

PROTECTION FROM THE EVIL ACCORDING TO JEAN PLIJA: FROM DARKNESS TO LIGHT

Healing from Esoteric Burdens

Epidemic of the Wave of Esotericism

Many spellbooks were sold when Harry Potter was launched on the market. Since the broadcasting of films such as Star Trek, Blairwitch Project, Lord of the Rings, Game of Thrones and the like it is not only young people who take more and more interest in magical, occult things and matters of evil spirits (psychic elves/fairies, witches, sorcerers etc.). Particularly children are increasingly (systematically) infiltrated via books, films or CDs (e.g. Bibi Blocksberg) and thus accustomed to magic as being something good. We no longer notice the subtle transition. In a Christian article on **shamanic teachings** we read: For years, shamanic teachings have found their way into schools and kindergartens, into science, modern medicine, modern psychology, into sects, esotericism, holiday clubs, pregnancy courses, back therapy trainings, rehab centres, fantasy-parks, institutions of marriage- and life-counselling, high-performance sports, management- and motivation-seminars, TV, military espionage or into youth culture (see www.mein-weg-vom-aschenbroedel-zur-koenigin.de).

How Do I Protect Myself as a Free Child of God?

When we are rooted in Christ, we are protected. But we must **not** lead a **double life**: to church in the morning, to the fortuneteller or clairvoyant in the evening: once, disciple of Jesus, once, follower of a sect... **"No one can serve two masters..."** (Mt 6:24)

Youcat Nr. 356: *"Is esotericism compatible with the Christian faith? No. Esotericism ignores the reality of God. God is a personal Being: he is love and the origin of life, not some cold cosmic energy. (...) Whereas most proponents of esotericism assume that man can redeem himself, Christians believe that only Jesus Christ and God's grace redeem them."*

Cardinal Cordes opposed the inclusion of far-eastern elements e.g. in courses offered by Christian monasteries and institutions. With regard to Yoga, Tai Chi and Chigong, Cordes spoke of "pagan methods" which want to destroy Christianity. Those influences are much too often given room "under the roof of the Catholic Church"... He called for more clarity instead of a poisonous syncretism. (Die Tagespost)

The Freedom of the Children of God

"For freedom Christ has set us free; stand fast therefore, and do not submit again to a yoke of slavery." (Gal 5:1)

Spiritual healers, shamans, parapsychologists, alternative practitioners with esoteric healing methods impose the "yoke" of esoteric beliefs on us. Often, possession is taken of our thinking and our health through hypnoses, rites, signatures, word-magic on medication and food, esoteric and occult treatments (partly for a lot of money).

Testimony

“After I had regularly seen a healer who in reality was a shaman, I suddenly had very strange fears which I had never known before. I came as a healthy person and went away sick. Moreover, I found out that the prayers applied by the healer were from the completely opposite side. She did invoke God and certain angels (such as Michael, Gabriel, Raphael etc.) but I only found out later which angels they were. It was not our God - our Lord Jesus Christ - and it was not the Holy Angels and Holy Archangels either but demons which evoked the fears.

To oppose those fears, which were completely new to me, I found out that the daily Holy Communion, the regular Holy Mass, the Creed, the consecration to Mary, the consecration to Jesus, the breviary prayer as well as the confession at least once a month were the key to healing.”

Protection from Esoteric Burdens

- Do not think of the devil too much. Practice serenity by trusting in the mercy of Jesus.
- Look at the life of Jesus, who conquered the evil one: *“I have said this to you, that in me you may have peace. In the world you have tribulation; but be of good cheer, I have overcome the world.” (Jn 16:33)*
- Lead a Christian life with the grace of God: *“But God, who is rich in mercy, out of the great love with which he loved us, even when we were dead through our trespasses, made us alive together with Christ. By grace you have been saved.” (Eph 2:4)*

It is Christ, who in the power of His Spirit expels the evil spirits and delivers people who are at the mercy of their slavery. By cladding ourselves with Christ to become new persons, faithful to our baptism, we may wage the battle against the powers of the evil.

