

IMPORTANT COMMENTARY:
What Is Internal Adoration in Holy Communion
And Its Benefits
(<https://maryrefugeofsouls.com>)

By a soul
(June 18-19, 2021, Month of the Sacred Heart of Jesus)

Recently, a dear blog follower of *MaryRefugeOfSouls* reached out to me to ask if I could re-share some of my prior writings on **Internal Adoration in Holy Communion**. This is because he had finally realized the profoundness of this teaching, as its holy practice has fundamentally changed his relationship with Our Eucharistic Lord.

This leads to the reason that I, “a soul”, am complying with this request and writing this important commentary:

Everything that I am. Everything that I do. Everything that I am capable of. Everything is only made possible through my deep love for Our Eucharistic Lord.

My dear brothers and sisters, the only reason that I am able to do anything for God, is that for more than 14 years, I have practiced Internal Adoration in Holy Communion. This has meant spending about 30-40 minutes every Sunday Mass on my knees, with my eyes closed, in quiet adoration loving Jesus and giving freely of my time how ever long the Holy Spirit moves me to stay in awe of His Real Presence, with me always being the last person to leave the church.

So many people want to enjoy the fruits of the forthcoming Era of Peace, which will be a special time of 1,000 years on earth when all people will be suspended in 24-hour Eucharistic Joy between Receptions of the Most Holy Eucharist during Holy Mass. Yet, so many people are unwilling to spend the effort now to do Internal Adoration in Holy Communion, which is the basic step to fully realize that Eucharistic Joy.

My dear brothers and sisters, please understand that when you receive the Most Holy Eucharist in a **state of grace on the tongue from the hands of a priest**, you are receiving the Living God into your body who will remain with you physically for at least 15 minutes. Next, please understand that the Most Holy Eucharist is all Six Chambers of the spiritual journey provided by Heaven at **Holy Love Ministries** (<https://www.holylove.org>) and is the physical embodiment of the Divine Will. If you want to attain the highest levels of Heaven, you will find it in the Most Holy Eucharist through Internal Adoration. If you want to know the Divine Will for your life, you will find your purpose and meaning through Internal Adoration during Holy Communion.

Why, *my dear brothers and sisters*, do you sit back in the pews once the priest has placed the Consecrated Hosts within the Tabernacle? Do you not realize that Jesus Is still within your body just hoping and waiting for your acknowledgement of Him in His Real Presence? Why do you think that watching the priest leave the church is somehow more important than adoring Our Lord in Holy Communion? Or, that singing with the choir off-key is better than closing your eyes and continuing to kneel in awe and reverence before Jesus as you continually tell Him that you love Him?

I share all this with you, *my dear brothers and sisters*, because it is time now that God's people become true lovers of God in the Most Holy Eucharist. This is only possible by doing Internal Adoration in Holy Communion. In the past, I have tried to explain this holy practice in so many different ways, yet, 'scholarly' people (*not necessarily followers of this blog*), have quickly dismissed this practice thinking that I am simply talking about 'External' Adoration of the Blessed Sacrament, which is common in the Western church. And alas, so many choice graces for Holy Mother Church have been lost that could have changed the direction of End Times events.

My dear brothers and sisters, in this past year and a half of the Covid-19 lock-downs, there are so many daily Communicants who have expressed their spiritual grief and emotional loss at not having access to daily Holy Communion. And some of these scholars have even written books about how important the Most Holy Eucharist and Holy Mass is in this day and age of darkness in the world and confusion in Holy Mother Church.

And yet, I will tell you, *dear brothers and sisters*, that many of these daily Communicants and even the scholars, spent only five minutes adoring Our Lord in Holy Communion when they had the access to the Real Presence everyday when daily Mass was still available. Many of these daily Communicants grieved Our Eucharistic Lord, because they preferred to leave the church licked-y-spilt to go pump gasoline in their cars or to go grocery shopping for lunch at their workplace, rather than spend at least 20 minutes adoring Jesus properly in Holy Communion everyday. These daily Communicants cry now because their souls know that they lost something very special in daily Holy Communion; however, they never worshiped the Lord properly when they had Him, so that, they would overcome any spiritual loss they might have to endure if the Most Holy Eucharist was suddenly ever taken from them. Their spiritual souls know the sin that they committed against Jesus but mentally they cannot cope with understanding it.

