

IMPORTANT COMMENTARY:
HOW TO MAKE AN EVEN MORE PERFECT CONFESSION

By a soul

(Began June 25, 2019, Feast of the 38th Anniversary of Our Lady of Medjugorje)
(Finished May 28, 2020, Month of the Blessed Virgin Mary)

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Dear My Beloved Friends,

I, “*a soul*”, am so excited to be able to share with you a few more best practices and tips on how to make an even more perfect Confession.

I know that for most people, the Sacrament of Reconciliation (Confession) is their least-liked Rites in Catholicism. This is because for most people, it can be embarrassing to confess to another human being (the priest) our deepest faults and transgressions, because we feel like that other person will think poorly of us and judge us. But, truly, because priests listen to so many Confessions during their ministry work, really, they have basically heard it all, and honestly, most of them forget afterwards what people tell them during the Sacrament. So, challenge yourself and overcome your embarrassment. Because, as I shared in my previous love-letter on Confession, once you receive the necessary absolution from a priest for your major sins, it is a very liberating experience. Truly, it feels like a huge weight is lifted off your spirit. And because I do more frequent Confessions these days, it has brought me to to a higher state of personal holiness, because it takes away the barriers in my soul from deeper spiritual union with God. In fact, a few times, I have walked away from Confession and it feels like my face is glowing. Confession can give a wonderful, purifying feeling in your soul as you break the many chains of bondage due to the collection of daily sins.

Honestly, I would love for everyone to experience the joy of a well-made Confession. It is a great blessing.

PRAYER FOR DAILY NEGLECTS

In the well-known Pieta Prayer Booklet, there is a prayer given that deserves mention in this love-letter for its many benefits and graces. The prayer is for daily neglects and is not to meant to be a substitute for Confession. However, reciting this prayer does help to encourage us to also include mentioning our daily neglects during the Sacrament of Confession—so as to further purify our souls. The story regarding the prayer is this: A

Poor Clare nun, who had just died, appeared to her abbess, who was praying for her, and said to her, “I went straight to heaven, for, by means of this prayer, recited every evening, I paid my debts.” And so, I am including this wonderfully helpful prayer below to make it more known and recited by more people:

Eternal Father, I offer Thee the Sacred Heart of Jesus, with all its Love, all its sufferings and all its merits.

First - To expiate all the sins I have committed this day and during all my life. Glory be to the Father and to the Son...!

Second - To purify the good I have done badly this day and during all my life. Glory be to the Father and to the Son...!

Third - To supply for the good I ought to have done and that I have neglected this day and during all my life. Glory be to the Father...! AMEN.

HIDDEN SINS

As I mentioned in my previous love-letter about Confession, a very important best practice for me is to always end with asking for forgiveness of any forgotten sins and sins of omission that I may have committed since my last Confession. Doing this keeps me from becoming scrupulous (developing an excessive feeling of guilt for sin). Since I learned to do this, it has helped me greatly in accepting properly the Divine Mercy of God due to me for making a good Confession. It keeps the devil in abeyance from attacking me mentally—by him trying to nitpick my faults and keep me in constant fear of unforgiveness from God.

Well, related to forgotten sins, is the concept of “hidden sins.” I am not referring to sins that we deliberately hide from the priest in Confession—which no honest Catholic should do as that makes the Confession invalid before God. But, rather, I am referring to sins that the devil deliberately hides from us so that we constantly forget to confess them before God.

How does that happen? Well, although our souls belong to God if we are devoutly practicing the faith, it is important to remember that the mind and the physical body are under the domain of the devil due to our fallen nature and must be brought by us into discipline. And the devil loves to manipulate our memories in two major ways—one, hiding memories of major sins that we may have committed during a time when we were less devout in the faith; and two, reminding us of hurtful memories of the past, which we need to rebuke the evil spirit whenever that happens so we can be set-free.

Let me share a personal story about hidden sins, because this is very instructive. Once, I was attending an inner healing conference hosted by a Catholic visionary and during the

individual consultations, Jesus indicated through this visionary that I had taken an oath to the devil in the past and I needed to find it so I could be set-free.

I was totally shocked when I learned this, because I had no recollection of an occult vow, but I trusted in this visionary because I knew her charisms and spiritual gifts were genuine. And so that became my goal for the weekend—to figure out what I did in the past—this “hidden sin”—so, I could be forgiven by God.

