

# Anima Christi

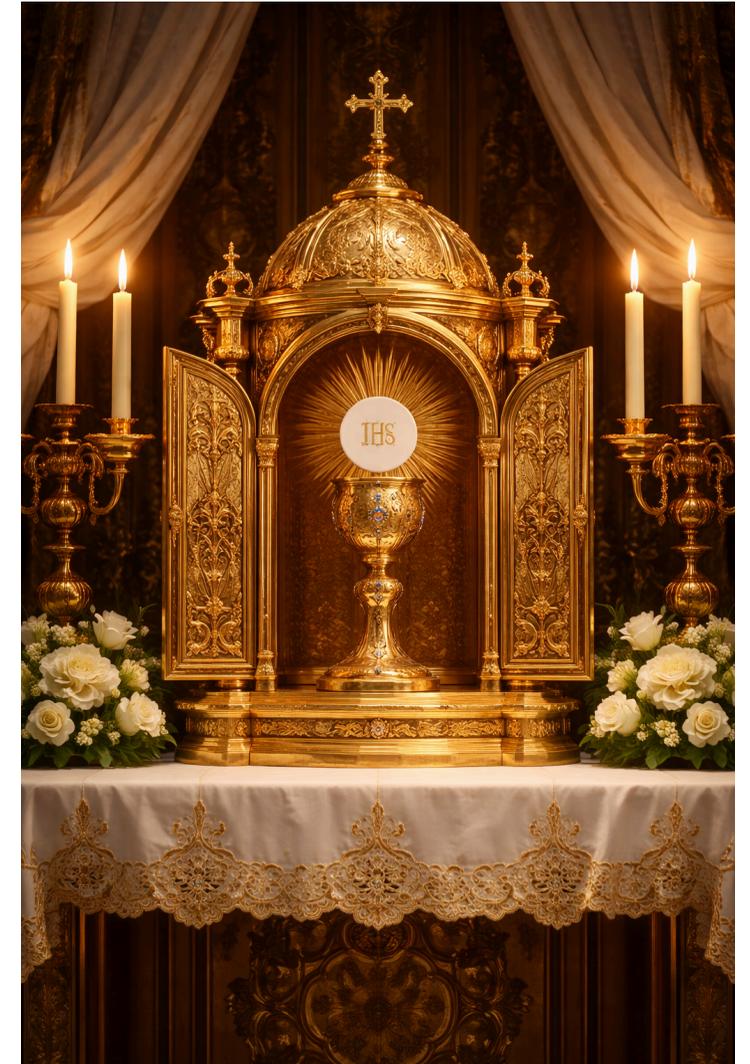
Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O Good Jesus, hear me.  
Within Thy wounds hide me.  
Permit that I never  
be separated from Thee.  
From the wicked foe, defend me.  
At the hour of my death, call me  
and bid me come to Thee  
That with Thy saints I may praise Thee  
For ever and ever. Amen.



Eucharistic Prayer Companions of Jesus, Mary and Joseph  
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“Come, Follow Me...”  
Matthew 4:19

Come to Me in the Tabernacle.



## Meditation on the Throne Room of God

"And, a little Child will lead them." Isaiah 11:6

**"Unless you change and become like little children, you will not enter the Kingdom of GOD."** Matthew 18:3

Sign yourself with the Cross. † By making the Sign of the Cross, we invoke the Most Holy TRINITY, profess faith in the Crucifixion, Death and Resurrection of Our LORD JESUS CHRIST, and renew our Baptismal commitment.

Ask the HOLY SPIRIT to help you to see more clearly with your faith eyes and to hear with your faith ears the things of the spiritual realm. Ask Him to enlighten your imagination, and to make it holy.

Then, ask the HOLY SPIRIT for the grace to see yourself as a little child, with your Guardian Angel next to you. Experience the openness and littleness of your childhood. Remember, your Guardian Angel has been your spiritual companion from the moment of your conception.

With your holy imagination, envision JESUS as a Child as well. You see Him standing in front of a luminous Tabernacle. As you draw near to Him, JESUS opens the Tabernacle door; take His Hand and follow Him. Your Guardian Angel will follow you.

JESUS will lead you to the Throne Room of Heaven, the Eternal Now. First, you will pass through an immense, beautiful hall. As you are walking, JESUS progresses in age, growing from a child into a youth, and then to adulthood.

When you arrive on the threshold in the Throne Room, JESUS will be 30 years old. As the King of Glory steps forward to His Throne, He is 33 years old. This symbolizes GOD'S promises, truth, and the perfect fulfillment of the Mission of JESUS. He invites each of us now to share in His salvific Mission.

Once in the Throne Room, you are in the Eternal Now of Our Majestic GOD! You are welcomed as a beloved and cherished child of GOD. Now He wants you to experience the power of His tender, loving presence.

Enter and adore the Blessed TRINITY: Our FATHER Who created us, JESUS Who saves us and lifts us up, and the HOLY SPIRIT Who gives us breath and life. You may greet Them by bowing or genuflecting, giving reverence to the Majestic, Sovereign TRINITY on Their Thrones. With your holy imagination picture the Three Persons of the Blessed TRINITY. We were designed and created to give Them glory, honor, and praise, and to worship Them, along with all of creation.

Seated before you, on the middle Throne is GOD the FATHER. On His right is His Divine Son JESUS. Our Blessed Mother and St. Joseph are seated near to JESUS on smaller thrones, a little lower from the Majestic Thrones. Surrounding them are all the people of Heaven, including the Saints and your family members. All of them are worshiping and praising Our TRIUNE GOD.

On GOD the FATHER's left is the HOLY SPIRIT. Nearby you see St. Michael, St. Gabriel, St. Raphael and All the Choirs of Angels.

Standing next to you, on your right, is your Guardian Angel. You see innumerable Angels, gathered around the Thrones to worship GOD. The Souls in purgatory

remain at the base of the Altar. They are waiting to enter the Throne Room of GOD.

Imagine the glory and beauty of this scene, as you see all the Saints, Angels, and your loved ones in the Throne Room, giving glory to God.

It is possible for us to enter the Throne Room at any time, to come before the Blessed TRINITY.

We can enter in the Throne Room: barefoot, with shoes, sandals...We can kneel, sit, lay prostrate, etc...

"Come aside and rest a while." Mark 6:31. With reverence, we enter into the Presence of GOD in our Eternal Home, our promised inheritance.

Here before us is Our Most Blessed TRINITY and the Heavenly Court. Now remain in silence - silence is GOD'S first language. Peace. Peace. Peace. Their gift to us. Receive the healing that GOD wants to give you.

Then, speak to GOD from your heart about all that you want to share, and you may bring others with you. Bring Him everything you want to share with Him. You may also bring those who you love to Him in the Throne Room, asking for graces and blessings.

"Be still and know that I am GOD." Psalm 46. Listen with your heart. Your Guardian Angel will help you as you pray. He will remind you of the individuals or life moments to bring to the Holy TRINITY, Our Eternal Family. Sometimes, you may bring the whole world with you.

After your visit, give thanks and praise. Be filled with GOD'S love and mercy. Invoking the Name of JESUS, go forth in peace, remaining in the presence of Our Eternal Family. Amen.