

七種改壞習慣，以行善棄惡，及經常活於圓滿聖神生活的祕訣：

- 1) 放棄固執（不合理把焦點只放在自己的有限及無常經驗）。我們越欣賞越多其他觀點的優劣，越願意放棄壞習慣及緊握理性行善的決定。
- 2) 奉獻一切給聖母，
 - a) 唸「瑪利亞無原罪始胎者，請為我們祈福！」，深呼吸幾次後重復，以與耶穌更結合。
 - b) 另外，聖母許諾掛顯靈聖牌在脖子，及
 - c) 多唸玫瑰經默想耶穌的生命，都會有很多聖寵。
- 3) 盡多領聖體及大赦，以儘早救盡多亡靈。他們必定為我們改壞習慣，行善棄惡不斷祈禱。
- 4) 呼喚耶穌瑪利亞若瑟彌格及其他天使聖人，明辨善惡智慧的靈氣，行善棄惡喜悅的靈氣，及治癒身心的靈氣。深呼吸幾次後重復。
- 5) 每天早晚最少 20 分鐘問：「什麼察覺自我？」，深呼吸幾次後重復，以盡量加強忘我經驗。
- 6) 理性利用催眠，及求得舌音祈禱的神恩，以化解潛意識的糾紛。
- 7) 為愛天主，利用意志棄絕或超越犯罪的一切吸引，及一切犯罪的機會（最後令犯罪機會很可能的機會）。

7 ways to get rid of bad habits and reach continual and full satisfaction with Life in the Spirit of God:

- 1) Let go of STUBBORNNESS: the UNREASONABLE sole focus on our limited and unstable points of view. The more we appreciate the pros and cons of other intelligent points of view, the more we are motivated to give up bad habits AND hold onto our reasonable decisions to do good.
- 2) True devotion to the BLESSED VIRGIN MARY with offering Her everything to be united with Jesus more AND with wearing the Miraculous Medal around the neck. Our Lady has promised great graces for those who do so with confidence. Let's also pray this prayer She wants inscribed on the medal: "O Mary conceived without sin, pray for us who have recourse to you" (take a few deep breaths before repeating) . Finally, it is good to pray as many decades of the Rosary as our love of Her motivates us daily.
- 3) Receiving the EUCHARIST and gaining as much INDULGENCE as possible, preferably a plenary indulgence daily - in order to help as many holy souls as possible get to heaven as soon as possible. They will continually pray for union with us in the Mystical Body of Jesus Christ in heaven until we get there.
- 4) Invoke the HOLY SPIRIT of Michael, Joseph, Mary and Jesus and all else in the communion of saints and angels, take a few deep breaths before repeating - in order to fill us with the Spirit of Wisdom of discernment between good and evil, the Joy of doing good and rejecting evil as well as the Healing of soul and body.
- 5) FORGET OURSELVES or drop obsession with our limited and unstable experiences with the help of the question: "What is aware of this experience?" or "What is aware of me?", take a few deep breaths before repeating. Practice this at least 20 minutes in the morning and in the evening.
- 6) Pray for the charism of the prayer of tongues or use hypnosis morally and spiritually to influence the SUBCONSCIOUS - in order to minimize conflicts.
- 7) Use will power or FREEDOM to reject or transcend occasions of sin. These occasions are circumstances which in the end, make sin likely. We should in fact for love of God, firmly reject ALL ATTRACTIONS TO SIN: mortally or venially sinful or selfish emotions or acts, even subconscious tendencies.