My dear brothers and sisters, I know that what I just wrote might seem a bit harsh for some of you, whom I know are daily Communicants. But, I am being absolutely honest in saying that I never receive Our Eucharistic Lord unless I am 100% certain that I am in a state of grace – even if I had a valid excuse like sickness, etc., I have never approached the Eucharistic table to receive unless I have gone first to Confession. Moreover, I have never received Our

Eucharistic Lord unless I know that I have at least 20 minutes to adore Jesus after Holy Mass has ended. If I cannot properly adore the Most Holy Eucharist within my physical body than I do not receive Holy Communion.

My dear brothers and sisters, I have often been kicked out of churches because the priest, the choir, the pianist, or custodian – or whomever was assigned to close the church doors could not handle the fact that the Lord was calling me to deeper Holy Communion by spending 40 minutes extra adoring Him within me. Do I let this fact bother me? No, I just move outside to the patio or a nearby bench to continue Internal Adoration until the Holy Spirit was satisfied that I had properly given reverence to Our Eucharistic King. In my more than 14 years of practicing Internal Adoration, I have never once timed myself – looking at my watch saying to myself, OK, time is up... No, I have always allowed the Holy Spirit to lead me in my time for Internal Adoration. So, if man wants to turn the lights off to kick me out of the church, I do not allow that to dictate what God wanted to do in my soul. I have always given Jesus proper adoration in Holy Communion whatever “minor” costs or inconveniences it might present to me or others.

And sadly, *dear brothers and sisters*, many of these people – even priests that many people would consider to be holy – have given me “looks of fear” in their eyes as they have kicked me out of churches... Why? Because the Holy Spirit would be convicting them in their souls as interiorly, in their consciences, they would know that they were doing a wrong before the Lord. They – and especially, the priests – would know that their behavior was displeasing to the Lord, but they would continue to allow their habits of sin to dictate their behavior – because, sadly, they placed more importance on the people and places and appointments that they had to meet that day, rather than give proper due to the Creator-God that gave them life and their well-being and even their vocations.

Sadly, there are many people that talk about their love for Jesus in the Most Holy Eucharist – even writing books and making videos about Our Eucharistic King – but when it comes right down to the facts, their faith is weak before the Lord. Many people will talk about loving Jesus, but their behavior before Him shows a different story. This is obvious because these are the same people who share with everyone how their spiritual hearts and souls fill empty without receiving Our Eucharistic King everyday.

My dear brothers and sisters, if you had the opportunity to receive Our Lord everyday in Holy Communion, honestly, you should be so advanced in your holiness before God... Truly, the Peace of Christ should always remain with you and the Divine Fire should be constantly burning in your soul that you should never feel spiritually empty inside. Truly, if you had the chance to receive Our Lord everyday in Holy Communion, nothing that the evil one does in this world should faze you or disturb your inner peace, because you should know Our Lord, Jesus Christ, so intimately in your soul... His Real Presence should be totally known to you

that He is constantly dwelling within you – you should be already in such a spiritual state that you are suspended in the Eucharistic Joy as a foretaste of what everyone will experience in the Eucharistic Reign during the Era of Peace.

I am so sorry that I have to say these things, as I know these words will be upsetting to many of you but I am not being critical of any particular person's practice – I am just being frankly honest about why Holy Mother Church is in so much distress right now. It is not simply about our tolerance of abortion, but it is due to the daily sacrileges committed in the hundreds of thousands everyday by those who receive Holy Communion without proper preparation (for example, Confession) and in an unholy manner from unholy hands. Yes, due to the disobedience of many bishops, Our Lord has excused Holy Communion in the hand in certain instances... But, what was the excuse before the Covid-19 pandemic for improper manner of reception of the Most Holy Eucharist? Sadly, for many people, their excuse has been 'convenience', which sadly, is not an excuse at all before the judgment seat of God. (Note, I really do NOT endorse at all the practice of Holy Communion in the hand and I never do this despite, perhaps, having an excuse from Our Lord. Instead, I always do a Spiritual Communion if I am denied a physical Sacred Host. For me, the Act of receiving Holy Communion and Spiritual Communion are one, in the same. There is NO DIFFERENCE as I am receiving a physical Sacred Host by both manners -- either visible or invisible).

