me on the way of spiritualization.

When the soul awakens and reflects, it will seek to hold on to something sure, it will want to discover the shortest and safest way and will return to the origin to find there the foundations, the virtues, the true science, and will recognize that the first and last law that I have given to man is love, the source of all perfection.

3 I want you to live in expectation of the fulfillment of my word, that you are always in contact with me and the spiritual world so that you do not feel distant nor separated from me. I will effect the union of the souls of different worlds so that they strengthen in their union to accomplish the work which I have assigned to them.

4 For its realization I do not demand of you that you deny your personality, nor that you separate yourselves from the world, since you live in it I only tell you that you should use only what is absolutely necessary for the needs of your body, so that the soul can feel free and understand its great destiny within my work when looking into its inner being and its surroundings.

5 I will give you what is necessary for human life. I will not require you to neglect your duties, but my word will teach you to do them justice, for even the smallest of them are a part of your task.

You are going through a time of struggle, activity and effort, and it is necessary that you put all this at the service of the Spirit, that you unfold all your gifts, so that the transformation may take place in you, which took place in my disciples of the Second Age, who - united as one spirit - became one with me.

6 You could not go to men with a false or only feigned preparation; for their soul is developed, and the bandage which covered their eyes has long since fallen. Bring spirituality to them, offer them peace and create an atmosphere of well-being and brotherhood in your surroundings, then you will experience how they will listen to you and accept your words, in which my inspiration and my strength will lie.

7 When you preach and teach peace, be peaceable yourselves; when you speak of love, feel it before you express it in words; if your fellow men likewise offer you their fruits, do not reject them. Examine all that you come to know, and keep to what is permissible and right in their teachings. You will also meet those who - having become fanatical in their practice of religion - have diminished their comprehension through the materialization of their ritual acts. You shall then patiently help them to expand their knowledge, show them the horizons their spirit can reach when they deepen their knowledge of my teaching. You are to speak to them about my Universal Spirit, about the immortality of the soul, its continuous development. You shall teach them true prayer, the dialogue of the spirit, and free them from prejudice and error. This is the work that I command you - a work of love and patience.

8 Watch all over your soul, which is my child. Receive my new revelations, and if you are not able to discover the meaning of the words which I gave you in the past times, come forward, and through this teaching you will recognize and understand everything. For I remind you and unite with you all my words and deeds of all times so that you may have another testimony of your father.

9 Make use of the strength I have given you, so that you may overcome all trials and temptations. Be patient in pain so that you may steer your boat and save yourselves.

10 I want your worship of God in this third time to be as pure and as perfect as the fragrance that comes from the flowers.

11 Once men are ready to build a temple in their souls and light the flame of faith in it, then the profanations will cease, the wars will come to an end, the valley of tears will gradually become a land of peace, and the kingdom of heaven will come near to every heart.

12 Let me speak to you in this way, even if everything I say seems impossible to you. I know what will become of this world in the future - that future which lasts for eternity, and which you little creatures cannot comprehend.

13 Since you are not even conscious of the presence - how then can you foretell what will happen, or doubt what my word prophesies?

14 Already my messengers are coming into the world, who - when the hour has come - will take off the dark bandage from the eyes of men, those messengers who have come into the world to defend the truth with their works of true love But who has discovered them? Who foresees in those children of today the prophets and apostles of tomorrow? But if this happens to those whom you can see with the eyes of your body - what will happen then only when I tell you that my spiritual hosts of light with their message of peace and their

call for revival have also approached your world? You have not even suspected this.

15 It is necessary that this people, to whom these revelations have been entrusted, should go forth and bear witness. For through this people will awaken and be able to perceive the spiritual signs and manifestations that are peculiar to this time.

16 This is the reason why I am telling you constantly that you should guard this seed so that it may be you and your children who carry this light to the peoples of the earth I allow you - to carry my message to the different points of the earth - to use the means you deem appropriate whenever your conscience tells you to walk in the right way.

