

EXAM OF AWARENESS

WHEN CONFESSIONING

Prayer before the exam

My Lord and my God, you search the hearts and know the consciences of men: grant me the grace to sincerely examine my sins and understand their malice. Grant that I may confess them well and repent of them, so that I may merit your forgiveness and grace in this life, and eternal glory afterward. Amen.

EXAM FOR CONFESSION

Note: For a sin to be serious, it is necessary:

1st, that the matter is serious, in itself or in its circumstances, or I consider it to be serious, although in itself it is not;

2nd, that when I do it I know it is serious; 3rd, that I want to do what I know is serious.

If any of these conditions are missing, the sin will not be serious.

An objectively serious sin may cease to be so due to some mitigating circumstance.

In this confession exam, we will put questions that involve serious matters in **bold**. When the severity varies according to the circumstances, they will not be in **bold**.

This exam is almost exhaustive.

FIRST COMMANDMENT

1. **Have you profaned religious objects or objects consecrated to God, or committed any other sacrilege?** - 2. Have they been minor irreverences towards sacred things or in sacred places? - 3. **Have you confessed without repentance or without the purpose of making amends?** (He who approaches confession and wants to commit the sin again is not repentant or has a purpose of making amends; but he who fears falling back, even if he does not want to sin again, does.) - 4. **Have you voluntarily kept silent about some serious sin in confession?** - 5. **Have you been insincere in trying to deceive the confessor in an important matter related to serious sins?** - 6.

Have you confessed the aggravating circumstances of serious sins? - 7.

Do you feel tranquility from your last confession? - 8. Have you fulfilled your penance? - 9. **Have you knowingly received Communion in grave sin?** - 10. **Have you received the Sacrament of Confirmation or Matrimony in grave sin?** - 11. Do you believe in superstitions, e.g., WITCHES, HOROSCOPES, NUMBER 13, etc.? - 12. **Have you seriously consulted fortune-tellers?** - 13. **Do you read, own, or lend books, magazines, or writings against religion?** - 14. Are you determined to destroy books, magazines, postcards, etc., that are contrary to faith or morals? - 15. Do you pray from time to time? (No one should go to bed without praying three Hail Marys to the Blessed Virgin, which are a pledge of eternal salvation, and an Act of Contrition, asking God's forgiveness for all their sins.) - 16. Do you voluntarily distract yourself when praying? - 17. Is your prayer an authentic conversation—of mind and heart—with God, or is it a mere external ritual? - 18. Have you offered your labors, sorrows, and joys to God? (In the Appendices you have the Offering of Works of the Apostleship of Prayer.) - 19. Do you try to complete your religious formation with readings, consultations, sermons, religious conferences, etc.? - 20. **Do you believe what the Catholic Church teaches, or have you held ideas contrary to it?** - 21. **Have you denied**

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or voluntarily doubted some truth of faith? (A deliberately admitted doubt is not the same as an involuntary occurrence). - 22. **Have you expressed this to others?** - 23. Do you avoid anything that could damage your faith? - 24. Have you always professed, vigorously and without fear, your faith in God? - 25. Have you manifested your condition as a Christian in public and private life? - 26. Is your life a testimony of faith before men? - 27. Have you relied on God's mercy to commit more sins? - 28. Have you encouraged yourself to sin thinking that you will confess later? - 29. Have you gone to God in temptations? - 30. Do you distrust God, doubting His Love and Providence? - 31.

Have you despaired, or revolted in cold blood against the Providence of God? - 32.

Have you complained about God, refusing to accept your sufferings? - 33. Have you distrusted God? - 34. Have you borne the pains and setbacks of life with serenity and patience? - 35. Are you obsessed with temporal things and forgetful of God? - 36. Have you delayed a long time in confessing after having sinned gravely? - 37. Do you act in your affairs with right intention? - 38. Have you had human respect for the things of Religion? - 39. Have you been brave in defending the Church whenever it has been possible and prudent to do so? - 40. **Do you belong to irreligious societies that plot against the Church?**

Freemasonry is contrary to Catholic doctrine, and the faithful who profess it sin gravely. According to the Declaration of the Sacred Congregation for the Doctrine of the Faith, dated 26-XI-83, it is forbidden for a Catholic to join the Freemasonry, and anyone who does so is guilty of grave sin and cannot receive communion, because "it is an affiliation incompatible with the Catholic faith." "The faithful who profess the Marxist and anti-Christian doctrine of the Communists, and above all, those who defend and propagate it, are automatically considered apostates from the Catholic faith." - 41. Have you attended a séance? (The Church forbids attending séances, even out of curiosity.)

SECOND COMMANDMENT

1. Have you sworn falsely? - 2. Have you sworn with doubt about the truth of what you swore? (For the degree of certainty required in an oath, see section 64.) - 3. Have you sworn truthfully, but unnecessarily and out of habit? - 4. **Have you sworn to do something wrong, such as taking revenge, etc.?** - 5. **Have you consciously blasphemed God, the Virgin, or holy things?** - 6. In front of others? - 7. Have you said irreverent words about God, the Host, the Virgin, or the Saints? - 8. Have you told irreligious jokes or ridiculed things about Religion? - 9. Have you shown human respect in showing your Catholicism? - 10. Have you spoken ill of the Church or of holy things? - 11. Have you criticized priests, without foundation or reason? - 12. Have you spoken or spread anything against Religion? - 13. Have you mocked good people, just because they are good? - 14. Have you lacked the respect due in the temple? - 15. Have you fulfilled, as far as you could, the vows and promises you made to God? (If you have any of these pending matters that you are struggling to fulfill, tell your confessor, in case it's a good idea to change your obligation.)

THIRD COMMANDMENT

1. Have you missed Mass on any Sunday or Holy Day of Obligation when you could have? (See No. 65 for a list of Holy Days of Obligation.) **2. Have you arrived late and missed the entire Mass without sufficient reason?** (Those who arrive at the Creed fulfill the precept of hearing Mass; however, one must arrive before the priest goes to the altar.) **3. Have you deliberately been distracted during Mass or committed any irreverence during it?** - **4. Have you neglected the Paschal Fulfillment?** (In number 51 you have the time to make the Paschal Fulfillment.) - 5. Do you attend Holy Communion frequently, according to your means? - 6. Have you caused others to skip Mass or to work unnecessarily? - 7. Do you dedicate any of your free time to the good of others, through works of charity or apostolate?

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FOURTH COMMANDMENT

a) Children. 1. Within your family, have you contributed to the joy of others and to a good family atmosphere with your patience and true love? - 2. Are you guilty of breaking peace and unity in the family? - 3. Do you contribute to shared needs? - 4. Are you a torment to others at home? - 5. Have you disobeyed your parents? - 6. Have you mocked them? - 7. Do you respect them? - 8. Have you answered them harshly? - 9. Have you saddened them with your conduct? - 10. Have you denied them the right to speak? - 11. Have you insulted them? - 12. Have you despised them? - 13. Have you mistreated them? - 14. Have you threatened them? - 15.

Have you wished them harm? - 16. Do you treat them kindly? - 17. Have you made them cry? - 18. Have you tried to accommodate their reasonable desires regarding entertainment, friendships, relationships, future, and choice of status? (Minors have a grave obligation not to lie to their parents about their reading, entertainment, expenses, friendships, etc., since this is necessary for parents to fulfill their grave obligation to educate their children.) - 19. Have you publicly shamed them because they are poor, ignorant, or elderly? - 20. Have you treated them harshly or brusquely? - 21.

Do you upset them? - 22. Do you help them in every way you can? - 23. Have you helped them in their needs, both material and spiritual? (One of the greatest sins of children towards their parents is not facilitating their timely reception of the Last Sacraments.)

