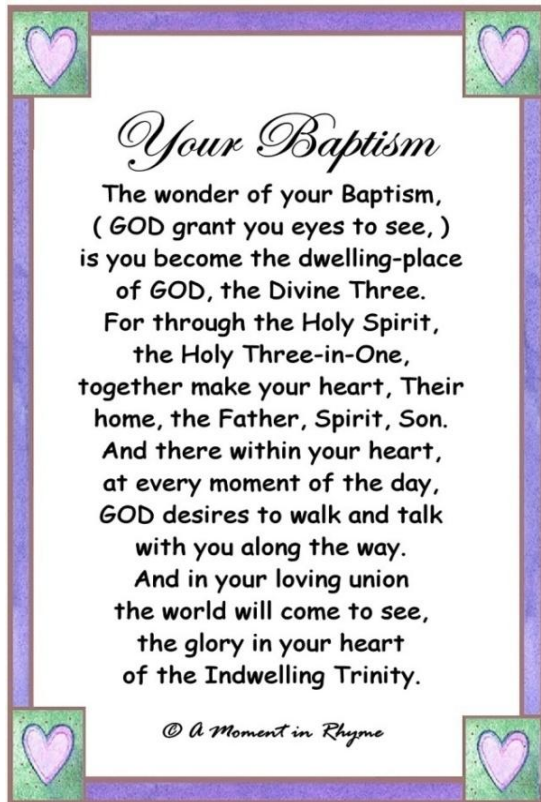




*The
Heart of Mary
Beads*

Introduction



If you are a Catholic or Orthodox Christian, the wonder of YOU at this very moment is that through the **Sacraments** of Baptism/Chrismation, Confirmation and the Holy Eucharist, **GOD lives in you.**

GOD the Holy Spirit lives in you through the sacraments of Baptism/Chrismation and Confirmation.

GOD the Son lives in you through the sacrament of the Holy Eucharist.

GOD the Father lives in GOD the Son, living in you. All Three Divine Persons of the Most Holy Trinity live in undivided unity. So where one Person of the Divine Godhead dwells, all Three dwell - making YOU the "best beloved" **child of their divine indwelling.**

All your being and doing is to be a theophany of GOD within you - as the divinized son or daughter of **GOD the Father** - as the resplendent Bride of **GOD the Son** - as the living Temple of **GOD the Holy Spirit.**

The goal of the **Heart of Mary Beads** is that you, sweet child of the divine indwelling, will come to live in perpetual spiritual communion with

GOD the Son in the Holy Eucharist - and through Him, with GOD the Father and GOD the Holy Spirit. (See: The Chaplet of the Indwelling Holy Trinity - Song of the Best Beloved)

By the power of the Holy Spirit - and borne in the Heart of Mary, the Beads will help you to keep your spiritual eyes fixed upon JESUS in the Holy Eucharist (See: What is the Eucharist? & The Gaze) and to remain in **perpetual spiritual communion** with Him there between every Holy Mass or Divine Liturgy, **every** moment of **every** day.

Then, as you go about your day singing the **Song of the Bride**, you will already be living by faith the life you will live in fullness in eternity, when you will gaze with unveiled eyes upon the Lamb of GOD in the beatific vision, and sing the praises of His glory, together with the Blessed Virgin Mary, the angels and the Saints and all of creation.

In the meantime, as you abide in Him, and He is in you, JESUS Christ, the Son of GOD will come again, from His throne of GOD and the Lamb in heaven; from His throne in the Holy Eucharist; from His throne upon the altar of your heart - to YOU, through YOU, the living member of His Mystical Body, HIS BRIDE - into all the world.

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Part I: The Heart of Mary

+ In the Name of the
Father, and of the Son,
and of the Holy Spirit. Amen.

Blessed Virgin Mary,
I greet you in the bosom
of the Most Holy Trinity...
"Hail! Full of Grace!
The LORD is with you!"
Blessed are you, O Mary!
O Mary! Be now with me!

Luke 1:28.

In the Fellowship of Glory...

