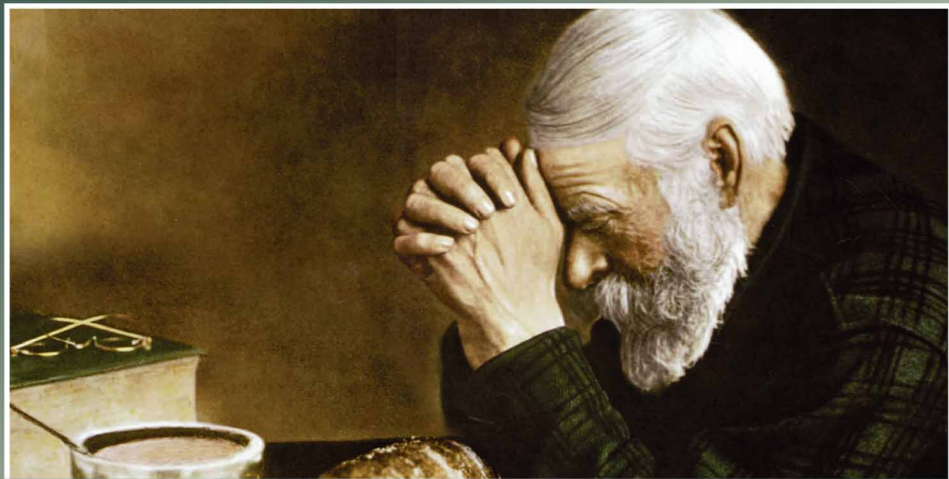
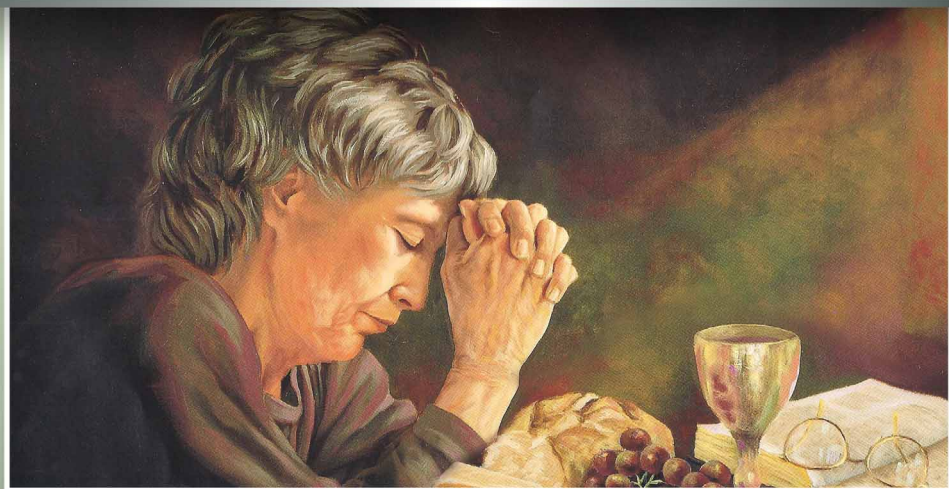


Léandre Lachance



The HAPPINESS of AGING



Foundation of the Chosen Ones



*The HAPPINESS
of AGING*

*by
Léandre Lachance*

The HAPPINESS of Aging

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Editor's note:

In this document, use of the masculine is generic and is used for conciseness purposes only.



The mission of the Foundation of the Chosen Ones is to promote the diffusion, experimentation and integration of the messages of Love of the Lord entrusted to Léandre Lachance.

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I give glory to God for the people whom the Lord places on my path to make up for my weaknesses. The publication of this little book was made possible by the contribution of the following people:

*Father Guy Giroux, Christian Laflamme, my wife
Élisabeth and Diane Laflamme.*

To each of these people, I say thank you and I ask JESUS to grant them a special grace, that of being able to age in Peace, in Joy and in Love.

Foreword

The goal I pursue is to enable readers to reflect on the meaning of our lives. Far from me the intention of judging severely those who do not share my opinion. One should not be under the impression that I think they lack intelligence. Perhaps they are influenced by a world that wants to be built without God. They have probably never asked themselves the following questions:

1. How can I not nourish my soul when I know I have one?
2. How can I live, forgetting the teaching of God when I know He exists?
3. How can I live without worrying about my eternal happiness when I know that a new life awaits me?

Léandre Lachance

Preface

Many people are afraid of growing old. They fear that, with age, illness will set in, suffering will be the lot of each day and the future of which they dream of is not fulfilled. They are afraid to live one disappointment after another.

However, when the time comes to leave this world, we cling, we would like to continue living on earth. But this is not God's plan of love. He is preparing for us an indescribable happiness, for eternity. This is the gift that God offers us in His infinite goodness. However, there are people who refuse this gift. But how satisfied are those who accept it.

We sometimes forget this great reality of eternal life or even live as if it did not exist. We are often embarked in a spiral where we have no time to reflect on the essentials of our lives. Why am I on earth?

Léandre Lachance presents us today very relevant avenues of reflection on the importance of our life, of aging well and especially of preparing ourselves for the Great Encounter with our God of Love.

He simply shares the fruits of his experience. He has lived many experiences in the business world, in his family life as well as in his social and spiritual life. As he ages, he shares with us that life is not complicated. We are the ones who complicate it very often. Knowing how to get to the heart of the matter and walk in the presence of God is his secret.

I bless all readers and ask God to fill you with His Peace and Love.

Father Guy Giroux



Introduction

*“If you want to live old and happy,
continue to have projects.”*

Chapter 1, page 13

Introduction

Throughout my life, I have heard people say:

“It’s not fun to age!”

I do not know what the future holds, but at 84, my life is more beautiful than ever!

Indeed, on my birthday, I always feel that I have just lived the best year of my life. I am more and more motivated to help others discover a new happiness. I realize that it is what I am living inside of me that is the main source of my true happiness; to this, we can add the wonder of witnessing the action of God in hearts and in the Creation. I would so like people of my age to realize that they are in the most important period of their lives.

In writing this volume, I wish to pursue my reflections in order to help people acquire a new perspective on aging and, in a particular way, help those who are afraid of aging. Thus, they will discover that, as we age, life can be more and more beautiful, despite the trials inherent in life. It can start now.

Misery: As they grow older, many people fear misery and wonder how to avoid it. In French, misery translates to “malheur”. The first syllable of the word “malheur” is “mal”, meaning bad. Therefore, badness is the source of misery. Where, when and how? I do not know. But one thing is certain, badness produces misery.

Happiness: We would all want to grow old, filled with happiness. In French, happiness translates to “bonheur”. The first syllable of that word is “bon”, which means kind. It is therefore kindness that attracts happiness. Where, when and how? I do not know. But one thing is certain, kindness produces happiness.



Chapter 1

Chapter 1

To be or not to be, that is the question

I recently met with a childhood friend. I have always enjoyed rubbing shoulders with this friend, as he is so radiant with kindness, happiness, joy of life and full of humor. Today, at 87, he is still as radiant. I asked him if he was still driving his car. He replied with a laugh, “No, one less problem”. What he has nurtured throughout his life has reached maturity.