17 But I do not want to tell you that you, who hear me at this moment, are the only commissioners to carry out this mission. No - it will be up to you to do a part of it, and those who come after you will do what is up to them. For the work is great for my new people.

18 What you must strive for is that this work should progress from generation to generation, express itself in its spirituality and sincerity, and be preserved in all its truth.

19 Ye do not yet know the whole essence and meaning of my teaching. This is the reason why you have distorted it by clumsy rituals - rituals that do not contain spirituality. But when your mind and soul have once awakened to the truth, neither of them will be able to add anything unclean to my work.

20 You give to the world what you received as a task before you came to earth. It is the message that your soul brought with it.

21 The mind does not know all these things, but the souls remember that they were told that all who are destined to hear the word of the Lord in his new manifestation to the world would gather together here in the world.

22 Blessed are they who were able to keep in their souls the commission and the promise of the Master, because in them was the light of my Spirit. They now fulfill the task that has been entrusted to them, and when they have once finished the part that belongs to them, they will have the spiritual happiness to see how after them new "workers" come, to continue the work that has been begun. With these successors they will see the satisfaction, the joy, of having cleaned and smoothed the way, and of having found the sowing in the fields already begun.

23 If you, who were the first, and therefore had much to struggle because none of your fellow men prepared the way for you in this era, yet were able to deliver a message to the world, remember that the new generations - since they find the way well traversed and the seed sown - will have to make known with greater light and clarity the message of which they are the bearers.

24 From the earliest times, when the prophets began to announce the coming of the Messiah, they said that all nations would be blessed in Him because He would become man. But today I tell you that all nations in this Third Age will be blessed anew because my Spirit will come to commune with every soul.

25 Blessed are they who seek their purification through prayer, repentance and good works, for it is they who truly wash away their stains of shame to present themselves clean before me. Blessed are those who understand the truth in this way because they find the way and leave behind the ignorance and darkness of past times. Just as I came in the Second Age to end the bloodshed and sacrifice of innocent victims that the people offered before the altar of Jehovah, and I taught them to offer the sacrifice of their own lives to the Father, so I come today to dissuade you from the many

useless cults and rites by which you substitute the true fulfillment of my teaching.

26 When you hear my teachings, you are surprised to be able to understand and carry out what seemed impossible to you before, and this is because, step by step, your soul has covered a path which you did not know. A spark of light in your mind was enough to remove from your heart the outward cult that had been so deeply rooted in you.

27 Symbolism also disappears from your worship to the extent that you take a closer look at the truth, and you begin to enjoy a pure, simple, spiritual, and easily performed worship.

28 I have not yet told you all things, nor revealed all things, which is why I tell you that you should not be content with what you have achieved, nor be content with the first thing you have received. My treasury still guards much, and your soul shall get to know this. You will still have to take many steps of importance on the path. I am teaching you another way of practicing the Law, and another way of knowing the spiritual and the divine, which my Word has revealed to you. For I do not want you to undertake to investigate me in the manner of scientists or theologians. You are to question the hidden wisdom of your father by raising your thoughts to him by means of prayer. Then you will - clothed with humility, respect and love - receive from Him what He would have liked to reveal to you. Whoever thus reaches the door of wisdom will be considered a little child longing for light, or a disciple thirsting for knowledge. I will make him feel my presence, will caress him and show him all that you are to know according to your Father's judgment. I will remove his doubts, I will pull away the veil of many mysteries before his eyes and fill him with light, so that when he finishes his prayer and returns to his life struggle, he may reveal to his human nature what he learned in the lesson with the Master.

29 Those who wanted to recognize my essence and penetrate into the divine without coming into my presence with the necessary humility and esteem have always gone astray and have never received great instruction, because the door for this is open only to the humble but always closed to the proud. People are still little children to life and still far from being disciples.