("I have given them the glory
You gave Me, so that they may
be one, as We are One, I in
them and You in Me, that they
may be brought to perfection
as one..." John 17:22-23)

...may your soul be in me
now to magnify the LORD,
and may your spirit be in me
now to exult in GOD my Savior;
And may you bear me now
within your Heart to look
upon the Lamb of GOD
and contemplate His glory.



GOD grant that I may see Him
with your eyes and love Him with
your Heart; that I may see Him,
love Him, and possess Him even now
in the heaven of my soul, as you
possess Him now in paradise. +

Part II: Adoration

" In the Most Blessed Sacrament of the Eucharist 'the Body and Blood, together with the Soul and Divinity, of our Lord JESUS Christ and, therefore, the WHOLE CHRIST is truly, really, and substantially contained.'"

Catholic Catechism #1374

(See: What is the Eucharist? & The Gaze)

Offering Prayer

O my JESUS! I offer You the passion of love of the Heart of Mary and all the ardor and desire of her Soul; and I unite my heart and soul with hers and with all the angels and the saints to adore You and glorify You now in the Blessed Sacrament of the Most Holy Eucharist...

With the gaze of your heart turned now toward Our Lord JESUS Christ truly present in the Most Holy Eucharist in every monstrance of every adoration chapel, reposed in all the tabernacles of every Catholic Church, and elevated in sacrificial offering at every Catholic Mass / Orthodox Liturgy... proclaim the praises of His glory now...

Act of Adoration

**O Sacrament Most Holy!
O Sacrament Divine!
All praise and all thanksgiving
be every moment Thine!**



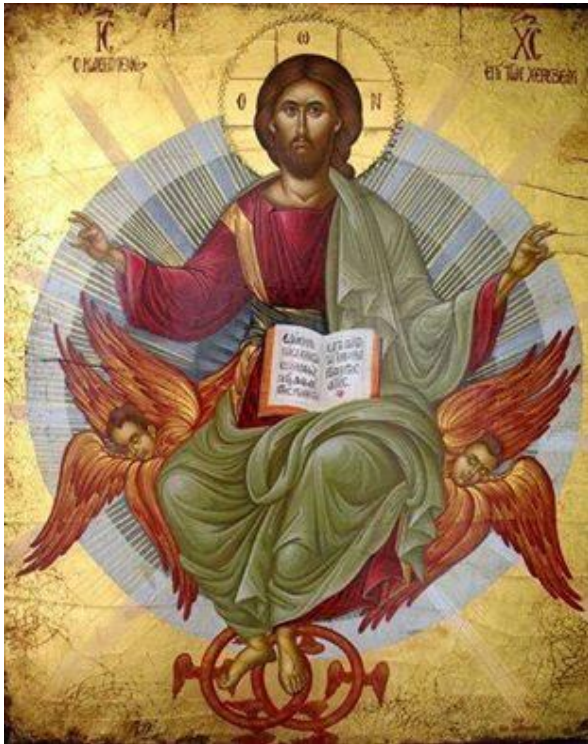
Silent Adoration

Spend a few moments now in silent adoration and recollection of your soul, toward Our LORD JESUS in the Holy Eucharist.

Standing now in our hearts before the Holy Eucharist, we are also standing before the Throne of GOD and the Lamb in heaven. Let us join our hearts and voices now with the entire Mystical Body of Christ in heaven and on earth, with the celestial hosts and all of creation, to worship the Lamb...

The Song of the Bride
Parts I - III

**I. O HOLY! HOLY! HOLY is the
Lamb upon His throne of glory!**



II. HOLY! HOLY! HOLY!
...is JESUS Christ, the LORD of Glory!

...chant x 30 times...*

III. GLORY! ... GLORY!
Lord JESUS, King of endless Glory!
King of kings and Lord of lords!
Come now in power and glory!

Part III: Invocation

Act of Spiritual Communion

(See: Examination of the Heart)

Lord JESUS, my soul magnifies You,
my spirit exults in Your True Presence
- Body, Blood, Soul, and Divinity -
in the Blessed Sacrament
of the Most Holy Eucharist.
O my JESUS! I am not able to receive
You now in sacramental Communion,
and so I ask You to come now
spiritually into my heart...

