

Special Commentary – More Powerful Prayer Secrets – Face the Holy Tabernacle – By a soul – MaryRefugeOfSouls

June 13, 2023

Month Dedicated to the Most Sacred Heart of JESUS

Saint Joseph, pray for us!

Blessings dearly beloved ones,

Recently, I, "*a soul*", was really encouraged by something a dear blog follower said to me. This dear follower has been striving to implement all the holy practices that I have shared with her privately and on this blog, **MaryRefugeOfSouls**. She told me that they have greatly helped her by increasing her faith and deepening her personal holiness. So, I feel encouraged to share with you all some of the advice that I have imparted to her, so that you, too, may be blessed as well.

First point, I advised her to always face the Holy Tabernacle before she says her prayers. Even if you cannot be physically before Jesus in the Blessed Sacrament, at least, spiritually, you can be before Him, by mentally, picturing yourself before Him in the Holy Tabernacle closest to where you are praying. And I know that He delights in people doing this holy practice, because, as God, He knows that mentally and spiritually, you are keeping Him company which He longs for, especially, during nighttime hours, enclosed within the Holy Tabernacle.

Second point, due to time constraints, she cannot spend much time doing Internal Adoration when she receives Jesus in Sacramental Holy Communion. So, I recommended that she commit to doing daily 30 minutes of Internal Adoration by Spiritual Communion at home, in addition to her daily Holy Masses.

Internal Adoration is a holy practice that I encourage people commit to doing during Holy Communion. Basically, it means spending time adoring the Real Presence of Jesus dwelling within your soul at Holy Communion. It is inward-focused prayer where you block out all distractions and outside noise, eyes closed, totally focused on worshipping Jesus within yourself, while continuing to kneel instead of sitting on the pews at the end of Holy Mass. I recommend that people spend at least 15 minutes in Internal Adoration since that is the usual number of minutes it takes for a Consecrated Sacred Host to dissolve within your body. Personally, though, I spend between 30 minutes to 2 hours in Internal Adoration whenever I receive Holy Communion at every Holy Mass that I attend. I also credit Internal Adoration and frequent

Sacramental Confession -- which I have done for many years -- as the reasons for any personal holiness that I may have gained.

Spiritual Communion has the same efficacy (power of graces) as Sacramental Communion, except the Most Holy Eucharist Is invisible, as it is being presented to you by a holy angel who has taken a Consecrated Sacred Host from a nearby Holy Tabernacle at a local church to you. So, you should receive Spiritual Communion as reverently as you receive Sacramental Communion. This means that you acknowledge that the holy angel is presenting the "Body of Christ" to you. You should say, "Lord, I love You" and "Amen". Then you should stick out your tongue to receive the invisible Most Holy Eucharist; then if you cannot kneel at home, you should sit quietly for 30 minutes or longer, adoring Jesus dwelling within you in Internal Adoration. This is how I practice Spiritual Communion, especially, if I am watching Holy Mass online at home, etc. I have always done the actual physical actions of receiving the Sacred Host whenever I do a Spiritual Communion, not simply saying the prayer. This is because it has always been impressed upon me that an Act of Spiritual Communion Is NO DIFFERENT from an Act of Sacramental Communion. In fact, it may actually require a higher degree of faith, because you are going through all the physical movements, including swallowing the invisible Sacred Host. Oftentimes, I have had very powerful Spiritual Communions, as Jesus will talk to me as soon as the invisible Sacred Host is placed on my tongue. So, honestly, there is no difference for me between both ways of receiving Holy Communion from God, either through the hands of a priest or a holy angel.

Third point, I reminded her of how I often say my prayer intentions, especially, morning time and nighttime offering, during the Consecration of the Blessed Sacrament at Holy Mass, before Spiritual Communion, and before praying the Most Holy Rosary and Divine Mercy Chaplet, etc. I say:

"Lord, I pray for all the intentions of Our Holy Mother Mary, in union with all the graces earned by Jesus and Mary in their earthly lives, in union with all the prayers and graces earned by Saint Joseph and the Communion of Saints, in union with Saint Michael Archangel and all the guardian angels of the world, through the power of EVERY Consecrated Host in EVERY Holy Tabernacle throughout the world, through all the graces of the Holy Mass throughout time and eternity. I ask for all these graces to be multiplied to infinity seven times and to wrap the earth fourteen times. I also pray for all the holy intentions of Papa God, Jesus, and the Holy Spirit, both individually and collectively, as the Most Holy Trinity."

Of course, I do add other intentions as well. For example, I pray for the

unborn infants, the innocence of youth, priests and consecrated religious, poor souls and ghosts, etc., as well as for all those who have prayed and helped me, all people who have asked me for prayers, and all followers of the blog, MaryRefugeOfSouls (past, present, and future). I also pray to break all curses and that the gates of hell never prevail against Holy Mother Church, etc. I also offer up all my past crosses, sacrifices, and Holy Communion; all my merits earned while in sanctifying grace, all my heartbeats, smiles, laughter, and tears, etc.