Another 95-year-old man also told me, “If you want to live old and happy, continue to have projects.” He had just entered a new house that he had had rearranged for himself. He regularly received people seeking spiritual accompaniment and gave the sacrament of reconciliation. He was a priest.

Throughout our lives, I believe that we must continue to grow. I have noticed that a tree that stops growing dries up and dies. The same applies to us.

- **How can a human being continue to grow while his physical and mental strengths diminish?**
- **How can he maintain projects?**
- **How can he help?**
- **How can he give?**
- **How can he still be useful?**

These are all questions we ask ourselves as we get older. We will try to answer them.

To find answers to these questions, in my opinion, it is necessary to look at the human person with all the components of its being: the body, the intelligence, the soul and the spirit. The aging of the body can and must promote the development of the soul and the spirit. This is what allows a human being to continue to grow. Unfortunately, our society does not promote these values; it is often the opposite:

“Live for your body and do not worry about your soul. You are young? Take the pleasures that pass without worrying about the consequences. You are retired? Continue to forget your soul, you deserve to have fun: holidays, travel, good food, recreation, sports, dance, golf, etc.”

There comes a time when physical or mental capacities lack. The person then feels that everything crumbles and total decline is in progress. This same society, which supposedly seeks your well-being, is currently thinking about offering you radical solutions: euthanasia or assisted suicide, always foregoing the importance of the soul.

The person who accepts to live to develop all the components of his being knows that the health of his soul is more important than the health of his body. Thus, when the physical forces diminish, he continues to grow in his soul.

When I was young, I thought that wisdom came with age. I have seen so much madness of all kinds committed by old people that I had to amend my opinion. I have come to the conclusion that as we age, it is what we have sown and grown that reaches maturity:

> If you nurtured wisdom?

You will be wiser.

> If you nurtured true love?

You will be able to love more.

- > If you nurtured the gift of giving in all its forms?
You will be able to give a lot.
- > If you nurtured the art of embracing?
You will be more welcoming.
- > If you nurtured forgiveness?
You will forgive easily.
- > If you nurtured peace?
Wherever you go, you will spread peace.
- > If you nurtured joy?
You will always be happy.
- > If you nurtured kindness?
You will be a being of exemplary kindness.

On the other hand,

- > If you nurtured criticism?
You will be even more critical.
- > If you nurtured grudge and revenge?
You will be more vengeful.
- > If you nurtured rivalry?
You will not be able to get along with the people around you anymore.
- > If you nurtured anger?
You will become angrier.
- > If you nurtured alcoholism?
You will be more alcoholic or sicker.

> If you nurtured greed?
You will be more avaricious.

We could multiply the examples almost infinitely.

And so it is what we sowed and cultivated during our life that reaches its maturity. If we have given importance to what must die, it is certain that one day, misery will catch up with us, because none of this will remain. Even if I had been the biggest star, the most popular person in the world, the richest man, everything will phase out. We must learn to live for what will not die. That is to say, our soul and our spirit.

Yes, the choices and decisions we make lead us on the path of happiness or the path of misery.



Flowers turned towards the sun versus the flower turned towards itself

This reminds me of an Aboriginal legend:

A little boy loved his grandfather very much. They often went together for walks in nature. Both loved animals, trees, flowers, the river. When they were together, time passed too quickly. During these outings, the little boy did not fail to ask his grandfather to tell him stories.

One day, the Aboriginal grandfather wanted to make his grandson Anuk eager of becoming better. He tells him:

“You know, Anuk, two wolves inhabit the soul of every person. Yes,” he said, “I spent my life with two wolves and it continues. There is a good wolf and a bad wolf.

The good wolf loves me and he wants me to be happy. He wants me to spread love around me. He wants me to love others and to be good to them. He wants me to be fair, honest and generous. He inspires me many gestures to accomplish so that I may be happy.

There is also the bad wolf. He hates me so much that he wants to destroy me. He wants me to consume a lot of alcohol, drugs. He wants me to show my superiority, my strength in fighting with others. He likes bickering. In truth, he wants me to be unhappy.

These two wolves are constantly fighting inside myself. The bad wolf even wants to beat the good wolf and the good wolf would like the bad wolf to learn to be better.”

Intrigued, Anuk asks him:
“But, grandpa, who will win?”

The grandfather replies:
“**The one whom I listen to the most and feed the best.**”



Aboriginal legend



*Chapter 2



How do we use our intelligence?

Chapter 2

How do we use our intelligence?

We all know that we not only have a body, but also an intelligence. It can be at the service of our body, our mind, our soul. It can also take pleasure in itself or be at the service of God and others.

Intelligence at the service of our body:

If our intelligence is only at the service of our body, its pleasures and its enjoyments, it will be a catastrophe, a misery, when the body will begin to decline. In addition to physical suffering, there will be moral suffering and often despair.

The same applies to the race for money, material goods, power, honors and glory. Everything will disappear. It will be necessary to give up everything. In French, there's an expression we often hear that roughly translates to: "The safe does not follow the hearse".

Intelligence at the service of itself:

Many people have dedicated their lives to their intellectual and scientific development. The race for knowledge has become their god. They have become real traveling encyclopedias. Knowledge is surely good and necessary, but it must be placed in the service of God and others. Forgetting this reality, many took a diverging route driven by pride. They believed that with their knowledge, they did not need God. This race for knowledge reaches its limit, because the intelligence cannot grasp what exceeds it like the concepts of infinity, eternity, etc. Here again, sooner or later, as we get older, this race slows down and eventually dies out. Here is a simple story¹ that helps us understand the limit of knowledge.

1 See "Graines de Sagesse, le chant du Grillon", Ferrero, p. 29.

One day, a famous university professor, very complacent, Nobel Prize nominee, strolls to the lake's bank. He asks a boatman to take him for a tour. The good man accepts. Far from the shore, the professor begins to question him:

"Do you have any knowledge of history?"

- No, replied the boatman.

"Then a quarter of your life is lost. Do you know about astronomy?"

- No.

"Then two quarters of your life are lost. Do you have any notions in philosophy?"

- No.