Amen! Come, Lord JESUS!

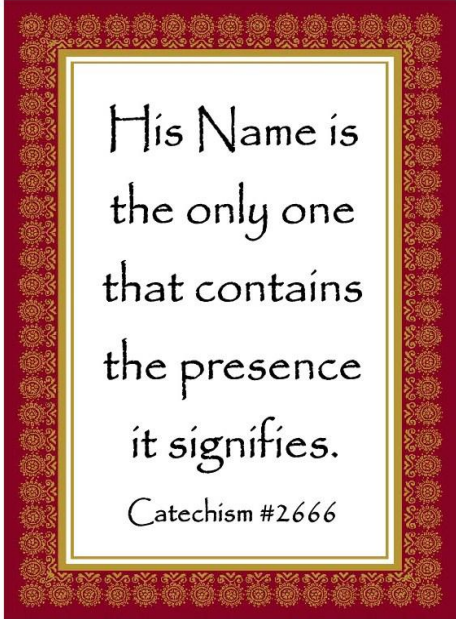
(Revelation 22:20)

My LORD and my GOD!
By faith, I humbly and joyfully
receive You now, risen, ascended
and glorified, into my soul.
You who are the Resurrection and Life,
I receive You now in Spiritual Communion.
O Risen and Living One, be now
my spiritual Bread of LIFE!

(John 20:28)

With your spiritual eyes resting
upon JESUS Christ, the Lamb
of GOD upon all the Catholic
and Orthodox altars of the
world, or, if you are Protestant,
upon the Lamb in the midst of
the throne of GOD in Heaven...
cf: Rev 5:6

...invoke the coming of Our Lord JESUS spiritually into your heart, and the hearts of all those in His Mystical Body - **through the invocation of His Holy Name...**



His Name is
the only one
that contains
the presence
it signifies.

Catechism #2666

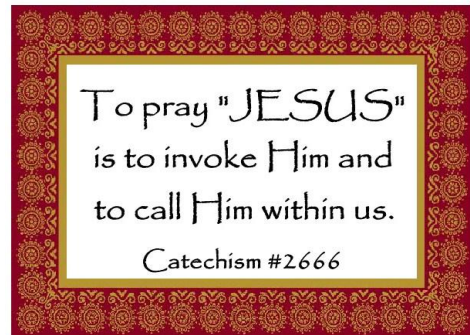
The devout and recollected invocation of the Holy Name of JESUS will effect "what tradition has called 'spiritual communion', that is, a feeding by faith on the Body and Blood of Christ without using the visible elements of bread and wine."

From 'On the Invocation of the Name of JESUS' By a Monk of the Eastern Church.

The Song of the Bride
Part IV

'JESUS'

**Pray the Holy Name of
JESUS x 30 times ***



His Divine Praises

Intersperse the recitations of the Holy Name with scriptural & spontaneous praises to JESUS...

(See: The Praise Journal)

"Render unto the King free, joyful, radiant praise. Let it be varied (not monotonous) as His works are varied; glorious as His power is glorious; colorful, as His creation is colorful; rich, new, fluent, and eloquent. Sing it, speak it, dance it, shout it, act it, write it, breathe it, think it, radiate it, live it, express it in a hundred ways. He is worthy

of your best and highest
praise!" Frances Metcalfe
'Making His Praise Glorious'

Remember - GOD inhabits the
praises of His people (Psalm 22:3
KJV)...

(See: The Power of Praise &
Praise & The Battle of Amalek)

...and to praise Him is to invoke
His Presence within you, where
the power of the LORD is
present to heal you. (Luke 5:17)

As you gaze in spirit now upon
the Face of JESUS, see Him
looking back at you with very
great love.

See the River of Life that is
flowing even now, pouring from
the Immolated Heart of
JESUS upon the Cross, flowing
from the very throne of GOD
and of the Lamb in Heaven,
bringing healing to you, and
through you, to all the members
of His Mystical Body.