30 Humility of mind and heart I demand from you, so that you, who come in desire for light by the spiritual way, may find all that you want to know. The prepared ones will not have to weep, nor will they have to long for these times of my proclamation when they are over and when caravans of foreigners arrive to ask you about what you have heard and seen. You shall then give them a faithful testimony of all that I have taught you, and the explanation of all that they see shrouded in mystery. Astonished at the clarity of your mind and word, they will call you "children of light" and tell you, "You are happy to be called, because you have heard the Divine Master, even if it has been done only by the intellect of man."

31 I give my word to men anew so that they may know that they are not forsaken, so that they may awaken through the voice of their spirit and experience that the soul awaits great divine miracles after this life.

32 Of them I have spoken to men, and the same will be experienced by him who knows how to pray in order to get in touch with the spiritual, as also he testifies who by means of science delves into the secrets of nature. On these two paths, both the mind and the spirit will discover more and more the more they seek. But when will the time come when man will be inspired by love for his study and research? Only when this happens will his work in the world be lasting. As long as the motive of science is the striving for power, arrogance, materialism or hatred, men will ceaselessly experience the

rebuke of the unleashed forces of nature that punish their recklessness.

33 The scientist of that time shows a complete lack of understanding in his works, for he destroys nations and peoples, mows down the lives of his fellow men by the thousands, enslaves people, and turns human life into a whirlwind. He does not understand the evil he causes and is not aware of the scope of his actions. That is why I call them frivolous.

34 Only my mercy could come to the aid of this mankind, and therefore I have come to touch the heart of man and to awaken his soul so that he may hear the soft voice of conscience which will wisely make him realize all the evil he has caused and at the same time give him the way to make amends for mistakes and evil

35 Men must understand that all must come to me - but not as men, as they would like, but in a spiritual state. Only in this way will they see to it that their works are directed to the good of all, so that this is also to their own advantage.

36 How many have puffed themselves up in evil, in pride, in their vain striving; how many have put crowns on their heads, though they are poor and spiritually naked. How great is the contrast between what you consider your truth and my truth!

37 Thou weepest at the hearing of my word, O people. When will all mankind weep at my revelation? I forgive you all, it is a moment of grace, and pour out my infinite light on all the worlds and on all my children.

38 This is the age of light, in which Divine Wisdom, which is the light of the Holy Spirit, will illuminate even the most secret corners of the heart and soul.

39 Now man will soon know where he comes from, who is born in this world, what is the meaning, the task, and the purpose of this life, and he will be able to explain to himself what he has called "death."

Now humanity will soon abandon the theories and outward forms of worship in order to live the truth instead. Then he will consecrate his existence to goodness, worship me through his works, and when the hour comes to leave this world, he will not call the fact of closing the eyes of the body forever "death," because he knows that this is the moment when the soul enters completely into a higher life.

40 Once you all know that the detachment of the soul on leaving the body is the transitional step indispensable to approach the homes of peace and perfection, a true knowledge of reality will be formed in men.

41 The Creator placed men in a world whose nature is incessantly evolving, but always evolving towards perfection. But the people who live in the bosom of this nature do not develop in harmony with it, because they do not strive for its moral improvement, do not long for the perfection of their soul, which is the essence and the reason for their existence.

42 The development of man, his progress, his science and his civilization never had as its goal the ascent of the spiritual soul, which is the highest and noblest thing that exists in man. His striving, his ambition, his desires and concerns always had their goal in this world. Here he has sought knowledge, here he has accumulated treasures, here he has obtained pleasures, honors, rewards, positions of power and awards, here he has sought to find his glory. Therefore, I tell you: While nature advances step by step, without stopping in its law of incessant development toward refinement, toward perfection, man has remained behind, has not progressed; and hence his blows of fate on earth, hence the trials, obstacles, and blows he encounters on his path of life. For instead of being in harmony with everything that surrounds him in his life and taking care to make himself master over everything through the upward development of his soul, as the Lord had commanded from the beginning, he wanted to

become master through the lower passions, such as greed, pride, and hatred. But without being aware of it, he punished his vanities himself by falling from his place as lord and prince over everything that God subjected to his will and becoming a servant, a slave, and even a victim of all the forces of nature that surround him.

