

## Listen to God in the depths of your heart

The Triune God – God the Father, God the Son, and God the Holy Spirit – was always there,



**The Holy Trinity**

before all creation. God the Father is our Creator, Jesus Christ is our Saviour and the Holy Spirit is our Breath of Life who lives within us. The Holy Spirit, the Paraclete<sup>1</sup>, is our teacher and guidance through whom the Holy Trinity speaks to us. He is the first voice in the depths of our heart and mind that brings peace and clarity of thought. When we reject this first voice, by listening to the second voice of evil and sinning, then confusion, restlessness and hardness of heart sets in. This is very hurtful to our Lord Jesus who does not force his will upon us. In his love, he endures these sufferings and waits patiently for us to come to him in reciprocation of his love.

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<sup>1</sup> “Paraclete” originates from the Latin “Paracletus”, which means “Comforter”.

## Meditations

“Tell ye, and come, and consult together: who hath declared this from the beginning, who hath foretold this from that time? Have not I the Lord, and there is no God else besides me? A just God and a Saviour, there is none besides me. Be converted to me, and you shall be saved, all ye ends of the earth: for I am God, and there is no other.” (Isaiah 45:21–22)

“Jesus said to them: Amen, amen I say to you, before Abraham was made, I am.” (John 8:58)

“And there are three who give testimony in heaven, the Father, the Word, and the Holy Spirit. And these three are one.” (1 John 5:7)

*Father God:* “I, your Father God, my Son Jesus of Nazareth and the Holy Spirit, the Paraclete: we are called the Triune God, the Holy Trinity. We are the Three-in-One Persons Inseparable, Undivided. I, your Father God, I created you all with so much love. I love each one of you equally, in my own image. My Son Jesus Christ, he is your Saviour, the Redeemer of all your sins. His love for each one of you is unconditional. The Holy Spirit, the Paraclete, he is your Breath of Life. Since you were conceived, he has lived within you in every instant of your life. Without the Holy Spirit there is no life. The Holy Spirit is your guidance at your crossroads, your teacher in conjunction with Mother Mary. But you, my people, you forget to ask the Holy Spirit to help you, to show you with clarity where the darkness is, to bring

into the light what is being hidden in the dark. Do not fear to ask us, the Holy Trinity, for help, for guidance. When it seems like the boat is sinking, my Son Jesus Christ is there to rescue you, to bring you safely ashore. He is the captain of your boat, your ship. If you call him, us, we will never let you sink and go into the deep seas. My Son Jesus is your anchor at all times.” ([01/01/2017](#))



The Holy Spirit as a dove

*Holy Spirit:* “I am the Breath of Life. I am the light of your first breath. I am the light of your heart, soul and mind. I am the one who infuses you, my children, with wisdom, knowledge, prophecy, with all the gifts of the Holy Spirit. When you are created by God, the Son – my Son – and Father God, I, the Holy Spirit, come to you to give you the Breath of Life, and I am the one who takes away your last breath on earth, on your last day, last minute, before you come to eternity forever. I am the Holy Spirit, with you for your entire life. I am

constantly with you. Oh, but sometimes many of my children ignore me. I am with you constantly, but you very seldom call me to come and help you. I am your companion, your friend, your brother with the Holy Trinity. My children, I am very joyous when you call me, when you ask me for wisdom, vision and knowledge to infill you with the right judgement

and knowledge in times of tribulations. Oh, many times, if you listen in the depths of your heart, I help you in many dangers to avoid the snares of the enemy. Know, my people: respect, love and adore the Holy Spirit as the Holy Triune God, as the Three-in-One Persons Inseparable.” ([07/02/2012](#))

*Mother Mary:* “My Son Jesus Christ, he is your Saviour, the Redeemer of all your sins. He is your brother, your friend. He defends you in front of his Father’s throne and in the course of your lives. My Son Jesus turns to his Father and asks for forgiveness for your sins, your errors, in your lives. My Son Jesus’ Sacred Heart bleeds for the salvation of sinners, for your salvation. Come, my dear children, love my Son Jesus with all your hearts. My Son Jesus never betrays or forsakes you. His love, his Father God’s and the Holy Spirit’s are united as one person’s, undivided, undefiled – their love is unconditional love, an ocean of mercy. Oh, I, Blessed Mother Mary, I witness all this infinite love, but I also witness all the hurts, pains, caused by the lukewarm, tepid souls that cause my Son Jesus’ Sacred Heart so much pain, a crown of thorns upon his loving Sacred Heart.

