



The FLAME OF LOVE OF THE IMMACULATE HEART OF MARY

from the Spiritual Diary of Elizabeth Kindelmann



flameoflove.us

The Spiritual Diary was written by a humble woman named Elizabeth Kindelmann, born in 1913 and lived in Communist Hungary until her death in 1985. The Diary contains a message of great importance, and even more, an initiative of grace by the Most Holy Virgin. During the years from 1961 to 1983, Elizabeth received heavenly messages from Jesus and Mary and she was directed to put those in writing.

April 13, 1962 – Friday of Sorrows (Friday before Palm Sunday) Sobbing, Mary said to me: “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 . . . With this Flame full of graces that I give you from my heart, ignite all the hearts in the entire country. Let this Flame go from heart to heart. This is the miracle becoming the blaze whose dazzling light will blind Satan. This is the fire of love of union which I obtained from the heavenly Father through the merits of the wounds of my Divine Son . . . I assure you, my little one that I have never before given into your hands such a powerful force of grace, the burning flame of the love of my heart. Ever since the Word became Flesh, I have not undertaken a greater movement than the Flame of Love of my heart . . . Until now, nothing could blind Satan as much.”

The Flame of Love Prayers

Prayer #1 Meditation on the Five Wounds Make the Sign of the Cross Five Times

We offer ourselves to the Heavenly Father through all the wounds of our Savior, Jesus Christ:

- We kiss the wound of your Sacred Left Hand, with sorrow deep and true.†
- We kiss the wound of your Sacred Right Hand, with sorrow deep and true.†
- We kiss the wound of your Sacred Left Foot, with sorrow deep and true.†
- We kiss the wound of your Sacred Right Foot, with sorrow deep and true.†
- We kiss the wound of your Sacred Side, with sorrow deep and true.†

Jesus told Elizabeth: “A great battle awaits you, but you will conquer in the sign of the cross. When you make the cross, think of the three Divine Persons. Make the sign of the cross five times, while thinking of my Five Wounds. Always look at my eyes bathed in blood. Tell everyone all that I tell you.”

Prayer #2 The Prayer of Jesus – The Unity Prayer

My adorable Jesus,

- May our feet journey together.
- May our hands gather in unity.
- May our hearts beat in unison.
- May our souls be in harmony.
- May our thoughts be as one.

May our ears listen to the silence together.

May our glances profoundly

penetrate each other.

May our lips pray together to gain mercy from the Eternal Father. Amen

Elizabeth: “Then the sweet Redeemer asked me to pray with Him the prayer that expresses His deepest desires–The Unity Prayer.”

Jesus: “This prayer is an instrument in your hands. By collaborating with Me, Satan will be blinded by it; and because of his blindness, souls will not be led into sin.”

Prayer #3 The Hail Mary with the petition to blind Satan
Praying 3 Hail Marys will release 1 soul from Purgatory.

In November, 1 Hail Mary releases 10 souls from Purgatory!

A Flame of Love Rosary releases 17 souls!

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.

Jesus: “It is exclusively thanks to the efficacious pleas of the Most Holy Virgin that the Most Holy Trinity granted the effusion of the Flame of Love.”

Mary: “I do not want to change the prayer by which you honor me; by this petition, I want rather to shake humanity. This is not a new prayer formula; it must be a constant supplication . . . The suffering souls must also feel the effect of grace of the Flame of Love of my maternal heart.”

The Hail Mary Petition

The competent Bishop asked Elizabeth: “Why the very old Hail Mary should be recited differently?”

On February 2, 1982, the Lord answered: It is exclusively thanks to the efficacious pleas of the Most Holy Virgin that the Most Holy Trinity granted the effusion of the Flame of Love. By it, ask in the prayer with which you greet My Most Holy Mother so that by its effect, humanity is converted.”

The Most Holy Virgin added: “I do not want to change the prayer by which you honor me; by this petition, I want rather to shake humanity. This is not a new prayer formula; it must be a constant supplication.”

Prayer #4 Prayer for the Propagation of the Flame of Love

Blessed Virgin Mary, our cherished heavenly Mother, you love God and us, your children, so much that you offer us to your Divine Son Jesus on the Cross, to forgive us by our Heavenly Father and to obtain our salvation, so that all those who believe in Him do not perish but obtain Eternal Life.

With a filial confidence, we pray to you, Virgin Mary, that with the Flame of Love of your Immaculate Heart, kindled by the Holy Spirit, you ignite in our languid hearts the fire of a perfect love for God and all humanity, so that together with you, with one heart, we love God and our neighbor.

Help us to transmit this holy Flame to all people of goodwill, so that the Flame of Love extinguishes the fire of hatred everywhere on earth and that Jesus, the Prince of Peace, be the King and the center of all hearts in the Sacrament of His Love on the Throne of our altars. Amen.