“For whatever is born of God overcomes the world; and this is the victory that overcomes the world, our faith.” (1 Jn 5:4)

When we achieve progress in hope, in love and humility we protect ourselves from the attacks of the devil (cf. Dom Benedict Heron OSB)

Concrete Steps Towards Deliverance

- Avoid seeking the help of shamans, spiritual healers, alternative practitioners with esoteric background etc.
- Confess, if you have sought help with other “Gods” or religions (1st commandment)
- Revoke any entry permission to and taking of possession through strange powers.
- Take back the power which you have given other people over your life.
- Firmly reject all thoughts that are inimical to God.
- Lead a Christian life with the power of Jesus.

The Lord is the Protective Wall of My Life

The absolute weapon against the evil one, the devil and sorcery is God Himself. Through the faith in God we receive His blessing, through baptism we are filled with the Holy Spirit who

works in us. All flaming darts poisoned by Satan will break and be quenched on the shield of faith.

"... above all taking the shield of faith, with which you can quench all the flaming darts of the evil one." (Eph 6:16)

St. John of the Cross: *"Faith is a power which connects us with God Himself without a creaturely link. The devil cannot enter this area which is exclusively reserved to God. Man who lives the faith is completely out of reach for him."*

Eph 6:12

For we are not contending against flesh and blood,
but against the principalities, against the powers,
against the world rulers of this present darkness,
against the spiritual hosts of wickedness in the heavenly places.

The Weapons of the Christian

Our **weapons** in the battle against the evil are the **power of Jesus** (cf. Mt 28:18), the **armor of God** (cf. Eph 6:10ff) and the **gifts of the Holy Spirit** (cf. Cor 12:1ff and Heb 2:4).

"For though we live in the world we are not carrying on a worldly war, for the weapons of our warfare are not worldly but have divine power to destroy strongholds. We destroy arguments and every proud obstacle to the knowledge of God, and take every thought captive to obey Christ." (2 Cor 10:3-5)

Jean Pliya: *"Fear makes us weak and opens a little the gate of our protective fortress. The sorcerers cannot harm those who are not afraid of them. We cannot confidently and powerfully face the wicked when we leave room for fear, the spirit of discouragement, of doubt, of hatred, of wickedness and of the lie."*

Testimony

"Remember: The occult henchmen literally feed on fear and hatred. Do not do them the favour.... As soon as you notice that your fear or the like increases (without reason and fear of death) someone from the evil side is nearby.... Most of the time, negative thoughts are also thrown at you... Read the bible... Pray the rosary... With incense and Holy Water bless the rooms. Mostly it works.. When you are heavy as lead and cannot do anything anymore... the very word 'Jesus' already helps... And in your thoughts, call for help..."*

* Best to use exorcised Holy Water. Can be picked up at the address indicated here.

HOLY EPIPHANY WATER

Brüder Samariter Fluhm
Hafnerberg 13, A-2571 Altenmarkt
Telephone: +43 / (0)2673 - 2271

The Power of Jesus

Our power is in the name of Jesus, in the Precious Blood of Jesus, in the word of God, in the Body of Christ, i.e. in the Church, in the Community of the Faithful and in the Sacraments.

The Name of Jesus

"And there is salvation in no one else, for there is no other name under heaven given among men by which we must be saved." (Acts 4:12)

To ask in the name of Jesus does not mean to recite a prayer formula, but to full-heartedly invoke the mercy and the power of Jesus as faithful and to rely on His authority, His dignity and His merits.

The Blood of Jesus

The blood already stood for life in the Old Testament. On the cross, Jesus gave His life for us: Through His Precious Blood Jesus conquered Satan on the cross; through His Precious Blood Jesus gives us new life. **"The Sacrifice of the Five Holy Wounds of Jesus"** is of great help (see picture under "Prayers" at the end of the brochure).