Consequently, so many people these days are suffering from mental illnesses, physical sicknesses, and premature deaths. As Saint Paul the Apostle writes, much of this can be traced to the grave sin of not properly discerning Our Eucharistic Lord.

SACRED SCRIPTURE
1 Corinthians 11:27-31

*27 So then, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. 28 Everyone ought to examine themselves before they eat of the bread and drink from the cup. 29 **For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves. 30 That is why many among you are weak and sick, and a number of you have fallen asleep.** 31 But if we were more discerning with regard to ourselves, we would not come under such judgment.*

Honestly, I shudder just thinking about the condemnation of Catholics who hold liberal beliefs and approach Our Eucharistic Lord everyday in Holy Mass. And honestly, I shudder even more for the priests and bishops who tolerate such actions by justifying to themselves that 'reception of the Most Holy Eucharist' is an 'inappropriate place for dealing with matters of contention'. That all should be welcomed to receive Our Eucharistic Lord. *Lord have Mercy on them and all of us for our tolerance of Eucharistic abuses...*

My dear brothers and sisters in Christ, there is a very important teaching that Our Blessed Mother Mary gave in private revelation to **Sister Mary of Agreda** that is found in the book, the **Mystical City of God**. This teaching is so very profound that Our Holy Mother instructed that every Christian *must be given* this knowledge *lest their spiritual peril*. And truly, I, “a soul”, would be very negligent to Our Lord if I failed not to mention this very important teaching to you all in this commentary.

In the **Mystical City of God**, the Blessed Mother reveals many spiritual truths of God's Creation that is not addressed in the Holy Bible. In this book and in other private revelation, we know that before the creation of the angels that God created the Heavens and the earth. And, in particular, that God created the eternal abode of hell for those who would choose not to dwell for eternity with God under His Divine Will.

Now, what does it mean that God created hell?

It means that God created the physical place of hell – all the cavernous realms and its eternal fire within the center of the physical earth. God did NOT create the various instruments of suffering that the devils use to torment lost humanity in hell. But God did set aside an eternal place of exile – hell – for those who would choose to oppose God's Goodness and His eternal friendship. So, God created the different caves (levels of hell) that have different intensities of heat for the eternal Divine Fire of God's Holy Wrath that all the devils, demons, and lost human souls feel according to their state of disobedience (sins) against God's Divine Will and His Divine Law. So, the primary suffering of hell is first, the eternal deprivation (loss) of God's friendship and second, the intensity of His Holy Wrath by Divine Fire for the sins committed by that personal being (angelic or human) against God's Holy Law.

Moreover, although God created the physical locality of hell inside the earth with its fiery torments, God never chooses for any angel or any human person to go there upon death.

Rather, the choice for a human person to reside for eternity in hell is always the free will choice of that human person. And that free will choice of every person for either Heaven or hell is a reflection of all the present moments of time that the person lived on earth – choosing to either obey God or not, especially, at their final moment of death. So, a person could potentially live their entire life in disobedience to God, but if in their last moment of life, they are sorry for and repent of their sins, that person can be saved and live in God's friendship in Heaven. However, they would most likely need to spend some of their time in their afterlife first in Purgatory, so their soul can be properly cleansed of all sins. Thus, they can be made pure and holy for eternal life in Heaven with the Thrice-Holy God – Father, Son, and Holy Spirit.

Now, something that many people do not know, but has been revealed in private revelation, is that when God tested the angels at the dawn of Creation, every angel was given prior knowledge of the eternal place called hell within the center of the earth. In this way, every angel was given prior knowledge of both Good and evil so they could exercise their free will choice to remain in friendship with God or to choose to oppose God and His Divine Will for them for their eternal life.

So, satan and all the reprobate angels that followed him really have NO excuse for their free will choice to oppose God. satan and every fallen angel (devil) was intimately familiar with God and each one of them knew exactly the consequences of their free will choice for eternity. Hence, none of them were given the opportunity to be further redeemed after making their ultimate decision. Their eternal fate in hell was sealed by God at the dawn of Creation.