43 Make the resolution to get to know you first by seeking the essence at the core of your being, and I assure you that you will feel enlightened when you discover that you are first of all spirit souls, children of God

44 My word opens the doors of spiritual knowledge to you, so that you may gather in your heart some of what the Father keeps in his treasury for his children.

45 Man carries within him a spiritual soul, which is the bearer of many gifts and divine glories, and it is the Word of God, his teaching, that makes him worthy to receive that grace.

46 How much mankind has degraded itself in its materialism, how many tears it has shed because of its indifference to the high, to the pure and true!

47 The spiritual soul leans toward virtue, the bodily cover leans toward sin, and both struggle with each other without being able to come into harmony. Therefore, I have taught both of them with my words the way to unite in one ideal, giving yours to the soul in a just way, and yours to the world. In the "flesh" are the instincts, the passions and the inclination to the material, because that is where its origin is. Therefore, you need a teaching that makes the human heart strings sensitive, that ennobles the heart and lifts it up without dissuading it from the fulfillment of the laws that govern man on earth. Through this teaching, the soul will be able to rise to the Eternal, to that Kingdom in which it has its origin. If it is able to triumph over the "flesh" and the world, it will thereafter, when it is already free from the human body shell, be easier for it to ascend from stage to stage, to come

ever nearer to the Father, and therefore to leave the world, which inhabited it and which had enslaved it, ever further behind.

48 The spirit spark, which makes man resemble his Creator, will draw ever closer to the infinite flame from which it sprang, and that spark will be a luminous being - conscious, radiant with love, full of knowledge and power. That being enjoys the state of perfection in which there is not the slightest pain or need, in which perfect and true bliss reigns.

49 If this were not the aim of your spirit - verily, I tell you, I would not have made my teaching known to you through so many teachings, for then the law of the "First Times" would have been sufficient for you to live in peace on earth But when you consider that I lived among men and promised them an infinitely better world beyond this life, and when you moreover remember that I promised to come back in another time to continue to speak to you and explain everything that you had not understood, then you will come to the conclusion that the spiritual destiny of man is higher, much higher than anything you can expect, and that the promised bliss is infinitely much greater than what you can suspect or imagine. My peace be with you!

Teaching 278

1 Beloved disciples, once more I tell you: Watch and pray, because the body is weak and in its weakness can lead the soul astray.

2 The soul, which knows how to live vigilantly, never deviates from the path which its Lord has laid out for it, and it is able to apply its heritage and its gifts until it has reached its higher development. This being must advance in the tests because it lives vigilantly and never lets itself be dominated by matter. Whoever watches and prays will always emerge victorious from life's crises and walk the path of life with firm step.

3 How different is the behavior of him who forgets to pray and to watch! He voluntarily renounces to defend himself with the best weapons I have put in man, which are faith, love, and the light of knowledge. It is he who does not hear the inner voice that speaks to him through intuition, conscience and dreams. But his heart and his mind do not understand that language and do not believe the message of his own spirit.

4 If man were conscious of the higher life that exists and vibrates above him, and if he knew how to question his mind, how many troubles would he save himself from, how many abysses would he save himself from. But all his life he asks for advice from those who have no solution to his doubts and uncertainties: the scientists who have penetrated into the material nature, but who do not know the spiritual life, because the soul in them has fallen into lethargy.

5 The soul of man must awaken to find itself, to discover all the abilities that have been entrusted to it, to support it in its struggle.

6 Today man is like a small scrawny leaf fallen from the tree of life and plaything of the winds, subject to a thousand vicissitudes, weak against the forces of nature, frail and

miserable in the face of death, when he should be master of the earth as a prince sent by me to perfect himself in the world

7 The time of awakening has come, in which you must hasten in your search for the truth and go back the way to which your ambition, despair and ignorance has brought you.

