

IMPORTANT COMMENTARY:
The Ancient Secret of Holy Communion

By a soul

(June 18, 2019, Day of the Second Message of Our Lady of Garabandal)

Recently, in a commentary, I wrote about mitigating Divine Justice in the context to the messages of Our Lady of Garabandal and the Conditional Great Chastisement. And in the commentary, I made reference to another important three-part series of writings that I am working on that has the potential to heal scandal-ridden Holy Mother Church and the entire world. The series of writings are on Holy Communion and Confession.

IMPORTANT COMMENTARY: Understanding Divine Justice – Our Lady of Garabandal and the Conditional Great Chastisement

<https://maryrefugeofholyllove.com/2019/06/12/important-commentary-understanding-divine-justice-our-lady-of-garabandal-and-the-conditional-great-chastisement-by-a-soul/>

LOVE-LETTER ONE – Healing Holy Mother Church and the World Through Holy Communion and Confession <https://maryrefugeofholyllove.com/love-letter-one-healing-holy-mother-church-and-the-world-through-holy-communion-and-confession>

Well, the reason that I am doing this particular writing, is because I believe that I need to give clearer directions and insights on how to implement the request that I have made of people regarding spending an additional 20-30 minutes adoring Our Lord in Holy Communion after Holy Mass. Because I believe there are people who would sincerely like to answer this call of Heaven to do this for Our Holy Mother Church and to increase their personal holiness and sanctification, but they do not understand how to do this properly.

Many people think that I am calling for additional time adoring Our Lord before the Holy Tabernacle or Exposed in the Holy Monstrance, which is an admirable practice, but this is not what I am calling people to do. No, this is not what I am asking for. Rather, I am calling for people to spend additional time adoring Our Lord in Holy Communion. There is a distinction and it is important for people to know and understand so people can follow what I have been doing for almost fourteen years now.

I have a dear friend who I befriended through this blog, *MaryRefugeOfHolyLove*, who happens to live in the same diocese as me. And she has attended Holy Mass with me a few times as well as had conversations with me about Holy Communion. Well, I believe that she can readily testify that what I do during Holy Mass and afterwards regarding

adoring Our Lord in Holy Communion is distinct from adoring Our Lord before the Holy Tabernacle. So, I asked her to summarize some of her initial thoughts on this as she has been striving to do what she has seen me do in Holy Communion. So, I will be referencing some of her thoughts in this writing as I explain this holy practice to you all.

Because the honest truth is, I wish I could attend Holy Mass individually with all of you, *my beloved blog followers*, because this act of devotion is better seen than reading in a writing. But, I have to try. I want all of you to be blessed as I have been and to grow in your faith. I also want to see Holy Mother Church and the entire world healed, which was shared with me privately back in December (2018) as the solution by Heaven for the spiritual crisis facing mankind today.

And so, as you consider these instructions that I write, I want you to ask yourself an honest question. When the Blessed Mother or the Twelve Apostles received Jesus in the Most Holy Eucharist, how much time do you think that they spent honoring and worshiping Our Lord in Holy Communion? If you can honestly answer that, then I think that you will realize that 20-30 minutes is a bare minimum amount of time for loving the Lord in this way.

This is the Ancient Secret of Holy Communion that I am trying to reveal to everyone. The more time that a person spends adoring Our Lord in Holy Communion, the more passionate their love will be for the Lord. This is the primary reason that the early Christians were able to fearlessly go to their martyrdom and became great Saints in Heaven. As I have written before, this is how the Blessed Mother hinted about in **Locutions To The World** that She would be able to raise up great Saints overnight in this time of darkness.

This Ancient Secret of Holy Communion that I am revealing is why satan desperately wants to get rid of the Most Holy Eucharist through the abomination of desolation as spoken about in Sacred Scripture. Because once the Ancient Secret of Holy Communion becomes common knowledge and common practice, satan will be defeated. Because when a person battles satan literally through reception of the Most Holy Eucharist in Holy Communion, satan can only be defeated. This is because it is satan coming against the Real Presence of God and satan will always lose. Jesus in the Most Holy Eucharist Is All-Powerful and satan is nothing by comparison.