“When you bless yourselves, do it with sincerity and respect. When you say, ‘In the name of the Father, the Son and the Holy Spirit,’ know that you are calling the Holy Trinity to come, to be with you. Do it slowly, with an open hand on your forehead, on your chest, your left shoulder and on your right shoulder. Amen. Call the Holy Trinity to help you by blessing yourselves three or more times with a sincere, loving heart – it’s like a prayer and pleases

them very much. Think about them when you feel alone at the crossroads in your life. Amen.” ([31/01/2020](#))

*Father God:* “Love, respect and obey the Holy Trinity. As he guides you, listen to his voice, the first voice that gives you direction in your lives. This is a very triumphant light upon you all. Come, receive many gifts of the Holy Spirit in your Baptism, on the day of your Confirmation. The Holy Trinity never fails you, never forsakes you and never abandons you. The Holy Trinity is very important in your lives.” ([27/05/2018](#))

Holy Spirit: “My dear children, my people, I, the Holy Spirit, in conjunction with the Mother of your Saviour Jesus Christ, say: do not listen to the other voices that take you away from the grace and blessing of God the Father, God the Son and God the Holy Spirit, and Blessed Virgin Mother – she is always with her Beloved Son to protect you, to intercede for you. My people, be attentive to the true voice of the Holy Spirit. Pray always to the Holy Spirit to guide you with the right discernment, wisdom and knowledge of God, of heaven. The voice of the Holy Spirit is a sweet fragrance, gentle and pure, it will never take you on the wrong path of wrong deeds. The Holy Spirit is your teacher, your guidance, your light in times of darkness. Do not confuse the voice of the enemy with the voice of the Holy Spirit that lives within you since you were conceived. I am faithful. I never betray you. I never confuse you. Just pray, ‘Come my Holy Spirit, come infill my mind, my soul, my spirit with the fire of your love. Kindle in me the spirit of wisdom, knowledge, discernment of good and bad spirits, all

the gifts of the Holy Spirit,’ or say in times of your crossroads, ‘Come my Holy Spirit, infill my mind with the right words so that when I speak it’s not my words but your words of the Holy Spirit.’ Oh, there are so many beautiful prayers, novenas, to pray, to teach you.”  
([10/06/2020](#))

*Father God:* “Oh, the Holy Spirit guides them if they ask him for help, but my people only want to listen [when it suits them]. When the Holy Spirit speaks to their hearts, minds, they ignore him because it’s not what they wanted to hear. Yes, my people turn a deaf ear. When things turn out the wrong way, oh, they blame God the Father, the Son, saying, ‘Where is God, where is Jesus?’ Oh my dear people, my Son Jesus never forces your free will. You must open your hearts, listen and absorb within yourselves the living Word of God and of my Son Jesus, the Holy Spirit who lives within you. Listen in the silence of your heart. Be still and know that I am God.” ([12/05/2020](#))

[Supplementary reading](#)



“And there are three who give testimony in heaven, the Father, the Word, and the Holy Ghost. And these three are one.”  
(1 John 5:7)

## The Holy Trinity, Triune God, Three Persons in One, Inseparable, Undivided

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God the Father, God the Son  
and God the Holy Spirit

“When my people bless themselves in the name of the Father, the Son and the Holy Spirit, amen, with respect, with the palm of their hand open, they are calling the Holy Trinity and we are standing in their midst, wherever they are, for their needs.”

(Father God, 11/06/2017)

# The Holy Trinity, Triune God



“God the Father is the Creator of each one of you, my people, and the Holy Spirit is the breath of life of each one of you, he is your guidance – you just have to ask him to guide you in cases when you are at your crossroads. Ask him and he will be your guidance. My Son Jesus Christ, he is your sustenance in your daily life. The Holy Spirit descends upon my people in their daily lives. He is the breath of life. He is in the form of a dove.

“We are called the Holy Trinity. Love, respect and obey the Holy Trinity. As he guides you, listen to his voice, the first voice that gives you direction in your lives. This is a very triumphant light upon you all. Come, receive many gifts of the Holy Spirit in your Baptism, on the day of your Confirmation. The Holy Trinity never fails you, never forsakes you and never abandons you. The Holy Trinity is very important in your lives.” (Father God, 27/05/2018)