

**HEAVEN SPEAKS
ABOUT ADDICTIONS**

Direction for Our Times
As given to Anne, a lay apostle

Heaven Speaks About Addictions

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Direction for Our Times wishes to manifest its complete obedience and submission of mind and heart to the final and definitive judgment of the Magisterium of the Catholic Church and the local Ordinary regarding the supernatural character of the messages received by Anne, a lay apostle.

In this spirit, the messages of Anne, a lay apostle, have been submitted to her bishop, Most Reverend Leo O'Reilly, Bishop of Kilmore, Ireland, and to the Vatican Congregation for the Doctrine of the Faith for formal examination. In the meantime Bishop O'Reilly has given permission for their publication.

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July 27, 2005
Jesus

My dear soul, you are chosen to serve in the Kingdom of God. Nothing can refute this statement. I am Jesus and I need you to help Me. There is a temptation to believe that you will have many days in which to serve heaven. Because of this temptation, souls feel they can languish at times, certain that while they do not serve completely today they will do so tomorrow. Well, tomorrow is not what I am calling you to. I am calling you into this day, today. This is the time to let go of any habit that is pulling you away from Me and pulling you away from service to Me. Dear apostle, you must give Me your addiction. It can never be a good thing to be overly attached to something that dulls your ability to love. Look into your soul right now. You will find that I am looking back at you. You know that I am asking you to put aside this addiction. You have known this for some time. The day is today. I am not looking for service in tomorrow. You may never see tomorrow because that is how life on earth is designed. Man never knows when he will be called home to heaven. There is a part of you that is fearful. You fear that you

cannot be happy without this addiction. Will you believe Me when I tell you that it is quite the opposite? You cannot be happy with the addiction because it is numbing you from experiencing Me. I am in other people. I am in your loved ones. But you are putting this addiction in a place above Me and consequently above your loved ones, as well as others. Dearest apostle, I will take this addiction from you. I will do this for you, if you let Me. But you have to be willing to accept My grace in your soul. I will do all of the difficult work, the work that you fear. You will remain in the present, in each moment, and you will have grace enough to walk away from this dependence. That is My promise.

July 28, 2005

St. Barnabas

My dear friend, notice that Jesus calls you His apostle. He is asking you to serve Him. Do not make the mistake of thinking that He is talking to someone else. He is talking to you. There is work for you in the Kingdom. You have suffered, it is true. We all suffer during our time on earth. But Jesus can heal any wounds. You are trying to heal yourself. You are trying to make yourself feel better. But you cannot do this alone and the healing you are offering your body and soul is making you sicker. I have the true healing, the true peace. I am Barnabas and I want to help you too. It can be difficult to make a decision to step away from your addictions. I understand. The enemy convinces you that you need these things to be happy. And yet, you are not happy. Be honest with yourself for a moment and hear me. You are not at peace if you are attached to something so much that you need it, unless it is God. I am referring generally to things that you are putting in your body, but any habit can become destructive if it takes you from your duties or separates you from purity or holiness. Some of these things are fine in moderation, perhaps, but in excess they begin to take over.

These things, these addictions, once they hold you, do not let you go until you make a firm decision to stop completely. Only then can heaven remove their power over you and free your soul. My friend, you object in your heart. You hold this addiction close to you and would like me to be wrong. This alone tells you that there is a problem. I am not wrong. I am looking from the heavenly perspective and I assure you, I am correct when I tell you that Jesus wants to free you.