People must understand that by loving God by spending more time with Him in Holy Communion, we are giving permission to the Lord to change the world around us. We mobilize all the angels around us to fight on our behalf in the supernatural realm so that ultimately the natural realm can be influenced and changed for the better. Adoring Our Lord in Holy Communion is infinitely more powerful than any other form of prayer, even the Most Holy Rosary or Divine Mercy Chaplet. So, everyone must engage satan

and the demons of hell where the real ultimate spiritual warfare lies by adoring Our Lord in Holy Communion. Love really does conquer all.

Now, realize, that when you consume the Most Holy Eucharist, the Most Blessed Sacrament is physically in your body for at least fifteen minutes. So, every person should be honoring the Real Presence of Our Lord within themselves, every time they receive Holy Communion for at least that duration of time. Most people do not do this. Instead, at most, they will adore Our Lord for five minutes of prayer to themselves and then will sit back in the pews after the priest has placed the Blessed Sacrament back into the Tabernacle. But, Our Lord is still with everyone—please do not forget Him(!).

On July 16, 1999, at Holy Love Ministries (<http://www.holylove.org>), Our Lord said these words:

“When you come before Me, let it always be as though it were the first time, the first moment of your understanding of My Real Presence... Ask for the grace to *allow Me to stay within the tabernacle of your heart after you receive Me - to linger there - to languish in your soul.* I delight in those that desire My Presence. Oh, how I do take delight in them! Believe and have faith that I choose it for each soul.”

I want people to know that the only reason I spend 20-30 minutes adoring Our Lord in Holy Communion is because I have to respect the custodians who close the doors of my local parish after Holy Mass. However, at other churches that I have attended, I have spent several times upwards of an hour in Holy Communion and one time, I spent almost two hours adoring Our Lord in Holy Communion. How am I able to do this? Because the Lord gives special graces to those who love Him in this way, by suspending them in Eucharistic joy. It is difficult for me to speak about these special graces because they are intimate between me and the Lord. But, they exist and people can never realize the special graces meant for them by the Lord if they do not first try to spend time with Him in this way.

Realize that Jesus, the Beloved, Is the Ultimate Lover of your soul. He spends an hour of His time wooing your affections during Holy Mass and then, at the pivotal moment of your romance, reception of Holy Communion, you spend less than five minutes in profound intimacy with Him, the Source of All Love, then literally run away from Him, checking your watch.

Just think about it.

On November 5, 2003, at Holy Love Ministries, Our Lord once said:

“If you are Catholic and listening to Me, I invite you to comprehend the most

important part of your day should be Holy Mass. Much preparation should precede the prayer of the Mass, and much thanksgiving should follow it. Do not let others dictate to you your posture or demeanor in the precious moments after you receive Me in the Holy Eucharist. This is My special time with each soul and needs to be saturated with reciprocating love between the soul and Me. This moment in the interior forum must not be violated by community. Such a practice further reduces the importance of the sacrament of My Real Presence. When each soul is strengthened and nourished in this private moment with their Creator, the entire community will be strengthened. Do not fear putting into practice what I tell you today.

Also, on October 31, 2005, at Holy Love Ministries, the Blessed Mother said:

“Certain practices are being presented to you, My children, as favorable—even Vatican approved. The time after you receive the Sacred Eucharist is the special time between you and the Lord. Remember, in Holy Love we must love God above all else. This means He must be first. After My Son comes into your heart, it is a time for union with Divine Love. The Holy Father never asked you to stand and sing and be united with each other at this special moment of grace. These are all distractions. Do not be tricked into thinking otherwise. Do not relinquish this most cherished time with My Jesus to some avant-garde practice.”