- 24. Do you take care of your parents as much as you should with your earnings? - 25. If they have died, do you remember to pray for them and offer a Mass for them? - 26. Have you obeyed and respected your superiors? - 27. Do you suffer from indiscipline and rebellion? - 28. Do you fulfill your obligations?

b) Brothers and sisters. 1. Have you treated your brothers and sisters well? - 2. Have you quarreled with them? - 3. Have you mistreated them? - 4. Do you deny them the right to speak for long periods of time? - 5. Have you made peace with them? - 6. Are you envious of them? - 7. Do you set a bad example for them? - 8. Have you caused them to learn to talk back to your parents, or to disobey, or have you scandalized them in any way? - 9. Have you brought serious faults to the attention of your parents so that they can correct them, unless there is another more effective means? - 10. Do you help your siblings materially if they need it and you are able to do so?

c) Parents. 1. Do you educate your children appropriately in religion and good morals? - 2. Do you feed them, clothe them, attend to their health and physical development, and instruct them in religion and culture? - 3. Do you correct your children angrily or unjustly? - 4. Do you correct and punish them as the fault deserves? - 5. Do you treat your children affectionately? - 6. Have you cursed them or wished them harm? - 7. Do you mistreat them or keep them frightened? - 8. Do you pamper and indulge them, and do you not know how to resist their whims? - 9. Do you laugh at their faults and shamelessness? - 10. Do you know how to impose your authority correctly while respecting their personality? - 11. Do you let them wander around idle and lazy? - 12. Do you know how to find the balance between the exercise of your authority and respect for the tastes and reasonable ideas of your children? - 13. Are you tolerant of their sins? - 14. Do you set a good example for them in your words and deeds? - 15. Do you speak to your children about things that could harm them spiritually? - 16. Do you give them good advice so that their faith and morals are not endangered? - 17. Do you keep them away from the dangers of sin? ("Boys and girls should not sleep together from the age of five.") - 18. Do you monitor their entertainment, friendships, reading material, and television programs? - 19. Do you make sure that no magazines that could harm your children spiritually enter your home? - 20. Do you allow your daughters to wear indecent clothing or engage in dangerous entertainment, such as indecent dancing, dating, etc.? - 21. If they have a serious boyfriend, do you take the necessary precautions to ensure that they behave as God commands in all things? - 22. Do you help your children achieve a comfortable standard of living? - 23. Do you have unjustified preferences, or have you unfairly disadvantaged your children in the inheritance they receive?

are they entitled to? - 24. Have you violated your children in their choice of state or prohibited them from devoting themselves to

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God? - 25. Do you instill in your children upright conduct, fidelity to duty, and a spirit of work? - 26. Have you arranged your will so that if you die unexpectedly there will be no conflict? - 27. Have you sought advice from competent and honest people so that your will is in accordance with your Christian principles, and its drafting will not cause problems and conflicts for your heirs? (The will should be drafted in time, with full powers. For example, now. Better sooner than later.)

d) Husbands. 1. Do you treat your spouse lovingly and kindly? - 2. Do you save them from unnecessary work? - 3. Have you mistreated them? - 4. Do you insult each other, quarrel, etc.? - 5. Do you discuss your problems together, the raising of your children, etc.? - 6. Do you converse confidently and strive together to run your home? - 7. Do you deprive your spouse of the freedom to do what is good and lawful? - 8. If you have to correct them, do you do it lovingly? - 9. Are you rude toward your spouse? - 10. Have you undermined them in front of your children? - 11. Do you support them so that they can fulfill their duties toward your children in a Christian manner? - 12. Do you suffer from unfounded jealousy? - 13. Do you inadvertently put your spouse at risk of infidelity? - 14. Do you keep an eye on him so much you seem like a policeman? - 15. Do you upset him for no reason? - 16. If you are a husband, do you give your wife enough for the family expenses? - 17. Do you squander money on vanities or vices? - 18. In the act of marriage, are you driven by selfishness or hedonism? - 19. Do you practice the conjugal act with true love? - 20. Are you careful not to use marriage to scandalize your children or others? (Children should leave their parents' bedroom when they turn two.) - 21. **Do you fail in marital fidelity in deeds or desires? - 22. Do you use marriage properly?** (If you have any doubts about this, consult a priest you trust.)

e) Ladies and housewives. 1. Do you give your time a fair and proper wage? - 2. Do you obey the laws regarding your employees? - 3. Do you have your employees properly insured? - 4. Do you treat your servants with Christian charity, as your brothers? - 5. Are you interested in their well-being, health, their family..., as much as possible? - 6. Do you avoid their moral perversion and the dangers to their souls as much as possible? - 7. If you hold any office or exercise any authority, do you use it for your personal benefit, or for the good of others in a spirit of service? - 8. Have you kept your promises and contracts? - 9. Do you see to it that your subordinates do not pervert others? - 10. Do you make it easier for your domestic employees to perform their religious duties? - 11. Do you give them work beyond their capabilities? - 12. Do you assign them work that offends their conscience? - 13. Do you ensure that your domestic workers have decent food and housing? - 14. Do you watch so that your children find no occasion to sin within the domestic confines? - 15. Do you admit women of dubious reputation into your service? - 16. Do you make them work late into the night? - 17. Do you deny them the necessary rest? - 18. Do you insult or mistreat them? - 19. Do you know how to command with kindness?

f) Superiors and officials. 1. Do you treat your subordinates fairly and charitably? - 2. Do you ensure that just laws are observed? - 3. Are your workers and employees adequately insured? - 4. Have you maintained justice in the distribution of positions, jobs, privileges, honors, and rewards? - 5. Have you given positions of responsibility to people who can cause harm? - 6. Have you protected the poor and the helpless? - 7. Do you listen to recommendations without reason? - 8. Have you allowed yourself to be bribed for money? (Gifts and tips given for favors that were not against the 5 are not bribes)

justice). - 9. Do you obey and enforce fair laws and regulations? - 10. Do you command what you should command? - 11. Do you tolerate injustices that you could stop? - 12. If you hold a position or exercise authority, do you use it for your own benefit or for the good of others, in a spirit of service? - 13. Do you avoid scandals and abuses from others, or do you tolerate them out of fear of someone powerful, out of human respect, or for your own benefit? - 14. Have you made unjust decisions or handled unjust cases? - 15. Do you do all the good you can? - 16. Have you conscientiously fulfilled your obligations? - 17. Do you set an example of punctuality and diligence in your work? - 18. Do you work honestly on time? - 19. Does the effort you put into your work respond to the money you earn? - 20.

Have you harmed anyone by your carelessness in the performance of your duties? - 21. If you influence the bonuses, incentives, etc., earned by your subordinates, do you truly give each one what they deserve, or do you favor those you like and harm those you dislike? - 22. Have you taken undue advantage of your position? - 23. If women are working with you, do they find you a gentleman, or, on the contrary, a torment or a temptation? - 24. Have you conscientiously fulfilled your obligations? - 25. Are you diligent in dispatching the affairs of others that are awaiting your processing? - 26. Do you postpone the business of the poor to that of the rich, harming the former by the delay? - 27.

Are you attentive and kind to all who come to you? - 28. Do you make sure that your subordinates do not mistreat those who come to them? - 29. Are your manners harsh, despotic, or unpleasant? - 30. Do your family problems or stomach ache affect your dealings with your subordinates? - 31. Do you know how to command with kindness? - 32. When reprimand is necessary, do you try to do so constructively, without offending or injuring? - 33. Do you congratulate your subordinates when their work deserves it so that they can have the satisfaction of feeling useful to others?

g) Employers. 1. Do you pay a fair and appropriate wage for their time? - 2. Is there a balance between what your workers earn and the profits you make from that work? - 3. **Are you guilty of the hunger of your workers by giving them insufficient wages?** - 4. Do you classify your workers correctly, paying them according to the category of work they actually perform? - 5. Do you pay them fairly for overtime, and for especially hard or dangerous work? - 6. Do you keep the laws with them? - 7. Are your workers adequately insured? - 8. Have you kept your promises and contracts? - 9. Do you provide your workers with sufficient equipment to make the work as easy as possible? - 10. Are the health and safety conditions at work such that you, in their place, would not ask for more? - 11. Do you try to be informed of the circumstances under which your workers work and the difficulties they face, or does your neglect to inform them cause them to suffer unjustly? - 12. Do you strive to satisfy your workers' reasonable desires? - 13. Do you treat your workers with Christian charity as your brothers? - 14. Are you interested in their well-being, their health, their families..., as far as this is possible? - 15. Do you avoid as much as possible their moral perversion and the dangers to their souls? - 16. Do you avoid as much as possible promiscuity between the sexes? - 17. Do you see to it that your workshop or office managers do not pervert the personnel under their command? - 18. Do you set a good example with an irreproachable attitude towards the women in your service? - 19. Do you facilitate the exercise of your personnel's religious duties? - 20. Do you assign them work that offends their conscience? - 21. Do you impose work beyond their capabilities? - 22. Do you appreciate the effort made and acknowledge its merit so that your subordinates may enjoy this satisfaction? - 23. Do you abuse the needy? - 24. Do you procure disproportionate profits? - 25. Have you unjustly harmed any person with your business dealings? - 26. Do you care about business ethics and having a properly formed professional conscience? - 27. Do you comply with social justice and cooperate in remedying difficult circumstances for workers? - 28. Do you contribute, according to your possibilities, to the remedy of society, using your capital in a way that

provide work for the worker? - 29. Do you give your workers an example of a Catholic employer through your piety, your customs and your justice?

h) Workers. 1. Do you obey and respect your superiors? - 2. Do you fulfill your fair contracts? - 3. Do you take care of your employers' belongings? - 4. Do you unnecessarily harm their property? - 5. Do you needlessly waste materials or energy? - 6. Do you take care of your work tools as if they were your own? - 7. Do you work diligently for the required amount of time? - 8. If someone else worked for you, would it seem sufficient if they performed as well as you do at work? - 9. Do you set a good example of honesty and loyalty? - 10. Do you keep the manufacturing secrets of the company where you work or have worked? - 11. Do you unlawfully prevent others who need it from working? - 12. Are the means you employ to defend your rights lawful? - 13. Do you set a good example for your coworkers? - 14.