St. Barnabas

Jesus wants you to view the world as He views the world. Only in this way will you serve Him as He needs you to serve. Only in this way will you see those around you with His eyes and correctly identify your role in their lives. If you have an addiction, you have acquired a bad thing, and that is tunnel vision. You see with the eyes of your addiction. You will serve, yes, but only in as much as it does not interfere with your addiction. Do you understand? The addiction begins to take the first place in your life, putting Jesus, and your vocation in the second. This tunnel vision gradually closes off the heavenly vision until, at the end, when the addiction rules you, you can see only it. You are then the servant to the addiction. The addiction is your master. And the addiction is not a benign master, seeking your welfare. The addiction is a cruel master eventually demanding everything from you. You will have to bring the addiction offerings of your dignity, your purity of intention, and perhaps even your membership in the Body of Christ. Now, you say I am exaggerating. You cannot fool me because I know what you are thinking. I am one who understands addiction, having suffered from it

myself. You are not unique when you suffer from an addiction. We end up the same way. Compare the master that is your addiction to Jesus Christ. Jesus seeks only your welfare and the welfare of those around you. He asks you to serve in dignity, in goodness, in company with all of the just on earth and the saints in heaven. You are surrounded by heavenly beings in the form of angels who will assist you in each moment and in every situation. Jesus sends you His Spirit, who enlightens you and gives you courage and strength. Jesus has prepared a place for you here in heaven. I can go to this place and see it because it is here. We do not tell lies. We deal only in the truth. I would like you to sit silently before Christ now in this spirit of truth and let Jesus tell you if your addiction is a problem.

St. Barnabas

I want to tell you about the price you are paying to maintain this addiction as your friend. And that is how you view it, is it not? You think this addiction is a good thing for you, a consolation, and a compensation for the pain you have suffered. Let me state again, lest you have forgotten. Pain is a universal experience. Hurt is a universal experience. You are not alone in your pain and in your hurt. Do not think you are somehow entitled to this addiction because you have suffered more than others. This would be false, a lie, and remember that heaven does not deal in lies. So where there is only truth, we must speak with clarity. Everyone on earth has been hurt or will be hurt and has felt pain or will feel pain. That makes you like everyone else. You are not entitled to use this addiction to dull your pain. It is wrong, a sin. To say that you are in special need of this earthly balm is making an excuse. It is also preventing you from dealing with your pain. And what happens when people do not deal directly with their pain? The enemy turns the pain to bitterness. In souls who allow Jesus to help, pain becomes wisdom and compassion. Pain is used for great spiritual growth. Do not listen to those who tell

you that your addiction is acceptable because you suffer. These people are leading you away from Christ through flawed thinking. This is the thinking that leads souls to hell. I am not saying that you are going to hell. I am not saying that those who have died in their addictions are in hell. Jesus is all mercy. He is all goodness and forgiveness. He does not condemn a soul unless a soul insists on being condemned. But it is because of His very goodness and mercy that you should serve Him more completely and you cannot do that if you serve another master.

July 29, 2005

St. Barnabas

Be at peace in this struggle, understanding that you do not struggle alone. It is wise to know when you need help. This project, freeing yourself from an addiction, is not something you should try to do without heavenly help. There are many great saints who suffered from the difficulties you are experiencing. These souls, men and women of good will, fought against their selfish desires and replaced their will with His will. This is what you are being asked to do. We, the saints in heaven, are all going to pray that Jesus send you the greatest heavenly assistance. You will be surrounded by grace, which is heaven's power. When you feel you are struggling you must cry out to heaven for more graces and we will obtain them for you immediately. You see, Jesus needs your help. He needs your service. You cannot serve Him as you would like, or as He needs you to serve, when you are carrying the weight from this addiction. If Jesus frees you from this addiction, you will become a great apostle. Your role in the Kingdom will become clear to you and you will use this clarity to illuminate others. Think back on your life to those who have helped you

through difficulties. These souls were serving heaven. You must do the same. There are many souls whom you are destined to assist. You do not want to reach the end of your life and find that these souls went without necessary assistance because you were trying to numb yourself. Dear friend, be at peace. You are being called by name. Answer “yes” to Jesus and He will take care of all of your difficulties.