The Word of Jesus

The word of God shows the power of deliverance and the healing through Jesus. The proclamation of the Kingdom of God always means a victory over the devil. As an offensive weapon the living word of God is a two-edged sword which puts the evil one to flight. Our prayer of deliverance must be biblical, because the word of God in the bible is **like a "devouring fire"** (Dt 9:3) and **"like a hammer which breaks the rock in pieces"** (Jer 23:29). The Lord watches over His word and performs it (cf. Jer 1:12).

The internalisation of the word of God from the Holy Scripture (through longer, intense repeating of a psalm verse resp. bible verse) is very effective. It immediately replaces negative thoughts. The praying contemplation of the Scripture, the so-called **"Lectio Divina"*** is also recommendable.

- The "Word of God-Family" led by the Brüder Samariter offers you an opportunity to delve into the thinking of God more deeply and experience His action on you more closely and more concretely. You may find more detailed information (on registration and joining) at the address indicated (see last page).

Lectio Divina

Cordial Invitation to the WORD OF GOD – Family

Take and Read!

The Body of Christ, the Church and the Eucharist

Jesus said, *"And I tell you, you are Peter, and on this rock I will build my church, and the powers of death shall not prevail against it." (Mt 16:18)* And, *"And lo, I am with you always, to the close of the age." (Mt 28:20)*

Jesus is really present: in the circle of the faithful who have gathered in His name, in the consecrated host, in the heart of the Christian who goes to Holy Communion in the state of grace.

The Church is a fortress for the Christian who does not seclude himself. There he can find refuge from the powers of the evil, by faithfully receiving the sacraments, through the help of the prayer group etc.. The parish priest, in spite of his weaknesses, conveys the faith in the protective, healing and delivering power of Jesus.

Testimony

What helped me and was a special protection was/is the confession. First the monthly confession, and when the attacks were strong, also the weekly confession. I also received strength and protection when I visited a church and just stayed before Jesus. When my eyes grew very bad, I received alleviation when I went to adoration and looked at the Holy Host for a long while. It is absolutely important for me to hide in the Holy Wounds of Jesus daily (best first thing in the morning). Here, the following prayer is strongest for me: "O Heavenly Father, through the Immaculate Heart of Mary I sacrifice..... to You" (Sacrifice of the Five Holy Wounds of Jesus, see prayers).

*An effective help is to use Holy Oil, particularly in connection with the prayer according to the intention of St. Serapion. The most precious protection for me is the **priestly blessing***. By all means receive the daily blessing and accept it with big gratitude from Jesus. When I go to bed I now always take the Holy Water and also bless my bed. I thus have a big protection and peace. It is also important to provide good information on the practices of shamans: e.g. the website www.mein-weg-vom-aschenbroedel-zur-koenigin.de.*

It is also good to repeatedly bless the people in my surroundings, particularly when they are being used to attack me, or about whom I know to be caught in esotericism. It was also important for me to learn that I do not have to have fear of the shamans. With Jesus we stand on the winners' side. This makes me more courageous and the terror goes away.

**To receive the daily priestly blessing you may become a member of the "Segenskreis" (Blessing Circle). Information on the "Segenskreis" can be found on the website www.segenskreis.at. There you can easily register; or you have a registration form sent to you (see last page). Moreover, there you find interesting lectures (not only) on the topic of esotericism, which you may listen to or download.*

Cordial Invitation to the
"SEGENSKREIS" (BLESSING CIRCLE)

The Sacrament of Baptism

The baptism is the biggest protection against the evil. It quenches all sins, breaks every power of the evil and gives the fullness of grace of the Holy Spirit. **The renewal of the baptismal vows*** by resolutely turning away from the evil and turning to God is always important. This includes the removal of all esoteric and occult objects, scriptures etc.:

"Many also of those who were now believers came, confessing and divulging their practices. And a number of those who practiced magic arts brought their books together and burned them in the sight of all; and they counted the value of them and found it came to fifty thousand pieces of silver. So the word of the Lord grew and prevailed mightily." (Acts 19:18-20)

The Sacrament of Reconciliation

Regular confession (once a month) keeps the enemy away. The confession lets us grow in humility, gives us certainty that God forgives us and that the Holy Spirit heals us.

