

A NEW WORLD RESET

Fr. Perozich comments —

More than 2,000 years ago the Grand Reset for the world was accomplished when Jesus the Son of God came into the world and established the new covenant to:

- a. free us from affection and acts of sin*
- b. transform us into His image through the Eucharist*
- c. clothe us with immortality on the last day to live forever in heaven.*

The Grand Reset for humanity, the gospel and covenant, has not reached the souls of all human beings. They've never heard it.

For those who have heard it and received it, the reset may not be given much thought because of other habits developed for life in this world with its demands, its promises, its successes and the ROUTINES of worldly activity which obscure the Grand Reset.

COVID is a New World Reset calling us to the Grand Reset.

Before COVID my prayer life already was part of the daily routine. Sunning on the beach, swimming, preparing lunch, gym work out, checking the stock market, paying bills, dining with friends, TV shows, news broadcasts, reading the paper, planning summer travel to supply and then to visit family and friends were routines.

Some of this has been dashed by social distancing. The effects of social distancing may be painful in the disruption of routine, but they have some good side effects.

I see less frequently politicians grandstanding and criticizing the U.S. and the president.

I do not see the pope in airplane pressers with off the cuff comments that do not reflect Scripture and Tradition.

Bishops are at home in their dioceses where they belong. Some are actually teaching the gospel, and others are now wonderfully silent from their globalist propaganda and worldly concerns.

Priests no longer have a pulpit for silly talk of climate change.

No one is calling chancery offices.

The laity may be bored, but now has come an opportunity for a return to the Grand Reset for the pope, cardinals, bishops, priests, deacons, religious, lay Catholics in politics and the less powerful ones, believer and non believer.

The sisters of the convent in Cadiz give some helps to reorienting us away from silliness, back to who we are: children of God, made in the image and likeness of the Creator, redeemed by the Son for freedom and eternal life, and temples of the Holy Spirit.

In this we should find our joy.

The discoveries initially will be painful for those who are concerned with worldly things; joy will follow if one allows the Grand Reset to come to the forefront of the mind and the soul.

For those already in the routine of the Grand Reset, joy will increase.

Pray as a family. Pray a scriptural rosary. Read the bible to your children and grand children. Get a simple catechism online <https://www.catholicity.com/baltimore-catechism> and study it with your family. Rediscover life, family, and loved ones in the way that Jesus brought it to us.

John 14:27 — Peace I leave with you, my peace I give you; not as the world gives peace. Do not let your hearts be troubled.

The activities that no longer can be done will bring on boredom. The rediscovery of faith and the Grand Reset are the real solution to the discovery of a new life and joy in Jesus Christ.

10 RULES FOR SURVIVING QUARANTINE





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by **Martin M. Barillas** • ChurchMilitant.com • April 3, 2020

A cloistered nun offers advice to get through pandemic lockdown

The ancient rule of cloistered nuns and monks offer vital lessons to Christians seeking to adapt to quarantine and isolation during the coronavirus pandemic. Millions of Spaniards, lay and religious, are facing weeks of a lockdown while the virus claims thousands of lives.

A contemplative Discalced Carmelite advises that to make the most of a time of social isolation, routine and living day by day are essential. Sister María Teresa de los Angeles, who lives with other cloistered nuns in Cádiz, a city in the south of Spain, said that it was "hard" at first to remain faithful to her vocation. She is one of 9,200 contemplatives in Spain, according to the Spanish bishops' conference.



Inside the cloister in Cádiz

Spain is the birthplace of Teresa Sánchez de Cepeda y Ahumada, a noblewoman who was born in the 1500s and became known as St. Teresa of Avila. A mystic and writer, she founded the Discalced Carmelite order.

Of living with silence and removal from the world, Sr. María Teresa told [El Pais newspaper](#), "This is a school: living in religious seclusion can be learned. Having voluntarily embraced a life in cloister. It's a privilege. It doesn't bother me a bit." Keeping to a schedule is vital, she asserts.

Sister María Teresa says she never imagined the way of life she accepted 20 years ago could become useful to people living outside her monastery's walls. To help others accept life shut-up at home, she recommends finding moments of silence, being selective with sources of information and spending time usefully.