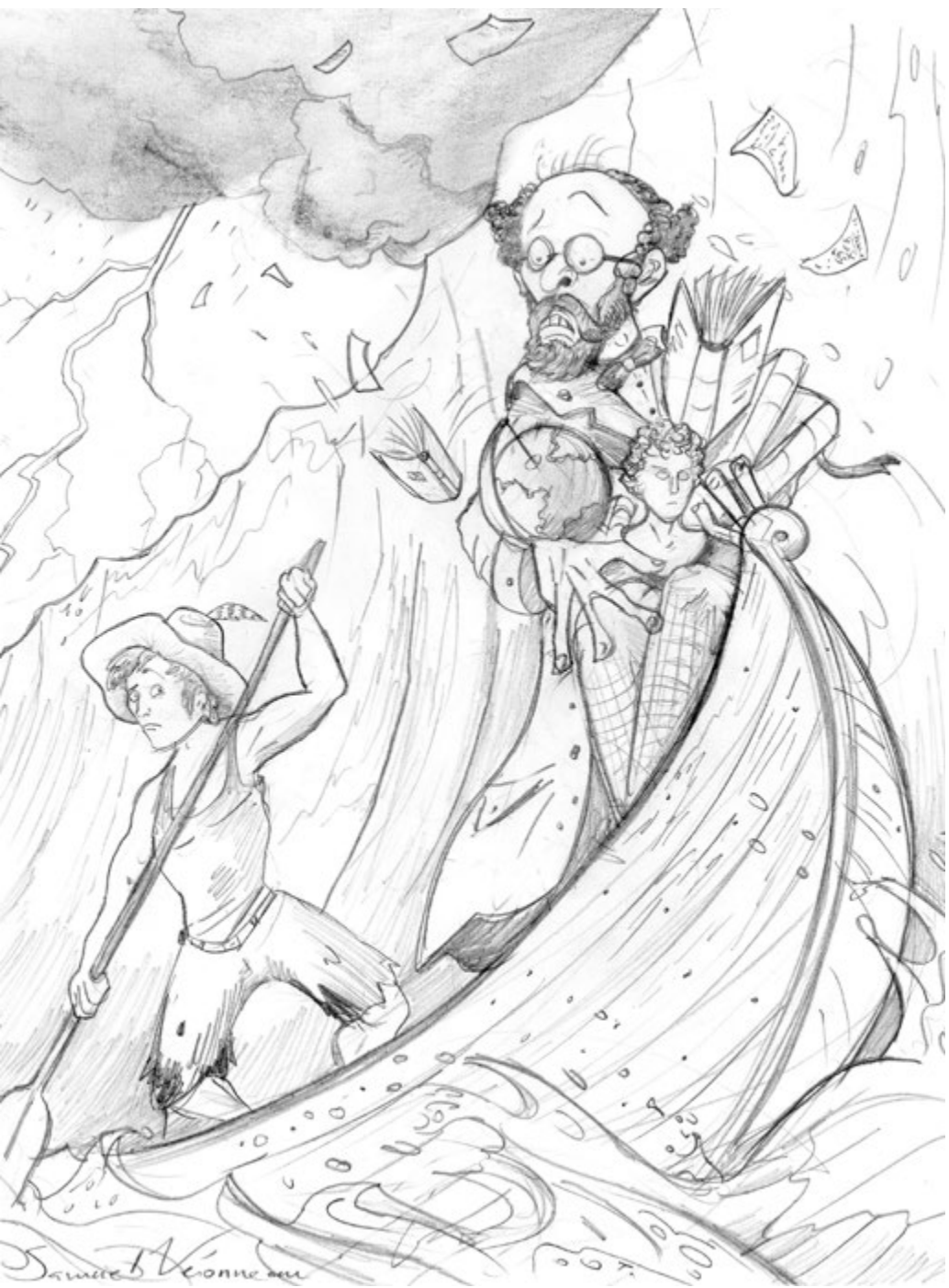
"Then three quarters of your life are lost."

Suddenly a terrible storm breaks out. In the middle of the lake, the small boat is rocked by the waves, like a walnut shell. Screaming to be heard despite the roar of the wind, the boatman addresses the teacher:

"Do you know how to swim?"

- No, replied the professor.

"Then your whole life is lost."



My life was greatly influenced by this sentence of Dr. Alexis Carrel²:

“One of the great problems of modern science is that it limits man to his level of intelligence. Man reaches his true dimension if he rises to the level of his spirit.”

He defined intelligence as one of the faculties of our mind.

Several years later, I was talking with Dr. Maurice Leclerc; he was 77 years old at the time. He had been the first dean of the Faculty of Medicine at the University of Sherbrooke. He told me:

“I had problems with my faith all my life because I could not understand that such a good God could allow so much suffering. I can understand that if I have sinned, I need suffering to be purified, but I cannot understand the suffering of a baby when he has never sinned. Nor can I understand why children born in underdeveloped countries endure so much misery and suffering. But two years ago, I accepted that I did not have what it took in my brain to understand God’s plan. Just as I cannot understand that space is infinite. The dimension of the infinite cannot be understood by our intelligence.”

He added: “Since that moment, I have no difficulty with my faith.”

This example shows us that we can use our intelligence to propel us higher. This is what faith in God produces.

2 A scientist who left his mark in medicine in the early 20th century.



The scientist who wonders about the infinite

Our intelligence at the service of our spirit:

As we have just seen, our intelligence can lead us to a level higher than its own. It can lead us on the path of growth of our whole being. It is often by asking the right questions that we can find the right answers and put ourselves on that path. A question arises:

“Do I have a soul?”

If I answer no, I am justified not to worry about it, to live only for my body and my intelligence. When I die, there will be nothing left, I will be gone forever. If I answer yes, I think I have a soul that will survive after the death of my body. I therefore have to feed it and prepare it for eternal happiness.

Our intelligence at the service of our soul:

As our soul exists for eternity, we can be perpetually growing. Even if our physical body declines or dies, life goes on; hence the importance of preparing it well. To achieve this, there is another very important question to which we must all answer: Does God exist? If I say no, I'm justified not to worry about it. I organize my life without God.

On the other hand, my intelligence should be able to explain how it is that I exist, that the world exists as well as all the creation. Some will try to answer it by the theory of evolution. Like this guy who told me: “For me, the human being is a bacterium that has developed.” I asked him, “Who created bacteria and who ordered it to grow to become a beautiful person?” His answer was: “I do not know.”

If I reply that God exists, I must live according to this reality. What is happening in our supposedly evolved society? Many people say: "I believe God exists," but they live as if He did not exist. It seems to me that we must be logical: we believe in it or not. If we believe in it, how can we not try to know Him, to discover what He has taught us? To whom did He entrust His teachings? How can I get closer to Him?

Our soul needs nourishment:

Many people say: "I have everything I need, but I am unhappy; there is a void in me."