Are you responsible for the perversion of the young people who work with you? - 15. Do you make an effort to improve the environment as you would if they were your children? - 16. Do you influence the degradation of your work environment with your blasphemies, foul language, immoral conversations, obscene photographs in lockers, etc.? - 17. If there are women working with you, do you respect them as you would like your wife and daughters to be respected? - 18. Do you help your coworkers with whatever they need whenever possible? - 19.

Are you doing everything you can to bring them closer to God?

i) All. 1. Could you have done good to others but failed to do so? - 2. Do you behave toward others as you would like others to behave toward you? - 3. Do you conscientiously fulfill your professional obligations? - 4. Are you selfish, forgetting the rights or needs of others when your own interests are involved? - 5. Do you fulfill your obligation as a Christian to spread and increase the faith of those around you? - 6. Do you recommend and give away religious books that have done you spiritual good and can do so to others? - 7.

Do you make sacrifices for others? - 8. Do you try to do the good you can around you? - 9. Have you reported wrongdoers to prevent them from continuing to do harm? - 10. Have you committed any injustice? - 11. Any dirty business dealings? - 12. Do you obey just laws? - 13. Do you pay fair taxes? - 14. Do you vote for political candidates who will act against the Church? - 15. Do you abstain from political votes, thus allowing those who go against the Church to win? - 16. Have you spoken about authorities with due respect, recognizing that the exercise of power is a complex and difficult task, and that even honest men are capable of error, or have you allowed yourself to be carried away by unjust or simply ill-timed criticisms that destroy rather than build? - 17. Do you conduct yourself in all respects as an exemplary citizen, as befits a good Catholic? - 18. Do you contribute, according to your possibilities, to the common good and prosperity of your country? - 19. Do you humbly accept reasonable rebukes or advice you receive? - 20. Have you unjustly and knowingly disregarded the authority of a legitimate superior?

FIFTH COMMANDMENT.

1. **Have you murdered someone?** - 2. **Have you procured an abortion?** - 3. Has one occurred? - 4. Have you cooperated in it? - 5. **Have you attempted suicide?** - 6. **Have you directly incited others to suicide, abortion, or a crime?** - 7. Have you fulfilled your obligation to report wrongdoers for the good of society? - 8. Have you unnecessarily endangered your life? - 9. Have you endangered your life or the lives of others by breaking the traffic code; for example: overtaking without visibility, dazzling with headlights, riding a bicycle at night without lights, crossing the road without first checking if a car is coming, etc.? - 10. Have you injured or hit another person without reasonable cause? - 11.

Have you insulted others? - 12. Have you slandered or cursed others? - 13. Do you bear hatred or resentment toward anyone? - 14. **Is it hatred unto death?** - 15. Do you refuse to greet or speak to anyone without reasonable cause or for too long? -

16. **Do you seriously wish serious harm upon another person?** - 17. Have you taken revenge or desired revenge? - 18. Have you grieved at their prosperity or rejoiced at their misfortune? - 19. Have you cursed others? - 20. Have you been the cause of quarrels or enmities? - 21. Do you foster antipathies? - 22. Are you patient with your neighbor's weaknesses? - 23. Are you carried away by vanity and vainglory? - 24. Have you rejoiced at another's misfortune or resented their good? - 25. Have you refused to forgive and make peace? - 26. If you have offended anyone, have you given satisfaction explicitly or tacitly? - 27. If someone has injured you, are you willing to make peace and to grant, for Christ's sake, forgiveness? Or do you harbor hatred and desire for revenge? - 28. Do you have a bad temper and quarrel for no reason? - 29.

Do you often argue with your family? - 30. Do you take a long time to reconcile? - 31.

Do you despise others? - 32. Do you control your temper? - 33. Do you get angry easily? - 34. Do you treat your neighbor with arrogance? - 35. Have you mocked others, ridiculing them and lacking charity? - 36. **Have you caused anyone serious displeasure, without justifiable reason?** - 37. Have you despised your neighbors, especially the poor, the weak, the elderly, foreigners, and men of other races? - 38. Have you imposed your will on others against their freedom and rights? - 39. Do you abuse your brothers by using them for your own ends, or by behaving toward them in ways you would not want them to behave toward you? - 40.

Do you annoy others with your teasing or practical jokes? - 41. Are you kind and helpful? - 42. Do you care for the good of your neighbor, warning them of material or spiritual danger, as Christian charity demands? - 43. Do you do the apostolate you can in accordance with your Christian vocation?

- 44. Do you treat others with Christian charity? - 45. Have you taken drugs? - 46. **Have you gotten drunk to the point of losing your mind?** - 47. Have you drunk so much that, because you were so happy, you committed sins you would not have committed without drinking? - 48.

Have you given drinks for bad purposes? - 49. Do you spend too much on drinks or exquisite foods? - 50.

Have you set a bad example? - 51. **Have you done anything serious that has induced others to sin?**

- 52. **Have you scandalized others by teaching them or inciting them to sin seriously?** - 53. **Have you been the conscious and voluntary cause of serious sins in others, when you could and should have avoided it?** - 54. Have you given them bad photographs, books, magazines, newspapers? - 55.

Have you stopped looking out for the good of others, when you could easily avoid harm? - 56. Do you sacrifice yourself for the good of others? - 57.

Are you selfish and do you think only of yourself? - 58. Are you interested in those around you? - 59. Have you fulfilled your obligation to denounce evildoers? - 60. Have you caused trouble without cause? - 61. Do you help the needy according to your means? - 62. Do you participate in the apostolic and charitable works of the Church and in the life of your parish? - 63. Have you prayed for the unity of the Church, the evangelization of peoples, the realization of peace and justice? - 64. Do you take care to bring others closer to God by giving advice, recommending religious books and magazines that have done you good, and above all by the example of your life?

SIXTH AND NINTH COMMANDMENTS.

1. **Have you committed any gravely indecent act?** - 2. **Alone?** - 3. **With another person?** - 4. **What kind: single, married, related, or of the same sex?** - 5. **Was it merely touching, or did you go all the way?** - 6. **If so, was the consequence pregnancy?** (This entails certain grave obligations which you should ask your confessor about.) - 7.

Have you voluntarily put yourself in imminent danger of grave sin, or did you fail to avoid it when you could and should have? - 8. **Have you touched anything or anyone with dishonest intent?** - 9. **Have you danced with dishonest intent?** - 10. **Have you had dishonest touches out of impulses of lust?** - 11. **Have you kissed or embraced with dishonest desire?** - 12. **Have you consciously sought to provoke carnal arousal?** - 13. **Have you**

voluntarily and without just cause, put yourself in grave danger of making voluptuous movements and of consenting to them? - 14. Do you try to reject indecent temptations from the outset? - 15. Have you made indecent gestures? - 16. Have you said rude and foul language? - 17. Have you had obscene conversations, told dirty jokes, or sung indecent songs? (In No. 68 you will find out who sins in indecent conversations.) - 18.

