

**HEAVEN SPEAKS
ABOUT DEPRESSION**

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

Heaven Speaks About Depression

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organization.

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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August 8, 2005
Jesus

I send the greatest graces of courage to all who read these words. My children in the world can become discouraged and sad. Dearest little ones, if you are this way, you must come to Me and rest your worries in My heart. I do not like to see you sad, even though life can be difficult. You feel you are alone and that is part of the reason why you feel such sadness. But you are never alone because I never leave you. To leave you would be acting against My very nature and such a thing is impossible. I am with you now, as you read these words, and I minister to your wounded heart with graces of love and courage. Continue on and I will send you relief. I have told you this and you must believe Me. It would also be acting against My nature to tell an untruth, so you may believe Me and trust Me when I say this to you. I will send you relief. Bring all of your sadness to Me. Pour it out to Me. I will listen and I will continue to listen for days and days and on into eternity if necessary. I have the time, My beloved apostle. I am not too busy to listen to you. You may cry if you wish because I

assure you, when I lived upon the earth, I also cried. Pain is unavoidable until you arrive in heaven. You are not the only one who suffers in this way. There are many souls in your world today who are suffering the sadness that you are feeling. Your world does not always nourish souls. Only I, the Divine Healer, can heal you. I can give you nourishment that will set your soul alight again. Come to Me in all trust. Be patient, while I see to your wounds and hurts. You did not become sad like this in a moment. Come to Me all throughout your day and allow Me to help you carry this heavy cross of sadness.

St. Dymphna

My most loving greetings flow down to you. I am asking Jesus to send you a glimpse of heavenly joy. If you have this glimpse, even the smallest bit, you will proceed in great hope, because you will know that you will not feel this way forever. And that is your fear, is it not? That you will be sad and downhearted forever? I am going to ask you to look at things a little differently. If you do, I feel sure you will find strength. You are only on the earth for a short time. There are many souls on earth today who do not see with clarity. They, these poor mistaken souls, think that the world and the time spent on earth are all that matters. They think you are on the earth to have fun. Well, this is not the case. Jesus is joyful, of course. Apostles who are serving Jesus are joyful. But your life on earth is not playtime. It is time for service to heaven. Many beloved servants of Jesus suffer from great sadness and loneliness. You might say that this condition is common. Let me explain it another way. While I was on the earth, I knew that I was separated from Jesus. I did not want to be separated from Jesus. This made my heart terribly heavy and sad. But I also knew that Jesus needed me to

serve cheerfully, so this is what I did. I served as cheerfully as possible and allowed Jesus to use my sadness to console others. I traded my sadness for graces to heal others and bring others to His heart. This made me feel better because I knew that I was helping Jesus and working with heaven. It gave me a feeling of accomplishment, even in my depression. I am going to ask you to do the same thing. First, though, we will ask Jesus to heal you. It is always the right thing to do to ask for healing. If Jesus heals you, you will serve Him, of course. If Jesus wills that you carry the cross of sadness for a time longer, will you allow me, Dymphna, to assist you? I am going to obtain graces for you that will give you fresh strength. The Kingdom needs you. Jesus needs you. We will work together, you and I, to insure that souls are benefiting from any sadness that is yours.

St. Dymphna

Dear soul, how you suffer because you do not feel understood. Others make your cross heavier through their judgments and impatience. I want to tell you that I understand. I understand completely. And more important than my understanding is the total understanding that comes from Jesus Christ. Jesus knows your every hurt. He loves you so tenderly and wants to help you. Do you allow Him into your pain? Do not keep this pain from Him because if you do, you make it worse. Constantly give Him your pain. There are few souls on earth who use heaven as completely as heaven would like to be used. Trust heaven for everything. You worry that you are not pleasing to heaven because of your sadness and heavy heart. I assure you, heaven is pleased right now that you are taking the time to read these words and work with us. You are not a burden to heaven. You are heaven's joy and you are a gift to the world in which you live. You may feel you are not treated like a gift in the world. That may be very true. But most of heaven's greatest gifts to the world are treated badly so do not let this worry you. Look what they did to our Jesus. The world does not always recognize heaven's little treasures.

But you are different because you are going to trade earthly eyes for heavenly eyes. Look with the eyes of heaven now and view your suffering as temporary and valuable. Soft little hearts are wounded easily, but that does not mean you should desire to have a hard heart. I shudder at the thought. Be happy with the heart that Jesus has given you. Seek understanding from the angels and saints and you will find it. Be patient with those around you because perhaps they are in their own pain and it makes them unable to minister to you. This is the state in much of the world, my dear friend. That is why there is so much sadness. But we will deal with your sadness first, and then you will help others to find heaven's joy.