Well, the Lord did take pity on me. While I was interceding in prayer for several people who could not come to the conference, the Lord unlocked my memory due to my act of charity for others. And so, I remembered that when I was about 8-9 years old, I had done a childhood occult game and that was when I took the oath to satan. And I was both shocked and amazed at this self-discovery, because truly, if Our Lord, Jesus, had never revealed this memory to me, I would have continued to this very day, to be in this state of serious sin—totally oblivious to any need for reconciliation with God and penance due for my transgressions.

Now, I do understand that most people do not have access to a Catholic mystic to ask such questions of the Lord about any hidden sins that they may have. However, I will share with you the next best thing to do, so you can find out from the Lord if you have any blocked memories of serious sins that need to be absolved by the priest in Confession. You just need to ask Him during your next Confession. Here is a simple way to do this. Simply say these words at the conclusion of your Confession before you receive absolution by the priest:

“Finally, Father, I ask for forgiveness of any forgotten sins and any sins of omission that I may have. I also want to ask the Lord for Him to reveal to me if I have any sins that the devil may be blocking in my memory so I may confess them during my next Confession. Thank you, Father.”

The Sacrament of Reconciliation is very much a healing sacrament in which Our Lord truly desires to free us from all our sins. So, do not be afraid to ask Him to help you to remember hidden sins and blocked memories during proper use of Confession. You will be truly happy that you did.

ABUSE OF THE IMAGINATION

I believe that most people are aware that satan and his devils cannot read our minds, like our private thoughts—only God has this ability. However, what most people do not know is that every time we are thinking, speaking, doing something in the physical world, our spirit is manifesting something related in the supernatural world. So, for

example, let's say you are thinking about baking something in the kitchen. Well, in your spiritually body, you may be manifesting a spiritual image of chocolate chip cookies or a chocolate fudge recipe, etc., and so, satan and his devils can “read your spirit” and because of their sophisticated mental and supernatural abilities, they can “guess” or anticipate your next step in the natural world.

Let me illustrate with a brief story. As I have shared sometimes on this blog, *MaryRefugeOfSouls*, I get spiritually attacked by demonic nightmares. Well, a few weeks ago, I experienced a demonic nightmare in which satan and a few devils were attacking me in my sleep. satan and his devils were circling around me while I was praying in the spirit. They were trying to find an “opening” in my prayers, so they could get closer to me to spiritually attack me, because my prayers were keeping them at bay from me.

Well, this encounter happened for quite awhile and I learned something very profound. I found out that they were “reading my spirit” trying to anticipate my next prayer or my next thought of God. And satan and his devils were correct at figuring out what I was about to say or do next about 70-80% of the time. I knew this, because satan and his devils would respond verbally to me—before I even finished the thought or before I even said the prayer that I was thinking. Then, because satan and his devils were already responding to my spirit, I would immediately change my tactics against them, so they could not find any spiritual opening to my next prayers and thoughts. It was a very sophisticated way of spiritual warfare, which I did win, because they eventually gave up on trying to attack me that way in my dream and so, they moved on to other ways to manifest their frustrations towards me.

And so, I share this fact with you, because yes, satan and his devils cannot truly read our private thoughts like God, but they are so highly-skilled at reading our spirit that it does almost seem like they can read our minds. They know how the human mind works. However, I will also reveal something else about satan and his devils. They are not perfect. I have engaged in spiritual battles where satan and his devils have tried to impersonate saints and God with me. But, because they are not perfect, even with their heightened abilities, they can make mistakes. This is because if you are engaged in a very sophisticated battle with a devil, because they have to respond so quickly to your prayers, your thoughts, and your words, to try to gain the upper-hand over you, in the process, they can say or do something that is not quite right with what you know about the saints and God or your memories, etc. These type of mistakes can often happen with lesser devils, but if you are battling satan or a stronger devil, it will be less so—especially, satan, because he is so clever, even if he makes a mistake somehow, he is very adept at covering them up, so you often do not realize it until after it has happened in the battle.

