

**Hello Michael and Dr. Tim,**

**I found this short clip <https://youtu.be/evixcRZsNW8> containing Saint Faustina's convictions on the existence and horrors of hell. Yikes! Sending to both of you because you, Dr. Tim, were raised Catholic. I would love your reassurance that although Faustina was enlightened in many ways, she was not accurate about this!**

Dear xxxxxx,

To begin with, I would call your attention to the conversations we have already had on several occasions about the trap of trying to take many of these stories literally, and then the trap of trying to "figure it out".

The next thing to remember is that this woman was born in Poland in 1905, so she was taught /indoctrinated in a very strict literal interpretation of the bible and the church teachings, which will color or flavor whatever she "sees", or perceives. Remember what our current science tells us about how active the process of perception is. Perception does not record reality! Perception constructs reality!

Then remember that the work we are doing in MindShifters' Support Groups and the MindShifters' Radio Podcast are intended to usher people into their own experience of life, and their connection to their own inner wisdom. Think back to some of the testimonials you have given on the podcast about how you no longer have anxiety, etc. This is what this work is about. This work is not about debating with experts about this truth or that truth, this dogma or that belief system. This work is about learning to live in the question, and thereby live more and more each day from direct observation and personal experience.

Here is my commentary about this video, if you are still stuck taking it literally, and trying to figure it out.

Blessings!  
Dr. Tim

Sister Faustina has visited Hell, so that she could testify to others. Most of the souls there disbelieved that there is a HELL! (So, here is the first indication that this is Fear mongering, intentional or otherwise. The place called Hell is filled with people who did not believe what I am about to tell you! Either believe what I am about to tell you, or you will burn in Hell.)

Then the kinds of torture she saw:

1. The Loss of God. (God is Love. Don't disconnect your awareness from your True Nature as the energy of Love, or Creation expressing in form.)
2. The second is perpetual remorse of conscience. (another mental, emotional, psychological torture or pain. Self-Induced Nonsense, (SIN))
3. The third is that one's condition will never change. (This is Sustained Incoherence from David Bohm and Krishnamurti, as cited by Michael Ryce in the Reality Management Worksheet/Wake-Up Sheet)

4. The fourth is a purely spiritual fire that will forever burn in the soul without destroying it. (This sounds like the experience of intense anxiety, depression, hopelessness that we experience right here as people when we focus on things other than Love/The Creator/Our True Nature)
5. The fifth is a terrible darkness and suffocating smell. Despite the darkness the soul still sees the demons, and other darkness. (This is like the ancient Aramaic definition of darkness being any hostility or fear in the mind. When I hold hostility or fear in my mind, everything looks like something that is irritating, or fear producing, and that is all I can see, because of the filters I have set in my mind.)
6. The sixth torture is the constant company of satan. (Remember that the ancient Aramaic definition of satan, of Satah is a being divided against itself, or The Resister, one who misleads. So, I will constantly be cut off from my True nature as Love, and stuck in resisting - resisting what? accepting my True nature and my ability to recognize that I am creating my own emotional pain, and resisting my ability to Choose Again to focus on Love and my instant, constant connection to source.
7. The seventh torture is horrible despair, hatred of God, vial words and blasphemies. (Hatred or Hate in the ancient world meant "to be separated from", to active reject.)

That is not all, we have reserved special tortures for each soul based on which of their five senses they have misused. ( Here - if you are still reading and need to literally parse out all of this - you can remember that you are experiencing yourself because you are an energy system, and as you put or choose to engage in energies that don't belong in your system, they will feel uncomfortable and you will need to feel them again as they are removed.)