St. Dymphna

Do not be afraid. There is nothing that should make you be afraid. Jesus will care for your needs and you will care for His. Fear is paralyzing many on earth at this time. This brings us back to the need for the heavenly eyes. If you look at your situation and view it as heaven views it, you will understand that there is nothing on the earth that should make you fearful. You will serve for a time and then you will die in your body. This is the way it has always been. This is heaven's plan. This is not a bad thing but a good thing. Imagine living on earth indefinitely. That would make you sad because it would take away your hope that your time of service will end and your time in heaven will begin. If souls on earth do not think well of you and they ridicule you, well, my friend, that puts you in the greatest company you could find. They did not think well of Jesus. They ridiculed Jesus. They put Him to death. He was the greatest gift of God, the gift of Himself, and they killed Him. Did this make Him any less a king? No. He is the King. So the treatment of the world does not dictate the treatment you will receive in heaven, where the first shall be last. Never fear the opinions of others on earth. Good and holy

people understand your value and the value of your suffering. Step away from the opinions of others. Confess your sins. Let Jesus fill your soul and you will then reflect Jesus in the world, even in your suffering, or shall I say, especially in your suffering. As Jesus flowed through me, He will flow through you. All you have to do is agree to cooperate with Him. Offer Him each day in the spirit of love and patience. He will get you through another day, yes, which is another one of your fears, is it not? That you cannot get through a day? He will get you through that day and preserve each moment for eternity by using each moment for the salvation of others, who may be suffering even more than you. This is the truth. This is where you are needed at this moment perhaps. Will you make the most use of it?

St. Paul

My brothers and sisters suffering from sadness should take heart. The time for sadness is ending quickly. The darkness is lifting. Are these words not proof of that? You feel the great graces that flow from these words and from this mission. Ask for these graces and continue asking for each soul you meet because Jesus is not limiting the amount of love and healing He is sending during this time. Do you hear me? Jesus is not limiting graces. We should celebrate. You are thinking that perhaps St. Paul has gotten the wrong topic. How can I talk about joy when you feel so sad? Well, it is exactly then that I need to talk about joy and all of the saints will agree with me. You see, we had joy in hope but we did not always have joyful experiences on the earth. The very thought would make us shake our heads. We marvel sometimes at the depth of suffering that is possible while you are in exile, away from heaven. Our joy came in Christ and in the hope, well placed, that Jesus Christ lived and died and rose from the dead. Do not hope in earthly souls. They will let you down hard. They cannot help it. They have their own pains and struggles. Hope in Jesus, only. If you do

this, you will not be disappointed. So look at your sadness and say, "Jesus, I carry this sadness for You. I look up at Your figure on the cross and I offer You my own anguish." Together, you and Jesus will walk through your Calvary until He lifts it or He comes to take you home. You have a whole army of helpers in heaven who love you. We look at your struggle and we understand. Many of us carried that cross also. You are not alone. And you can be joyful because Jesus Christ lives and He will return to reclaim what is His. Now be brave a little while longer. Dymphna is right when she tells you to ask for healing. I, Paul, will join you and Dymphna in asking for your healing. We will all ask together. And if you receive healing, we will celebrate. And if you do not receive healing, we will celebrate, because all of God's will is good.

St. Paul

Now, my friends, please understand that great sadness is not always a tragedy. If you never felt sad you would have difficulty in comforting others who feel sad. This would be the real tragedy, would it not? To see another soul in pain and not be able to offer consolation? It is better to receive consolation from a soul who has experience with the trial you are enduring. You understand this, I know. So do not begrudge Jesus this time of sadness in your life. Through it He will bring the greatest benefit to your soul. I know that you might not agree with me but that is because you do not see what I see. I am in heaven and I see far more than you are capable of understanding. So perhaps you will trust me, and respect that I have the greater vision. If you walk through your dark period with Jesus, He will sow seeds of the greatest holiness in your soul. He will nourish your soul and tend to it lovingly. At the end of the trial, you will be a different person in that you will have a far greater capacity to house heaven in your soul and allow heaven to flow through you. You will benefit from this trial. This is truth. You will benefit. Will you benefit from an earthly perspective? No, my friend, not

unless it is a Christian earthly perspective and then the benefits will be recognized. But generally, your world sees suffering as bad and to be avoided. We, on the other hand, see suffering as heavenly exercising or training, which conditions a soul to detach from the world. If Jesus needs you at a higher level of holiness, and He seeks to do this through suffering, can you really object? I hear that you are saying, "Yes, Paul, but enough, I need relief." Jesus knows what you can bear. Again I say that you should ask Him for relief. But do understand that there are benefits to your suffering that you cannot see. I love you and send my courage to you. I am asking Jesus to send you my joy, also, because despite my great sufferings on earth, I had great joy. God's peace be with you always.

Blessed Mother

My dearest little child, you need not be so sad. I am with you and I will take care of you. When you do not feel heaven's presence, it is only because you have turned away. It does not mean we are not there with you, interceding for you, watching you closely, and protecting you as you suffer. I love you most tenderly and I see that your heart is heavy and burdened. I do not like to see anyone suffering, ever, but I understand that it can be heaven's will. I watched my poor little Son suffer terribly, and while I objected through my entire soul, I understood that heaven's plan was more important and more productive than a mother's plan. God's plans must always come first, of course, if we are followers of God. And there is no other way to happiness. Please, dear child of heaven, trust me that I will remain with you through your cross and that I will obtain all that you need to persevere through this trial. I will help you in many quiet ways that you cannot see. I will always be there with you. Seek out my assistance. I will go to the throne of God and bring you with me. I will say, 'God, our good Father, please grant this treasured little soul everything needed for peace and calm.' God is so softhearted. He will not refuse us. I am your mother and I understand your pain. I am here to

help you and you must believe that you are cherished by heaven. I trust my Son in everything. So must you. You cannot know the totality of His goodness or the totality of His love for you, but you will believe your mother when she tells you that you should place all of your hope in Him.

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

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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.