

September 10th, 2026

Our Blessed Mother. “Do not be Troubled.”

(This Message was dictated to Sister in Spanish, and this is her translation into English.

NOTE: The footnotes are not dictated by God. They are added by Sister Amapola. Sometimes the footnote is to help clarify for the reader Sister’s sense of the meaning of a certain word or idea, and at other times to better convey the sense of God’s or Our Lady’s tone when They spoke.)

“Hail, Mary Most Pure, conceived without sin.”

My little children,

It is I, your Heavenly Mother, your Queen and Captain who speaks to you this afternoon.

My little ones, I see the anguish of your hearts, the multitude of thoughts and feelings that like waves in a tempest pound against the peace of your mind and of your heart.

I see how My most bitter enemy attacks you without pity in your Faith, in your hope, in your charity.

This is why, little children, I once again call you to take refuge in My Immaculate Heart, where the Peace of God reigns, where you can contemplate the Love of the Most Holy Trinity, where you can satiate yourselves with the Truth, Who is My Most Holy Son.

The Peace of God, children, is not won by removing all tribulation, with having a blank mind, with human mental exercises that only distract you.

The Peace of God, children, is won in battle and in the daily effort to first submit to, and then unite your will to the Will of the Father, Who loving you without measure, wishes you to participate in His very life, that is nothing other than the Divine Love.

The Peace of God descends into your hearts with each act of Faith that you make, with each step you take along the path that is full of fog and darkness, that is death to your very fragile and limited humanity. Each step trusting that it is the path of God, the way traversed by My Son and by Me, the road of the fulfillment of the Plan of God for each soul, the road that leads you ever higher, passing through every layer of fog and darkness, and that ends in the Light of the Embrace of God.

You cannot imagine, children, the beauty of this Light that awaits you.

With My Words and Maternal Love, I bring you a gleam, to give you hope, consolation, and PEACE.

My little ones, what have We asked of you? That you keep your gaze firmly on Our Faces that are full of this Light; that you repeat Our Names, that are like a caress and protection, and that form the Shield of Truth that you need in this time so full of darkness and confusion.

We have asked you to keep the Truth in your souls, that you guard all that My Jesus has said to you, all that with His Life and Death, He has shown you and obtained for you.

We have asked for your acts of Faith, of Trust, of Obedience, that you can only make if you keep humility of heart in your being as a precious jewel, as a lamp that continuously illuminates the greatest, most beautiful Truth. The Truth that GOD IS GOD. There is no other.

That you have a Father Who, loving you unimaginably, has sent His Most Beloved Son, the First Born of all Creation, to bring you His Love, to rescue you from the claws of Satan, to make you CHILDREN once again, after being slaves destined for destruction. And that, after being ransomed as CHILDREN, has sent you the Divine Love to fill you with His Grace, to strengthen what is weak, to enlighten what is dark, to purify what is soiled, and to cover you with the royal mantle that makes you God's possession forever.¹

How many things are still veiled for you, children, because the human mind – so dominated by the reasoning that makes you say “I know, I understand” – cannot glimpse or fully appreciate the Mystery of God that is unfolding before you.²

Even your hearts, in which Grace abides, cannot comprehend the magnitude of all that takes place in this Hour.

This is why, little children, I insist repeatedly to you that it is only through holy child-like Faith, trusting and abandoned, that you can live these times and all that the Father in His Wisdom and Mercy and Justice carries out in this Hour.³

This is why, children, I tell you to remain in My Peace, which is nothing else than My Act of total surrender to the Will of the Father.

He who remains with Me, in My Heart, is not misguided or lost. This is why My Heart is the Refuge, the Impregnable Tower, the Bulwark of Protection, the Citadel in which My Army takes refuge, where it is prepared, formed and strengthened until the appointed Hour.

My children, do not waste your time in useless quarrels, each one wanting to “be right.” The ONLY ONE Who is right, children, is the Eternal Father. And the

¹ This is precisely what we ask for in the beautiful Sequence that is sung on the Feast of Pentecost, the “Veni Sancte Spiritus”: *“O Lux beatissima, reple cordis intima tuorum fidelium...lava quod est sordidum, riga quod est aridum, sana quod est saucium, flecte quod est rigidum, fove quod est frigidum, rege quod est devium...”* (Literal translation: O most blessed Light, fill the inmost heart of Your faithful...Cleanse what is unclean, water what is parched, heal what is wounded. Bend what is inflexible, warm what is chilled, correct what has gone astray.)