8 Flee not from my light, which appears to shake the world by his revelations. Soon you will see shining in the spiritual firmament the saving star of this shipwrecked world - this mankind lost in the shadows of a materialistic, barren and selfish life, because it has distanced itself from the Law, which is the essence of your life.

9 Blessed people: are your hearts not shaken when I speak to you in this way of mankind? do you not immediately think of the so difficult mission you have to fulfil?

10 I speak to you in this way, that ye may prepare yourselves. For now the time is near when my messengers and my messengers will appear in the world, and among these messengers will be some of you, some of those who have heard my word in this third time.

11 Only those who are pure in heart may go to the countries and nations to spread my message, for they will be the only ones worthy to bear witness to the truth of this work.

12 When these messengers set out for the countries which await them, every religious fanaticism must already be erased from their hearts, there must no longer be the slightest desire for flattery or admiration, nor must their hand dare to be stained with the money of the world for the work of love which they perform. They shall not sell miracles, nor fix a price for love among themselves. They shall be servants, not masters. The time will come when you will understand the greatness of true humility, and then you will realize that he who understood to be a servant was in reality free in his task

of doing good and spreading mercy, and that faith, confidence and peace accompanied him in his life.

13 On the other hand, he who has taken himself for a king and lord without merit to be so, even though the nations are at his feet, is a slave, is a wretch, because he has no rest, peace, safety, or faith.

14 If you want to have real encouragement in spiritual struggle, turn to your neighbor, and every time you comfort a mourner, heal a sick person, or save a stray, you will feel a deep satisfaction, an unspeakable happiness incomparably greater than the pleasures the world can offer you. If your human and small heart ever experiences these kinds of pleasures, it is because your soul has struggled and risen.

15 I discover the following secret question in your heart: "What will become of us if we lack the warmth of this word one day? The reason for this is that your soul anticipates the time of pain that will disintegrate the world from the moment my manifestation ends.

16 I tell you: If you obey my teachings, you will have nothing to fear. For whosoever walks in my way my light enlightens him, and he has my peace. Be anxious for those who have forgotten to pray, for those who have no charity in their hearts, for those who do not know the spiritual gifts they possess. Pray for them all.

17 Teach your fellow men to pray, make your fellow men understand that it is their spirit that is to commune with its Creator, so that they may realize that their prayers are almost always the cry of the body, the expression of fear, the proof of their lack of faith, their rebellion or distrust of Me.

18 Make your fellow men understand that they need not chasten their body or tear it to pieces to move my spirit, to awaken my compassion or my mercy. Those who impose bodily sufferings and penances on themselves do this because they have not the least knowledge of what the most pleasing

sacrifices are for me, nor have any idea of my love and your Father's mercy.

19 Do you think that it takes tears in your eyes and pain in your hearts for Me to have mercy on you? This would mean attributing hardness, insensitivity, indifference, selfishness to Me. Can you imagine these faults in the God you love?

20 How little did you make an effort to get to know Me! The reason is that you have not trained your mind to think in accordance with the spirit.

21 I speak to you much about prayer because it is necessary that you discover all the powers and workings that are inherent in it. For the time has come in which your spirit fulfills the great mission in the world for which it has been appointed, and prayer is the most excellent weapon for its struggle.

22 He who knows how to pray is a soldier of God, because his spiritualization makes him invincible. His weapons work without the world noticing. His light illuminates the darkness, his power thwarts bad intentions, his love sows peace. He needs no material means to complete his mission, he fulfills and acts as if he were already in the spiritual.

23 I have given mankind the necessary time for their spiritual awakening, and this time is coming to an end. It only needs to take a few more steps on the ways of the world, then it will pause to willingly enter the kingdom of love.

24 Still you will be a mighty man
other mighty ones to overthrow him, to destroy him and to be left as lord of the earth. They do not realize that that power, which they strove for, will not be granted to them, because they exceed the limits of freedom of will.

