

The Meditations of the Spiritual Diary of Elizabeth Kindelmann

### Joyful Mysteries

Monday and Saturday

#### 1 – The Annunciation



Grant us, Mary, by the graces of this mystery, a listening heart that responds to the call of the Lord with a loving yes joined to yours.

**Mary** – “My little Carmelite, so many sins are committed in this country. Help me. Let us save the country. I place a beam of light in your hands; it is the Flame of Love of my heart. Add your love to this Flame and pass it on to others, my little one.” (April 13, 1962)

#### 2 – The Visitation



Open our hearts, Mary, to give joyfully and without counting and in a gratuitousness of love, as you did at the Visitation.

**Mary** – “I would like to place in your hands a new instrument, which I want you to accept and appreciate the importance of, because my heart looks upon my country with great affliction.” (April 13, 1962)

#### 3 – The Birth of Jesus

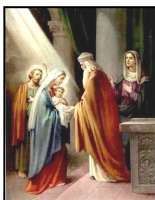


Mary, tenderness of the poor, make us discover the true wealth of the Kingdom, You who lived it at the birth of Jesus.

**Mary** – “Take this Flame, my daughter, you are the first one I am handing it to. It is the Flame of Love of my heart. Ignite your own heart with it and then pass it on to others.”

**Elizabeth** – “The Blessed Virgin was sobbing so much that I could barely hear what she was saying. I asked her what I had to do. On behalf of the entire country, I promised her everything, so I could relieve her pain because my own heart was on the verge of shattering.” (April 13, 1962)

#### 4 – The Presentation of Jesus in the Temple



Grant us, Mary, that we may recognize the Light of God in our lives, as Simeon recognized it at the Presentation of Jesus.

**Mary** – “My little one, I extend the effect of grace of the Flame of Love of my heart over all the peoples and nations, not only over those living in the Holy Mother Church, but over all the souls marked with the sign of the blessed Cross of my Divine Son.” — “Also over those who are not baptized.” (September 16, 1963)

#### 5 – Jesus is found in the Temple



Mary, who has welcomed in faith the mystery of the mission of your Son in the Temple, make us obedient to God's plan.

**Mary** – “I can no longer hold back my Flame of Love in my heart. Let it leap out into all of you (...).” (The souls) accepting the Flame of Love will be intoxicated by the abundance of graces and they will proclaim everywhere, as I said before, that such a torrent of grace has never been granted since the Word became Flesh.” (November 7, 1963)

### Luminous Mysteries

Thursday

#### 1 – The Baptism in the Jordan



O Mary, who kept everything in your Heart, make us attentive to God's presence and grateful for the privileged grace of our baptism.

**Jesus** – “Take courage. Look at Me. Always look into My eyes because in this new battle that Satan wants to wage against you, the look of My eyes will blind him. This will not happen quickly because I allow you to be tempted. May our glances melt into one another” (January 14, 1963)

#### 2 – The Wedding at Cana



O Mary, Virgin of Cana, ask Jesus to change our hearts so that we may live ever more in the great freedom of God's children.

**Mary** – “Live in accordance with my graces so that Satan will be blinded even more and in an increasingly large range of action.” (November 30, 1962)

#### 3 – The Proclamation of the Kingdom



By your unceasing prayer, Mary, bring us to be authentic witnesses of the Good News of Jesus Christ.

**Mary** – “You can only explain my Flame of Love to others by speaking about it. You have no right to be silent because of cowardice, pride, negligence or fear of sacrifice. Let the words you say about me be alive so the mystery of Heaven has an impact on souls.” (July 26, 1971)

#### 4 – The Transfiguration of Jesus



May our lives be transformed by the Holy Spirit, and may Your Flame of Love, Mary, guide our hearts as children.

**Mary** – “Sacrifice and prayer! These are your instruments. The goal is to bring about the powerful work of Salvation. Oh, if your desires reach the throne of the heavenly Father, the results will be abundant.” (July 22-23, 1963)

#### 5 – The Institution of the Holy Eucharist



O Mary, Virgin of Contemplation, help us to increase our intimacy with Jesus in the Eucharist, the Bread of Life of each day.

**Mary** – (...)“The participation in the Holy Mass is what helps the most to blind Satan. Tormented and breathing out terrible vengeance, he wages a ferocious battle for souls since he feels the impending coming of his blindness.” (November 22, 1962)

## Sorrowful Mysteries

Tuesday and Friday

### 1 – The Agony in the Garden



"My Father, if it is possible, let this cup pass Me by, nevertheless, let it be as you, not I, would have it." With You, Mary, may this also become our prayer in our trials.