Now, this is the important teaching that the Blessed Mother desires every Christian to fully know and understand as found in the Mystical City of God. There is one cavern in hell that is the largest with the worst fiery suffering of God's Holy Wrath. And for thousands of years, satan and the devils would try to place lost human souls in that particular cavern but without success. No lost soul could be placed in that hottest cavern of hell...

Until the fall and death (suicide) of Judas.

Yes, the ultimate betrayer of Our Lord, the lost Apostle, Judas Iscariot, was the first lost human soul that satan and his devils could throw into the hottest cavern of extreme suffering from God's Holy Wrath. Moreover, Judas is suffering the torments of the deepest part of hell in both his physical body and soul. (Hence, this is why there is no burial site for Judas' body on the surface of the earth).

My dear brothers and sisters in Christ, the Blessed Mother desires every Christian to know that the worst cavern of God's Holy Wrath in hell has been reserved since the foundation of Creation for all reprobate Christians, *most especially*, all lost Catholic and Orthodox Christians...

Why?

Because all lost Catholic and Orthodox Christians had the privilege to feast on the Most Sacred Body and Most Precious Blood of Our Lord, Jesus Christ, in Holy Communion. Moreover, every lost Christian had access to the many graces and blessings afforded to them by God as once being a member of the Truth Faith – Christianity – on earth.

Judas Iscariot opened the fiery door to the deepest and worst part of the caverns in hell and every lost Christian follows in his footsteps in their eternal suffering as they once were a

beloved child of God but lost their eternal salvation – all in exchange for lentil soup and a few tokens of silver (*figuratively*).

Moreover, a most shocking revelation found also in the Mystical City of God is the fact that many fallen angels (devils) suffer LESS than many lost Christians and lost human souls in their eternal state in hell. This is shocking, because most people would think that the devils suffer more because they were more intimately familiar with God – having known with full certainty of His Holy Existence and His Goodness at the dawn of Creation. However, mankind, and especially, Christians, have been given the chance to be eternally redeemed by Our Lord, Jesus Christ, and so, mankind may suffer worse torments than the devils in hell – all of this because God the Son suffered eternally the Passion and Crucifixion in order to save all of fallen mankind from hell. So, mankind is held more responsible before God in many cases for their knowledge of Christ and their faith – more so than the fallen angels (devils) who are intellectually superior than mankind.

MYSTICAL CITY OF GOD
BOOK 6, CHAPTER 14
Written by Mary of Agreda

Words of the BLESSED VIRGIN MARY

*543. Concerning the perdition of Judas and of his most just punishment thou hast written enough in order to set forth to what extremes a man can be brought by yielding to vices and to the devil, and by refusing to hear and follow the pleading of grace. **I moreover inform thee, that not only the torments of the traitorous disciple Judas, but also those of many other Christians, who condemn themselves and shall be sent to the same place of punishment, which was assigned to them and Judas from the beginning of the world, are greater than the torments of many demons. For my most holy Son did not die for the angels, but for men; nor were the fruits and results of the Redemption for the demon, but entirely at the disposal of the children of the Church in the holy Sacraments. The contempt for these incomparable benefits is not properly the sin of the devils, but of the Christians; and therefore they must expect a special and appropriate punishment for this contempt.** The mistake of not having recognized Christ as the true God causes the deepest and most tormenting regret to Lucifer and his evil spirits for all eternity. Hence, on account of this error, they are filled with special wrath against those that were redeemed, particularly against the Christians, who derived the greatest benefits from the Redemption and the blood of the Lamb. **That is why the devils are so eager to cause forgetfulness and misuse of these graces in them and why afterwards in hell, they are permitted to vent so much the greater fury and wrath upon the wicked Christians.** If it were not for the equitable dispositions of divine justice by which the pains are proportioned to the guilt, they would wreck still fiercer vengeance upon them. But the goodness of the Lord extends even to this place and*

restrains the malice of the demons by his infinite power and wisdom.