(Optional Prayer for Healing)

**Lord JESUS, I praise You,
I bless You, I adore You,
and I glorify You.**

**I give You thanks
that You are able to do
far more than all I ask
or imagine by Your power
at work within me now...**

As you abide in JESUS and He
abides in you, you are receiving
LIFE THROUGH ABIDING.

As you touch Him in your need,
He has compassion upon you and
wills to heal you.

As you touch Him with desire,
you overcome Him.

As you touch Him with faith you
draw His power from Him to
heal, deliver, and make you
whole. You are receiving
LIFE THROUGH ABIDING.

**...O Lamb upon Your Cross of Glory,
Healing flowing from Your Side;
I RECEIVE in soul and body,
ALL You died to give Your Bride.**

Part IV: Communion

Silent Prayer

Be still and silent now

... in the Presence of the Lord
JESUS Christ, spiritually
indwelling your soul...

Watch. Wait. Listen.

(See: Stillness & Silence)

Remember, prayer is not a matter of method or technique, but of desire and love. To wait now upon the LORD is the "One Thing" necessary, (Luke 10:42)

" I'm not asking you now that you think about Him or that you draw out a lot of concepts or make long and subtle reflections with your intellect. I'm not asking you to do anything more than look at Him."

Saint Teresa of Avila



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Part V: The Great Commission

Through your Spiritual Communion with JESUS, you are now His living 'monstrance' bearing Him within your soul out into all the world.

JESUS has made your soul "...like the Host in the Tabernacle, retaining human appearances, but interiorly quite divine, wholly identified with JESUS and wholly transformed into him."

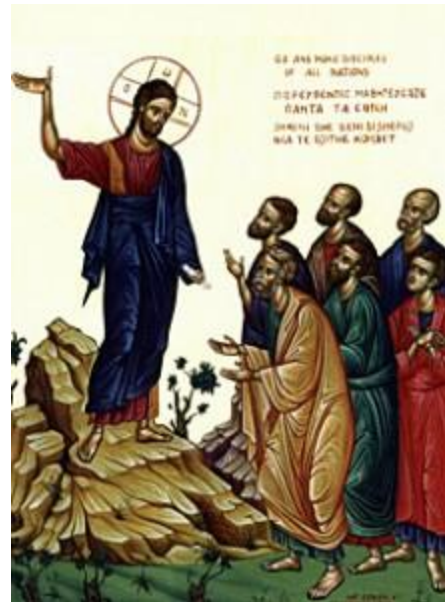
Father V. Osende, O.P.
La Vie Spirituelle July 1921

O my JESUS,
May I have no other
love or desire but YOU,
keeping You always in
my sight and in my heart.
May the secret conversation
of my heart be always with You;

(See: The Bridal Walk)

And as I bear You
now within my heart
out into all the world,
may all the world
behold the Lamb;
Behold the LORD of Glory!

"All authority in heaven and on earth has been given to Me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. Matthew 28:16-20



"And as you go, proclaim this message, 'The Kingdom of Heaven is at hand.' Heal the sick, raise the dead, cleanse the lepers, cast out demons. Freely you received, freely give." Matthew 10:7-8

* THE PRAYER BEADS

To pray **The Heart of Mary Beads** you will need a rope or bracelet of thirty prayer beads. The beads are a sign of the 30 years JESUS lived with Mary in their hidden life together, at home in Nazareth. Through the daily recitation of the Beads, may JESUS come to live with you, as He did with Mary. For...



**"Having Christ
in our heart
is even greater
than having
Him in our home.
Indeed, our hearts
are a more
intimate place
than our homes."**

Saint Augustine

To make a bracelet of prayer beads, you will need x 30 small beads, and x 1 large bead to mark the beginning and end of the recitations, and stretch jewelry cord. (All available at craft stores.)

Thread the small beads onto the stretch jewelry cord - thread the large bead on last - tie off with a reef knot - apply one drop of superglue to the knot and pull the knot inside the large bead.

www.schoolofprayerhcbvm.com