Have you encouraged these conversations? - 19. **Do you hear things that are seriously dishonest, indulging in them voluntarily?** - 20. **Have you read, written, or drawn, for pleasure, without justifiable reason, things that are seriously dishonest?** - 21. Do you have immoral books, magazines, photographs, or engravings? - 22. Have you lent them out? - 23. Have you continued reading a book after realizing that it was a danger to your soul? - 24. **Have you looked with dishonest intent?** (Looking carefully and voluntarily is not the same as looking unintentionally, in passing and without noticing, or out of necessity.) - **25. Have you gone to seriously dishonest shows?** - 26. Have you attended immoral entertainments that are for you a proximate occasion of sin? (In no. 85, at the end, I explain the difference between a proximate and a remote occasion.) - 27. Do you cooperate or cover up dishonest actions? - 28. Do you have love affairs as a hobby, without the intention of getting married? - 29. In courtship, do you behave seriously and know how to maintain due moderation in your displays of love, avoiding the danger of sin? - 30. Do you try to get to know your boyfriend's (or girlfriend's) character, personality, defects, and virtues, in order to fall in love more with their soul than their body? - 31. Do you deceive them or prevent them from knowing you as you really are? - 32. Do you try to correct your defects to make yourself more worthy of their love? - 33. Do you try to help them spiritually, or are you a torment and a temptation for them? - 34. Do you know how to sacrifice yourself to attend to their reasonable tastes? - 35. Do you remain as faithful to them as you would like them to remain faithful to you? - 36. **In your expressions of affection, do you lose control and do what is the exclusive right of married people?** (The voluntary operation of the genital apparatus is only permissible within marriage.) - 37. Do you take into account the reasonable advice of your parents about your courtship? - 38. Do you try to win over their family and have them accepted by your own? - 39. Do you have friendships that are habitual occasions of sin? - 40. Are you willing to leave them? - 41. Do you avoid occasions of sin? - 42. Have you voluntarily put yourself in danger of sinning? - 43. **Do you go to places of perdition?** - 44. **Do you take others with you?** - 45. **Have you had indecent desires that you deliberately consented to, although you did not act on them?** - 46. **Was this a married person or one who, for some reason, has a special gravity?** (Relative, same-sex, etc.) - 47. **Have you ever had dishonest thoughts and voluntarily indulged in them?** (Feeling bad desires and **having** bad thoughts is not the same as consenting and voluntarily indulging in them.) - 48.

Have you dishonestly and deliberately coveted someone other than your spouse?

SEVENTH AND TENTH COMMANDMENTS.

1. Have you taken anything that is not yours? - 2. Has it been done by force, or against a poor person, or in a sacred place, or under any other aggravating circumstance? - 3. Have you attempted or desired to steal from your neighbor, or harm his property, or have you advised it? - 4. Have you cooperated in the theft in any way, by advising, helping, covering up, etc.? - 5. Have you returned what you found, if you know whose it is? - 6. If you do not know, have you tried to find out with diligence proportionate to the importance of the thing? - 7. Have you returned things borrowed? - 8. **Have you intentionally caused serious damage to others' property?** - 9. Have you knowingly cooperated in the harm of others? - 10. Have you been an accomplice or have you covered up any injustice? - 11. Have you, out of selfishness, refused to present yourself as a witness to someone's innocence? - 12. Have you fulfilled legacies and wills? - 13. Have you knowingly purchased stolen goods? - 14. Have you returned stolen goods and repaired the damage?

caused according to your possibilities? - 15. If you have not already done so, are you in a position to make restitution? - 16. Have you taken advantage of another's need to get money? - 17. Have you cheated when buying or selling? (Even if what is stolen each time is small, it can become a **serious sin** due to accumulation.) - 18. **Have you gambled large sums of money?** - 19. Have you cheated at gambling? (You must return what you won by cheating to the injured party or give it as alms. If you have doubts, ask your confessor.) - 20. Have you passed counterfeit coins or stolen money when shopping? - 21. Have you withheld money from others when they needed it? - 22. Have you lent money at usury? - 23. Have you failed to comply with justice in your contracts or business dealings? - 24. Do you keep your contracts and commitments? - 25. Do you take advantage of the ignorance, weakness, or carelessness of others? - 26.

Do you fulfill your professional obligations to the best of your ability? - 27. Have you made amends for the harm you have done to others? - 28. Have you given less than what is fair? - 29. Have you been paid more than what is fair? - 30. Do you demand money for a service to which you are obligated by virtue of your already paid position? (A gift freely given by someone grateful for your service is a different matter.) - 31. Do you charge for services you have not performed or performed poorly? - 32.

Do you make disproportionate profits from your business? - 33. Do you cooperate, to the extent of your ability, in the implementation of social justice? - 34. Do you consider the tragedy of your brothers and sisters, unemployed parents, and all those who do not earn enough to support their children to be your personal problem? - 35. Do you give alms according to your income or your superfluous expenses? (At the end of No. 69 you have a guiding rule for fulfilling this obligation.) - 36. Have you squandered on luxuries and vanities what you have in excess and others need? -

37. Have you fulfilled your civic duties? - 38. Have you paid without fraud the just taxes, reasonably determined by law, as much as your means allowed? - 39. What use have you made of your time, your strength, and the gifts God has given you? - 40.

Have you put them at the service of others when possible? - 41. Have you used them to improve and perfect yourself? - 42. Have you suffered from laziness and idleness?

EIGHTH COMMANDMENT.

1. **Have you lied, causing serious harm to others?** - 2. Was it a trivial lie? - 3. Have you acted as a false witness? - 4. **Have you slandered, attributing false and serious faults to others?** - 5. Have you repaired the damage caused by the lie or slander? - 6. Have you uncovered hidden faults, even if they were true, without just cause? - 7.

Have you revealed secrets without a serious and reasonable reason? - 8. **Have you read letters from others against their will?** - 9. Have you listened to secret things?

- 10. Have you criticized without reason? - 11. Have you listened with pleasure to the gossip of others? - 12. Have you given rise to such gossip? - 13. Have you sown discord among others with tales and gossip, true or false? - 14. Have you made your companions look bad in the eyes of others? - 15. Have you exaggerated the faults of others? - 16. Have you used half-measures or insinuations, unjustly arousing suspicion in others? - 17. Have you failed to restore reputation, when you could have? - 18. Have you judged another person poorly without sufficient grounds? - 19. Have you communicated your rash judgments to others? - 20. Have you misinterpreted the conduct of others without making an effort to understand them? - 21. Have you allowed gossip when you should have stopped it? - 22. Have you failed to defend your neighbor, defamed or slandered, when you could have easily done so?

COMMANDMENTS OF THE CHURCH.

(**Note: The first three have been included in the Commandments of the Law of God.**) 1. Do you observe fasting and abstinence as commanded by Holy Mother Church and as appropriate to your status? (In no. 73 you have the explanation of how and upon whom fasting and abstinence are obligated.) - 2. Do you contribute, according to your position, to the expenses of worship and

clergy, or to apostolic works, and to the needs of the Church? - 3. Do you pray for the unity of Christians, the evangelization of peoples, and the freedom of the Church so that it may fulfill its mission among men?

Act of Contrition

Pray it slowly and from the heart before going to confession.

My Lord Jesus Christ, true God and true Man, my Creator, Father, and Redeemer; because You are who You are, infinite Goodness, and because I love You above all things, I am sorry (beat your chest) with all my heart for having offended You; I am also sorry because You can punish me with the pains of hell.

With the help of your divine grace, I firmly resolve never to sin again, to go to confession, and to perform the penance imposed on me. Amen.

Practical Way to Go to Confession

After you've examined your conscience and prayed the Act of Contrition from the heart, you approach the confessional. If you have time and a Bible at hand, it would be good to read a passage that will help you repent.

When your turn comes, make the sign of the cross, go to the confessor, and, standing or kneeling (according to custom), greet him with the words: Hail Mary Most Pure. He will reply: Conceived without sin. (Ritual of Penance, no. 16, 1975)

You will then say with humility, sincerity, and repentance: It has been... (the time that has passed more or less since your last confession) since I have not confessed. I fulfilled (or did not fulfill) the penance. I did not keep silent about any grave sin (or I knowingly kept silent about one, two, or three sins, etc.). Nor did I forget any (or I forgot these sins: tell them to your confessor). Since then, I have committed the following sins: (Tell him the ones you remember according to the order of the commandments, always adding the aggravating circumstances and how many times you have committed each grave sin. If you do not remember the exact number, you can say it approximately, for example, how many times a day, a week, or a month.

If, thank God, you have no serious sins, at the end you can say: "I also accuse myself and repent of all the sins of my past life, especially those I have committed against purity, patience, and charity."

It's best to confess alone; but if you don't dare, ask the Father to help you. And if, after the confessor finishes questioning you, you remember some other serious sin, tell him yourself.

Don't be afraid to tell him everything. The confessor won't be surprised at anything and will keep your secret, even if it costs him his life. Furthermore, he has an obligation to receive all repentant sinners with love and mercy—as Jesus Christ himself did. If you tell him everything, you will find great peace in your soul. If not, remorse will keep you from living in peace.

If you are not prepared to confess with repentance for all the serious sins you have committed, it is better not to confess at all. If you confess poorly, not only will you not obtain forgiveness for any sin, but you will also add another terrible one, called sacrilege.

You are obligated to reveal—even if your confessor doesn't ask—all serious sins you haven't confessed yet or confessed incorrectly. If you've kept a sin to yourself because you forgot, don't worry: confession counts. A forgotten sin is a forgiven sin. Simply reveal it, if it was serious, at your next confession.

Tell your confessor about any problems you have living your faith well. Listen to the advice your confessor gives you to help you. If you have any questions, ask them.

Pay attention to the penance he imposes on you. If you don't know how or can't do it, tell him so he can impose a different one.