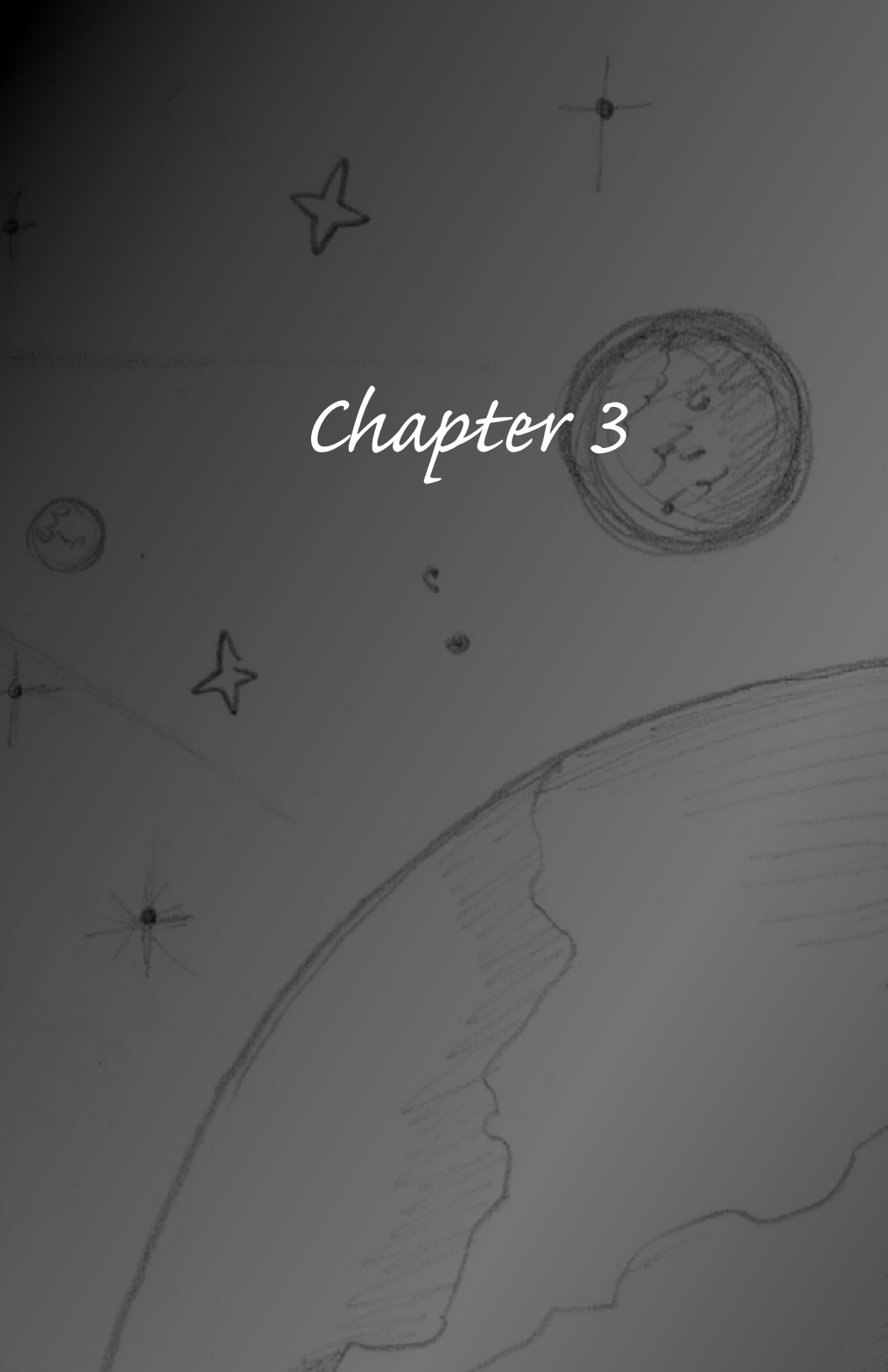
Like our body, our soul must be nurtured as well. If it is not, it becomes so weak that it cannot claim anything. This may explain why many people live as if they had no soul, although they believe they have one.



Samuel Veironneau

Our soul needs nourishment

Chapter 3



Chapter 3

How to feed our soul?

- Through the study of the Word that God gave to His people from the Old Testament.

- By studying the teachings that JESUS gave to mankind when he came among us, when He not only taught us, but gave His life to redeem us from our sins.

- Moreover, He has given us a multitude of treasures to live in close relationship with our God. These treasures have been entrusted to our Church. That is why, whatever one says and despite the errors of some of its members, I am very faithful, I love my Church, I love its priests, its bishops and the pope. I pray for them, it is not for me to judge them. If they make mistakes, they will answer for them before the Lord. It is not my responsibility. For the food of my soul, I need to benefit from the treasures that JESUS entrusted to His Church and which are:

- **His Word;**

- **The doctrinal and pastoral teaching of my Church** to help me live according to His Word;

- **Prayer;**

- **The benefits of the sacraments** that pass through the hands of the priest. All the sacraments are important, but there are two which a soul must regularly enjoy for its nourishment:

- a. The sacrament of reconciliation, which frees it from its past faults, thus allowing to benefit from the graces of the present moment.

- b. The Eucharist, which is surely the most beautiful and the greatest of the sacraments. It is JESUS who gives himself to us, to transform us. With our consent, He transforms us into creatures of Love to build a new world. We can also spend time worshiping His Holy Presence, which transforms and heals, even when we remain silent. It's the greatest power in the world!

I am certain that there is no greater power in the world than JESUS Eucharist! For me, JESUS Eucharist is much more powerful than the great powers of the world. Why? For He alone has the power to transform a heart. A transformed heart is a new being that is reborn, it is a new family, it is a new Church, it is therefore the new Civilization of Love that begins. It will replace the civilization that we know now, this civilization that is built without God and has no future.

This Civilization of Love exists to prepare the great return of JESUS in His Glory, which will happen very soon. It is not important to know when, where, and how it will happen. Only one thing is important, to know if we are ready to meet Him. Every person should ask himself the following question: If Jesus came back today, would my heart be ready to welcome Him? One thing is certain: we are not mistaken to prepare ourselves to meet Him. If He is slow to return to this earth, it is we who will find Him in the heavens and perhaps sooner than we think.

Every day, I receive testimonials from people who tell me that they are experiencing great changes in their heart, their family and the people around them.

Our intelligence at the service of God:

Our intelligence can therefore help us to discover the existence of God by the means that He has placed at our disposal to enable us to know Him, to love Him and to serve Him. When we decide to follow Him, we discover that His wonders are infinite. This is what allows our life to be always evolving and in the wonder of these great discoveries³. Our true union with God is at the level of our heart, our mind and our soul.

When we agree to spend time in intimacy with God, we can truly discover His Presence. It is important to dedicate time and decide to live in accordance with His teachings. But such a beautiful reward awaits us for Eternity! We're talking here about the eternal happiness from which we can already taste the first fruits here below. Yes, the joy of living is accessible now.

Our intelligence at the service of others:

We all need to love and be loved, as we all need to receive and to give. But we can only give what we have. Insofar as we unite ourselves with our God, we receive His peace, joy, and love. So, we can give them to others. We are therefore helping to build a better world.

3 See Appendix 5: My Great Discoveries.



Contribute to building a better world!

A faint pencil sketch of a landscape. In the foreground, there are several leafy branches hanging down from the top. In the middle ground, a large rainbow arches across the scene. A small bird is flying in the center of the rainbow. The background shows a horizon line and some distant hills or mountains. The entire scene is rendered in a light, sketchy style.

Chapter 4

Chapter 4

It's time, more than ever

Happy are those who, from an early age, discovered God, lived in conformity with His Word. They arrive at the end of their lives much better prepared to live what awaits them in their old age and in eternal life. As long as we are on this earth, it is never too late to decide for God. Let's look together at what it will produce, no matter what past life.

- **Receiving the mercy of God:** In the course of a lifetime, we have all made mistakes. We carry the weight of our non-sense and our mistakes. It is often very heavy to carry. It is good to discover a God of Love, Tenderness and Mercy who wants to forgive anyone who recognizes his sin and wishes to change his life.
- **Welcoming His Love:** It is often difficult for us to accept ourselves as we are. It is good to discover that our God, the Almighty, loves us as we are, with our weaknesses and our failings, our strengths and our successes. If He loves me as I am, why would I not accept myself as I am? It also helps us to accept others as they are, without wanting to change them.
- **Welcoming our situation:** When we decide for God and put our lives in His hands, He gives us the grace of abandonment and trust. This grace allows us to live the present moment well, regardless of the situation that presents itself to us.
- **Taking a new look:** It is good to learn to look at everything with the eyes of faith, because looking at the world with human eyes, it is easy to become discouraged, to revolt, to become sad and morose.



