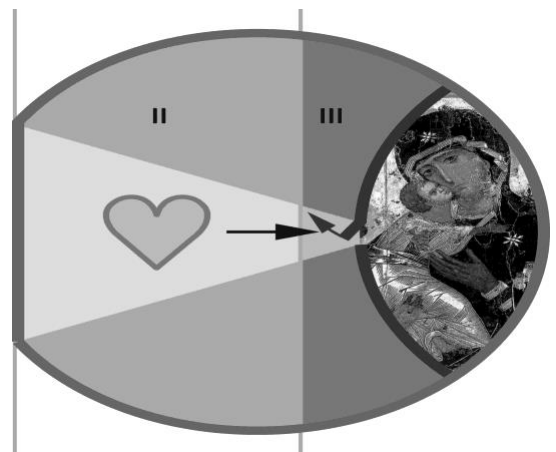
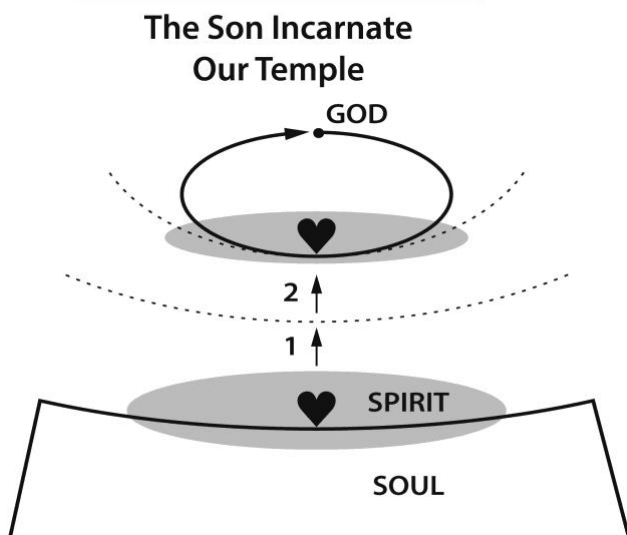
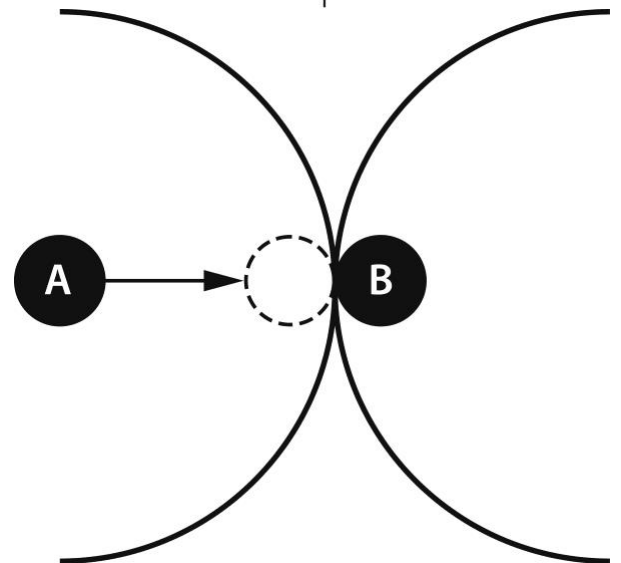
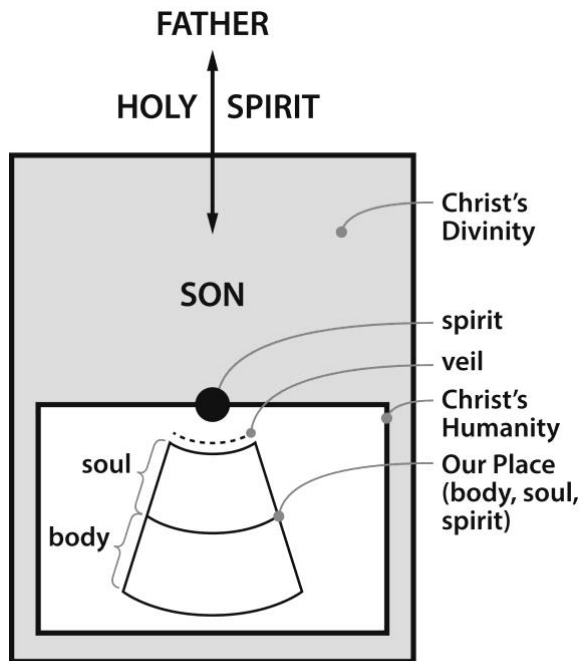
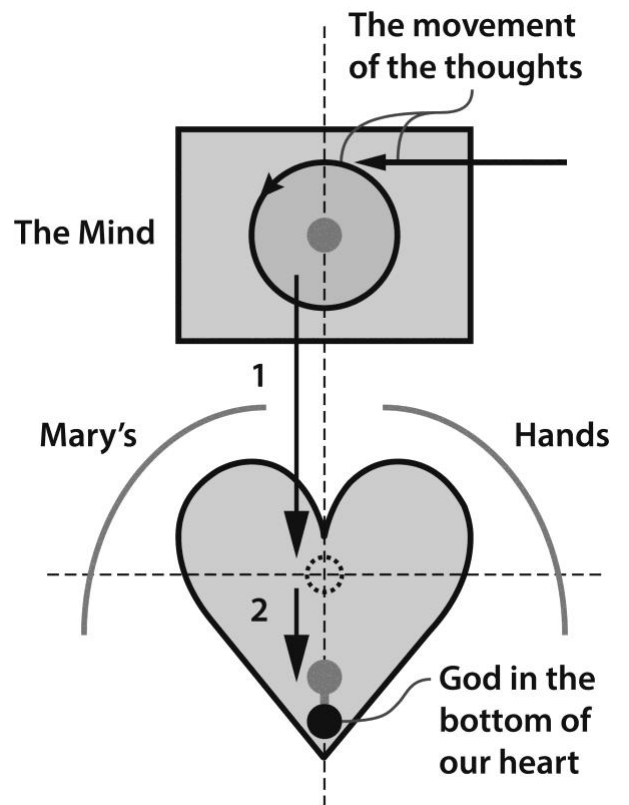
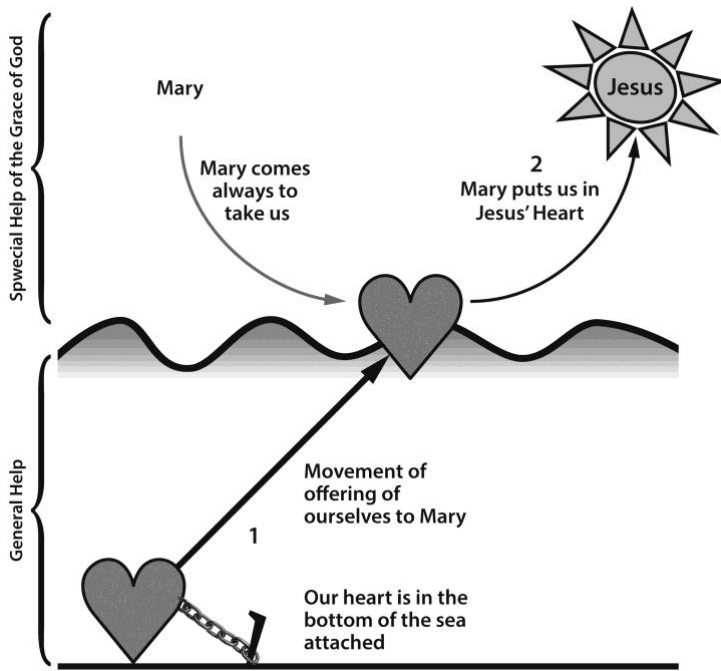