25 If at the end of the fight one still stands upright and wants to sound the cry of victory, he will see that his kingdom is made of ruins and corpses, that his world empire is made of

misery and death, and this will be the end of the wars in the world.

26 Man will then not be able to claim that he found in me an obstacle to his science or an enemy of his striving for power and his desire for greatness. For I let him go to the end, to the limit, because you know that everything human has a limit. Man created a world according to his ideas, and he himself destroyed it because its foundations were not firm. What will he be able to accuse me of? But when the pain is greatest and his heart is horrified at the result of his works, then he will cry out for mercy and forgiveness, for only at that moment will the soul break the dungeon in which it was prisoner, to break out in longing for that which it had forgotten, or if it once remembered Him, it did so only to mistrust His power.

27 Man shall know my righteousness, not my retribution. For if this feeling existed in me and I unloaded it on mankind, I would defile them instead of purifying them. But my righteousness has the task to return purity to your soul.

28 See how I - while men are preparing their destruction - make everything available for their salvation and resurrection, even if for this they have to go through a melting pot of immeasurable sufferings, which are necessary to strengthen the souls in their repentance and their resolution to remain faithful to the law.

29 all will be saved by my love, to all I will give the opportunity to return to Me, and then you will know that the Almighty and the final victor is Me But I will not rule over the defeated, nor over the dead, nor over the humiliated: my victory will be real, because I will rule over victors.

30 You are like a park, on the lawns of which I have tended, I have not let any weeds grow. I have allowed bushes to grow and buds to sprout and calyxes to open so that the visitor may enjoy the sight of them, and the walker may find shelter from the adverse weather and rest in the shade of the trees.

31 Sometimes your peace turns into struggle, into worries or fear. This happens when the storm lashes the fields and gardens, shaking the trees and defoliating the flowers. Then you ask what is the meaning of those trials. But I tell you that the whirlwind brings down from the trees the bad fruits and the dry leaves and blows away from the garden everything that should not exist in its bosom.

32 When this garden blossoms and bears its fruit according to my will, I will open its gates and invite the inhabitants of other provinces to enter it, to give them the fruits which they like best, so that they may take them to their provinces

33 I bless the trees which, though they were whipped by the whirlwind, were able to stand firm, and which, though their branches were defoliated for a short time, soon covered themselves with green again.

34 When the trial was over, you saw with wonder that the rotten fruit and the dry leaves had fallen from the tree.

35 I gave you the strength to stand the test, and gave you the light to understand the meaning of these divine lessons.

36 If I were to ask you what are those bad fruits that your tree sometimes bears, what would you tell Me? Immediately you would answer me that it is your brothers and sisters who do not work with sincerity, who have not renewed themselves, who offer me nothing good. But I tell you that the bad fruits are not your brothers and sisters, that it is not them that the hurricane blows away from the garden. The bad fruits are the bad habits, the bad feelings, the mistakes they make in my work. And the dry leaves are all those superfluous ritual acts that still persist habitually in the midst of my disciples, such as outward forms of worship, rites, symbolic acts, and behaviors that belonged to a very distant past, but which today are already like dry leaves without sap that have fallen from the tree of life.

37 If my teaching were to consider one of you as an evil fruit, unworthy to be in the tree of my righteousness and my love, it would not be true, because it would not show mercy to him who acts unlawfully, nor would it show love to the needy, nor authority to convert him.

38 You know that I do not send anyone away, nor put away a single one of my children, but I drive out from his heart all evil, and teach him to cast out from his bosom all evil which kept him from the true fulfilment of my law.

39 If I had to reject the imperfect and accept only the good and righteous - verily, I tell you, none of you would be chosen by Me because you are all imperfect and I do not find one righteous among you

40 The greatness of my teaching consists in the redemption of sinners.

41 Give thanks to your Father, for it is He Himself who has given you his

Teaching explains because humanity distorts my teachings by making what is infinitely just appear as if it were unjust.