It's time more than ever

On the other hand, if I learn to look with the eyes of faith, life takes on a new dimension, a new hope. Here is a look of faith when our physical strength diminishes:

“By seeing your physical strength diminish, you feel like you’re losing efficiency; it’s the opposite that happens⁴”:

“My little one, I want to use you to talk to the couple D., telling them the following:

You are in the most important and most productive period of your life. By seeing your physical strength diminish, you feel like you’re losing efficiency. But it is the opposite that happens. What you lose in your physical dimension, you regain ten times more at the level of your heart and your mind.

What you lose in a visible way, you regain ten times more in an invisible way. It is the same for those you carry in your heart: what you cannot give them visibly, they receive ten times more invisibly.

What makes this period so fruitful is your total ‘yes’ to the Will of the Father, welcoming in Love the situation in which you find yourself because He, in His Plan of Love, wants it to be so. This is what makes you creatures of Love and allows His Love to flow on the earth. This is what also allows you to prepare yourself, or rather to be prepared to be happy with Him for eternity.

4 The third volume of the trilogy: “For the Happiness of My Own, My Chosen Ones. JESUS”, message no. 71.

Receive Our Trinitarian Kiss, which means:

Love of the Father

Intimacy of the Son

The support of the Holy Spirit

with His Lights

This Trinitarian Kiss always passes through the hands of My Blessed Mother so that the heart may be ready to welcome and fully enjoy it. This is how this heart becomes Love. Divinely, I love you.”

Chapter 5





Chapter 5

Concern for children and grandchildren

Looking at their offspring with human eyes, many parents experience great anxiety. With faith, they place them in the hands of the Lord and pray for them, being certain that God is taking care of them and guiding them. Faith changes the way we look. Faith can also transform us, no matter our age.

We can help them a lot more from who we are than from what we do or say. Hence the importance of enjoying our free moments to entertain a relationship with our God through the practice of the Sacraments, adoration and prayer. This is what transforms us and what will join the hearts of our descendants.

If retired people discovered the importance of prayer and devoted their free time to it, I firmly believe that, in a very short time, the earth would be completely transformed. Our retirement is therefore the most important period of our life. We can be very useful, I would even say be more useful than ever, not only to our descendants, but to all humanity.



Chapter 6

Chapter 6

The three “yes”

We all know that, one day, we are going to die, but we do not know when. The older we get, the more exposed we are and the less time we have before our time comes. We must prepare ourselves holistically with serenity and confidence. There are very special graces that accompany a dying person. I have witnessed it on a number of occasions and in different ways. The most beautiful thing I saw is when the person gives three “yes” to the Lord:

- **Yes**, if you want to heal me.
- **Yes**, if you want me to stay sick for a long time.
- **Yes**, if you want to call me back to you and that this disease be the end of my life.

After these three “yes”, the person can express his desire to God. On several occasions, I noticed that the person who had sincerely given these three “yes” lived in great peace. Some of them have even declared to live this preparatory period for this new life in jubilation.

I am thinking mainly of my friend Paul. He was in his early sixties when he learned he was diagnosed with aggressive cancer; he had very little time left to live. Even before entering his home, he stopped at the Chapel of the Servant Sisters of the Blessed Sacrament in Sherbrooke. In front of the Blessed Sacrament exposed, he gave his three yes. Throughout his illness, he said: *“There is only one word to describe what I am living, it is **jubilation**.”* In addition, his wife told me, *“I had never seen him sad or anxious.”*

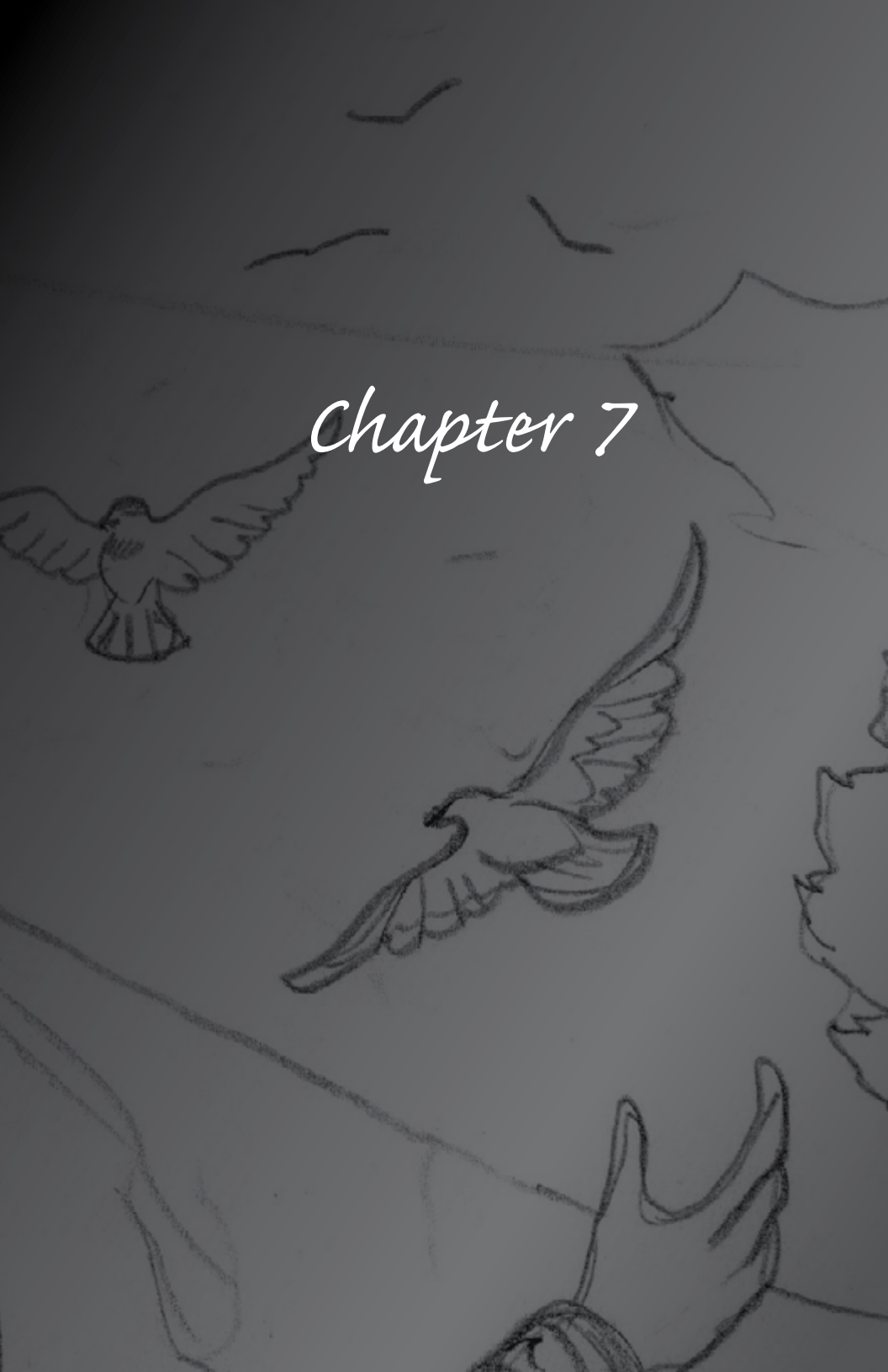
Personally, I regularly say to the Lord:

- **Yes**, if you want to keep me healthy.
- **Yes**, if you want me to become sick, to be paralyzed like my mother and one of my brothers, or if you want me to have Alzheimer's, of which one of my sisters is afflicted right now.
- **Yes**, if you want to call me back to you at your convenience.