She says she wants to convey with her list of 10 recommendations what she has learned in practicing monastic spirituality. The key is "patience, realism and self-examination," she emphasizes, saying: "It is difficult at first. That's why I say that we should be attentive ... It is an exercise of controlling the interior and the exterior."

Setting a schedule is important. The Carmelite nuns of Cádiz start their day habitually at 6:30 a.m. to pray, attend Mass and work at regular times throughout the day. Their days and years are marked by peace and regularity. But living a cloistered schedule is no guarantee that the outside world cannot intrude. For example, the nuns have closed their doors to visitors out of concern that their elder sisters are susceptible to infection and no longer offer their famous sweets and pastries for sale.

On her monastery's [website](#), Sr. María Teresa offers the following lessons for the days of isolation and lockdown being experienced by millions of people around the world:

Rule 1 — Maintain an Attitude of Freedom

"What is most basic is the attitude with which you live and the interpretation that you have of the situation, the consciousness that it is not a defeat," she says. "Paradoxically, this can be a way of discovering the truest and greatest freedom — the interior freedom that no one can take from you, which comes from within."

She adds, "While it is true that officials can 'make' us stay home, your liberty consists in willingly obeying, knowing that it is for a greater good."

Rule 2 — Cultivate Peace That Broadens the Soul

"Look inside yourself. The biggest space where you can expand and be happy is in your heart. You don't need space outside but to go calmly within your world," Sr. María Teresa advises.

"Perhaps you have still not discovered that peace of soul from which life wells up ... Life is creation of more life, communication of joy and love," she adds. "When you are accustomed to living with yourself, you will not want to leave."

Rule 3 — Take Care of Yourself

Sister María Teresa reminds faithful they **"have to work at peace"** and **urges them to exercise "virtues that require concentration and self-knowledge, which are those that we typically set aside to attend to a thousand 'outside' tasks."**

"How you confront your emotions and thoughts, the managing of your senses and passions, will depend whether you live in Heaven or Hell," she notes. "Gauge and overcome yourself,

because if you are carried away by fear, sadness or apathy, it will be difficult to cut the cord because there will be little escape."

"Discipline your heart," the nun advises. "When a thought does you no good, discard it. Try to incline yourself always to whatever you note has given you peace and joy. Harmony takes work."

Rule 4 — Love

Sister María Teresa describes living together peacefully as a key challenge in today's world — a challenge made more difficult by stresses stemming from the outbreak:

Because of the pandemic, we are weaker and susceptible to irritability. You will have to be very patient and use your common sense. Everybody is different, and every person can be sensitive for any number of reasons. Accept and respect others' opinions and feelings. It is very normal, when we are at home, to desire control over everything. Try not to do this — it can be the cause of many confrontations and frustrations.

"The only person you can control is yourself — your thoughts, words and emotions. Don't seek to control others, but control yourself," she admonishes. "With love you will find understanding and empathy and a willingness in giving and gratefulness in receiving. Respect admits frailty, lessens drama, lives and lets live."

Rule 5 — Don't Kill Time

"Nothing else can cause such a tremendous sensation of emptiness as spending time uselessly. It is a terrible enemy that can rid you of peace and push you into depression," Sr. María Teresa warns.

"Make a plan for these days and stick to it. Rest and work are not opposed, so take the time to engage in activities that are relaxing or stimulate your good humor," she suggests.

"Take your time with simple things — dice the onions nicely, cook beans on a low flame until they are tender. We have time!" she says. "Even though a stew can take two hours to cook, do it with joy. But do things well, regardless of how simple, so that they have value and purpose. [Allow] no senseless waste of time: 'Killing time' is killing life."

Rule 6 — Broaden Your Horizons

"How many times do we complain about everything we haven't done because of a lack of time?" Sr. María Teresa asks. "Well, now we have it!"

She suggests taking up new forms of prayer and devotions, as "perhaps ... you have exhausted everything that you knew."

"Why not try the Liturgy of the Hours?" she offers, noting it can be downloaded to any smartphone.

"Look up the writings of a saint and you will certainly find many things to fill your soul with new light," she observes, adding: "Don't be satisfied with what you already know. Now that there is an opportunity, open yourself to new things that afford wisdom and cause joy."

