



Sunday, December 29 of 2019

WEEKLY MESSAGE OF MARY, ROSE OF PEACE, TRANSMITTED IN THE MARIAN CENTER OF AURORA, PAYSANDU, URUGUAY, TO THE VISIONARY FRIAR ELÍAS DEL SAGRADO CORAZÓN DE JESÚS

In these end times, dear children, it will be necessary that you take care, to learn to bear and survive the beta violet waves that are coming from the Sun of the Solar System, which are waves that modify the cellular structure of the human being.

In this summer of 2020, it will be necessary that consciousnesses take certain basic precautions in order to cope with the sudden changes in the climate that human beings themselves generated while altering and contaminating the planet.

These precautions are:

Protect yourselves as much as possible from the Sun at noon and in the afternoon.

Drink plenty of water, even drinking without feeling the need to, because electrolytes of the body are easily lost.

Consume lemon, since its acidic component counteracts the easy detachment of the consciousness during periods of intense heat.

Eat fresh vegetables to balance the excessive inner and outer heat, since that excessive heat generates an intolerance to extreme weather.

Cool off, but do not excessively consume frozen drinks, because these rapidly unbalance the 37°C (98.6°F) that the human body must maintain in order to stay in harmony.

Avoid ingesting very hot liquids in order not to increase nor exceed the high temperature of the body.

In certain moments keep your head damp so that the humidity of the water upon the head may evaporate and counteract dehydration.

Eat a variety of fruits with a high liquid content so that your body may easily absorb the greatest amount of vitamins and nutrients that will compensate for the great external heat.

These simple precautions will help you to bear, not only one of the first most intense summers in the history of humanity, but will also physically, mentally and emotionally help to balance the intense entry of the violet beta rays, which are direct emanations of the Sun of the Solar System, which modify the nervous and cellular system of the human body.



With these precautions, you will have a base of sustenance in various spheres. These are times in which you must also be careful of the wave of purification.

I thank you for responding to My call!

Who blesses you,

Your Mother Mary, Rose of Peace