While the Father gives you the blessing to forgive your sins, pray "My Lord Jesus Christ"; and if you don't know how, beat your breast, saying several times from your heart: "My God, forgive me!"

Once you've finished confession, try to complete your penance as soon as possible. If you've forgotten, ask your confessor again. And if this isn't possible, if you wish, you can do what they usually tell you in similar cases. But just tell your confessor what happened to you at your next confession.

If you have finished preparing your confession and still have time, you could meditate on some of these phrases:

"Forgive me, for I am a sinner" (Luke 18:13).

"Your sins are forgiven. Your faith has saved you. Go in peace" (Luke 7:49). "Do not sin again" (John 8:11).

"I am the Good Shepherd" (John 10:11).

"I will cast your sins into the depths of the sea" (Micah 7:19)

"I will forgive their guilt and remember their sins no more" (Prophet Jeremiah, 31:34). "God desires all to be saved" (First Letter to Timothy, 2:4).

Before confession to the priest, a thorough examination of conscience is required, which is why I have also included these questionnaires for the examination:

A. FOLLOWING THE COMMANDMENTS OF GOD'S LAW

The Ten Commandments set forth the demands of love for God and neighbor. The first three refer more to the love of God, and the other seven more to the love of neighbor (Cat.

Church Cat.).

How long has it been since I went to confession?

Did I keep silent about some serious sin out of shame or did I confess without due repentance?

Did I fulfill the previous penances?

First commandment

Have I doubted God? Have I denied God?

Have I doubted the revealed truths?

Have I taken care to increase my moral and religious education?

Have I dispelled the doubts with those in authority?

Have I read anti-Christian books and endorsed them?

Am I ashamed of my religion in front of those who mock it?

Do I allow myself to be swayed by the ideas and advice of immoral or irreligious people? Have I abused God's mercy?

Have I complained about God in adversity?

Have I been negligent in the service of God?

Have I stopped keeping my promises or vows?

Have I believed in superstitions?

Have I resorted to various forms of divination or magic?

Second commandment

Have I said offensive words or made fun of God, the Virgin, the saints or sacred things?

Have I sworn falsely or unnecessarily in the name of God?

Third Commandment

Do I miss Mass on Sundays or holy days of obligation when I could attend?

Do I participate in Mass with indifference?

Do I sanctify the Lord's day by abstaining from works that hinder prayer, good works and proper rest of the body?

Have I fasted and abstained on the days indicated by the Church?

Fourth Commandment

Have I failed to obey my parents, superiors or teachers?

Have I disrespected you or caused you trouble?

Have I taken care of my parents' material and spiritual needs? Do I have a good relationship with my siblings?

Have I been unfair to my children, employees or subordinates?

Have I been respectful and fair to my spouse?

Have I fulfilled my duties to the country?

Fifth Commandment

Have I caused any physical harm to another person?

Have I advised, assisted, or performed an abortion?

Have I neglected my health or risked my life unnecessarily?

Have I gotten drunk or taken drugs?

Have I wished any physical or moral harm on another person?

Do I harbor hatred, resentment, or dislike toward anyone?

Have I harbored desires for revenge?

Have I damaged the good reputation of others?

Have I unnecessarily or maliciously commented on others' flaws? Have I caused others to sin with bad advice or example? Have I caused scandal with my personal, family, or professional conduct?

Sixth and Ninth Commandments

Have I entertained impure thoughts and desires?

Have I put myself at risk of sin with dishonest looks, magazines, movies, or shows?

Do I have bad conversations and friendships?

Do I conduct my courtship chastity or am I a cause of sin for the other?

Have I committed impure acts alone or with another person?

Married or single, of the same sex or with a relative?

Have I failed in marital fidelity in thought or deed?

Have I regulated my birth rate out of selfishness?

Have I prevented fertility by unnatural means that the Church's teaching fails?

Seventh and Tenth Commandments

Have I stolen or assisted in a robbery?

Have I damaged another's property or work? Have I made money through illicit means?

Have I returned what belongs to others or repaired the damage? Have I coveted another's property with envy?

Have I contributed to the support of the Church?

Eighth Commandment

Have I lied, even to do good or avoid evil? Have I slandered?

Have I made rash judgments?

B. FOLLOWING THE CAPITAL VICES

Am I proud?

Do I focus everything on myself?

Do I have a disordered attachment to my own will and my own opinion?

Don't I recognize my mistakes and defects?

Do I seek or take pleasure in the recognition of men for what I have or am?

Am I greedy for money or for possessing more and more?

Do I have ambition for fame or power?

Have I harmed my family or others out of greed or ambition?

Do I have little confidence in Providence and excessive concern for the future?

Do I let myself be carried away by lust in thoughts, words and deeds?
Do I avoid occasions of sin and apply appropriate remedies?
Am I irascible, resentful, or vengeful?
Have I committed offenses or injustices out of anger?
Have I negligently sought God in prayer, good works, or the sacraments?
Have I turned away from the Christian life because I found it dry or difficult?
Do I overeat or overdrink?
Have I grieved for another's good?
Have I rejoiced in another's misfortune?

C. FOLLOWING THE VIRTUES OF EVANGELICAL PERFECTION

On the life of prayer

Have I prayed my daily prayers?
Have I made an effort to participate fervently in worship? Do I keep some good spiritual or educational reading?
Do I offer all of my daily activities to God?

On the theological virtues of Faith

Have I doubted God, Christ, or what the Catholic Church teaches?
Have I been concerned about resolving doubts and increasing my training?
Have I jeopardized my faith by reading bad books or magazines, watching TV programs or holding dangerous conversations?
Have I ensured the formation and life of faith of those entrusted to me? Do I try to ensure that all my problems are resolved in the light of faith?
Have I rebelled against God in adversity?

HOPE

Do I direct all my actions toward eternal life? Am I overly attached to this life?

Do I have little confidence in Providence?
Have I despaired of salvation or doubted divine help?
Have I abused my trust in God by not using the means of good works, prayer, and the sacraments?

CHARITY

Have I had hatred or rebellion against God?
Have I had hatred and resentment towards anyone?
Have I stopped helping those in need, either materially or spiritually?
Have I sown discord among people?
Have I argued or argued in a spirit of contradiction?
Have I promoted fights or dissensions in society or the Church?
Have I caused a scandal?
Have I tried to order my life according to God's will with all my heart and with all my soul?
the forces?

PRUDENCE

On the cardinal virtues

Have I acted hastily and with poor judgment?
Have I delayed important life decisions?
Have I failed to seek appropriate advice on important decisions? Am I acting with deceit, cunning, or deceit?

Am I aware of the obstacles to holiness in my life? Have I confused prudence with mediocrity or cowardice?

JUSTICE

Have I been partial to others in my family, friends, or other settings? Have I taken away the life, health, or property of another?

Have I made him lose his fame or honor?
Have I failed in the obedience due to my superiors?
Have I been grateful?
Have I punished with excess or deficiency?
Have I been a deceiver, a hypocrite, or a liar?
Have I been flattering?
Have I been ungenerous with my possessions or qualities? Have I spent recklessly?

STRENGTH

Have I been cowardly or faint-hearted?
Have I been inconsistent in good works?
Have I been impatient with others or in adversity?

TEMPERANCE

Have I eaten or drunk too much?
Have I indulged in impure desires, words, or deeds? Have I been driven by anger or cruelty?

Am I carried away by pride?
Have I investigated other people's lives or secrets out of curiosity? Have I been excessively concerned with fashion? Am I superficial in my entertainment?

ACT OF CONTRITION

I am sorry, my God, and I repent with all my heart for having offended You; I am sorry for the hell I deserved and for the heaven I lost; but I am even more sorry because, by sinning, I offended a God as good and as great as You. I would rather have died than have offended You, and I firmly resolve to sin no more and to avoid the near occasions of sin. Amen.