Solid Foundations : Prayer of the Heart



The Summary of the *Prayer of the Heart*

We can summarise the *Prayer of the Heart* with the following three steps. The first step is not mandatory and the third one repeats the second.

First: Preparation (not mandatory)

- Signing ourselves with the sign of the Cross
- Putting ourselves in the presence of God and Our Lady (for instance: lighting a candle in front of an icon of the "Mother of God").
- Invoking the Holy Spirit, the Fire of God's love, the core of any movement of admittance into God presence.
- Unconditionally abandoning and emptying all our burdens in Jesus' hands: all that is good and bad in us, throwing everything in the Fire of his love. (briefly)

Second: The Movement of Immersion in God

Interiorly

a- Offering ourselves: we offer ourselves to God, like little children in the hands of Our Lady.

(we keep our inner eyes (imagination and thoughts) closed, without activating them i.e. wanting to see what God does)

b- God's response: Mary always comes at once taking us and immersing us in the Furnace of Love: Jesus.

(During this immersion, God gives Himself to us, pouring his Spirit in us.)

Exteriorly

- We take our rosary in our hands (optional, but highly recommended)
- With each bead we repeat the "Hail Mary" or any other short prayer which contains Jesus' name and/or Mary's peacefully and silently.
- We repeat this prayer quietly, according to our natural breathing rhythm.

Third: Repeating the Movement of Offering

- Peacefully, we repeat the movement – i.e. offering ourselves (see "second") – from time to time, according to our need and to the presence of distractions, because it often occurs that we come out repeatedly from this immersion.

- Persevering in the repetition, for the time we have decided to give to God. (we can be aware of the time that goes by checking the time occasionally)