**Jesus** – "My table is always set. I, the Host, have sacrificed everything. I give Myself." (January 16, 1964)

### 2 – The Scouring at the Pillar



May our suffering, united to the scourging of Jesus, become a prayer offered with you Mary, for our family and for the world.

**Jesus** – (...) "After receiving My Precious Blood, examine your souls and become aware of the exhilaration that the power of My Precious Blood brings about in you. Do not be so insensitive. Let not routine lead you to my holy table, but rather the fervor of sacrificial charity, which ignites through contact with My love. Through Me – inasmuch as you remain united to Me – it will burn sin out of your souls." (January 16, 1964)

### 3 – The Crowning with Thorns



May the thorns which wound our heart make the garden of our life blossom in faith with You, Mary.

**Jesus** – "With all the love of your heart, immerse yourself in My sorrowful Passion. When you arise in the morning, recall what was awaiting Me the entire day after the terrible torments of that night. (...) Contemplate the Way of the Cross and consider that I did not have any moment of rest." (April 10, 1962)

### 4 – Jesus Carries the Cross



May our daily cross be made lighter by the sorrowful Cross of Jesus, which has become glorious by His Resurrection.

**Jesus** – "During your daily tasks, you do not even think of Me within your souls. This hurts Me and I suffer so much. When you say: 'Lord, I am not worthy that You enter my house...' do not turn your back on Me, make yourselves worthy and dispose your hearts for constant union with Me." (April 17, 1962)

### 5 – The Crucifixion



May the loving words uttered by Jesus on the Cross become seeds of life, love and forgiveness in every heart.

**Jesus** – "From noon until 3:00 p.m., adore My Sacred Wounds. Hopefully you can keep fasting until the time My Sacred Body was taken down from the Cross." (April 10, 1962)

## Glorious Mysteries

Wednesday and Sunday

### 1 – The Resurrection of Jesus



Through the power of Your Resurrection, grant us Lord the joy of life, and reach out to those who have lost its meaning.

**Mary** – "When those persons consecrated to God and the faithful keep the Monday fast, they will free a multitude of souls from Purgatory each time they receive Communion during that week, at the very moment they receive the Holy Body of Our Lord Jesus Christ." (August 15, 1980)

### 2 – The Ascension of Our Lord



"Why are you standing here looking into the sky? Go out and proclaim the Good News." May we become, O Lord, authentic witnesses of Your Resurrection.

**Jesus** – "The Church and the whole world is in grave danger. Even with your strength, you cannot change this situation. The Most Holy Trinity alone can help you, through the concerted intercession of the Most Blessed Virgin, all the angels, all the saints, and those souls whom you have freed from Purgatory." (August 15, 1980)

### 3 – The Descent of the Holy Spirit



Send forth Your Spirit, Lord, and give us the boldness of Your true disciples.

**Elizabeth** – "Jesus spoke to me at length about the time of grace and the Spirit of Love quite comparable to the first Pentecost, flooding the earth with its power. That will be the great miracle drawing the attention of all humanity. All that is the effusion of the effect of grace of the Blessed Virgin's Flame of Love." (March 24, 1963)

### 4 – The Assumption of Mary in Heaven



"I am the Resurrection and the Life." May these words, Mary, maintain us in the hope and the certainty of an eternal tomorrow.

**Jesus** – "Trust in My Mother! She wipes away all doubt and removes fear by her boundless, motherly love. She marks you with a sign and will protect those who trust her. If you trust her, the depraved will be humiliated and thrown into the depth of hell. The future world is in preparation: The smile of My Mother will light up the whole earth." (July 26, 1971)

### 5 – The Coronation of Mary in Heaven



O Mary, crowned in glory, enflame us continually by the Flame of Love of Your Immaculate Heart.

**Mary** – "I grant to all the grace to see the results of their labors on behalf of my Flame of Love in each soul, in your country and in the entire world. You, who are laboring and making sacrifices for the prompt outpouring of my Flame of Love, you are going to get to see it." (July 11, 1975)

### Petition requested by the Virgin Mary

Through Elizabeth Kindelmann, the messenger of the Flame of Love, The Virgin Mary is asking us to include in the Hail Mary the Flame of Love supplication by which Satan is blinded:

**Hail Mary, full of Grace, the Lord is with Thee, blessed are Thou among women, and blessed is the fruit of Thy womb, Jesus.**

**Holy Mary, Mother of God, pray for us sinners, SPREAD THE EFFECT OF GRACE OF THY FLAME OF LOVE OVER ALL OF HUMANITY, now and at the hour of our death. Amen.**

Published by:

**THE FLAME OF LOVE  
OF THE IMMACULATE HEART OF MARY INC**

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Third Edition  
September 2023