Anyways, I share these things with you, in this love-letter about best practices with the Sacrament of Reconciliation, because one of the greatest spiritual battles that people often in engage in and are not aware of is the abuse of their imagination. Not only will people purposely abuse their gift of imagination from God, by indulging in bad, sinful, and even impure thoughts and mental images, they often have devils attacking them to encourage them on in the abuse of their imagination. The devils are often reading their spirits, so they can try to manipulate people's thoughts to make their sinful indulgences even worse. Thus, it is a good practice to confess generally any abuses of imagination that we suspect ourselves of having so we can gain a mastery over ourselves and greater resulting peace in our souls from God. Also, we need to learn how to rebuke evil spirits that may be encouraging us to abuse our imaginations, especially, if the sinful thoughts, images, and memories, happen all of a sudden—a tell-tale sign that a devil is within your presence that you need to battle. As Sacred Scripture says, *satan is a roaring lion who never sleeps.*

PHYSICIAN OF SOULS

I heard once a priest make this profound statement: *“We are only as sick as our secrets.”* Although all sin is spiritual, if left unconfessed, it does cause a toll on us physically. The effects of any unconfessed sin can become internalized and will manifest years later in our body, mind, and soul, as various possible illnesses – physical, mental, emotional, and spiritual. This is why we need the Physician of Souls—Our Lord, Jesus Christ, to heal us from our sins. Because there is always a physical dimension to every sin besides the spiritual dimension.

I am not an expert in this field, but I want to speak about soul ties. Soul ties are defined as emotional bonds that form an attachment. They may be godly or ungodly, pure or demonic. Ungodly attachments can be formed with any person, place, or thing.

Firstly, I want to discuss soul ties that develop due to broken covenant relationships, such as between a parent to child, sibling to sibling, etc., and in particular, regarding intimate relationships with others than our Godly-recognized spouses. When we commit fornication (intimate relationships before sacramental marriage) and adultery, we form unhealthy and sinful soul ties with others than our Godly-recognized spouses, which need to be broken in the Sacrament of Reconciliation. It is not simply a matter of confessing the sin of fornication and adultery in Confession. We actually need to name each individual partner that we have been intimate with and ask Our Lord to break the spiritual connection that we have made with that person, to be fully healed, body, mind, and soul. This will repair any spiritual damage that we have made in breaking the covenant relationship we have made with our current or future spouse (if we are unmarried at the time) or with God if we have broken our religious vow. This will also

break the cycle of recurring memories of that intimate relationship in our spirit and psyche, which the devils will especially love to bring up time and again when we least expect it.

Likewise, if we have broken covenant relationships with family members, we need to ask God to repair our souls however they need to be repaired spiritually. We need to do this even if those persons are no longer in our lives or have passed away. This is because when we break a covenant relationship—whether it be spousal or familial—these are recognized as special relationships under God and accordingly need to be healed by Him in a heightened and special way than other types of broken human relationships, such as friendships, neighbor relationships and employer-employee, coworker relationships, etc. God has placed these persons especially in our lives—family and spouse—and so, they are very dear to God and should be dear to you as well. Thus, we need to take extra care in Confession to heal these types of relationships in our lives and with God.

Now, there are other types of soul ties that we can make that are unhealthy and sinful. Remember, we can form other ungodly attachments to any person, place, or thing. Other types of unhealthy attachments can be formed with counselors, physicians, teachers, and even celebrities whom we have never met, etc. Any type of addictive behaviors are worldly attachments that need to be especially broken in Confession, because all addictive behaviors have demons associated with them. Also, if we are subject to any generational curses, such punishments can follow to the fourth generation with the passing of related demons down the ancestral line from generation to generation.

Most people do not realize this, but there has been much research on this subject. It is a fact that in the physical body, everything that we have ever done, said, thought, etc., is stored in our DNA—in our very chemical make-up of our cellular tissues. Also, tears are as unique as snowflakes. Each tear is a complete reservoir of our past memories of tears and emotions, etc.

The reason that I bring up this very real fact about our physical bodies, is to illustrate that likewise, our spiritually bodies carry memories of all our encounters and actions, emotions, thoughts, words, etc. Perhaps it is even-more meaningful in our spirits, the spirit connections and attachments that we make than even our memories in the physical bodies, because our spirits are more powerful than our bodies—as we are commanded by Our Lord to master ourselves in the spiritual.