When we humble ourselves in contrition the fire jets of the devil cannot reach our dwellings, whereas pride, the biggest sin, gives him rule over us.

Rembrandt van Rijn: The Return of the Prodigal Son (cf. Lk 15)

The Sacrament of the Eucharist

It is a sacrament of healing and deliverance. When we take part in a Holy Mass or pray in front of the Blessed Sacrament we are in the immediate presence of Jesus. When we go to Holy Communion in the state of grace, we enter into union with Jesus, so that His life becomes our life, His victory our victory, and His wounds heal us.

The evil spirits and the sorcerers are afraid of the effects and the redeeming power of the Eucharist. They try to keep their victims away from the Eucharist. The Eucharist can solve the most difficult cases and deliver persons who are ruled by occultism from their ties.

Here, the Folder "Healing Prayer Through Renewal of Baptismal Vows" (in German and English) is of help (to be ordered at the address indicated).

The Sacramentals

Gabriele Amorth: "The sacramentals are holy signs through which, in a certain imitation of the sacraments, spiritual effects are expressed and achieved through the prayer of the Church."

The sacramentals are used in personal prayer for healing and deliverance or for protection from the influence of spirits. These are consecrated water, consecrated oil, consecrated salt, consecrated incense, consecrated candles, Christian ritual objects, crosses, medals, scapulars, icons, statues and the priest's stole.

Consecrated incense is needed to chase away the evil spirits which do not bear the smell because the Church adores God with it. – The evil spirits do not love consecrated candles either, which are a sign of the Risen Jesus, the "Light of the World" (cf. Jn 8:12; 9:5; 12:46). – The sign of the cross and the cross remind of the Holy Trinity and the Cross of Jesus, of His protective power and of His blessing. "*The army of demons is terrified and frightened through the cross.*" (**J. Pliya**). When we use rosaries, medals, scapulars or crosses we should do so in faith in Jesus.

The rosary: Through the contemplative prayer of the life, the death and the resurrection of Jesus at the hand of/by invoking His Mother it is a powerful weapon in the spiritual battle.

Pope Francis waves the incense at a Holy Mass in the framework of a canonisation in Washington, USA.
(Photo: Reuters)

The Help of the Saints

If even on earth “the prayer of a righteous man has great power in its effects.” (cf. Jam 5:16), how much more power will the prayer then have in heaven! We ask those who live on earth for prayer (also Paul did it; cf. 1 Thess 5:25). Thus, we may all the more ask those for help who are already in the glory of heaven.

The prophet Elisha showed his servant the host of Holy Angels when they were threatened by big danger:

“When the servant of the man of God rose early in the morning and went out, behold, an army with horses and chariots was round about the city. And the servant said, “Alas, my master! What shall we do?” He said, “Fear not, for those who are with us are more than those who are with them.” Then Eli’sha prayed, and said, “O LORD, I pray thee, open his eyes that he may see.” So the LORD opened the eyes of the young man, and he saw; and behold, the mountain was full of horses and chariots of fire round about Eli’sha.” (2 Kgs 6:15-17)

Mary, the Holy Mother of God

Mary is very effective against the demonic powers. In the immaculately conceived virgin the devil did not find any starting point for complicity. She is the humble handmaid of the Lord. More than all the other saints, she can intercede for our healing and deliverance. The prayer of the rosary is a valuable weapon in the healing prayer. The Laurentian Litany can make the hostile power shake. We pray to Mary as *“our dear Lady of Good Deliverance, the Queen of the Holy Angels” (J. Pliya).*

The Holy Angels and Archangels

The Holy Angels of God are an invincible army, who, by divine providence, are put in the service of His Mercy, His blessing and His glory.

Here it is to be noted that the angels of esotericism have nothing to do with the Holy Angels. The Holy Archangel Michael is particularly invoked in the battle. The Holy Guardian Angel is given to us to protect us, to lead us through spiritual or physical dangers, when we want to do something important for the Kingdom of God.

The Folder “Daily Call for Protection” with the prayer “August Queen” may be ordered at the indicated address (last page).