My dear friend, who attends daily Mass, is starting to implement the practice that I have done for Holy Communion at her very devout parish. Everyday, they have Exposed on the altar Our Lord in the Blessed Sacrament between the daily Masses. And after Holy Mass, her parish community prays the Most Holy Rosary and Divine Mercy Chaplet together before Our Lord.

Meanwhile, my friend has seen me in how I adore Our Lord in Holy Communion after Holy Mass while the rest of the community is praying and singing worship songs together in typical Adoration. I do not participate. Instead, I remain on my knees for the hour, eyes closed, adoring Jesus as I know the Lord Is still with me as long as I desire Him in Holy Communion. The only time that I get up from my kneeling posture is to accept the final blessing of the priest. But, once I receive the final blessing, I return to kneeling and adoring the Lord with my eyes closed, because I love God above all else at that moment—I do not join in with any communal prayer or watch the priest leave the church.

The first day, my dear friend started adoring Our Lord for an extended period of time in Holy Communion, she had difficulty concentrating, because of the communal prayer. But, on the second day, her concentration was much better, as she was able to keep the communal prayer in the background of her mind, as she continued to pray and to rest with Our Lord in Holy Communion. And for the rest of the first week, she had mixed

results with her abilities at mental prayer—her ability to meditate, focus, and concentrate on Jesus in her heart. She does feel a “sense of loss” at times that she is not participating with those reciting the Most Holy Rosary and Divine Mercy Chaplet. However, she has begun to realize certain important observations about herself and her relationship with Our Lord.

In her words, she says:

“I can definitely see why Jesus is asking us to meditate on Him after communion; so I do appreciate you explaining this to me. I'm actually embarrassed at how self-centered was the need to 'get my prayers in' or benefit from any possible indulgences... I can tell I need a lot of work. I'm SURE you are correct...and I'm CERTAIN Jesus would want this from us. What else could be more important than silence or prayer with Jesus (and the Trinity) in our heart for a Catholic soul?”

Then, my friend goes on to speak about the daily Adoration of the Blessed Sacrament at her parish and when comparing it to extended time praying in Holy Communion, she says:

“...But I can see that the Reception of Jesus into our Hearts is immeasurably more profound”; then, she concludes by saying how “interestingly,” her parish priests have recently started “to allow at least five minutes of silence after the communion reception for that very reason... to devote that time to Jesus.”

Now, I want to say that yes, when you start this practice, you will experience distracting thoughts—both your own and temptations from satan, because *trust me*, he does not want anyone to worship Our Lord in this way—it will be his defeat by man. So, you may recognize that you might not be able to meditate for thirty minutes the first time. This is OK, just try with a shorter duration of time and build up from there. I started out by spending at least fifteen minutes simply because of the fact that the Sacred Host remains in our bodies at least for that amount of time. So, spending fifteen minutes was important for me. However, I would love to “challenge” people to spend more time and to “beat” my two hour personal record. I would love to see people aim for a regular hour of silent worship in Holy Communion after Holy Mass for the churches that remain open to the people.

Also, I want people to know that the Lord will help you if you strive to spend this intimate time with Him. Allow Him to shower you with His Divine Love through intimate graces. Although it is hard for me to speak about this, because it is so private, but in the beginning, I would experience the gift of tears, surges of love, and profound peace in my soul. And as you become closer to Him in Divine Union, your romance with the Lord just gets better and better.

I also want to say that when it comes to meditation, in the beginning, I would think often about and praise Our Lord for His Passion and His Life on earth. I would also think about and share with Him all the things that I would love to do with Him when I make it to Heaven someday. I also would praise Him in my own words for all of Creation, similar to the Canticle of the Sun by Saint Francis of Assisi and the Psalms of King David from Sacred Scripture.

But, *seriously*, the best prayer for me, because I am a simple person, is just saying, “I love You” with all my heart to the Lord over and over again. This is besides the deep silence in love that Our Lord craves from us, so He can minister to our souls. And so, one day, as you are adoring Him in Holy Communion, who knows, the Lord may say “I love you” back.

Be blessed today, my dearly beloved blog followers.

I love you.

—a soul