



„Constantly, thoughts stream from one person to the other and these thoughts alone are decisive for sympathy and harmony to develop.“ Paulus

You should follow this

“The way we think, is the way we radiate”, Paulus teaches us. Joyful, hopeful thoughts create wonderful light formations, healing powers within us, that allow us and our fellow men to heal spiritually and physically. Our thoughts are the space in which we move, the path, on which we walk through the time, the building material for our residence in the hereafter. With positive thoughts we send a ray of light through the coming day. (Concerning this, urgently read: Revelation from 17. April '93 in “Benedicite” 4/96)

In the German language the term “thought” (Gedanke) is close to the term “thanking” (danken). Thanking God for everything we’ve received is the most beautiful prayer. In the prayer of thanksgiving our thoughts are being clarified by angels and by the power of love from the Blessed Mother Mary a thousandfold intensified – and this radiated light is again poured over us. Thanking is the great mystery of a happy life. Thanking consciously grows to become a positive inner attitude and it becomes an everlasting prayer from our thankful soul. From this contentment we take the strength to be at ease, also during difficult days and to be safe in the knowledge that a storm is followed by sunny days.

Use every day for praising and thanking and thus within you the insight will grow that you can even be thankful for hardship, because by overcoming resistance your strengths are strengthened. There is no coincidence but many things we are given. Nothing happens in our life that doesn’t have a deep purpose for us. Out of this knowledge, calmness, deep confidence and even deeper thankfulness, thoughts from the heart. (-> Revelation 18. October '86, St. Michael, Benedicite 10/96)

“Whoever doesn’t practice his thoughts daily through regular prayer and by controlling his speaking and acting, will soon fall prey to the demon assigned to him.” (St. Uriel 17. Feb. '96, Benedicite 5/96). The following proposals shall not stay “lessons”. They belong to the ABC of a successful Christian life.

Foundation: Refresh 1st part of the course

What Paulus teaches first is the main thing next to the Holy Eucharist and the Blessed Mother Mary. According to the introduction in Benedicite 2/91, your parents explain to you the soul as well as the consequences of good and bad thoughts and feelings.

Control your own thoughts

We read the parable of the “Weed in the wheat field” (Matthew 13, 24-45). When do we plant habitually weed in our and others soul? – We don’t want “to be thought for”! We practice to self-control our thoughts. In trials an earnest Hail Mary helps.

To fill our senses with what is good

We let our eyes and ears be only be filled with what is harmonic and enlightened. We decorate our living- and bedroom with beautiful images and strive for order. We turn away from burdening pieces of music, pictures and movies. Walks through God’s creation as well as harmonic music fill our soul. Wellbeing does not allow negative thoughts to rise.

Sending good thoughts ahead

Often, we stand before an oppressive situation. We should then give ourselves a start and in advance think through the seemingly gloomy days by collecting our thoughts and filling them with joy. (Benedicite 6/97 S. 9)

Talking about situations in our daily life, encouraging one another → A day in the life of Matthäus: Benedicite 11/90

Success can be planned

The children draw a ladder of success. They fix meaningful, achievable goals (e.g. “I have patients with my siblings”) and express this with a drawing. The rungs can be decorated with beautiful motives.

Internalising good thoughts

We sit together as a family and listen to the relaxation cassette (divided into 4-5 parts). Afterwards, we talk about the content.

“Lord, let me do everything peacefully in your honour” St. Uriel

In a quiet room, I can contemplate the Saviour’s cross without interruption and turn my thoughts towards Him. It is an inexhaustible fountain where I can charge myself with comfort, wisdom and positive thinking power. Also, God’s instruments are sockets to heaven.

File: Sources of wisdom

In the bible, the Benedicite, in Paulus’ relaxation words, in good books, journals etc. we find profound words. The children write such sayings on cards, decorate them and thus build up a file. Consulted regularly, these words help to direct the thoughts into the right channels.