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Rule 7 — Be Sensitive to Others

Sister María Teresa reminds the faithful they must be sensitive to the psychological and emotional needs of those around them:

Being realistic, not everybody controls their emotions equally. There are some who, because of their mentality, will find confinement is difficult. Emotions come not only from within but are also influenced by what we see, hear and touch. So, be selective about what you get from outside in order to avoid vicious cycles that can entrap us in desperation or make us lose control. Avoid as much as possible: pessimistic conversations and arguments, frowning faces, information overload, films of horror or intrigue and disorder at home. Because it is difficult to avoid our present situation, anything that enters our brain will stay there for longer than usual, so we must be careful not to obsess or allow negative emotions to take root within us.

Rule 8 — Remember: You Are Not Alone

Sister María Teresa stresses the faithful "need not feel alone, because you are not alone."

Underscoring this point, she reminds them that the love and affection of family and friends remains. In fact, social distancing, she says, presents "an opportunity to **communicate at a deeper and intimate level.**"

She urges everyone to reach out to loved ones frequently and to speak "calmly and unhurriedly" when engaging them:

Listen to them until they finish, and allow dialogue to foster trust and the sharing of trust. Say what you have had no time to say, and say what you always wanted to say. Talk about everything or nothing but always with love, which reaches the soul and makes its home there.

"Answer that Christmas card that you ignored, the letter that gratified you but which you haven't acknowledged, the e-mail from an old friend," she adds. "Find the most fitting words and try to express your noblest sentiments. Speak from the heart and establish even stronger ties to your folks. You will find that distance is not absence."

Rule 9 — Make Time for Reflection

Sister María Teresa counsels the faithful to "find moments of silence and solitude" to avoid being overwhelmed:

How many times have I heard people say: "How I wish I could spend a few days at a monastery!" Well, now is the time to do it at home. Usually, we get tired of the pace at which we live, as if we are carried away by the daily routine without time to assimilate what we live. We expect big changes in society. We hear a lot of, "Things cannot go on this way." Well, now we have this opportunity to go into a cocoon like the little caterpillar that turns into a butterfly. Reflect, think, meditate ... What can I change

about myself to be better after these days have passed?

"Our separation from the things that we ordinarily have in our hands will help to see if we are really putting emphasis on the things that do matter, on things we can do without, and those which are irreplaceable," she notes. "A firm conviction to improve will make these days useful and create new men and women out of this crisis."

Rule 10 — Pray

"Only prayer (which is our link in friendship with God) can strengthen life at any time, especially in adverse circumstances," Sr. María Teresa affirms. She recalls a reflection by St. Teresa of Avila — that prayer, "even when I say it in the end, is the first."

"Prayer means opening up to the 'other' who will come to my aid when I need help," she continues. "This is the most universal experience of love."

"Pray, talk with God and the hours will go by unnoticed," she says. "Tell Him everything. He won't tire of hearing you — empty yourself in Him with your need. ... He is your Father, Brother, Friend."

Above all, Sr. María Teresa stresses, "Exercise your faith and trust. If you abandoned God since your First Communion, try again while you have the time and serenity to talk to Him. Maybe you don't believe in Him because you haven't tried. Will you?"

CARMELITAS DESCALZAS DE CÁDIZ

1. ACTITUD DE LIBERTAD.

Lo más fundamental es la actitud con que vivas, la interpretación que haces tú mismo de la situación, la consciencia de que no es una derrota. Paradójicamente, ésta puede ser una oportunidad de descubrir la más genuina y grande libertad: la libertad interior que nadie puede quitarte, la

que procede de ti mismo. Es verdad que las autoridades nos “obligan” a estar en casa, tu libertad consiste en adherirte voluntariamente, sabiendo que es por un bien superior. Libre es el que tiene la capacidad de asumir la situación porque quiere hacer lo correcto. No estás encerrado en casa, has optado por permanecer ahí “libremente”.