St. Clare of Assisi

My dearest friends on earth, how happy I am to speak with you. I am Clare and I want to encourage you to take the first step. The first step you must take to become free of an addiction is this. Raise your eyes to Jesus Christ and say, "Lord, help me, for I cannot do this alone." How Jesus delights in this prayer. How His heart leaps with joy that one of His own has acknowledged both His power and His love. You see, my dear friend, when you cry out in this way you are trusting in His love for you, as well as in His mercy. You are saying, "Yes, Lord, I have made mistakes, but I know Your love for me is intact." Even if it is only the smallest part of you that dares to hope Jesus will help you, that is enough. Jesus needs nearly nothing to flood mercy down upon a soul. So even if you have committed the most vile and constant sins, even if you feel that you are the most despised creature in the universe, you must cry out to Him. The truth is that He loves you. He is waiting for you and watches closely for your smallest opening to Him. Won't you try this, my friend? You have tried to make yourself feel better in other ways and you have been left in despair. Now try Jesus. I am

praying for you right now, that you will allow the door of your soul to open, even the smallest bit. If you do this, the light will flood in. Be humble, admit you have committed sins, and ask for forgiveness. You will not be disappointed. Jesus will claim you as His own and restore you to the dignity that rightfully belongs to a child of God.

St. Andrew

My friends on earth, you are often willing to admit that your life is not going as well as you would like or as well as you had hoped. This series is designed to provide you with the grace to understand why this is the case. Whatever your problems or crosses, addictions make them worse. What happens is this. You are given a certain number of crosses to carry. This is the way it is set up. Only in heaven will you be free of all suffering. It is through these struggles that you earn your salvation. So your suffering is of heavenly design and purpose. But a soul who is in the grip of an addiction has added so much weight to his cross that often he cannot carry it. Souls then blame the cross, stating that Jesus has made it too difficult. This is false. The soul himself, through his constant saying “yes” to this addiction, has added unmanageable weight to his life and to his cross. The soul uses the added weight to justify the addiction. “I use this addiction because I carry such an unusual and painful cross.” This reasoning is distorted. Dear apostle, this will not work for you. It is not working for you now. When you are free of the addiction we can help you to shift the burden of whatever cross you are carrying so that it

becomes a manageable thing for you. This is how God intended it to be. He does not load down His children with sorrow that cannot be managed. If you are suffering, we will help you. If you are bitter, Jesus will heal you. These are promises. We do not speak like some souls on earth. When we speak, we mean what we say and our promises are solid. They do not shift from one day to the next. You will have our help, but you must give heaven the addiction. Hand it to Jesus and He will take it from your hands, leaving you with all of heaven's help and a life that is manageable for you.

Blessed Mother

Hello, my little children. I am Mary, your heavenly mother. I am with you in every suffering and I wait for an opportunity to assist you. Let me help you now in this struggle. I have helped many to overcome these earthly attachments and serve my Son more fully. I can do this for you, too. You must realize that in heaven you will find no recriminations. We do not judge you for your sins, we simply ask you to step away from them. Jesus will cleanse your soul and you will have peace and joy as you learn again how to give His love to others. Too many of heaven's children are living in loneliness and pain. I cannot bear it, my child. This is not the way you are asked to live on earth. The sadness of my children is a painful cross for me. I beg God without pause for each one of you. I am begging Him right now for you, my little beloved soul. I am asking Him to give you exceptional grace to see your addiction as a block to heaven's light. Push it away from you, little dove, and Jesus will be on the other side, doing all of the work. It is only in the very beginning that it seems like a mountain and that is because you are counting on yourself. That is a mistake. Never rely on yourself to do something that heaven wants to do for you. Put your hand in your mother's now and I will lead you away from the addiction.

Lay Apostles of Jesus Christ the Returning King

We seek to be united to Jesus in our daily work, and through our vocations, in order to obtain graces for the conversion of sinners. We pledge our allegiance to God the Father. Through our cooperation with the Holy Spirit, we will allow Jesus to flow through us into the world, bringing His light. We do this in union with Mary, our Blessed Mother, with the Communion of Saints, with all of God's holy angels, and with our fellow lay apostles in the world.

