

God and wishing God's blessing to others, we will never blame others even when we are faced with tribulations or pains. In this way, we will never become depressed but always make a new start, and lead a life of true love.

4. AMEN

When the Angel announced the Coming of the Savior to the Blessed Mother, She humbly responded, "Behold, the hand maid of the Lord. Be it done to me according to Thy word." (Luke 1:38) The Spirituality of Amen is an imitation of humility to the Blessed Mother. It is a profession of total faith made without any reservation nor hesitation, unmindful of the consequences by responding joyfully to the Will of the Lord and the Blessed Mother. However, It is necessary that we carefully discern with the help of Holy Spirit whether the calling is really coming from the Lord and the Blessed Mother.

5. It's My Fault

Even when we were hit and bled by the impact of a flying rock while standing still or walking in the street, we do not blame the person who threw the rock but practice charity toward them by realizing that it was my fault because I was hit as I happened to be there at the moment. If we accept everything as my fault, the devils of division will decamp and run away.

Source: The Book of the Five Spiritualities

5대 영성이란?

What is The Five Spiritualities?



1 생활의 기도

Turning our daily lives
into Prayers

2 셈 치고

Semchigo

3 봉헌의 삶

Life of Offering up

4 아 멘

Amen

5 내 탓

It's My Fault

The above Korean characters are Julia's own handwriting. She wrote this with the tom ligament of her wrist for pilgrims to receive grace by offering up her pain.

 www.najumary.or.kr

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The Five Spiritualities fulfilled through the life of the little soul,

Julia Kim of Naju, Korea

(Julia's five ways of spiritual exercise
for the attainment of perfection)

The Five Spiritualities is like the Spring Water that has been drawn from the Spring of Love (the little soul's life) for God's purpose to quench the thirst of all the children in the world.

The Five Spiritualities was already practiced by the little soul from her childhood filled with countless sufferings and hardships, but she did her best for everything as it is totally immersed in her spirituality nature. And later, it blossomed and was accomplished when she came to know God.

On Good Friday, April 18, 2014, God the Father told Julia, *"Go out to the world and make known the Five Spiritualities more fervently, exemplified by your life that has been refined in the charcoal brazier of pains."*

These Five ways are closely linked and interconnected with each other. Thus, this forms one single Spirituality like the Holy Trinity as the Father, the Son, and the Holy Spirit, Three Persons but One God. If we wholeheartedly accept and practice it regardless of our status in life, the sanctification of our souls will be hastened and our ability to discern

will also increase so that we will be able to attain perfection of virtues.

These Five ways of Spirituality will help us lead a life of true repentance and complete atonement for our sins. Our Lord and the Blessed Mother wish that all the children in the world practice this Spirituality at all times in the same manner each time we breathe. In doing so, we may enter the Heavenly Kingdom as little souls.

The LAST WEAPON for our Salvation

"Propagate and widely spread the Five Spiritualities for all that you have been exclaiming in Naju so that all the children of this world may be perfectly armed with it. That alone is the Last Weapon with which they can be saved." (Message of Love from God the Father received by Julia on April 18, 2014)

1. Turning our Daily Lives into Prayers

From the moment we wake up in the morning to the moment we fall asleep at night, we turn everything, even the most trivial and unimportant things into prayers, conforming everything to God's Will and offering up graciously. We can also turn everything that occurred in our past into prayers whenever we remember them. Such prayers can hasten our sanctification, helping us to do penance on earth so that we need not do it in purgatory. This prayer

will also fill up again and again the abyss that lies between the Lord's greatness and our triviality, helping us to reach perfection.

2. SEMCHIGO

This Spirituality is the most fundamental of *the Five Spiritualities*, and the sacrificial prayer of practicing unconditional love by offering up graciously our inconveniences and discomforts to the Lord for the benefit and peace to others.

For example, when we desire something for ourselves, we give it up for the sake of others as if we had already received it; when we see some delicious food and feel like eating it, we give it up for the sake of others as if we had already eaten it; when we want to buy a good dress but are faced with a budget crunch, we give it up as if we had already purchased it; and when there is some work that is disliked by everyone, we do it willingly as if we really liked it. (This is Julia's special spirituality called 'Semchigo')

3. Life of Offering up

If we only endure and put up with the wounds that we receive, our resentment remains in our hearts as bitterness, and this would make it impossible for us to attain true love. However, if we totally believe and trust in God, sublimating all our joys, sorrows, and even our weakness into gracious offering to