

Marie-Paule Speaks to Us

THE FREEDOM OF THE SOUL

The world is constantly talking about freedom, and it is even the objective of all revolutions. However, the most real freedom is the one of the spirit and the soul, for there is a difference between the two. The Bible indicates it: *“Indeed, God’s word is living and effective, sharper than any two-edged sword. It penetrates and divides soul and spirit.”* (Heb 4:12)

Saint Paul, for his part, told us that we have three bodies. All of us are familiar with our physical body and its demands. Saint Paul added that, besides that, we have a psychic body and we also have a spiritual body. (1 Cor 15:44)

Therefore, we know our physical body with its head, feet, hands, etc. That is our mortal body.

Our psychic body, which is also mortal, is the battlefield in which our tendencies confront each other, tendencies stemming from concupiscence – the faults we inherited from our first Parents – or from atavism – faults or character traits inherited from our ancestors. So, at the outset, it is an inheritance. And this psychic body is a real battlefield where there is a duel going on in us between two strong opponents, a duel between the angel of good and the angel of evil, that is, between the forces of good and the forces of evil. It lasts a lifetime and we are the stakes.

There you have it for our psychic, mortal body. On the other hand, we received, through Adam, a spiritual body which is our immortal soul. Where does the supernatural strength come from which will help us fight the evil in us?

There is, first of all, the natural law which directs us towards what is good or right and beautiful. But the divine influence is manifested especially through baptism by appropriate graces and the gifts of the Holy Spirit. To the seven capital sins are set in opposition the seven gifts of the Holy Spirit.

Now, the fiercer the battle in us, the more beautiful the victory if we succeed in controlling our instincts. The more we remain pure of mind and heart, the more luminous the soul becomes and the more it rises to God in a great freedom. Therefore, despite our faults and our imperfections, the soul can ascend to God, enriched by its efforts and its victories.

Let us not get discouraged if there is always a battle going on in us, in our mortal, psychic body, for this is normal.

Let us not be surprised to experience

- aridity and distractions in prayer,
- aggressiveness before all kinds of injustice,
- attacks from strong temptations,
- vexations which exasperate us,

- obstacles and disappointments in our projects,
- illness, as we try to accept it well,
- feelings of pride, anger, jealousy or all the other attacks stemming from the capital sins, etc.

All of that is normal and will last until the end of our life, for the Evil One does not stop harassing all those who do not belong to him. On the other hand, in every ordeal, regardless of what kind of tribulation it is, the grace of God superabounds and we are given means to help and comfort us. Let us remember that with each attack to which we are subjected and from which we emerge victorious, our spiritual body, our immortal soul, then ascends to God in an ever-increasing and more fulfilling freedom.

So, let us not worry about the temptations which assail us; this is normal. All of that takes place here below in our psychic body. If we are victorious in the battle, our spiritual strength constantly increases and our soul soars always higher, there where the veil before our eyes is rent to reveal new horizons to us and lead us to experience sentiments of love, in a very deep peace and joy.

This is what explains the joy, peace, serenity and sense of freedom of those who go through difficult periods in their life, whereas so many others who refuse such periods, thinking they have kept their freedom, sink deeper into dejection to the point of almost falling into despair, and sometimes dealing with this through irreparable actions.

When God takes hold of a soul with its free consent, He floods it with light and love to such an extent that the soul lives in wonderment and contemplation. Souls that give themselves over to the Lord in this way, offer, through their hidden or known apostolate, seeds of bliss to whoever is willing to accept them.

However, such souls will always be subjected to temptations, to constant battles, all the stronger if they have the courage to resist them. A great saint whose name I have forgotten had clearly understood this, which is why he said with conviction: *“When I die, I will have three surprises upon reaching Heaven: the first will be to see people there whom I would never have thought to see; the second, not to see people there I thought I would see; and the third, to be there myself.”*

Let us hope we will all find ourselves there in the freedom of the children of God, for true freedom is found where the Spirit of God breathes.

Mother Paul-Marie

(*Le Royaume*, no. 84, November-December 1991, p. 9)