



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 Saint
Juan Diego on December 12, 1531.