Afterwards, I say to Him:

"If you want my opinion, I would like to be spared paralysis or Alzheimer's. But if you know that I have to go this way to be happier with you for Eternity, I give you my yes again: your will and not mine."

Chapter 7



Chapter 7

The great fight of man against his Creator

Here is an open letter that I sent to the newspapers. They never published it:

This great fight that we have been leading for the last fifty years in Quebec is continuing with the drafting of bills on euthanasia. It is to be expected that, once again, we will want to take the place of God. Along the way, we are forgetting a great truth and reality. We were all created by Him to return to Him and live in harmony with Him during the time we spend on this earth.

The more we detach ourselves from our God through a conduct contrary to His Will, the more pride takes hold of us and the more we sink into our deviation to the point of wanting to control the life that is the property of God.

The Curé of Ars said:

*“The saints did not start all well,
but they all ended well.”*

Hence the importance for each of us to finish ours well. The best way to get there, is it not to agree to die when He decides? This is a decision that is not ours. So,

- **whether we are believers or not,**
- **whether we practice or not,**
- **whether we are influential people or not,**
- **whether we are rich or poor people,**

one thing is certain: we are all heading towards death and we are not the ones who have decided so. This is the fate of man. Cynics say: from birth, we are already condemned to death. We, as believers, know that we are condemned to life and even to eternal life. We will all have to discover what awaits us when we leave this earth.

The end of life is the most important time to reconcile with our God before appearing before Him. After being separated from Him through misbehavior, it is often through suffering, a serious illness or an accident that man discovers his impotence. At the same time that he discovers his limits, he discovers the Almighty of God and that is what allows him to be reconciled with Him before leaving this world.

True reconciliation with our God is accomplished when we give up our own will to fulfill His. This provides great relief: peace and rest. It is unthinkable to be united to Him, if we do not respect the most precious gift: life. Nor should we fall into the other extreme: therapeutic intervention.

Shouldn't we be putting all the chances on our side? It is not we who decided our coming on this earth. Why do we want to replace the Master of Life by deciding the moment of our departure?

In the course of a lifetime, we have all made many mistakes in our decisions. Why take the risk of making the biggest by taking one last decision that is not our responsibility and that can compromise our eternal happiness?



The ill-prepared traveler, not arriving at the right moment for the big departure

A pencil sketch of a cross with a heart in the center, set against a dark background with a large circular arc at the top. The cross is drawn with simple lines, and the heart is a small, simple shape in the center. The background is dark, and the circular arc at the top is a light gray line. The text "Chapter 8" is written in a white, cursive font across the center of the cross.

Chapter 8

Chapter 8

My last wishes

Here is a text that I prepared for my last wishes, when I will face a life-threatening danger:

Life belongs to God. It is He who gave it to me and I want it to be He who retakes it when he sees fit. So no euthanasia and no therapeutic intervention.

If possible, I would like to receive the Last Sacraments and if the priest could add the following:

“Léandre Lachance, we believe in the communion of saints. By virtue of the power given to me, I, priest of the Lord, grant you the grace of the full indulgence of God for the complete remission of your sins. Amen. Thank you my Lord and my God.”

If there is no priest, a layman could recite the following prayer:

“Lord God, thrice-Holy, deign to grant the grace of your full indulgence to Léandre Lachance for the complete remission of all his sins. Amen. Thank you, my Lord and my God.”

For a last goodbye:

We realize that we pray less and less in the funeral homes. Yet the deceased needs our prayers. Oftentimes, there are relatives of the deceased who would like to accompany him or her with prayers; but, being afraid of being accused of imposing their faith, they do not dare. I think we can change this practice, if the deceased person wished so. We are here for him, it is important to respect his or her wishes. Permit me to include mine, which could inspire you.

My last wishes:

- I want people to be able to visit me in a funeral home, which will be open to the public, and where I will be accompanied by prayers to enter my new life;
- I want to be buried;
- In my life, I have always wanted the person who visited me to be able to leave as a better person, at the level of his thoughts or his being. I would like this to be the case for the people who will come to visit me one last time in this world;
- Experience has taught me that it is the times of recollection, prayer, silence and contemplation that have been the most important and beneficial moments of my earthly life. I wish them to be even more so in my new life in the afterlife;
- I would like for times of recollection and prayer to be planned at every hour to accompany me and help me in this new life, so that I can benefit from the great mercy of God for my many faults.

I would like you to meditate on the following⁵:

If it were possible for you to see only a part of what is experienced when a person enters Paradise, you would be amazed, dazzled!

“For you who live on earth, it is difficult to capture and understand the benefit of death.

You experience the departure of a loved one, but you do not witness the arrival of the same being in Heaven. You also do

5 The 3rd volume of the trilogy: “For the Happiness of My Own, My Chosen Ones. JESUS”, message no. 65.

not know what place is reserved for him. If it were possible for you to see only a fraction of what is happening when a person enters Paradise, you would be amazed, dazzled. From that moment on, each of you would have only one desire: to be welcomed one day in Paradise ... then, your life would be lived only according to this day. Your thoughts, your words, your actions would be planned for this day, in order to be admitted to this Paradise and to enjoy an ever greater happiness.

To enter into this 'eternal happiness', one must leave this earth. This departure is therefore a very beautiful thing for a Christian who is preparing for the new life that awaits him. It is therefore in joy, thinking of the reception of the person in Paradise, that you must live his departure.

Blessed are you to be filled with this hope that leads you to the fullness of Love. Divinely, you are loved."



Samuel Leconte art

To accompany me and help me enter this new life, I ask you to say from the bottom of your heart the following prayers:

- One “Our Father”.
- Three “Hail Mary”.
- One “Glory be to the Father”.
- The prayer: “May the souls of the faithful departed, through the mercy of God, rest in peace.”
- This other prayer: “Léandre, because Love loves you, you become Love.⁶”
- Do not pray me, but pray for me. On my side, if I can do anything for you, I will do it.
- One thing is certain: I will need many more prayers and masses than flowers and praise.

If, thinking of my life, you have a testimony that can give glory to God, you can give it.

6 Which means: “Léandre, because God loves you and because you let yourself be loved, you become a creature of Love.”

A pencil sketch of a person in a graduation gown, seen from behind, with their right hand raised in a gesture of triumph or celebration. The person is wearing a traditional academic gown with a hood. The background features a large sun with rays, two birds in flight (one on the left, one on the right), and a landscape with trees and a fence. The word "Conclusion" is written in a white, cursive font across the center of the image.

Conclusion

Conclusion

If the great current of thought of the world in which we live has had a great deal of influence on you and you have not nourished your soul for a long time, you may find the step to be high. Yet, in reality, it is low because of the Covenant God made with each one of us. Saint Paul confirms it to us:

“The time has come to be reconciled to God. What a beautiful call! To allow ourselves to be reconciled is to abandon ourselves, to let ourselves be molded by the merciful love of God.”⁷

These words of St. Paul sum up well the spirituality of the volumes of the trilogy *“For the Happiness of My Own, My Chosen Ones. JESUS”*. These books can be great companions to new happiness as they are for thousands of people around the world.