And so, with a physical muscle or even vital organs like our brains, regular use of such muscles or vital organs will result in “muscular” or “cellular” memories, so such use becomes routine and natural. Likewise, we build related “spiritual memories” through

regular use—habits and attachments—in the natural world. That is why if we form any ungodly soul ties, such as sinful physical or mental addictions, we need to take extra care in Confession to break them such unhealthy habits and the related memories. So, for example, if we have an addiction to pornography, it is not about simply saying, forgive me Father for I have viewed pornographic images xyz number of times. A more thorough confession should be said like, forgive me Father, I have viewed pornographic images xyz number of times. I ask the Lord to break me of this sinful habit along with its associated demons. I also ask the Lord to take away all sinful images from my mental and spiritual memories.

Or, another example of a more thorough confession is this, forgive me Father for I have engaged in sodomy/fornication xyz number of times with name xyz. I ask the Lord to break the sinful spiritual connection—soul tie—that I have made with this person along with the generational curse of demons that follows on my ancestral line to the fourth generation. I also ask the Lord to take away all sinful mental and spiritual memories that I may have from engaging in this mortal sin.

UNFORGIVENESS OF SELF

Sometimes we can accept forgiveness from God in Confession, but we cannot actually forgive ourselves. I want people to know that unforgiveness of self is a sin. It is actually a form of anger and manifestation of self-hatred. The key to treating unforgiveness of self is first recognizing it as a sin so it can be resolved. It is all about learning to trust in God by surrendering ourselves to the Divine Mercy of Jesus. We need to give completely our burdens to Jesus and not take them back. To be honest, when we do not surrender our burdens to Jesus, it actually breaks His Most Sacred Heart, because the whole mission of His earthly life is to make us a new creation in Him. But, He cannot do this in us if we hold ourselves back in any way of accepting His Divine Love and Divine Mercy for us. When we do not forgive ourselves for sin, because we are a Mystical Body in Christ, it is like we are hurting a limb or vital organ of Jesus. Jesus desires us to love ourselves as He loves us. Not in a selfish way, but in a way that honors His Ultimate Sacrifice for us. Jesus died to save us and make us anew in Him. We need to be open to His complete healing of our souls by not holding back.

Gospel of Matthew Chapter 11, Verse 29-30

“Take My yoke upon you and learn from Me; for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.”

A FINAL BEST PRACTICE

In conclusion, I want to say that it is also important to pray for the priest who will hear your confession. For God to give them a good word of wisdom, especially, if you need guidance or advice on a confessed sin. St. Faustina of Divine Mercy prayed for her confessors and spiritual director and wrote in her spiritual diary that she often received better advice afterwards. So, let us imitate a great Saint in Heaven on this piece of advice. It will certainly help us in our spiritual life.

*God bless,
I love you,
—a soul*

FOR YOUR CONSIDERATION:

**Our Lady of Emmitsburg
To the World through Gianna Sullivan
<http://centeroftheimmaculateheart.org>
January 29, 1998**

My dear little children, praised be Jesus!

Have control over your imagination and thoughts so that you may have peace of mind.

Purity of mind and purity of heart allows you to pray in union with the Holy Spirit.

The avoidance of sin gives you the opportunity to receive fully and cooperate with God's graces.

Purity of mind, heart and conscience allows you to live in unity with the Holy Spirit.

Little children, do not be afraid of what the future holds for you.

Do not exert energy of fear or anxiety or worries.

Look to Jesus as your source of Peace.

It seems you are tired, children. I am with you.

Jesus is not in a distant place. He is merciful and compassionate.

Put an end to your restless thoughts and allow Jesus to sustain you with the gift of His Peace of Heart.

Too much emphasis is placed on what the future holds for humanity, which is creating lack of peace, anxiety, worry and even fear.

Tomorrow will take care of itself. Today is the gift God has granted you.

Use every opportunity to love to its fullest.

You need to be instruments of love, not vessels of fear.

Is it not enough that Jesus is made present to you in the Holy Eucharist?

Is it not enough that the Holy Spirit is in you, there to guide and help you?

Is it not enough that I have said My Immaculate Heart shall triumph? What then are you so afraid of in anticipation of God's coming?

Why are you so filled with anxiety and fear instead of Peace and Joy?