ON OCCULTISM AND NEW AGE

If we have been victims of this we must receive prayer of liberation

Note: If you do something that objectively has to do with the dark world, you are giving power to demons (even if you don't know it) you open doors and give them power, when in doubt, don't do it or get rid of everything.

yo. **New era:**

1. I have tattooed, pierced, or had cosmetic surgery (in all cases I must remove it because it is an open door)
2. I have been influenced by transpersonal psychology therapies such as Capra NLP, , the enneagram, couching, Husley, humanistic psychology, self-help, etc.
3. Alternative therapies (document attached), acupuncture, craniosacral, magnets, sacred geometry 4. I have dressed up my children for Halloween, 5. Do I have 5-pointed stars at home?, moons, suns, sulfur crosses, owls, butterflies, pagan symbols, symbols from other religions, African Buddhists, amulets, tree of life, angel callers, mandalas, sacred geometry, harlequins, masks, (should I get rid of them)
6. I play video games 7. Homeopathy.
8. I practice Thai chi sports 9. Reiki, , Taekwondo Muay Thai... yoga, Gestalt therapy, Course in Miracles, reflexology, mindfulness 10. I have taken psychiatric medication, I have been vaccinated.
11. I have trained in holistic pedagogy, family constellations, Waldorf pedagogy, group creates (Barcelona)
12. I have taken too many vitamins
13. In vitro fertilization, egg freezing 14. Listening to music and movies that are contrary to the Catholic faith (cinema and music are consecrated so that people become contaminated)
15. Children: Mobile phones, Fortnite, video games, I have played Charly Charly, I have snakes, dragons, dinosaurs, Pokémon, Barbie, Hello Kitty, Harry Potter yoga (get rid of it, very dangerous devil dolls)... We recommend (rate music and videos)

Others: Alternative Medicine is New

Main alternative therapies that exist within the New Age:

It was: The religion of Freemasonry.

Preach in season and out of season; correct, rebuke, and exhort; do it with great patience and in accordance with the teaching. For the time will come when people will not endure sound doctrine, but will, after their own desires, surround themselves with a multitude of teachers, who will speak flattering words and turn away their ears from the truth and turn them away to fables. But you, always be prudent, endure suffering, preach the gospel, and dedicate yourself fully to your ministry." (2 Tim 4:2-5) He maintains that throughout history there have been a series of Spiritual Masters or Ascended Ones, equating them with one another (Jesus, Buddha, Muhammad, Krishna, Saint Germain, etc.)

Main alternative therapies that exist within the New Age:

HOMEOPATHY. ACUPULTURE, New Germanic Medicine, **BIOMAGNETISM**, iridology, **ORTHOMOLECULAR THERAPY** (overvitaminosis). **MIND CONTROL SILVA METHOD** (relaxation techniques)

Pelaguanistas, it is believed that the power of the mind can do everything). Creative Visualization, Channeling (canalization) / mediumship), the gospel of Aquarius **course of miracles**, classical spiritualism, books of Self-help, systems for communicating with angels, astral travel, **environmentalism** (with worship of Mother Earth), pyramidology, Kabbalah, fortune telling (cards, palm reading), with coffee, astrology, esotericism, numerology, occultism, chromotherapy (colors as therapeutic methods), Rebirth to heal trauma.

NEW SUGGESTION MUSIC (relaxation, used to induce trance), **BACH REIKI SHIATZU FLOWERS**

PRESSURE ON ENERGY MERIDIANS to heal the body, chakras. Shamanism (witches with ancestral knowledge), I Ching book of mutations, Chinese oracles, reincarnation, **MINDFUL YOGA, TRANSCENDENTAL MEDITATION** (1977 declared by US and EU courts to cause

Psychic damage, Dowsing (a pendulum that amplifies energy forces). Insight, Mind Gyms (which use light and sound to harmonize energy) generate epileptic disorders, Transpersonal Psychology pseudopsychology, ufology.

BIOENERGETICS: chi, Qi, ki, prana, pranic energy, cosmic energy, orgone, tachyon, **HUMAN MAGNETISM (MAGNETS)** rei, universal energy, Christic, mana, orenda, psychotronic, axiotonal, **naturopathy, acupuncture, kinesiology, hypnotherapy, REFLEXIOLOGY, AROMATHERAPY** Energy therapies: Bach flowers, biomagnetic therapies (magnets). Family constellations, use of crystals and quartz, gems. karma, reincarnation, pantheism, "chakras". The Enneagram.

HOLISTIC MEDICINE Vibrational therapies, Bach Flowers, California, Orchids with occult and pseudoscientific foundations. Art and Psychology Therapies in their varieties: mystical, spiritual and bioenergetic as an approach to psychological conditions of the subject for example: drawing **with mandalas, tarot, treasure map, creative visualization**, Energy passes "with the hands, distance healing", quantum of the new age, healing through the mind, "Therapeutic Touch" "Theta Healing" and devices that are even sold on television, psychological therapies: "bioenergetic analysis", Thought Field Therapy (TFT), from the Emotional Freedom Techniques (EFT) therapy of the repertoire of New Age Psychology.

II. Divination: Seeking knowledge from forbidden sources (Dt 18:9-16; Dn 2:26-26; Is 2:6; 47:10-15; Mi 5:12; Acts 16:16).

1. Have you asked a fortune teller to reveal your future, or a psychic, a palm reader, a crystal reader, or a channeler? Have you used a crystal ball, read tea leaves, or resorted to the I Ching or the Viking Runes, etc.?

2. Have you followed your horoscope or made a birth chart to predict your future? Have you read other signs related to your birth?

3. Have you ever had a tarot reading or used any predictions about your future through cards?

4. Have you played Ouija or Charlie Charlie?

5. Have you consulted a medium or numerologist in person or by phone?

6. Have you ever acted as a medium?

7. Have you practiced automatic writing?

8. Do you own any books on astrology, divination, Vedic literature or "sacred" books, clairvoyance, energies, spiritual harmonization, enneagram, sophrology, dream interpretation, Kardenism (Spirits' Book), family constellations, or self-help?

9. Have you been a disciple of Edgar Cayce, Jean Dixon, Shiley MacLaine, L. Ron Hubbard (Scientology), Osho, Paulo Coelho, Timothy Leary, Hubbard (Church of Scientology or Dianetics), Silva Method of mind control or any New Age author?

10. Have you ever been a dowser? Have you used a pendulum, dreams, shells, a coconut, jewelry, or a rod to search for something?

III. Spiritism: *Seeking contact with the forbidden supernatural* (1 S 28,7-11; 2 R 21,6; Is 8,19-22; Lv 19,31 and 20,6).

11. Have you attended any seances? Do you believe in reincarnation? Have you participated in any reincarnation readings?

12. Have you practiced Reiki?

13. Have you ever sought healing from spiritualists or occultists on your own behalf or on behalf of others? 14. Have you ever asked a spiritualist, guide, or healer for healing? Or sought healing from Ayurvedic medicine, Ho'oponopono, holistic medicine, bioenergetics, quantum medicine, pranic healing, acupuncture, acupressure, herbal medicine, Bach flowers, macrobiotics, homeopathic medicine, moxibustion, neurolinguistic programming (NLP), color therapy, reflexology, pagan forms of music therapy, iridology, inner guides, Gestalt therapy, angel healing, reconnective healing, transpersonal psychology, aura reading, Mindfulness, HealingTouch, gem therapy or crystal therapy, Hakomi therapy, or other similar therapies based on their philosophy?

15. Have you practiced transcendental meditation, angelology, yoga or sophrology (founder linked to Voodoo or Macumba), tai chi, qigong, chi kung, syncretism, feng shui, kundalini, chakra search/action, third eye, tantric, Kama Sutra, pantheism, mandalas, Silva Mind Control or similar?

16. Have you been a member of any Freemasonic organization (Eastern Star, Great Universal Fraternity, Grand Lodge -Barcelona-, Grand Orient, Molay, Rainbow Girls, Descartes), Rosicrucian or any other theosophical group such as the Liberal Catholic Church, Hesperia, Ananda, New Acropolis, metaphysics, ufology, anthroposophy, gnosticism or other groups that under the names of freethinking feminists, environmentalists, Taoism, Eastern philosophies or poverty eradication speak of Secret Sciences, spirits or occult powers?

17. Have you ever participated in mind control *on* an animal or human, in extrasensory perception, in hypnosis? (without medical reason)

sufficient or without the supervision of a professional).

18. Have you investigated or communicated with apparitions from the afterlife other than those of God? 19. Have you ever performed an act of worship at a mausoleum or a pagan temple or image?

20. Have you committed yourself to a vow or oath that carries threats that could befall you if you break it? Have you bound yourself with objects (rings, chains, uniform clothing, etc.) that symbolize your belonging?

21. Have you eaten any food or participated in any ritual as a sign of an implicit, tacit, or indirect pact? Have you ever owned any objects that were consecrated to idols? 22. Do you own astrology books or books for predicting the future, etc.? Do you own any pendants, jewelry, or costume jewelry with a zodiac sign, angel callers, or similar?

23. Have you received any amulets or objects from anyone related to the occult and fortune-seeking?

24. Do you have any statuettes, paintings or portraits of Buddha, any Hindu or pagan gods, idols in your home as decoration or to attract luck: pyramids, clovers, horseshoes, colored candles, incense sticks, quartz, the Hand of Fatima, the blue eye, elephants, owls, witches, dream catchers...?