The happiness of aging is revealed by the person who prioritizes what does not die, their soul.

*Because Love loves you,
you become love⁸!*

7 2 Corinthians 5, 20; 6, 2

8 Shortcut meaning: “Because God loves you and you let yourself be loved by Him, you become a being of love.”

Appendix 1

Appendix 1

God's monkey (Satan)

More and more people are being caught by the monkey of God. He is capable of many things, even very good ones, by introducing a drop of poison. For the person who does not live in close relationship with the true God through prayer and the practice of the sacraments, it is not easy to distinguish between what is true from what is false, because it is so subtle. Many people have been caught believing to be on the path of personal growth, the development of all the aspects their being - physical, psychic, and spiritual. But, on the contrary, they found themselves on a path of great suffering. They experienced lots of trouble getting rid of these harmful experiences.

People struggling with these forces become so indoctrinated, conditioned and blinded that they refuse to listen to warnings and to see the dangers lying ahead.

Here are some questions that the person can ask to find out if he is deceived by God's monkey:

1. Do these experiences generate a great peace in me?
2. As a result of these experiences, do I become humbler?
3. Is this an inexpensive session?
4. Do these experiences invite me to prayer?
5. Are these teachings consistent with the Word of God and the teachings of the Church?
6. Does Jesus Christ occupy an important place in the spiritual process?

7. Is the teaching on angels in conformity with the Word of God and the teachings of the Church?

If you answer no to any of these questions, a yellow light should flash on the dashboard of your conscience. If you answer no to many of these questions, a red light should flash.



Appendix 2

Appendix 2

Are all religions good?

We hear more and more people saying, “All religions are good” or “We can meet God in all religions”. The person who nourishes this belief should ask himself the following questions:

“Is there another religion that was founded by God who became man?

- Who was conceived by the Holy Spirit?
- Who performed a multitude of miracles, including that of raising the dead, even Lazarus whose body was already decomposing?
- Who agreed to give his life to save us?
- Who rose three days after his death?
- Who is still alive, hundreds of millions of people testifying about it since 2000 years?”

Appendix 3

Appendix 3

God confused with His creation

I have often heard people say that nature and Creation are God. They should ask themselves the following questions:

- Is a work of art both the object and the artist?
- When I admire a painting, am I standing in front of the artist who painted it?
- Is a house the same as the carpenter?

There is a world of difference between the Creator and His creation. I am always surprised to see people marvel at the beauty of Creation, while not wanting to recognize the Creator who is God nor want to name Him.

Appendix 4

Appendix 4

The great mystery of the conduct of the people to which I belong!

I cannot understand how a smart people that has been favored at all levels and who is responsible for the medium and long-term consequences for the environment, its intellectual training, health care, its economy, etc. can act in such an inconsistent way with the future of its soul.

Unless, of course, it believes there is none, that God does not exist. People who call themselves atheists seem to me to be few, because atheism does not stand up to a little analysis when we contemplate what exists. If there is creation, there is a Creator, regardless of the means used, whether by evolution or by the Breath of the Spirit.

What we regularly meet are people who say:

“I have faith, I believe that God exists, but I do not practice. In other words, I live as if He did not exist.”

I cannot understand how an intelligent and responsible person can say, “I believe God exists, I believe I have a soul, but I do not take care of it. I know it will survive me, but I do not care.” I will try to explain the inexplicable:

1. The person does not ask himself the right questions.
2. Everyone does it, so just do it.
3. Fear of having to change his behavior.
4. Fear of reactions from people around him.

5. A world that wants to build itself without God results in a polluted mind that obscures intelligence.
6. The person who lives in sin finds himself in a fog that prevents him from seeing the realities of life.
7. God is so loving that He will welcome me even if I do not care about His teachings.
8. The churchgoers I met were false witnesses, they did not live according to the teaching of Christ.
9. I decided to reject the Christian education I received as a young person and I do not want to know anything about religion anymore.
10. I was wounded by a priest and I rejected everything, including God, at the risk of losing my soul.

I have often heard people say to me:

“I use to go to church. As a result of what I heard from a priest and his behavior, I decided to distance myself from the Church and by doing so, from God.”

Have you noticed that we do not react the same way to human and spiritual situations? Take the following example:

One day, a Hydro⁹ representative came to my house and introduced himself in a rude manner. He was impolite. He even entered my living room wearing his big boots. In short, the service was pitiful. In such a situation, would you have had the reflex to say: “I do not want to have anything to do with Hydro anymore, cut the power?”

9 EDF for France.

This example shows us that we are able to distinguish between the benefit of electricity, the organization of Hydro and the behavior of its representative... Why don't we do the same between the need to have a close relationship with God, the Church and its representatives?

Nothing justifies that we penalize our soul, that we deprive it of a growth that can bring us closer to God, that we punish ourselves by cutting ourselves off from God, our Creator. We therefore deprive ourselves of His Merciful Love which allows us to enjoy true happiness today and for eternity.

Yes, God is All Merciful, but it is necessary that the person recognizes himself as a sinner and that he wishes to live in conformity with the Word of God and the teaching of the Church. Yes, "God is Love" (1 John 4), He did not tell the adulterous woman, continue your sinful life, He rather said: "Go and sin no more." (John 8)

If there is anyone who can logically explain to me the inconsistency of our people regarding the salvation of its soul and prove to me that this explanation holds up to analysis, I would like to know.

Appendix 5

Appendix 5

My great discoveries

Three statements based on discoveries from A to Z

1. WE ARE AT THE DAWN OF THE MOST BEAUTIFUL STORY OF THE WORLD!

2. A NEW WORLD CIVILIZATION IS BEING BUILT NOW!

This is the Civilization of Love, as taught by Holy John Paul II!
It is indeed on the move ... The testimonials are daily, multiple and visible all over the world!

3. A TOTAL YES TO GOD SURELY TRANSFORMS MY LIFE AND, THEREFORE, THE WORLD!

All the secrets are contained in the books or documents published or produced by the Foundation of the Chosen Ones. They are accessible to whomever reads or listens to these documents, but especially to those who will meditate, pray and apply them in their lives.

- A.** To live according to the teaching of Christ is the key to Happiness!
- B.** I have no power to change others; I can only be a source of inspiration for them through the radiance of the Love that inhabits me!
- C.** Only God can transform me according to His Plan of Love... until I become love.
- D.** The power of prayer!
- E.** The need to meditate regularly His Word!

- F.** The greatest power in the world is Jesus-Eucharist!
- G.** The active power of Jesus-Eucharist, in me and through me!
- H.** The importance of letting Him occupy all the space in me!
- I.** The grace of smallness that Mother Mary offers!
- J.** The possibility for me to be in communion with the Saints of Heaven and Earth!
- K.** The Effectiveness of the Ministry of Holy Angels!
- L.** Liberation by the Sacrament of Reconciliation!
- M.** The great benefits of Mercy and the embrace of the Love of God ... without having deserved it!
- N.** The benefits of suffering, even if I do not understand it!
- O.** The essential is accomplished in the invisible!
- P.** The great inner peace provided by the grace of littleness, abandonment and confidence!
- Q.** The importance of challenging ourselves and being transformed by God!
- R.** Accepting to be a vessel (or an instrument) so that His Love passes through me to reach others... knowing that, by myself, I am helpless!
- S.** God wants to associate me to Him to fertilize the Earth with His Love!

