

From Me to You – The Christ Letters for the Second Coming 34

May: Serenity 1 of 2

[\(Correlates with Soul Chapter 8 May: Serenity\)](#)

Saturday, May 17, 2025 8:35am

1. Greetings Christ Community, this month my intention is to provide two letters about the sweetness of serenity. The first will be about the calm within the storm and the second will focus on serenity as a pathway into a more enriching Holy Instant. Let us begin, shall we?
2. Serenity or inner peace is possible in any situation that you may find yourselves in. You can turn off thoughts, feelings, and thoughts about feelings, for a quick moment or for long periods of time. Then what? Remember that you have the power to disengage in the external reality and just experience momentary nothingness, with only neutral observations. Focus on a color or pattern of an object in the room you are in, or just close your eyes and concentrate on your breathing. Then, know that the external world does not have the power to rob you of your peace. Worrying about things has never done anyone any good. What's done is done. Patterns may continue, or they may morph into something else, or they may be interrupted and dissolve.
3. Energetically, a singular worry has the power to make that which is being worried about, that much stronger. Why, you may ask? It is because fear causes fear to grow, and worry is a fear of a future outcome. Serenity is love taking away fear's power. This power is yours, sweet ones! To be continued.
4. With the power of love,
Mother Mary

End Time 8:57am

From Me to You – The Christ Letters for the Second Coming 35

May: Serenity (2 of 2)

[\(Correlates with Soul Chapter 8 May: Serenity\)](#)

Saturday, May 17, 2025 1:05pm

1. Greetings once again Christ Community. I'm not sure this is new information for many of you old timers, but for some it may be. The Holy Instant is when you connect with your soul and with the entirety of the soul community, by seeing yourself consumed by light. It is a moment of true oneness with the all of all, a time of unity and not separation, a time of we and not us and them or me, myself, and I.
2. By holding the charge of the Holy Instant and staying in it for increasing amounts of time, and for more frequent "check-ins" so to speak, you can explore the timeless realm through serenity. You can have new experiences through the mindless state, through simple observation of what your soul wants to show you. Remember you are visiting your soul's true home, the one it never really left. It knows its way around and delights in sharing it with you.
3. It is possible to experience a bombardment of thoughts about this, that, and the other, and then leave that state for just a moment or two through the Holy Instant. It's really quite easy, as a matter of fact. However, a much more frequent experience of serenity will produce a deeper and much more meaningful Holy Instant. The reason why is due to the fact that a mature soul uses the mind differently than the ego does. It tames it by teaching it to be quiet. A quiet or serene mind produces better results for everything, including the Holy Instant.
4. Until June's designated time of communion through the written word, Blessed Be.
5. In our shared identity of Christ,
Mother Mary

End Time 1:27pm