² This made me think of the mystical experience that St. Thomas Aquinas had soon before his death which caused him to stop writing, in which after having had a vision of God, it seemed to him that everything that he had written – the *Summa Theologica* no less, the basis of so many theological teachings of the Church – was mere “straw” compared to what God had shown him of His Greatness.

³ *“At that time Jesus declared, ‘I thank Thee, Father, Lord of heaven and earth, that Thou hast hidden these things from the wise and understanding and revealed them to babes; Yes, Father, for such was Thy gracious will.’”* (Matthew 11:25)

only way to remain in this holy “being right,” in His Divine Will, is to humbly recognize that Only He is God, Only He sees all, knows all, can do all.⁴

It is to recognize that you are facing a unique Hour, in which the Action of God unfolds in the Mystery of His Plan – Mystery because it is so immense, so profound, that it is not possible to contain it in something so reduced and imperfect as your minds.

This is why I ask you, children, to abandon yourselves more and more to the Divine Will like little children; that you let the trust that begins to sprout in your hearts grow and strengthen without measure.

Do not place limits on the Action of God, children, Never.

It is not your place as creatures that you are.

Between what you think you know and understand and what really IS, there is an unfathomable abyss⁵ that can only be crossed by means of FAITH that abandons itself completely to the Will of the Father, trusting that the Father, in His Love for His very small and limited creature, will give it what it needs when it needs it, and will let it know what it needs to know when it needs to know.⁶

You see why, in this Hour, ABOVE ALL We ask for your FAITH that believes without seeing, without understanding, that against all human reason and human fear abandons itself to the Loving Will of the Father.

THIS IS YOUR GREATEST AND MOST POWERFUL PROTECTION.

Why is the Rosary such a powerful weapon? Because it is the school of abandonment, of Obedience, and Faith; because it makes you contemplate Our abandonment, Our Obedience to the Will of the Father, in joy, in dreadful pain, in glory.

Why is the Word of My Jesus, His Gospel, so powerful? Because every Word, every gesture, every instant of His Life was submerged in this abandonment and Obedience to the Father, whatever the cost.

Why is My Heart the perfect Refuge? Because in My soul there has been nothing except abandonment, Faith, and Obedience to the Father Most Holy, Who asked for EVERYTHING in order to give EVERYTHING. This Refuge has never

⁴ “Then Job answered the Lord: ‘I know that You can do all things, and that no purpose of Yours can be thwarted. “Who is this that hides counsel without knowledge” Therefore I have uttered what I did not understand, things too wonderful for me, which I did not know. “Hear, and I will speak; I will question you, and you declare to Me.” I had heard of you by the hearing of the ear, but now my eye sees you; therefore I despise myself, and repent in dust and ashes.’”(Job 42:1-6). It is worth reading the Book of Job again, especially chapters 38-42, as a good reminder of the need for humility before God and His designs.

⁵ “For My thoughts are not your thoughts: nor your ways My ways, saith the Lord. For as the heavens are exalted above the earth, so are My ways exalted above your ways, and My thoughts above your thoughts.” (Isaiah 55:8-9).

⁶ It is what we ask for in the *Our Father*: “Give us this day our daily bread....”

refused the Father anything, and therefore gave Refuge to the Incarnate Word, and now to you.

My little ones, come to the Heart of your Mother and rest in My Abandonment, that gives you Light, Peace, tranquility for your soul. Allow Me to carry you, close to My Heart, through the tumultuous waters of this very anguishing Hour.

As small children do when they see something terrible and hide their face in their mother's breast and abandon themselves to her protection.

Do the same with Me.

Little children of My Heart, you are anguished wishing to know exactly what to do, who to listen to, where to go, who to trust, afraid of making a mistake, afraid of not doing what God wants from you in this Hour.

First of all, children, engrave this in your heart and in your mind:

THE FATHER KNOWS what you are living.

THE FATHER KNOWS that you want to love Him, serve Him, be with Him for all eternity.

THE FATHER UNDERSTANDS the anguish of your heart.

AND THE FATHER WILL HELP YOU, and He will receive with Love all that you give Him with Love, Faith and simplicity. Every effort, every prayer, every trusting gaze in the midst of pain and confusion.

DO NOT BE AFRAID, YOUR FATHER LOVES YOU.