- T.** I am called to become fruitful according to the charismas that God has given me!
- U.** The power of praise!
- V.** The joy of living in Thanksgiving!
- W.** The happiness of blessing God in everything and in everyone!
- X.** I'm just starting to see this New World arise!
- Y.** The most beautiful is forthcoming!
- Z.** Eternity will not suffice to give thanks to the Holy Trinity!

Appendix 6

Appendix 6
Prayers to nourish our daily life

Prayer to the Holy Spirit

O Holy Spirit,
Beloved of my soul, I adore you,
enlighten me, guide me,
strengthen me, console me;
tell me what I should do,
give me Your orders.
I promise to submit myself
to all you desire of me
and to accept all that you
permit to happen to me;
let me only know
Your will.
AMEN

Cardinal Mercier



Morning prayer

Lord, in the silence of this new day,
I ask you peace, wisdom and strength.

Today I want to look at the world
with eyes of Love

Help me to be patient, understanding,
humble, gentle and good.

Please let me see others as you see them,
that I may look past appearances,
and appreciate the goodness in everyone.

Close my ears to all of the gossip,
and save my tongue from speaking evil of others.

Please let only thoughts that bless
remain in me.

Today I want to be well-intentioned and fair,
that everybody that who comes to me
might feel your presence.

Lord, clothe me in your kindness,
that throughout this day I might be a reflection of you.

AMEN

Saint Francis of Assisi

The prayer of “yes”

My “yes” for today

“Just say a simple yes or no.” (James 5, 12)

Through the YES of Mary I enter into my YES to God.

YES! Lord, I embrace Your love
and let myself be loved by You.

Most Holy Trinity: Father, Son and Holy Spirit

I adore You with all my being!

Yes Jesus, I trust in You!

YES! Father, I accept myself as I am,

I admit my smallness

and I accept to be transformed by You.

I offer You my weaknesses and my limits.

Ô Christ come and live in me!

Jesus, let Your Precious Blood flow into my wounds.

Father, I welcome Your Mercy which heals my misery.

Yes, Father, I accept other people as they are

without seeking to change them,

I entrust into Your care each and everyone of them.

I accept it all, happiness and adversity alike,

Yes, Father, I accept events as they are.

Good or bad,
I give You all the keys to my life
For You to direct it.
Yes, I believe that You take care of my whole life,
down to the smallest detail.
Yes, Jesus, I accept to let You take the pole position
and to be focused on You,

Yes, Holy Spirit, my heart is wide open to You,
fill me with Your Presence!
Yes, dear Father, I abandon myself to You,
Your Will be done, not mine!
Take my life in your hands.
Father, into Your hands
I commend my spirit.

AMEN

Prayer written by Thierry Fourchaud. Inspired by the Bible and the books of the trilogy "For the Happiness of My Own, My Chosen Ones. JESUS".
+ Publication and distribution with the authorization of Bishop Thierry Sherrer of the diocese of Laval (France).

Prayer to Mary

Holy Mary, Mother of God,
you have given the world its true light,
Jesus, your son – the Son of God.
You abandoned yourself completely
To God's call and thus became a wellspring
of the goodness that flows forth from Him.
Show us Jesus. Lead us to Him.
Teach us to know and love Him,
so that we too can
become capable of true love
and be fountains of living water
in the midst of a thirsting world.

AMEN

Pope emeritus Benedict XVI

Prayer of Serenity

(To contribute to the happiness of aging)

When my eyes get confused,
allow me, Lord, to see you still more closely.

When my hearing decreases,
allow me, Lord, to be more attentive
to your voice calling me.

When my steps slow down,
allow me, Lord, to continue the road
by welcoming your help.

When my heart beats harder,
allow me, Lord, to finally recognize
that it beats with yours.

AMEN

Evening prayer

Lord, this day is coming to an end
and I come to you to offer you my day
with all that I could put good and less good.

For all that I have done well today,
I thank you because it is thanks to your help
that I have been useful to others.

In your mercy, forgive me
my negligence and my faults of this day.
Excuse my mediocrity and my forgetfulness.
Do not take into account the lack of respect
and attention that I was guilty of today.
With confidence, I put myself in your hands,
I entrust to you my sleep, my thoughts,
my joys and sorrows, knowing that you are ready
to forgive my weaknesses
and to assure me your help so that tomorrow
I can go back to your service
and at the disposal of all those who are dear to me.

AMEN

Cardinal L.J. Suenens

Prayer to the Guardian Angel

Angel of God,
my guardian,
to whom divine goodness has entrusted me,
watch over me, enlighten me,
protect me, and direct me,
today, every day of my life,
especially at the time of my death.
AMEN



Prayer of Jesus to His Father, Our Father

“Father, I glorify You for the torrent of graces
You are pouring at this moment on Your chosen ones.

Father, I glorify You for perfecting Your creation in
Your chosen ones.

Father, I glorify you for making them beings of Love,
united to My Heart and to That of My Mother.

Father, I glorify You for the multitude of hearts
That You will reach through them.

Father I glorify You for this new Church
that You are rebuilding at this moment.

Father, I glorify You for this new society
that is being rebuilt through Your chosen ones.

Father, I glorify You for making
Your Mercy, Your
Love and Your Almighty Power
burst forth in them,
around and through them.

Thank You, Father, for so much Love, for this Fire of Love
Fire that is burning in the hearts of
Your chosen ones at this moment.
I am asking You that this Fire of Love may be diffused
in all hearts.

Thank You, Father, for always answering My prayer.
Shower Your Love again upon Your chosen ones.
Fulfill in a special way the little one who is writing these lines
as well as all the men and women he bears in
his heart or whom We have grafted onto his heart.
May he and his be filled
with Our Trinitarian Love. Amen”

Jesus

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Because Love loves you, you become love!

The HAPPINESS of AGING



Léandre Lachance

I have read this book twice. It is a message that challenges the current culture where seniors are perceived as inefficient and costly to society (health costs), and where the realities of euthanasia and assisted suicide are perceived as a positive evolution of our society. It was pleasant and resourcing to read this book. It's short and simple. The use of stories (parables) such as the Aboriginal legend and the boatman are very pertinent.

I wanted to be very critical of the book and try to find points with which I did not agree ... I did not find any. We feel that the writing is particularly inspired by the messages that we find in the books of the trilogy "For the Happiness of My Own, My Chosen Ones. JESUS".

It would be unfortunate for some to dismiss this book because God, the soul and eternal life are mentioned right off the bat. These are not very popular concepts in the current times. However, those who will read it will certainly be challenged by the questions of chapter 2 on intelligence, the faculty that should be used to serve, but which becomes a source of pride to accomplish things without God. The sin of our first parents is not very far.

My wife Véronique also read the book. She appreciated the content very much. She believes great wealth is shared with us by the author.

Grégoire Ruel

Retired Manager

of the Health and Social Services Network

Foundation of the Chosen Ones

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