25. Do you have any books on channeling?

26. Have you received psychic or energetic massages, Esalen, Jin Shin Do, Shiatsu?

27. Do you have any unhealthy videos/CDs? Horror or vampire songs like "Fatal Awakening" or "Pavilion of Oblivion"? Zen relaxation music, "Dream Sleep," New Age music by Enya, Enigma, Era, Yanni, Vangelis, Medwyn Goodall, Andreas Vollenweider, etc.? Are you addicted to manga? Or unhealthy books like "The Secret" by Rhonda Byrne or "The Parapsychological Sphere" by Luc Desloges or magic or luck books by Henri Premont?

28. Do you commit to destroying them and breaking all those ties?

IV. Witchcraft: *Seeking power from forbidden spiritual sources* (Gal 5:19-20; 1 Sam 15:23; 28:7; 2 Kings 9:22; 23:24; 1 Chron 10:13; Is 8:19; 19:3, 29:4; Mi 5:12)

29. Have you ever cast a curse? Have you ever played Dungeons & Dragons, Pokemon, or role-playing games?

30. Have you ever practiced black magic or cursed someone? Have you ever practiced white magic or used voodoo or fetishes, Umbanda, Macumba, Kimbando, rituals to Exu, Pomba, Iansa, Omulii, Ogum, Astarot, Lucifer, or other spiritual beings invoked by magicians?

Have you ever used a spell, amulet, candle, etc. for your protection, fame or fortune?

31. Have you ever been to a spiritualist or healer, a shaman, a witch doctor, a santero, a machi, a kalku, a Mapuche, animist, or a magnetizer? Or have you sought solutions through spells, amulets, charms, philosophies, rituals, talismans, enchantments, spells, bindings, zoanthropy, etc.? Have you received massages or acupuncture from spiritualists?

32. Have you participated in witchcraft, extrasensory perception, hypnotism, autosuggestion, precognition, automatic writing, dowsing, ancestral knowledge, levitation of objects or people, telepathy or astral travel, etc.?

33. Have you studied books on witchcraft, Wicca, Mother Earth wisdom, or animistic and ancestral wisdom?

34. Are you able to make warts disappear, stop bleeding, or anything like that? Have you inherited any healing gifts?

V. Cult of the devil: *Satanism* (2 Chr 2:15; Ps 106:37; 1 Cor 10:20-22; Rev 9:20-21; 13:4)

35. Have you ever attended a meeting of witches or wizards?

36. Have you ever belonged to a group of witches or wizards?

37. Have you attended a black (satanic) mass?

38. Have you made any promises or pacts with Satan?

39. Have you made a blood pact with Satan?

40. Are you a victim of any satanic abuse ritual?

41. Have you ever attended any witchcraft or voodoo sessions?

42. Have you offered any exchange or favor to Satan in a time of difficulty in your heart?

VI. Contact with objects:

43. Do you have any objects at home given to you by someone involved in the occult?

44. Do you own any objects or books that attract a malevolent presence or influence? Have you received any amulets or objects from someone involved in the occult?

45. Are you willing to destroy them?

VI. Personal relationships

46. Have you ever had an intimate relationship with someone involved in witchcraft, etc. (e.g., the wife of a witch)?

VII. Bonds transmitted through generations (Ex 34:6-7; Nm 14:17-19; Dt 5:8-10; Jos 22:16-29; Ps 33:11; Jer 11:10-13; Hch 2:38-39).

47. Were any of your ancestors involved in witchcraft, palmistry, or a pagan religion, or were they fortune tellers or fortune tellers, or were they members of a Masonic group, Freemasonry, Rosicrucianism, alchemists, Druids, etc.?

48. Were there any murders, suicides, adulteries, or other especially serious sins among your ancestors?

VIII. Evil activities that can bring demonic oppression

49. Have you been involved, **for a long time**, in any evil activity that involves dependencies and oppression because of a "spirit of sin": alcohol, drugs (marijuana, LSD, cocaine, crack, etc.), hatred, despair, unwillingness to forgive?

50. Have you been **deeply** involved in evil activities that oppress you because of a "spirit of sin": asking for, submitting to, encouraging, advising, or participating in an abortion; planning or attempting suicide or murder?

51. Have you ever taken drugs, making yourself vulnerable to an evil presence while your spirit traveled unprotected?

52. Have you listened a lot to a certain type of music that is imbued with evil or satanic influence: AC/DC, Alice Cooper, Black Sabbath, KISS, Led Zeppelin, Rolling Stones, Iron Maiden, Venom, Marilyn Manson, etc.)?

53. Have you been involved in serious sexual sins, pornography, homosexuality, masturbation, adultery, pedophilia, bestiality, masochism/sadomasochism, etc., or suffered a serious sexual experience, slavery, or disordered dependency that significantly went beyond simple temptation?

54. Have you read books or watched movies of an unhealthy nature?

55. Have you participated in occult-type games that use extrasensory perception, cast curses (Dungeon & Dragons...), attempt telepathy, hypnosis...?

56. Do you have any inclination toward superstition or a fascination with evil? Are you willing to renounce it and never do it again? 57. Do I use or have I used psychiatric medication? ***note**

58. Have I been vaccinated against Covid-19?

***Note:** Many scientifically approved medications are harmful, and many others are sacred, meaning they open the door to extraordinary attacks from demons. Specifically, psychiatric medications. If I have ever been forced to take psychiatric medication, I have likely opened a door, so it is advisable to speak with your doctor about withdrawing it as directed, ^{is} making a confession, and receiving prayers of deliverance. All types of psychiatric medications should be avoided.

Regarding vaccines, following what happened in 2021, the scientific community and exorcists around the world have proven that such vaccines contain cells from aborted fetuses and are consecrated, opening doors to demons. We recommend confessing this and receiving prayers of deliverance.

To combat these effects we recommend: the medicine of Saint Hildegard, the practice of fasting on bread and water of Medjugorje (there are demons that only come out with fasting, Mt 17), Eucharistic adoration, frequent sacraments: daily Eucharist and weekly confession, a serious commitment to conversion and practice of virtues to combat these effects. Because there can be no healing or liberation without conversion.

Sources: 1.

Allen Frances, professor of psychiatry at Duquesne University, world-renowned for chairing the DSM-4 working group, a leader in criticizing statistical diagnoses of pseudoscientific mental disorders and the severity of medication. Book: Are We All?

mentally ill? 2. Peter Christian Gotzsche. References can be found on the Telegram channel: Psychiatry and Psychology: https://t.me/+x4kV_YR6_wgzMGNk

Why Alternative Medicine is New Age: The Religion of
Freemasonry.

Preach in season and out of season, correct, rebuke and exhort, do it with much patience and according to the teaching. For the time will come when men will not be able to bear the
fury

doctrine, but, driven by their own desires, they will surround themselves with a multitude of teachers who

They will say flattering words, they will turn away the ears from the truth and turn them away to fables. You

However, always try to be prudent, endure suffering, preach the gospel and dedicate yourself

fully to your ministry." (2 Tim 4:2-5)

He maintains that throughout history there have been a series of Spiritual Masters or
Ascended, making them equal to each other (Jesus, Buddha, Muhammad, Krishna, Saint Germain, etc.)
Conception of God as a Great Energy. I'll try to make a quick classification.
of the main alternative therapies that exist within the New Age:

HOMEOPATHY. ACUPULTURE, New Germanic Medicine, **BIOMAGNETISM** iridology, **ORTHOMOLECULAR THERAPY** (overvitaminosis). **MIND CONTROL SILVA METHOD** (Pelaguanist relaxation techniques, it is believed that the power of the mind can overcome everything). Creative visualization, Channeling (channeling) / mediumship), the gospel of Aquarius **course of miracles**, classical spiritualism, self-help books, systems to communicate with angels, Astral travel, **environmentalism** (with worship of Mother Earth), pyramidology, Kabbalah, fortune telling (cards, palm reading), with coffee, astrology, esotericism, numerology, occultism, chromotherapy (colors as therapeutic methods), Rebirth to heal trauma.

MUSIC SUGGESTION NEW (relaxation, used to induce trance), **BACH FLOWERS REIKI SHIATZU PRESSURE ON MERIDIANS** of energy to heal the body, chakras. Shamanism (sorcerers with ancestral knowledge), I Ching book of mutations, Chinese oracles, reincarnation, MINDFULNESS

TRANSCENDENTAL MEDITATION (1977 declared by US and EU courts that causes psychic damage, **RADIESTHESIA** (pendulum that amplifies energetic forces). Insight, gyms of the mind (use light and sound to harmonize energy) generate epileptic disorders, transpersonal psychology pseudopsychology, Ufology.