My dear brothers and sisters in Christ, I did not write this commentary to scare all of you or to fear-monger you to go to Confession. However, I did write this commentary so it would be a 'reality-check' for some of you who many need a deeper examination of your conscience, especially, in regards to Whom you are truly receiving in Holy Communion. I am not pointing fingers at any person stating that he or she is in mortal sin for sacrilege. But the only difference between mortal sin and grave sin is that one mortal sin will send a person to hell but one grave sin is a mortal sin that has been confessed and forgiven by God. But, according to Holy Mother Church, one forgiven mortal sin without proper reparation can send a person to deep Purgatory for 7 years...

Now, compound grave sin after grave sin from improperly receiving Holy Communion everyday in Holy Mass. I shudder to think of the sheer number of poor souls in deep Purgatory that will be in that spiritual state until the end of the world – which we know is very similar in its suffering to certain levels of hell.

My dear brothers and sisters in Christ, I know that I have probably upset many of you by writing this commentary – *which is not my intention* – so, I want to end this writing on a good and positive note. Because I want to encourage you to more deeply love Our Lord in the Most Holy Eucharist and not to scare you away from approaching Him in Holy Communion, which is His Banquet of Divine Love.

My dear brothers and sisters in Christ, all of this that I am writing to you, it is not because I lack any experience on this subject. I am sharing these thoughts with you all because I have experienced the highest levels of Heaven while living on earth. I am not a daily Communicant and I am a layperson like many of you, so I am nobody special with a religious vocation. However, just by loving Our Eucharistic Lord as best I can in Sunday Mass and by attending Confession 2-3 times a month, I have been blessed by Papa God, Jesus, and His Holy Mother with many profound graces in my life as a laity.

So, I want you all to know that experiencing the highest levels of Heaven and knowing God intimately and personally is very attainable for every Christian, especially, those who are privileged to be able to receive the Most Holy Eucharist in Holy Mother Church. God does NOT want to hide Himself from any of His beloved children. But, too often, many of His beloved children are running away from Him – from failing to recognize His Real Presence in Holy Communion. God wants to love each and every one of you and shower every one of His beloved children with special graces set aside uniquely for them. But, you will never receive the special and unique gift that He has in store for you if you do not give the proper awe, reverence, and respect that He craves and needs from you in the Blessed Sacrament. This requires a simple change of behavior from many people to a weekly commitment of spending

at least 20 minutes loving Jesus in Internal Adoration in Holy Communion. This means spending additional time feasting at the Banquet of Divine Love instead of running away to eat Sunday brunch.

My dear brothers and sisters in Christ, I want to say that I do not claim to be a perfect person and I do not claim to have perfect discernment. But, what I am saying is that you do not need to wait until you are living in the Era of Peace to be able to be suspended in Eucharistic Joy between Reception of the Most Holy Eucharist in Holy Mass. You do not need to wait for the future in order to experience the New Jerusalem and the Kingdom of the Divine Will on earth. You do not need to ponder what the Sixth Chamber might be like living on earth, because you can experience the highest levels of Heaven now just by giving time over to Jesus to allow Him to shower graces upon you and to LOVE YOU BACK in Holy Communion.

HOLY LOVE MINISTRIES

January 11, 1999

"I am Jesus, the Word Incarnate. I have come to lead you into the Kingdom of My Father. The Kingdom is the Divine Will. The way is Holy Love. The rivers, lakes, and streams of this Kingdom are the irreversible gifts of Divine Love and Divine Mercy. The tallest peak is unfathomable Wisdom. The valleys are soul-drenching peace. In My Father's Kingdom the United Hearts reign victorious. There is no compromise, scandalous doubts – only bliss. Come, then, and let Me lead you – each of you. Give Me your will and I will transform you. I will give this Kingdom on earth."

September 15, 2010

Blessed Virgin Mary

"...Time is moving swiftly now for the sake of the elect. You must hasten to your conversion. Set aside all differences you have with one another. Build up the Kingdom of God in your own hearts first, and then in the world around you. I tell you solemnly, the New Jerusalem is already here in the heart that embraces Holy Love..."

May 7, 2015

"I am your Jesus, born Incarnate."