2. PAZ DONDE SE ENSANCHE EL ALMA.

Mira dentro de ti mismo, el más amplio espacio para expandirte y ser feliz está en tu corazón, no necesitas espacios externos, sino andar con holgura en tu propio mundo. Dale cabida a la creatividad, escucha tus propias inspiraciones y encuentra la belleza de la que eres capaz. Tal vez aún no has descubierto que en la paz del alma brota vida... la vida es creación de más vida, comunicación de gozo y amor. Cuando te acostumbres a vivir en ti, ya no querrás salir.

3. NO TE DESCUIDES, LA PAZ HAY QUE TRABAJARLA.

Ejercita virtudes que requieren de concentración y autoconocimiento, esas que normalmente descuidamos por estar ocupados en mil quehaceres “externos”. De cómo afrontas tus propias emociones y pensamientos, de la gestión de tus sentidos y pasiones depende que vivas en el cielo o en el infierno. Obsérvate y domínate, porque si te dejas llevar del miedo, la tristeza o la apatía, difícilmente cortarás el hilo, ya que no hay muchas evasiones. Disciplina sobre tu corazón: cuando algún pensamiento no te haga bien, deséchalo. Procura inclinarte hacia todo aquello que vayas notando que te da paz y alegría... la armonía hay que currársela.

4. AMA

El tema de fuego para estos días será la convivencia. Ante la crisis por la pandemia estamos más susceptibles e incluso irritables. Tendrás que ser muy paciente y usar mucho el sentido común. Somos diversos, cada quien tiene una sensibilidad diferente por miles de circunstancias. Acepta y respeta las opiniones y sentimientos de los demás. Es muy normal, cuando estamos en nuestra casa, la tendencia a querer controlar todo... Procura no hacerlo, sería causa de muchos enfrentamientos y frustraciones. Quítale importancia a las diferencias, potencia las cosas que unifican. El único terreno que realmente te pertenece eres tú mismo: tus pensamientos, palabras y emociones; no controles, contrólate. Desde el amor sacarás comprensión y empatía, ganas de dar y agradecimiento al recibir. Respeta, acoge la fragilidad, desdramatiza, vive y deja vivir.

5. NO MATES EL TIEMPO

Nada podrá crearte una sensación tan grande de vaciedad y hastío, como pasar el tiempo inútilmente. Es un enemigo gravísimo que podrá robarte la paz y hasta meterte en la depresión. Haz un plan para estos días e intenta

vivirlo con disciplina. Descanso y ocupación no son antagónicos, aprovecha para descansar haciendo actividades que te relajen o que estimulen un buen ánimo. Tómate tu tiempo en las cosas sencillas: que la cebolla quede pochadita, los garbanzos tiernos, el potaje a fuego lento ¡Tenemos tiempo!... Aunque un guiso te tome 2 horas, disfruta haciéndolo, pero empéñate en que las cosas que haces, por sencillas que sean, tengan valor y una finalidad, nada de perder tiempo sin sentido, “matar el tiempo” es matar la vida.

6. ENSANCHA TUS PROPIAS FRONTERAS

Cuántas veces nos hemos quejado de todo lo que dejamos por hacer debido a la falta de tiempo. ¡Venga, ahora lo tenemos!... Ese libro que te regalaron hace tres navidades y no has leído, ese otro que aún no has devuelto porque te lo dejaste por la mitad. Si te gusta la música, busca nuevos artistas, descubre nuevos géneros. ¿Te apetece un viaje?... Piensa en algún país exótico y aprende sobre su cultura, lengua, tradiciones... tenemos internet para eso. Si eres persona de fe y oración, tal vez no sabes que rezar porque ya agotaste todo lo que sabías ¿Por qué no pruebas con la liturgia de las horas?... Descárgala en tu móvil; busca en los escritos de algún santo, seguro encuentras muchas cosas que te llenaran el alma de nuevas luces. No te conformes con lo que ya conoces y sabes... ahora que hay oportunidad, ábrete a novedades que te aporten sabiduría y te llenen de alegría.