42 Ye represent my garden. It is my word that has been your nurturer. But ye have not yet flourished, neither have ye borne fruit. In truth I tell you that the flowers of your garden will not open until you exchange yourselves from spirit to spirit, and the fruits on your tree will not ripen until your works contain truthfulness, love, knowledge, when they have life, nourishment, and good taste.

43 Once more I tell you that this Third Age, in which you have heard Me through the human intellect, has been only a stage of preparation or formation - a manifestation of My "Word", My Spirit, but still humanized and materialized. Therefore I tell you that this form of communication cannot be the goal of your spiritual endeavors.

44 This proclamation has been the step that has made you go up another step in the path that brings you closer to perfect communion.

45 I speak often to you of this, so that when the end of the present time period comes, you may take the step into the new time without timidity. Then you will convince yourselves that the voice bearer is not absolutely necessary to receive my divine objection because it will descend upon every soul.

46 By that light you shall receive my orders, feel my presence, and hear my voice.

47 At that time the newcomer will have become a disciple, he will no longer be the one who called his Lord and said to Him, "Father, come to me, give me Your support, raise me up. Then he will be the one who rises and approaches his Father to say to Him, "Beloved Master, my Father, here I am, ready to hear You and receive Your divine will from You.

48 Understand, people, that what I have revealed to you through these voice-bearers is not all, nor can be, what I have to reveal to man.

49 I have made many things known through these mouths, but it is not my secret treasury, not the whole book of my wisdom, though it is extensive. I tell you once more: It was the preparation, the introduction to the time of spiritualization.

50 You have begun to develop your gifts, but you will not have the most extensive development until this word has ceased.

51 Let me prepare you for the time being, so that when you hear the last of my teaching speeches, there will be a feast in my people, and not mourning, because they no longer hear me in this form.

52 Through your soul will go the memory of those times when the people heard the voice of Jehovah in the thunder of thunder, and saw his light in the flashes of lightning, when

they received the law set in stone, and the bread of eternal life was symbolized in manna.

53 Your spirit will remind you of my presence in this world, when I - having become man - lived with you to be seen, heard and understood, to shake up your sleeping souls by the miracle of my miracles, to give you proofs of my love And to find faith, I granted you everything for which you asked me: forgiveness, patience, miracles, blessings, blood and life.

54 Also you will remember the time when you had this announcement through my transmitters or voice bearers, in that I made my word audible and adapted it to the capacity of all to be understood.

55 Then shall ye weep for sorrow and for joy: For sadness, when you comprehend your slowness in walking in the spiritual path, and for your hard-heartedness, which has always compelled the Father to come down to your misery and your wretchedness. Your weeping will be of joy when you recognize that you have already arrived at the gates of the New Era, in spite of your slowness, in which you will no longer sacrifice your father, in which you will no longer call on him and beg him with tears to save you from ruin, because you will already know how to go to him and speak with him and hear him with your soul.

56 Why should there be pain at the last moment of this proclamation, when this day marks the beginning of a new period of greater light and perfection? I have told you that I want this day to be a spiritual festival in my people.

57 Verily, I tell you, I have in store for you even greater teachings than those I have revealed to you until now But when will you be able to fathom and grasp all that I have taught and revealed to you in the word of the voice bearer? When will you tell Me that you have already understood the essence of this teaching?

58 Do not worry, for if you really devote yourselves to the study and practice of my word, you will be led by me to the end of the way. Remember that I am the light that illuminates your way.

59 People, I want you to know the blessed inheritance which you have received from the beginning of the mercy of your Father. You have been marked since then, so that you may bear witness to my truth in the Third Age. My light has followed you on all the paths of your long wanderings.