However, my foundational prayer is to always pray for ALL the intentions of the Immaculate Heart of Mary and Most Chaste Heart of Saint Joseph. Because whenever you pray in this way, you are praying for everything according to the Divine Will, including your own private intentions for yourself and your loved ones, etc.

Fourth point, I advised her on how to worship Jesus during Holy Communion. It is very common for people to pray with a list of requests to Jesus during Holy Communion. This is very common as people are seeking conversions for their loved ones and have material and spiritual needs. Although petitions and intercession are prayers, which are forms of communication with God and are welcome during Holy Communion, I actually urged her to strive for the higher forms of prayer towards God during Holy Communion. The highest forms of prayer are those of thanksgiving and praise of God. So, loving God for WHO He Is and not WHAT He can give us as our Creator.

I advised her that all petitions and intercessions should be surrendered to God at the moment of reception of Holy Communion. So, to give all her petitions and intercessions to God, so He can handle them according to His Divine Will, and to not take the burden of carrying them back. Note, you should be persistent in praying daily for your intentions, but I advised her that the moments of Holy Communion should be focused on praise and worship if she sought higher degrees of holiness.

Therefore, I advised her that whenever her mind begins to wander onto the petitions and intercessions that she had just surrendered to God, that she should repeat, "JESUS, I trust in You!", as often as she needed to, so she could regain her concentration on Jesus indwelling in her soul during Sacramental and Spiritual Communion. Likewise, whenever her mind begins to wander by worldly distractions during Internal Adoration, that she should repeat, "JESUS, I love You!", as often as she needed to, in order to regain her focus solely on Jesus during Holy Communion.

Fifth point, people may ask, what are good ways to praise, adore, and worship

Our Lord in Holy Communion? Well, one solid method is to take all your surrendered intentions and to turn them into prayers of praise and thanksgivings. So, you may say things like:

"Lord, I praise You for honoring all the intentions of the Immaculate Heart of Mary. I praise You for honoring all the intentions of Saint Joseph and the Communion of Saints. Lord, I praise You for saving the lost souls who died today. I praise You for saving the little unborn martyrs due to abortion. I praise You for all the poor souls admitted from purgatory into Heaven today. I praise You for the grace of Holy Mass and receiving Holy Communion, etc."

You can also alternate your prayers using the words, thank You. So, you may pray like this:

"Lord, thank You for the gift of prayer. Thank You for the gift of my life and keeping me in a state of grace and humility before You. Thank You for my family members, my loved ones, my friends, etc. Thank you for everyone who has ever blessed me and has ever prayed for me. Thank You for everyone you place in my life - past, present, and future. Thank You for creating mankind and all the generations of my family lineage, etc."

It is also appropriate to praise and thank God for Acts of His Goodness witnessed throughout Creation. So, you may say things like this:

"Lord, I praise and thank You for salvation history and all Your Acts of Goodness found in Sacred Scriptures, etc." (Note, you may praise and thank God for individual acts seen in the pages of the Holy Bible. For example, "I praise and thank You for the enduring faith of Abraham, all your divine accomplishments through Moses, imparting Your Ten Commandments, etc.").

"Lord, I praise and thank You through each and every heartbeat of mankind, through each and every breath of mankind, through all the sorrows and joys of mankind living today. I praise and thank You for every Act of Goodness in Creation, starting with the Supreme Divine Fiat that brought everything and everyone into existence, that sustains us continually in every present moment, and will continue to sustain us until the last creature is formed on earth at the conclusion of time, forever sustaining us throughout all eternity, etc."

"Lord, I praise and thank You for all the sweet and precious memories I have lived with my family and loved ones. I praise and thank You for Your Mercy and Goodness towards me. I praise and thank You for my continual conversion, my growth in virtues and personal holiness, and my final

perseverance in the faith, etc."

"Lord, I praise and thank You for every creature, the birds, the trees, the flowers, the seas, the valleys and mountains, the sky, the Sun, the moon, the stars, etc. Thank You for the gentle breeze felt across my face, the sweet fragrance of the rose, the joyful laughter of children, the chill of the early hours, the dew on the blades of grass, the song of the doves, the swift flight of birds, the mist felt by the waves in the ocean, the dawn of the morning, the passage of a new day, and the peaceful sleep spent in Your Arms at night, etc."

And of course, the greatest of the highest forms of prayer are simply found in admiring, adoring, and worshipping Our Lord. So, for example, taking all the Holy Names and holy attributes of God and turning them into prayers of adoration. So, you may pray in this way:

"Lord, I love You, I honor You, I adore You, I bless You, I worship You, I admire You. I glorify You, everything that You Are and everything that You stand for, etc."