7. PARA LOS MAS SENSIBLES

Digo con mucho realismo, que no todos dominamos igual las emociones. Habrá personas a quienes, por su psicología, les costará mucho más este confinamiento. Las emociones no solo provienen de nuestro interior, también lo que vemos, escuchamos, tocamos, etc, nos influye. Por ello, hay que ser selectivos con lo que recibimos desde fuera para evitar entrar en círculos viciosos que nos atrapen en la desesperación o nos hagan perder el control. Evitad en la medida de lo posible: conversaciones de tipo pesimista, discusiones, malas caras, exceso de información, películas de terror o intriga, desorden dentro de casa. Como no hay muchas evasiones que nos hagan cambiar de “chip”, todo lo que entre en nuestro cerebro permanecerá ahí por más tiempo de lo habitual, por eso hay que tener cuidado de no obsesionarnos o no dejar anidar una emotividad negativa en nuestro interior. El exceso de pantallas también es malo, porque sobreestimula el cerebro y nos pone más nerviosos. Hay que dormir bien, pero en demasía puede provocar sensación de fracaso o derrota. Un remedio buenísimo para canalizar la energía y relajarnos es bailar. Poned buena

música y reírse un rato largo bailando. Nada como reírse para reiniciar nuestro sistema interior.

8. NO ESTAS AISLADO

Es importante comprender que no tienes por qué sentirte solo, pues no lo estás. El amor y cariño de tu gente sigue ahí, aunque el contacto físico se haya distanciado. Esta es una oportunidad para vivir la comunicación a otro nivel más profundo, más íntimo. Habla con los que tienes en casa con tranquilidad, sin prisas, escúchales hasta que terminen, deja que el diálogo haga crecer la confianza y las confidencias construyan complicidad. Dí lo que nunca tienes tiempo de decir, cuenta lo que siempre has querido contar, habla de todo y nada pero con cariño, que es lo que llega al alma y hace nido. Responde aquella postal navideña que no agradeciste, la carta que te emocionó y a la que estabas aplazando respuesta, ese e-mail de una vieja amistad. Busca palabras con belleza, intenta darle expresión a tus sentimientos más nobles... Habla desde el corazón y crea lazos mucho más profundos con tu gente. Descubrirás que la distancia no es ausencia.

9. JORNADA DE REFLEXION

Por no agobiarse, también es conveniente buscar momentos de silencio y soledad. En la organización del tiempo para éstos días, también meted espacios de “oxigenación” individual. ¡Cuántas personas alguna vez he escuchado decir: *“Cómo me gustaría retirarme algunos días a un monasterio”!* Pues la ocasión está aquí, en casa. Ordinariamente nos cansamos del aceleramiento que tenemos encima, como si fuéramos desbocados por la rutina diaria sin tiempo para asimilar lo que vivimos. Esperamos cambios sustanciales en la sociedad *“ésto no puede seguir así”*, también se escucha mucho. Pues tenemos esta oportunidad para meternos en un capullo como el gusanito que se convierte en mariposa. Reflexionad, pensad, medita... ¿Qué puedo cambiar en mi para ser mejor después de estos días?... La separación de las cosas que ordinariamente nos traemos entre manos, ayudará para ver si realmente estamos poniendo el acento en las que importan, de que otras cosas podemos pasar, cuales son irremplazables, etc. Un buen discernimiento para mejorar hará que estos días hayan sido de mucho provecho. Hombres y mujeres nuevos después de esta crisis.

10. ORA.

Sólo la oración (que es el vínculo de amistad con Dios) puede sustentar la vida en todas las situaciones, especialmente en las adversas. Oración, que como diría Sta. Teresa, *“aunque la digo a la postre, es la principal”*. Orar es abrirse a ese “Otro” que puede sostenerme cuando yo necesito ayuda; pero también cuando yo estoy bien, orar es sostener a otros que lo necesitan. Es

la experiencia más universal del Amor. Ora, habla con Dios, se pasaran las horas sin que te des cuenta: háblale de todo, no se cansa de escucharte, desahógate con El cuando lo necesites y ¿Por qué no?... deja que también Él se desahogue contigo, es tu Padre, tu Hermano, tu Amigo. Ejercita tu fe y tu confianza. Si te dejaste la relación con Dios en el trajecito de marinero de tu primera comunión o en ese bonito vestido blanco, vuelve a intentarlo, ahora hay tiempo y serenidad para conversar con El. Tal vez no crees porque no has probado ¿Y si lo intentas?...