Daily Call for Protection

To the Queen of Angels And Conqueror of Hell

The Victorious Prayer

Prayer is a luminous rocket and an unparalleled weapon which destroys the power of Satan, of the demons and their helpers: the power of the sorcerers, the Marabout and fetishists as well as the magicians and fortune-tellers. When Satan wants to weaken us he throws us into laziness towards prayer. Therefore, St. Paul exhorts us: *“Pray at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints.” (Eph 6:18)*

Those who grant admission to Jesus in their life and live in close connection with him, are the strong man whom nobody can expel from his own house (cf. Mt 12:29 and Mk 3:27). The vivid, powerful prayer in the family as a house church protects its members. The powerful prayer may take on different forms: thanksgiving, praises, adoration, requests, Jericho prayer, prayer with fasting.

Praises

“Yet thou art holy, enthroned on the praises of Israel.” (Ps 22:3)

The devil does not stand people who praise Jesus. Praising Jesus sometimes may be enough to expel the demonic powers from a person or a place. It also happens that people are healed through intense praises.

The Our Father

It is the prayer which Jesus has taught us (cf. Mt 6:9-13) and is very effective when we speak it with faith and conviction. As an exemplary prayer it proceeds in the following steps:

- Praises and glorification of the name and the Kingdom of God;
- Submission to His will;
- Trust in His providence
- Asked and given forgiveness
- Protection from temptation
- Deliverance

The evil is not something purely intellectual, but a person, Satan, who defies God.

*Albrecht Dürer:
Praying Hands (1508)*

The Power of Prayer and Fasting

“And he (Jesus) said to them, ‘This kind cannot be driven out by anything but prayer and fasting.’” (Mk 9:29)

*According to **St. Athanasius** “Fasting heals the sicknesses, beats back the demons, expels unhealthy thoughts“.*

It is not the fasting that casts out the demon; it is rather expelled because man humbles himself by fasting, renounces his own power and lets the one of the Holy Spirit work. Fasting is an effective weapon in the spiritual battle; therefore Satan continuously tries to dissuade us from doing it.

The Gifts of the Holy Spirit

The charisms of healing about which St. Paul speaks (cf. 1 Cor:12) are given to us by the Holy Spirit, so that we bring about the healing through the grace of Jesus: namely a physical or an inner, mental healing as well as a spiritual healing, which entails a deliverance from certain occult obsessions or ties and from evil spirits.

These gifts are linked to the service, which Jesus has entrusted to the Church, namely: to proclaim the gospel to all creation, to heal the sick and to cast out demons (cf. Mk 16:15 and Mt 10:8). The service of the Church is free, not like the charlatans of esotericism, because “You received without pay, give without pay.” (Mt 10:8)

The Charism of the Discernment of the Spirits*

It differs from the discernment made by common sense. It enables to realise from which spirit certain manifestations or individual behaviours come: from the human mind, from an evil spirit or from the spirit of God. This charism enables us not to fall for the tricks of the enemy disguised as wrong mystics and to identify the frequently unknown roots of an evil. Thus, one does not run the danger of confusing the signs that go back to heavy mental disorders with the signs which are evoked by evil spirits. *(Info-folder may be ordered/address see last page)

The Word of Knowledge

It serves the diagnostics in the course of a prayer. Such perceptions require discernment in a group so that one does not fall into a trap or our desire to evoke attention does not come up in the first place.

Prayers

Sacrifice of The Five Holy Wounds of Jesus

Under Your Protection

We fly to thy protection,
O holy Mother of God.
Despise not our petitions,
but deliver us always from all dangers,
O glorious and blessed Virgin.
Our Lady, our mediator, our intercessor.
Reconcile us with your son,
recommend us to your son,
place us before your son.
Amen.

Help, Mary, It Is Time

Help, Mary, help me,
A poor child is begging you.
It is you who can help,
Take care of me, Mother.
Help, Mary, it is time,
Mother of mercy.

You are mighty to deliver us
from trouble and dangers,
for where human help falls short,
thine is not lacking.
Help, Mary, it is time,
Mother of mercy.

