

How to save yourself?:

blessing yourself with Holy water
 giving money to the poor
 knowing your religion
 confessing & being sorry for your sins
 receiving the sacraments
 meditating
 Loving Mary
 Following the Pope
 Lighting candles
 going on Pilgrimage to a Holy place
 living in poverty
 going to mass
 doing good works
 learning facts about faith

these are things we do out of love and devotion
but never to achieve any benefit for ourselves, namely salvation

How do we attain salvation?

we do not

it is a gift given opened up and made available by the loving sacrifice of Christ