As lay apostles of Jesus Christ the Returning King, we agree to adopt the following spiritual practices, as best we can.

1. Allegiance Prayer, along with the Morning Offering and a brief prayer for the Holy Father.
2. One hour of Eucharistic Adoration each week.
3. Participation in a monthly lay apostle prayer group, which includes the Luminous Mysteries of the Holy Rosary, and the reading of the Monthly Message.
4. Monthly Confession.
5. Further, we will follow the example of Jesus Christ as set out in Holy Scripture, treating all others with His patience and kindness.

Promise from Jesus to His Lay Apostles:

May 12, 2005

Your message to souls remains constant. Welcome each soul to the rescue mission. You may assure each lay apostle that just as they concern themselves with My interests, I will concern Myself with theirs. They will be placed in My Sacred Heart and I will defend and protect them. I will also pursue complete conversion of each of their loved ones. So you see, the souls who serve in this rescue mission as My beloved lay apostles will know peace. The world cannot make this promise, as only heaven can bestow peace on a soul. This is truly heaven's mission and I call every one of heaven's children to assist Me. You will be well rewarded, My dear ones.

Allegiance Prayer

Dear God in heaven, I pledge my allegiance to You. I give You my life, my work, and my heart. In turn, give me the grace of obeying Your every direction to the fullest possible extent. Amen.

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer You the prayers, works, joys, and sufferings of this day, for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, and for the intentions of the Holy Father. Amen.

Five Luminous Mysteries:

1. The Baptism of Jesus
2. The Wedding at Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

The Volumes

Direction for Our Times
as given to Anne, a lay apostle

Volume One: *Thoughts on Spirituality*

Volume Two: *Conversations with the*
 Eucharistic Heart of Jesus

Volume Three: *God the Father Speaks to*
 His Children
 The Blessed Mother Speaks to
 Her Bishops and Priests

Volume Four: *Jesus the King*
 Heaven Speaks to Priests
 Jesus Speaks to Sinners

Volume Six: *Heaven Speaks to Families*

Volume Seven: *Greetings from Heaven*

Volume Nine: *Angels*

Volume Ten: *Jesus Speaks to His Apostles*

Volumes Five and Eight will be printed at a later date.

The Volumes are now available in PDF format for
free download and printing from our website:
www.directionforourtimes.org.

We encourage everyone to print and distribute them.

The Volumes are also available at your local bookstore.

The “Heaven Speaks” Booklets

Direction for Our Times
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The following booklets are available individually from Direction for Our Times:

Heaven Speaks About Abortion

Heaven Speaks About Addictions

Heaven Speaks to Victims of Clerical Abuse

Heaven Speaks to Consecrated Souls

Heaven Speaks About Depression

Heaven Speaks About Divorce

Heaven Speaks to Prisoners

Heaven Speaks to Soldiers

Heaven Speaks About Stress

Heaven Speaks to Young Adults

Heaven Speaks to Those Away from the Church

Heaven Speaks to Those Considering Suicide

Heaven Speaks to Those Who Do Not Know Jesus

Heaven Speaks to Those Who Are Dying

Heaven Speaks to Those Who Experience Tragedy

Heaven Speaks to Those Who Fear Purgatory

Heaven Speaks to Those Who Have Rejected God

Heaven Speaks to Those Who Struggle to Forgive

Heaven Speaks to Those Who Suffer from Financial Need

*Heaven Speaks to Parents Who Worry About Their
Children’s Salvation*

All twenty of the “Heaven Speaks” booklets are now available in PDF format for free download and printing from our website www.directionforourtimes.org. We encourage everyone to print and distribute these booklets.

This book is part of a non-profit mission.
Our Lord has requested that we
spread these words internationally.

Please help us.

If you would like to participate,
please contact us at:

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Jesus gives Anne a message for the
world on the first day of each month.
To receive the monthly messages check
the box on the reply card inside the back
cover or you may access our website at
www.directionforourtimes.org
or call us at 708-496-9300
to be placed on our mailing list.