"The gates of the New Jerusalem open with the key of Holy Love. Those who live in Holy Love already abide in the New Jerusalem. Allow Me to describe to you this place of peace and liberty through love. The New Jerusalem is not a geographical site, but a state of being. It is a state of living in Holy Love – a state of constancy in Truth. In this state of pure Truth, there is no fear of

hidden agendas. There is no duplicity of purpose towards self-interest. Love of God is acceptable and does not need to be defended. Each one considers the needs of his neighbor first before his own needs. The state of law in this heavenly existence is only Holy Love. Rightly so, all righteousness falls into place under Holy Love.”

“When I return, all who have chosen to abide in Me through Holy Love will share in the inheritance of the holy – Holy Love. Then all will be at peace.”

June 5, 2021

Once again, I (Maureen) see a Great Flame that I have come to know as the Heart of God the Father. He says:

“The souls who enter and abide in My Heart are united to My Divine Will. That is the Sixth Chamber of Our United Hearts. Such a soul has made heroic efforts to please Me. He has believed in My Eternal Grace and cherished every present moment. That is purity of heart – single-heartedness.”

“As I gaze upon the world today, there are few – maybe a handful – of souls in My Sixth Chamber. In the world, few strive for such a detached relationship from the world. The human intellect has to carry the intent of this deep relationship with Me as a goal. Such a soul has made his peace with the temptations on his life and conquered them. It is not I who choose whom will share such unity with Me. It is the soul himself who must decide.”

“Remember, free will is a gift from Me. Spend it wisely.”

* * *

In conclusion, since I am not a perfect person that means that my own spirituality is not perfect and I continue to have areas of improvement. I confess that I have weaknesses and flaws to overcome to grow in personal holiness as I become closer to Our Lord. And although I advocate for all people to spend much longer time with Our Eucharistic Lord, even in this holy practice, I am a work-in-progress.

As I have often pondered in earlier writings how long Our Blessed Mother spent in adoration of Our Lord in Holy Communion, I finally found out the answer by reading the Mystical City of God. In one passage, I discovered that everyday, after receiving Holy Communion from the hands of Saint John the Beloved Disciple, the Holy Mother would go to Her bedroom and spend 3 hours adoring Our Eucharistic Lord.

Dear brothers and sisters in Christ, the longest that I have ever spent in Internal Adoration was

almost two hours and that was an one-time exception and not the normative for me. These days I can easily spend more than an hour in Internal Adoration but the Holy Spirit usually brings me out of worship of Our Eucharistic Lord a lot sooner due to the tight schedule between Holy Masses at the church that I am attending now. However, even with the Covid-19 restrictions in place that required sanitizing of pews between Holy Masses, I have never let my time of Internal Adoration of God be dictated by man. As truly, the holy angels informed me that they would sanitize the pew after I was done adoring the Lord, so that has been a sufficient justification for me continuing my holy practice.

So, *my dear brothers and sisters*, my overall hope is that you will be encouraged by this commentary, especially, as you consider the holy words of Our Blessed Mother, Who is the Model Christian *par excellence*.

I pray for each of you to be brought into deeper love and more profound adoration of Our Eucharistic Lord. *God bless.*

*I love you,
—a soul*

REFERENCE:

LOVE-LETTER ONE – Healing Holy Mother Church and the World Through Holy Communion and Confession

<https://maryrefugeofsouls.com/love-letter-one-healing-holy-mother-church-and-the-world-through-holy-communion-and-confession/>

IMPORTANT COMMENTARY – The Ancient Secret of Holy Communion – By a soul

<https://maryrefugeofholyllove.com/2019/06/18/important-commentary-the-ancient-secret-of-holy-communion-by-a-soul/>

Special Commentary – Holy Communion in the hand and Laity distributing Holy Communion – By a soul

<https://maryrefugeofholyllove.com/2019/09/22/special-commentary-holy-communion-in-the-hand-and-laity-distributing-holy-communion-by-a-soul/>

Special Commentary – The Sacerdotal Anointing, The Perfect Prayer, and Holy Communion – By a soul

<https://maryrefugeofsouls.com/2020/03/20/special-commentary-the-sacerdotal-anointing-the-perfect-prayer-and-holy-communion-by-a-soul/>