

HEAVEN SPEAKS ABOUT DEPRESSION

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

Revised and Updated

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Tearmann Anama
Headquarters of
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Ballyjamesduff
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A82 Y670
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Direction for Our Times
9000 West 81st Street
Justice, IL 60458
USA

www.directionforourtimes.org

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On November 29th, 2018,

By Sacred Decree

The Apostolate of the Returning King

became a Private Association
of the Faithful with Juridical Personality.

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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. 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 people in the world today who are suffering the same sadness 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 Earth for a short time. There are many people on Earth today who do not see with clarity. They, these poor mistaken souls, think the world and the time spent there 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 this condition is common. Let me explain it another way. While I was on 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 ensure that souls are benefiting from any sadness which 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 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 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 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 heavenly eyes. If you look at your situation and view it as Heaven views it, you will understand there is nothing on 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 and the last shall be first. 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. He will use each moment for the salvation of others, who may be suffering even more than you. This is the truth. This is how 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 sends 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 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. You can be joyful because Jesus Christ lives and he will return to reclaim what is his. Please 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 when you receive healing, we will celebrate.

St. Paul

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 person in pain and not be able to offer consolation? It is better to receive consolation from a person who has experience with the trial you are enduring. You understand this, I know. Do not begrudge Jesus this time of sadness in your life. Through it he will bring the greatest benefit to your soul. I know 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, in which case the benefits will be recognized. But generally, the world views suffering as bad and to be avoided. We, on the other hand, see suffering as heavenly exercising or training, which conditions a person 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 you 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 unseen benefits to your suffering. 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 when I say 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 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.

The Five Spiritual Practices

As Apostles of the Returning King, we will adopt the following spiritual practices, as best we can:

1. Daily ***Allegiance Prayer*** and ***Vocation Prayer***, plus a brief prayer for the Holy Father
2. ***Eucharistic Adoration***, one hour per week
3. ***Prayer Group Participation***, monthly, at which we pray the Luminous Mysteries of the Holy Rosary and read the monthly message
4. ***Monthly Confession***
5. Further, we will ***follow the example of Jesus Christ*** as set out in the Holy Scripture, treating all others with his patience and kindness

Three Charisms of the Apostolate of the Returning King

- ✠ Compassionate Listening
- ✠ Learning and Teaching the Catechism
- ✠ Promoting Unity in the Church

The 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

The Vocation Prayer

Oh Mary, mother of Jesus and Queen of the Church, I ask you to bless me with fidelity to my vocation. Assist me in seeing that my service, however humble and hidden, is important to the universal Church. Strengthen me in times of trial and watch over my family and loved ones. Help me, beloved Mother, to remain faithful to Jesus Christ, your Son, the Returning King. Amen.

Promise to Lay Apostles

May 12, 2005

Jesus

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.

The Volumes
as given to Anne, a lay apostle

Volume One:	<i>Thoughts on Spirituality</i>
Volume Two:	<i>Conversations with the Eucharistic Heart of Jesus</i>
Volume Three:	<i>God the Father Speaks to His Children The Blessed Mother Speaks to Her Bishops and Priests</i>
Volume Four:	<i>Jesus the King Heaven Speaks to Priests Jesus Speaks to Sinners</i>
Volume Five:	<i>Jesus the Redeemer</i>
Volume Six:	<i>Heaven Speaks to Families</i>
Volume Seven:	<i>Greetings from Heaven</i>
Volume Eight:	<i>Resting in the Heart of the Savior</i>
Volume Nine:	<i>Angels</i>
Volume Ten:	<i>Jesus Speaks to His Apostles</i>

Excerpts from The Volumes

Jesus Speaks to You

Booklet containing the messages taken from
Volume Four, Part Three: Jesus Speaks to Sinners.

Jesus Speaks to Children
and

Mary Our Blessed Mother, Speaks to Children
These two books contain messages taken from Volume Six

The “Heaven Speaks” Booklets

as given to Anne, a lay apostle

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 Fear Death

Heaven Speaks to Those Who Experience Tragedy

Heaven Speaks to Those Who Fear Purgatory

Heaven Speaks to Parents Who Worry About

Their Children’s Salvation

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

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The Big Books

Other Written Works by Anne, a lay apostle

Climbing the Mountain

Discovering Your Path to Holiness

Anne's experiences of Heaven

The Mist of Mercy

Spiritual Warfare and Purgatory

Anne's experiences of Purgatory

Serving in Clarity

A Guide for Apostles of the Returning King

Lessons in Love

Moving Toward Divine Intimacy

Whispers from the Cross

Reclaiming the Church through Personal Holiness

Transforming Grace

Becoming Thoughtful Men and Women of God

Staying in Place

Recovery in the Church

In Defense of Obedience

& Reflections on the Priesthood

Excerpts from the Big Books

Purgatory, Prayer and Forgiveness

Excerpted from *The Mist of Mercy*

Heaven

Excerpted from *Climbing the Mountain*

Thoughtful Men and Women of God:

A Guide to Contemplative Prayer

Excerpted from *Transforming Grace*

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