

Listen, put it into your heart,  
most little of my sons:  
let nothing frighten  
or grieve you,  
let not your heart  
be disturbed,  
do not fear any sickness  
or anguish.

Am I not here,  
who am your Mother?  
Are you not under  
my protection?  
Am I not your health?  
Are you not happily  
within the folds  
of my mantle,  
held safely in my arms?  
Do you need anything more?  
Let nothing else worry you  
or disturb you.

*—Our Lady of Guadalupe to St.  
Juan Diego, December 12, 1531*