Do you not desire evil to cease and Peace to reign?

Your focus has been diverted, little children, and needs to be redirected on Jesus, You are children who seem to be running and being scattered because of fear. Slow down, little ones.

Cease the entertainment of futuristic events and simply do God's works of Love and Mercy each day.

Work for God today and let tomorrow take care of itself.

He will give you the grace and strength to endure what is necessary tomorrow.

Cooperate with His grace today and live in His Love today.

Peace to you, little children.

I thank Jesus for permitting me to be here with you in this special way.

Thank you for responding to my call.

AD DEUM.

**Our Lady of Emmitsburg
To the World through Gianna Sullivan
August 6, 2006**

**The Feast of the Transfiguration
The Feast of the Father of All Mankind**

Little children, praised be Jesus!

Thank you, little ones, for your prayerful intentions and the reverence that you give to my Son. I take all of your intentions to my most Sorrowful and Immaculate Heart, which praises God on your behalf. I love you, little ones, and I thank you for coming to pray with me. You are special indeed! You are always welcome, and all are invited to return to God.

In this time of urgency, as I have mentioned before, I can no longer hold back the Angel's sword. I am in great need of your prayer and your commitment to be true ambassadors of Light. There cannot be a casualness about this. If you are a true ambassador on my behalf, then you must indeed speak the Truth at all times and join me in inviting all people to listen to my words and to return to God. You cannot listen only when you desire. You must place God always first, above all things.

I can tell you, little ones, be cautious of those who claim that they know whom God should choose and use as a vessel for His Words. There is no theologian, no priest, no authority in Mother Church who in certainty can say who is or is not receiving words from Heaven. God chooses whom God desires, of all genders, of all races and of all ages. I do not come only to peasants. I come to whomever God allows me to come.

Yes indeed, you must use prudence and holy Wisdom to discern what is true and what is not. That comes through prayer and through a closer Union with God in the Eucharist. But you must have an open heart. For if you do not, then you will be held accountable for the sin of omission.

These times are urgent times, but times when there is tremendous Hope; and all the peoples of the world must know there is Hope; and Hope comes through Faith and through your Love. You must be who you say you are; and if you are a true child of God, you must live it, breathe it and be it. You cannot say you are and then not follow through. You cannot say it and live it if you do not pray with your family and live the words proclaimed in the Gospel.

You are all welcome, but do not come only to only hear my words and then leave and return back to your old ways. You must live it now, and continue to. This is what's needed now of my true ambassadors of Light---to be holy as God is Holy!

I bless all of you, children, in the Name of the Triune God Who is glorified through your suffering which no eyes can see except the Eyes of God. May you always praise Him so that you may live with Him.

Peace to you! Thank you for responding to my call.

**Our Lady of Emmitsburg
LESSONS from Our Lord for the World
Volume I Lesson #22
December 26, 1988**

RESPECT

People in your age do not have respect for one another; and so, they cannot have respect for Me!

This is a continuation of your Lesson on selfishness. It is selfishness when My people do not listen; when My people choose to absorb only what they wish; and when My people do not respect one another and do not respect Me. How can My people absorb what is to come if they will not allow Me to teach them? They are the people, who do not give respect to their God, but want their God to respect them by acknowledging their wishes. What would you have Me do? Should I fulfill their hearts by granting their wishes to receive their love for the moment?

No, I tell you! I, out of thanksgiving and Love for My Father, and compassion for My people, will answer their requests, but at the time that is pleasing and respectful to My Father.

When My people come to Me to pray, I ask that they first pray in thanksgiving to My Father for the many graces He has bestowed upon them, even though they may not have recognized them. In a respectful manner, they may then ask Me what it is they wish. I will fill them with what they need. When My people come to receive My Body at Eucharist, I ask that they fold their hands in prayer, and receive in thanksgiving to My Father His gift of Me to them. So many people today come and receive Me in a manner that does not give respect to My Father. This is a selfish habit, and it needs to be stopped!

I wish for My people to understand the many facets of My Kingdom, but they need to understand the basic rules first. It is selfishness which is preventing them from understanding thoroughly. With selfishness there is lack of respect.

If you have respect for Me, you would be willing to practice and eat the fruits on the pathway to My Kingdom.