No, you can't dismiss the hot plea
of your children.
Show that you are Mother,
where the need is greatest!
Help, Mary, it is time,
Mother of mercy.

Sacrifice of the Five Holy Wounds of Jesus

This folder can be ordered at the address indicated (see last page).

August Queen of Heaven

This folder can also be ordered at the address indicated (see last page).

Prayer of Exorcism by St. Antony

Behold, the Cross of the Lord! Begone, all evil powers! The Lion of the tribe of Judah, the Root of David, has conquered! Alleluia!

Blessing of the "Segenskreis" (Blessing Circle):

The blessing + of the Father, the love + of the Son,
and the power + of the Holy Spirit;
the motherly protection of the Queen of Heaven,
the fatherly power of St. Joseph,
the help of the Holy Angels
and the intercession of the Saints
be with us (you/me/them)
and may accompany us (you/me/them)
everywhere and at all times! Amen.

Prayer to St. Michael the Archangel

St. Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray; and do thou, O Prince of the Heavenly host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

Prayer to the Holy Guardian Angel

Holy Guardian Angel, I ask you for your help. Guide, direct, lead, sanctify, bless, protect and rule me. Plead and pray for me. Destroy all satanic curses, maledictions, word-magics and hellish attacks against me through the blessing in the name of the Most Holy Trinity.

Consecrate me to the United Hearts of Jesus and Mary. Immerse me in the Precious Blood of Jesus, place me into the Holy Wounds of Jesus, put up a protective wall with the Holy Blood of Jesus around me and cover me with the shield of the Immaculate Conception. And in the name of the Most Holy Trinity banish all demons which are in me or around me and want to harm me down into the hellish abyss, and in the name of our crucified, victoriously risen Redeemer bind them for time and eternity. This may be granted to me by the Almighty and Trinitarian God, + the Father, + the Son and + the Holy Spirit from now on until eternity. And the motherly protection of our Queen of Heaven may come upon me and remain with me at all times. Amen.

In Case of Noticeable Return

... of various esoteric burdens, evil whisperings, negative tormenting thoughts, **immediate and decisive** reaction is required, like this:

In the name of Jesus ***I renunciate everything*** N.N. (spiritual healers etc.) is/are sending me. ***I express the firm will*** not to join in his/her plans and intentions.

I forgive him/her whole-heartedly and put the spiritual rosary around him/her.

I consecrate myself and this person/the situation to the Sacred Heart of Jesus and the Immaculate Heart of Mary.

The Apostles' Creed

I believe in God the Father almighty, Creator of heaven and earth.

And in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell; the third day He rose again from the dead; He ascended into heaven, and sits at the right hand of God the Father almighty, from thence He shall come to judge the living and the dead.

I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting.
Amen.

Prayer to Ward Off Negative Influences

In the power and in the strength of my holy sacramental grace of Baptism, Communion, Confirmation (Matrimony resp. Holy Orders) I place the Holy Cross of Jesus between me and N.N. (say the name), between me and the matters which were discussed (can be named) resp. between me and the awkward situation (can be named)...

... and ask Jesus to purge everything through his Holy Cross and let everything evil bounce off at His Holy Cross.

In the name + of the Father and + the Son and + the Holy Spirit.

Amen.

An Effective, Short Exorcism

Depart ye evil spirits in the name of the Triune God,
+ the Father and + the Son and + the Holy Spirit!

Do not see, do not hear, do not confuse, do not entice,
do not harm, do not tie, untie the bonds!

The Lord, our God, your Lord, commands you:
Depart and do not return
in the name + of the Father and + the Son
and + the Holy Spirit.

Amen.