Secondly, children, We have told you what to do: TO LOOK AT US, LOVE US, TRUST US, ALLOW LUMINOUS FAITH TO FILL YOUR SOUL.

Who to listen to: To the VOICE OF THE FATHER WHO SPEAKS IN THE VOICE OF HIS SON, in His Gospel, in His Holy Word⁷, in the Holy teachings⁸ that honor the Father, exalt the Son, and are docile to the Holy Spirit.

Thirdly, children, you know where to go: to the Refuge of My Heart. In It you are to live everything, children.

Live the Holy Mass in My Heart – even if you are physically present at an imperfect Mass, in My Heart you live it in union with all the Holy Masses that are being offered with Love, Faith, and sincere devotion.

Adore My Jesus in My Heart, when you go and find lack of respect for My Jesus in His True and Real Presence in the Most Holy Eucharist.

⁷ Reference not only to Sacred Scripture, but also to the prophetic graces that the Lord has continually given to the Church for the good of His children.

⁸ Reference to the authentic Magisterium of the Church, as well as to how the lives of the Saints convey God's holy teachings in their actions and words.

And when you no longer find places where My Son is present, adore Him in My Heart.

Live each day, each hour in My Heart. Bring to Me your thoughts, emotions, pain, sufferings, and let Me bathe them in the Divine Light and show you what to do with them.

Come and talk to Me, children, about every decision you must make. I am the Throne of Wisdom and the Mother of Good Counsel, allow yourselves to be guided by Me, and I will always lead you to My Jesus, and together with Him, to the Heart of the Father.

My little ones, breathe the pure air of My Heart, you need it, having to live in a spiritual atmosphere that is so contaminated by the stench of Satan and all his machinations.

But in My Heart, you find ONLY the pure air of Heaven, that clears your soul from the miasmas of the enemy, and allows you to contemplate with Me the beauty of the Father's Heart, the greatness and immensity of His Plan, the infinity of His Power, Justice, and Mercy.

This is your nourishment in this HOUR.

DO NOT BE AFRAID.

DO NOT BE TROUBLED.

COME TO ME AND CONTEMPLATE THE TRUTH THAT TOOK ON FLESH IN MY WOMB AND THAT SHINES CEASELESSLY IN MY SOUL.

You want to follow My Jesus and please the Father:

TAKE MY HAND AND ALLOW ME TO GUIDE YOU AND PLACE YOU IN THE PLACE THAT THE FATHER HAS APPOINTED FOR YOU IN HIS PLAN.

CHILDREN, TRUST YOUR MOTHER. [smile]

HOW MUCH I LOVE YOU!

YOU ARE MY ARMY, CHILDREN.

YOUR CAPTAIN GUIDES YOU ALONG UNHEARD-OF PATHS IN THIS DREADFUL HOUR, FOR THE FULFILLMENT OF THE PERFECT PLAN OF THE FATHER, FOR THE GOOD OF EACH SOUL AND THE RESTORATION OF ALL HIS CREATION IN THE LIGHT AND BEAUTY OF HOLINESS.

Do not be afraid, children.

Although the battle is hard, in appearance interminable, so difficult to understand and to fight, the VICTORY has already been won.

My Most Holy Son, My Jesus, the Most Beloved Son of the Father, the Lamb Who Was Slain, the King of Kings and Lord of Lords, has obtained it by His Blood and His Obedience, and will make it shine over all that is, and every creature will recognize it.

DO NOT BE AFRAID.

DO NOT BE TROUBLED.

EVERYTHING IS IN THE HANDS OF THE FATHER.

REMAIN IN MY HEART.

REMAIN IN MY JESUS.

DO NOT BE TROUBLED.

COME AND SEE CLEARLY IN MY IMMACULATE HEART.

TAKE REFUGE IN MY NAME THAT DISPERSES THE ENEMY.

Your Mother does not abandon you.

Your Captain guides you to the Truth that is Jesus.

Your Queen extends Her Royal Mantle over you to disperse every unclean spirit that tries to distort the Truth in your hearts.

I bless you, My little children, with My Motherly Love; I bathe you in My tears, I gather you in My arms and I clasp you to My Heart.

Your Mother Who loves you,

Mary Most Holy,

The Mystical Rose of the Father
that opens to give forth the fragrance of Heaven in this Hour
and console the troubled souls of the children of God.

To Him be given all Glory for all eternity.

AMEN.