

## **The sign of the cross and its value**

Many people have suffered the experience of anxiety and distress. Some are accompanied by these circumstances for a lifetime.

Is the presence of God powerful to help, release us from fears, to heal our diseases and to help us in cases of emergency?

When I was a little boy my mother used to bless me by making a sign of the cross, when I left the house, so that God would assist me in an emergency. This ritual today still lives deep in my consciousness. To many people the sign of the cross is unknown and alien, although it is used as a sacred blessing by clergy in many places. By the sign of the cross we are reminded of the presence

Particularly in Catholic areas, we will find the sign of the cross with the inscription "There is salvation in the cross." This is a reminder of God's Holiness, healing power, protection and presence.

In God's presence we are aware of safety, care and Oneness. We feel having arrived home safely. Mental phenomena, which are trying to exert influence by harassing us are inferior to the strength and the power of the cross and the sign by which it is represented. They disappear immediately.

My experiences with the sign of the cross are many and encouraging. Some time ago, with friends, I visited a junk dealers shop: Old chests, tables and other objects were stored in a large, dark, vaulted basement. Hardly visible, due to the sparse lighting, I suddenly noticed a strong attraction without direct visual contact. I went back and saw a wooden cross with the crucified Lord standing there, by the size of approximately one meter. I was terrified and wondered what this encounter with the cross might mean to me? Spontaneously, I thought to myself: "If I can purchase the wooden cross with two other items for a fixed sum, then the cross will find a place in our chapel." The owner accepted the offer and the deal was perfect. After a restoration of the cross, it turned out that at the level of the heart a face became recognizable, from its sphere emanating a blessing power. This blessing signifies God's presence and was thus included in our chapel.

By God's loving heart, we are protected, guarded and accompanied on the way. The sign of the cross is a direct spiritual connection to God's presence.

May we all find unity in God's heart, in its power and blessing.

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