Final Instructions to Those Harmed on How to Behave in the Event of Tribulations:

** Firmly decide for Jesus, when you see fear and entanglement (repeatedly) approaching in your inner mind, call Him by **name**, ask Him for help in faith. Renounce in His name, speak e.g. words of the Holy Scripture: "In my faith in the Lord I am deeply convinced that I will accept no other teaching (any more). Who confuses me will have to bear the judgement of God, whoever he is." (cf. Gal 5:10) – **Believe** in the words of your Heavenly Father: "Son, you are always with me..." (Lk 15:31)*

To the extent possible: **Keep calm. There is always a solution. Hopeless "restlessness" (coupled with fear) always comes from the evil one who in view of the grace of God sees his "catch" slip away. Be wise in discerning: God's inspiration (the other "restlessness") is to lead us to Him – "You have made us for Yourself, O Lord, and our heart is restless until it rests in You." (St. Augustine: Confessions) – **Hope**: God always pulls the rose out of the thorns.*

** Fear and restlessness are **indicators** of the fact that there is a fight for your soul, that a **spiritual process** is under way. It is a process of detachment, which, depending on the depth of entanglement in the evil/esotericism, may take shorter or longer. Even if you do not see an end subjectively, God objectively has a wonderful **plan of salvation** for you. - "But we hope for what we do not see, we wait for it with patience." (Rm 8:25) - "**Love** is patient..." (1 Cor 13:4). Also when there is an inner fall (falling back) God stands faithfully by your side. Your weakness should not be an impediment to His abundant grace.*

** Visit Jesus as often as possible in the **tabernacle** of a church or a chapel, remain before the **exposed Blessed Sacrament**, place all thoughts before Him, be it the most obscene ones. Speak honestly to Him, be as you are, like a child. He will meet you where you are. Let your masks be taken off, which you have put on in dealing with the evil (this happens in His presence the way the wax melts in the sun). Jesus knows you without disguise. You can also remain/rest **without words**.*

****No wrong modesty!** When the tribulations in everyday life become too big, consult close persons who are experienced in faith, express what torments you – this gives relief. In serious cases see a*

priest: receive the sacraments (Holy Communion and Confession; possibly the Anointing of the Sick) as often as possible and/or write your worries and thoughts to him; name things concretely, then he will be able to cut off/cut through. You can find a possible **contact address** on the last page (in writing or preferably by email).

* **Consider:** God does not overstrain us in the process of deliverance and healing. The **grace** shall always keep pace the the human nature (given by God). When we “fly” too high in the spirit, a gap may arise between the divine “ideal” and human “reality”, which may tear us inside, make us mentally ill. The evil one tries to tempt us exactly in this (in the human pride), particularly with people who used to be entangled in esoterics, who looked too deeply into the “spiritual glass” of the dark side. Walk in obedience step by step at the hand of the Mother of God, your spiritual counsellor and/or confessor and you will save yourself too big “withdrawal symptoms” resp. one or several tormenting spiritual falls / breakdowns!

* In the case of mental/spiritual **numbness**, persisting **confusion** or **ambiguity** about the further path: “For your mercies’ sake, O Lord, my God, tell me, what you are to me! Say to my soul: I am your salvation. So speak, that I may hear, O Lord!” (St. Augustine: Confessions)

* Finally you will be able to celebrate your **triumph** with God: “When the Lord has given you rest from your pain and turmoil and the hard service with which you were made to serve, you will take up this taunt against the king of Babylon: How the oppressor has ceased, the insolent fury ceased. “ (Is 14:3-4)

The accompanying **Lecture** “Healing from Esoteric Burdens” (AUDIO-CD in German) by **Fr. Gabriel Hüger** can be ordered at the address indicated below.

You may also listen to the lecture or download it on www.segenskreis.at.

HEALING FROM ESOTERIC BURDENS

COMPOSITION:
Fr. Gabriel Hüger Sam. FLUHM

PRAYERS AND TEXTS:
A.M.Weigl: Gebetsschutz, St. Augustine: Confessions,
Jean Pliya: From Darkness to Light, Fr. Gabriel Hüger Sam.FLUHM

CONTACT DATA AND ORDER ADDRESS:
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Brüder Samariter FLUHM – Kloster Hafnerberg 13 – A-2571 Altenmarkt an der Triesting –
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LITERATURE USED IN THE ENGLISH TRANSLATION
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