The Flame of Love Weekly Agenda

(Spiritual Diary, April 10, 1962)

Jesus: "My daughter, I'm now going to specify how each day of the week should be allocated."

Monday – The Day of the Holy Souls

Jesus: "The Day of the Holy Souls Let all your actions be done with the purpose of helping them. Offer for them the strict fast as well as prayers during a part of the night. Anyone fasting on bread and water on Monday will free each time the soul of a priest from the place of suffering (Purgatory). Whoever practices this will receive the grace of being liberated from the place of suffering within eight days after their death. Our Mother herself is asking for this. Her appeal to her Flame of Love obliges Me to fulfill her request."

Tuesday - Offer this Day for the Family

Jesus: "Make spiritual communions for each member of the family. Offer each person, one by one, to our dear Mother. She will take them under her protection. You will also offer that evening vigil for them. If there's anything too difficult for you, confidently tell Our Mother. She also spent many nights in prayer vigils. Your most worthy patron is Saint Joseph. Do not forget him, invoke him every day. He will gladly help making our Cause a success."

Spiritual Communion Prayer for Each Family Member

My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire that _____ receive You into [their] soul. Since [they] cannot now receive You sacramentally, come at least spiritually into [their] heart. [Have them] embrace You as if You had already come and unite [them] wholly to You. Never permit [them] to be separated from You. Amen.

Wednesday - A Day for Priestly Vocations

Jesus: "Ask Me for many young men with a fervent heart. You will get as many as requested because the desire lies in the soul of many young men but there is no one helping them to realize their goal. Do not be overwhelmed. Through the prayers of the night vigil, you can obtain abundant graces for them."

Thursday - Reparation to the Blessed Sacrament

Jesus: "On that day, you will spend hours in My Sacred Presence. Adore Me with great fervor making reparation for the many offenses inflicted upon Me. Offer the strict fast for the twelve priestly souls. Offer also the nocturnal vigil for them. Immerse yourself into My sorrowful agony as I was sweating blood. You will draw great spiritual strength from it."

Friday - The Day of My Passion

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. While at work, contemplate the Way of the Cross and consider that I did not have any moment of rest. Totally exhausted, I was forced to climb the mount of Calvary. 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. Then, on that day, offer the night prayer for the twelve priests."

Saturday - The Day of Our Mother

Jesus: "On this day, venerate Our Mother in a special way with a very particular tenderness. As you are well aware, she is the Mother of all graces. Wish that she be venerated on earth as she is venerated in Heaven by the multitude of angels and saints. Seek for agonizing priests the grace of a holy death. In Heaven, priestly souls will intercede for you and the Most Holy Virgin will be waiting for your soul at the hour of your death."

Sunday

For this day, the loveable Redeemer gives no specific directions.

A Word About Fasting

Members of the Flame of Love Movement fast individually, only as they are able. There are some people who should not try a bread and water fast because of age, illness, medical conditions, or other restrictions. If it is too difficult for you to do, please do not be discouraged. You can find another way to keep the spirit of loving sacrifice intended by the fast.

Effects of the Flame of Love

Effect #1: To Blind Satan - The diary highlights and actually describes this gift as Elizabeth was able to blind Satan, making him powerless and freeing those who felt his oppression.

Effect #2: To Save Souls - Sanctification - Sanctification (especially family members). The diary contains many promises concerning the family. Elizabeth was a mother of six children, all of whom had their own struggles. She worried about their eternal salvation. Our Lady told her that she was chosen specifically because she was a mother and that from heaven she would be with her children at their death beds.

Effect #3: To Save the Family - The Flame of Love is family focused. Our Lady wants parents to gather their children for prayer and devotion. She will come to every home which invites her.

Effect #4: To Free Souls from Purgatory - Our Lady makes great promises, especially for those who keep the Monday fast (bread and water until 6:00 PM). So often, we forget our deceased relatives and friends.

Effect #5: To Convert the World Through the Triumph of the Immaculate Heart of Mary - The flame is meant for all of humanity, even those who are not yet baptized. Our Lady promised many miracles which all would realize took place, without any elaborate investigation.

Jesus: "My daughter, what I am about to say to you is not just for you. Share it with all My beloved children. You must shake lukewarm souls out of the indifference which drowns them. First, make them realize that they must live in intimate union with Me; especially those who despite receiving Me frequently in their souls avoid getting closer to Me. My effort to take them to a deeper spiritual level is wasted if they turn their backs on Me and abandon Me. I yearn greatly for you! Yet, so few come to Me. Develop trust in your heart for Me. What hurts Me the most is that you do not trust Me. It is in vain that you have faith, without trust you cannot grow closer to Me." Spiritual Diary, April 17, 1962