"I love You, Papa God, my Almighty Creator and true King of my heart and my soul. I love You, JESUS, Divine Love Incarnate and Crucified Love, truly living as the Real Presence in the Blessed Sacrament. I love You, Holy Spirit, Divine Lover of my heart, Essence of Purity and Holy Sanctifier of my soul. Most Holy Trinity, I love and adore You, Who Are Thrice Most Holy of all holies, I worship You always, etc."

"Elohim, I adore You. Yahweh, I adore You. Jehovah, I adore You. Adonai, I adore You. I praise, bless, and glorify Your Holy Name. I praise, bless, and glorify the Holy Name of Your Divine Son, JESUS Christ of Nazareth, whose Holy Name Is above all other names and Whose Holy Name Is adored in all of Heaven, and most terrified and most feared by all those dwelling in hell. JESUS, the Word Incarnate, I praise, bless, and glorify You in all the languages of the world and in all the heavenly tongues of the holy angels, etc."

"JESUS, I worship You. I worship the sparkle in Your Eyes, the smile upon Your Lips, Your throbbing Heartbeat that aches for final mystical union with my own little heart. I worship every moment of Your earthly life, Your moment of conception, every movement You made and every step You took, every breath You inhaled and exhaled that sustained Your earthly state. I worship Your Most Sacred Wounds and every Most Precious Droplet of Blood that You shed at Calvary as the Savior of mankind and my own soul. JESUS, I worship You honestly, totally, passionately, and completely, please be the Master over me and all my senses. JESUS, I look forward to the day that I may

gaze upon Your adorable, handsome, Holy Face and hear my name called by the precious, sweet, tenderness of Your Holy Voice, etc."

"I love You, Lord, may I always love You. Amen"

Sixth point, recently, I was in deep conversation with a very dear friend, and I mentioned to her something that I feel called to share with you all. As blog followers know, I shared the fact a month ago that sometimes, I ask Papa God to assign a holy angel to assist me with challenges or obstacles, etc., that I may be facing in life. This holy angel may be on temporary or permanent assignment with me. For example, I asked Papa God earlier this year for a special holy angel to help me with my prayers, as I felt that I was being spiritually blocked by others' curses. And when I thought earlier about writing on this topic, Jesus told me that, yes, Papa God desires people to petition Him for His divine help by assigning special holy angels, especially, regarding people's struggles with temptations and sins, etc.

So, in this recent conversation, I mentioned to my dear friend how I had asked Papa God for angelic help with Holy Mass and Jesus had immediately responded in my soul that, "YES, God would like to do this". My dear friend was actually excited by what I said and so, now, I am going to share this revelation with you, too.

Specifically, I asked Papa God for a holy angel to obtain for me all the spiritual treasures from all the Holy Masses that are to be said each day. I also asked that this special holy angel collect all the unused graces for that day, so I may spiritually benefit from a portion of all those graces from God. So, every morning, I send forth this holy angel to do this special task for me, which I know that he is very faithful in doing for God. This holy angel is also the same angelic being that I send to spiritual conferences, events, and pilgrimages that I am unable to physically attend to collect graces. I have never visited the Holy Land, the sacred places in Rome (Italy), and many other favored religious sites in the world, so this holy angel has a lot of work to do as he obtains a portion of all these spiritual treasures and blessings for me, etc.

Seventh point, I gently remind everyone to renew their baptismal promises, as well as their consecrations to the Most Sacred Heart of Jesus and the Immaculate Heart of Mary, at every Holy Mass that they assist and attend. It does not need to be overly complicated or fancy words. Usually, I simply say, "Lord, I renew my baptismal promises and my consecrations to the Two Hearts" before I stand up from the pews to enter the queue for Holy Communion at Holy Mass.

Also, remember, ghosts enter the next level of the afterlife at the moment the Holy Spirit descends for the Consecration of the Most Holy Eucharist; whereas, poor souls in purgatory enter Heaven at the moment of one's reception of Holy Communion. So, I pray accordingly for the ghosts to enter the Divine Light by putting them in the holy chalice before the Consecration of the Most Blessed Sacrament. Meanwhile, as I am waiting in the queue for Holy Communion, I pray in union with Our Holy Mother Mary, Saint Joseph, Saint Michael Archangel and the guardian angels for all the poor souls being released into Heaven, at the moment I receive the Sacred Host from the priest.

Finally, I recommend that you renew your baptismal promises every time you touch or use holy water, as well as renew your consecrations daily to the Two Hearts. Amen.

Beloved ones, I hope that this special commentary will help you all, along with all my past writings about the holy Sacraments, especially, those about Internal Adoration in Holy Communion, and holy practices on prayer.

*God bless you all.
I love you,
a soul*

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