

Introduction to *Messages From Mary* **by Sandra Lynn Sabo**

Prayer to Safely Contact Spirit Guides:

"I ask to be surrounded in a sphere of Pure White Light.

I invite my highest Guides, Masters, Angels, and Teachers to be with me at this time.

I seek the answers to the questions, in my mind and in my heart.

I seek a Blessing in every area of my life. Thank you."

These are the words that first brought Mother Mary to me. It was not my custom to pray to her, but shortly after saying the above prayer, she appeared to me: enormous, full of Grace. I suddenly felt well protected, nurtured, loved. Mary was the first spirit to appear to me without my direct invitation, she just appeared seconds after I said that prayer. She asked me to take a dictation, which I did. In the dictation, she said that she was the Mother of the Earth and that we had unfinished business together. I was to pray to her and to ask for her instructions and her help, and that in return, I was to help her as well. Thus began our relationship. From that day forward, my life has been intertwined with her energy. In the first years, she gave me instruction on how to pray, on what to pray for. Usually, I was to pray for some particular virtue for months at a time: "Pray for understanding," or "Pray for patience," or "Pray to know what is the right thing to say," "Pray to know what is the right thing to do."

It was after seven years of this relationship and several years of experience in doing written psychic readings, that I sought to undertake the writing of this book. Mary's advice to me has always been so practical and on the earthly level, and her spiritual advice, quite healing and protective. I asked her for readings that could be helpful to as many people as possible. The format was at her direction, short personal conversations addressing common problems and questions. Their order was also important to her, as she went from addressing physical and worldly issues in Points of Power; to improving one's relationship with self and others in Points of Peace; to speaking about one's spiritual path in Points of Prayer. In some instances she brought in other Spiritual Masters including Archangel Raphael, Archangel Chamuel, Beloved Saint Francis, and Beloved Melchior, to add their energy and insights. These mini-readings were done over the course of a year, squeezed between the time when I got out of work and when I picked up my daughter at school. The only changes to the original words were to make them readable as Mary tends to speak in sentences that run on, flowing-like-a-river-with-flowers-on-both-sides.

Many thanks to all those who helped me to bring these readings to print. The fact that you're reading this right now is a bit of a miracle for me. Thank you. I also want to thank my Teacher Nancy Risley who taught me the prayer to contact Spirit Guides, and all the Teachers that made these words possible. It is an honor for me to be able to bring this book to you. But more important than any other words that I can bring to you are these:

Mary, as Mother of the Earth, is available to ALL of God's children. If you want to, please do call on her yourself, especially in difficult times. Ask to RECEIVE her love for you, and ask to FEEL her love for you, as these things are really more important and fulfilling than any words she might have. With that, I give you her words, and hopefully her love as well.