60 You were prepared so that you might recognize me at the time of receiving this message and not let doubt keep you away from me. Therefore, sometimes, when you reflect, you are amazed that you were able to free yourselves from many bonds that bound you. You cannot regret the step you have taken because you have recognized the clarity of my work and the goodness of my Word. You all know very well the path you are following and what you are doing at this time. There are no secrets in my revelations, nor ambiguities in my word.

61 The clarity and detail of my teachings will cause your spiritual soul to reveal little by little what the Father has entrusted to it, unfolding the gifts that have long been hidden. You had fallen asleep, and so only now do you recognize that you have seen my light. I have not surprised you, you have surprised yourselves. I have not been a secret to my children, but you still hide many secrets. That is why I have come to your aid so that you may fully know the truth.

62 Give thanks to your Lord, because you are on the way again, but do not be content with it. Remember that I have offered you the path so that you may come to Me on it. You are pupils of a spiritual teaching whose goal you still consider to be far away. But my teaching stands by you, my word encourages you, and my mercy strengthens you so that there

is no failure with you. For you will reap your harvest only when you reach the summit of spiritualization.

63 At present my word is illuminating the earth; it has just come in the time announced, and though few are the witnesses of this message, when you compare it by number with mankind, the day will come when my word will sound in the whole world.

So far you have been content to hear Me. But when my manifestation is once finished, the disciples will appear among you who have studied my teaching and watch over its essence, who in a determined and clear way will see to it that such works of love are accomplished in this work that convince men.

64 Today I still see many in error, as they add to my teaching rites and traditions that do not belong to it. But it is only after your study that your worship of God and your ritual acts will be purified and made truthful, and consequently the spiritual unity of the people.

65 Now ye believe to understand the responsibility which ye have, and believe to grasp the greatness of this work. Yet I tell you that you will have this understanding only after this time of teachings, and after you have reflected on what you have heard.

66 All these things ye shall find pronounced in my words; in no point shall ye find it unclear or ambiguous. But you will have to devote a certain time to reflection on this message, so that you may offer mankind a Good News of radiant light, peace, and true comfort. This is the mission for which you have been destined, O people, as a witness to this revelation. Therefore I have required you to give an account of this commitment to the Father, made long ago.

Watch, pray and prepare yourselves so that you can transmit my word in all its purity. Verily I say to you, if you pass it on in this way, it will triumph, because then it can withstand all

condemnations, hostilities and inquiries. But those who make it known will have to testify to it with their works, so that they may withstand the derogatory judgments and the trials to which they are subjected. This you will achieve if you are able to apply my word to your lives without fanaticism or secrecy.

My peace be with you!

Teaching 279

1 You are walking a thorny path, and with every pain you have, you hear the voice of conscience telling you that you are still far from fulfilling the law of your Father, and that therefore you are stumbling.

The spiritual soul preserves the intuitive knowledge that it has come from the bosom of the Creator long ago, and since it knows that it still has a long way to go and that it must travel to return to its point of departure, it devotes itself to prayer, knowing that at least in this moment it can make contact with its Father. The soul knows that in prayer she finds a comfort that caresses, strengthens and heals her.

2 I bless those who pray. The more spiritual their prayer is, the greater is the peace I make them feel. This is easy for you to explain to yourselves; for those who, in order to pray, depend on kneeling before images or objects to feel the presence of the Divine will not be able to experience the spiritual sensation of the Father's presence in their hearts.

3 "Blessed are those who believe without seeing," I said once, and now I say it again; for he who closes his eyes for the things of the world opens them for the spiritual, and he who has faith in my spiritual presence must feel it and enjoy it.

4 When will earthly men stop denying their spirit the bliss of feeling me in their heart by means of direct prayer or - which is the same - by prayer from spirit to spirit? Then when my light enlightens the life of men, when they know the truth and understand their errors.

5 Now is the right time to pray and meditate; but with prayers free from fanaticism and idolatry, and with calm and deep reflection on my divine word.

6 All hours and all places may be suitable for prayer and meditation. I have never told you in my teachings that there are places or moments that are specially designated for this.