BIOENERGETICS: chi, Qi, ki, prana, pranic energy, cosmic energy, orgone, tachyon, **HUMAN MAGNETISM (MAGNETS)** rei, universal energy, Christic, mana, orenda, psychotronic, axiotonal, **naturopathy**, **acupuncture**, **kinesiology**, **hypnotherapy**, **REFLEXIOLOGY**, **AROMATHERAPY** Energy therapies: Bach flowers, biomagnetic therapies (magnets). Family constellations, use of crystals and quartz, gems. karma, reincarnation, pantheism, "chakras". The Enneagram.

HOLISTIC MEDICINE Vibrational therapies, Bach Flowers, California, Orchids with occult and pseudoscientific foundations. Art and Psychology Therapies in their varieties: mystical, spiritual and bioenergetic as an approach to psychological conditions of the subject for example: drawing **with mandalas**, **tarot**, **treasure map**, **creative visualization**, Energy passes "with the hands, distance healing", quantum of the new age, healing through the mind, "Therapeutic Touch" "Theta Healing" and devices that are even sold on television, psychological therapies: "bioenergetic analysis", Thought Field Therapy (TFT), from Emotional Freedom Techniques (EFT) therapy from the repertoire of New Age Psychology.

Sources:

<http://es.catholic.net/op/articulos/2692/algunas-disciplinas-promovidas-por-la-new-age.html#modal>

http://www.ansa.it/english/news/general_news/2017/05/29/homeopathy-boy-died-of-encephalitis-3_13e02493-4e62-4787-9162-12d831121ef6.htm

<https://es.catholic.net/op/articulos/62730/cat/18/bioenergetica-de-la-nueva-era.html#modal>
<https://www.religionenlibertad.com/blog/625893626/Why-is-Alternative-Medicine-New-Age.html>

<https://es.catholic.net/op/articulos/2344/cat/18/new-age-la-punta-de-un-iceberg.html#modal>

<https://es.catholic.net/op/articulos/62723/es-la-medicina-holistica-una-opcion-para-un-catolico.html#modal>

<https://es.catholic.net/op/articulos/62730/cat/18/bioenergetica-de-la-nueva-era.html>
<https://es.catholic.net/op/articulos/52012/cat/564/guidelines-for-evaluating-reiki-as-an-alternative-therapy.html#modal>
<https://aeac.science/articulo/manifesto-against-pseudosciences-in-health/>
<https://es.catholic.net/op/articulos/60324/cat/18/pseudoterapias-se-infiltran-en-espacios-publicos-y-universitarios.html#modal>

DANGERS OF ORTHOMOLECULAR MEDICINE: EXCESSIVE VITAMINS

Sources:

1. Association for the protection of patients from pseudoscientific therapies
2. Food and Nutrition Committee of the Institute of Medicine of the United States (worldwide reference body for Dietary Intakes of Reference) and the European Food Safety Authority (EFSA)
3. Mayo Clinic
4. National Center for Biotechnology Information. <https://www.apetp.com/index.php/orthomolecular-medicine-orthomolecular-nutrition-or-megavitamin-therapy/>
Among **scientists and health workers**, 2,750 from **44 countries** have joined to the **first international manifesto against pseudosciences in health**.
<https://www.apetp.com/wp-content/uploads/2020/10/First-worldwide-manifesto-against-pseudosciences-in-health.pdf>. Manifesto **CLEARLY**

The Food and Nutrition Board of the Institute of Medicine of the United States (the reference body worldwide for Dietary Reference Intakes) and the European Food Safety Authority (EFSA) recommend not

exceed in order to avoid adverse effects after ingestion, both short and long term term. When vitamins or minerals are consumed in excess without **medical justification** of the upper tolerable intake values, something that can happen with nutrition orthomolecular, possible health problems are:

because a nutritional supplement, vitamins and certain herbs poorly administered in amount and time of treatment can be harmful to health, other herbs and Herbal remedies are not suitable for people with certain conditions and poor praxis can cause irreversible damage to health and even death.

Possible health problems include:

Vitamin A: teratological effects (congenital malformations) and liver toxicity.

Vitamin C: gastrointestinal symptoms, kidney stones, excess absorption of iron.

Vitamin D: excessive elevation of calcium levels in the blood.

Vitamin E: bleeding. And so on... here:

<https://www.consumer.es/alimentacion/nutricion-ortomolecular-una-terapia-desaconsejada.html>

https://www.eldiario.es/consumoclaro/cuidarse/medicina-ortomolecular-terapia-megavitaminas-rechazarla_1_1586571.amp.html

The Mayo Clinic questioned the simplicity of a single vitamin having such power.

curative and conducted various studies that showed that vitamin C therapy was ineffective. Other studies subsequently demonstrated not only its ineffectiveness, but

Excessive amounts also caused skin cancer in mice. This [post explains in detail the controversy](#), [orthomolecular-nutrition-an-inadvisable-therapy.html](#)

Official position of the Review, Study and Positioning Group of the Spanish Association of Dietitians-Nutritionists (GREP-AEDN) regarding "Orthomolecular Nutrition" *GREP-AEDN strongly advises against so-called "Orthomolecular Nutrition" because it is a therapy not based on proven scientific data and because it encourages the use of very high doses of vitamins, minerals, and other substances. High consumption of these vitamins, minerals, and other substances is in direct conflict with the upper tolerable intake levels recommended not to be exceeded by both the Institute of Medicine (IOM) and the Food and Nutrition Board (FNB) of the United States (the world's leading body for Dietary Reference Intakes) and the European Food Safety Authority (EFSA), due to the observation of adverse effects following their intake, both short and long term. "Orthomolecular Nutrition" can be described as a parascientific, deceptive, fraudulent and potentially dangerous proposal* <https://falsable.wordpress.com/2012/07/20/peligro-nutricion-ortomolecular/>

<https://www.laquintacolumna.info/translations/presence-of-graphene-based-carbon-nanotubes-in-Pfizer-vaccines/>

<https://colinrivas.tv/video/the-evolution-of-fiber-optics-and-nanotechnology-in-the-real-world/>

Dangers of Nanotechnology in Food It is an emerging technology, which makes it difficult to correctly assess the risk, risks toxic.

"Currently, we don't have specific regulations in the EU," confirms José María Ferrer, head of the legislation department at the Ainia technology center, where they work with nanomaterials. "In the US, it seems that the focus is on analyzing each case individually. In Europe we have begun to reach a consensus on what a nanomaterial is without go into more detail," he explains. It is necessary to "establish specific legislation that protect the consumer from the toxic risks arising from exposure to the substance, indicates an internal report from the scientific committee of the Spanish Agency for Security Food and Nutrition (Aesan). "It's likely that a regulation will come in three or five years," believes Ferrer.

[https://fivedays.elpais.com / Cinco dias / 2012 / 07 / 19 / companies /](https://fivedays.elpais.com/Cinco dias / 2012 / 07 / 19 / companies /)

[1342941998_850215.amp.html](https://www.csic.es/es/actualidad-del-csic/los-beneficios-y-riesgos-de-la-nanotecnologia-protagonizan-una-nueva)

<https://www.csic.es/es/actualidad-del-csic/los-beneficios-y-riesgos-de-la-nanotecnologia-protagonizan-una-nueva>

Currently developing a medical protocol for Specific Individual Health Surveillance and Collective in workers with nanoparticles, nanomaterials or nanotechnology. Currently there are not many foods or products that incorporate these technologies. "We're in the midst of a transition," Serena points out. **And oversight mechanisms are very limited (does that sound familiar? Vaccines that aren't sufficiently tested?).** " agrees José María Ferrer, from Ainia. The lack of information on the effects on the people and in public health "makes it difficult to correctly assess the risk, which is necessary to establish specific legislation to protect consumers from risks toxics," they point out from Aesan.

These statements have not been evaluated by the FDA and are not intended to diagnose,

treat, cure, or prevent any disease.

<https://www.pmebusiness.com/us/products/shop-now/fitline-products/heart-duo/?TP=6434591&lang=en>

HomeResearch. PEDRO AMALIO SERENA DOMINGO

<https://www.buscalibre.es/amp/libro-los-riesgos-de-la-nanotecnologia/9788490973059/p/48176369> It

reaches all productive sectors and shows its enormous potential to improve our well-being.

At the same time as this revolution occurs, certain problems caused by it appear, some of a social and political nature, and others related to the risks and impact of nanomaterials on humans and the environment, fueling social debate on nanotechnology. This work explains its risks, present and future, the possible damages and the way in which all these issues are being addressed.

Ricardo Sevillano: Relationship between technology

and 5G: the evolution of fiber optics and nanotechnology in the real

world. Manageable radio in the body, graphene nanotechnology in the vaccine.