

Making a Plenary Indulgence for the Holy Souls in Purgatory With your Spiritual Communion

By: Anna Marie

It is always my desire to help the Holy Souls in Purgatory through prayers and making a Plenary Indulgence for them. I have heard throughout my life, that when you help a "soul" suffering in Purgatory to get out and enter into the Kingdom of Heaven, then they will pray for you until you are in Heaven too. I was taught early in my childhood, to always pray for the Holy Souls, so I try my best.

Making a Plenary Indulgence is intended for either the Holy Souls or for yourself. You cannot offer it for anyone else! I have covered the rules on how to make a Plenary (the complete removal of your Temporal Punishment) or Partial Indulgence for many years, but for those who are unaware I wish to state the easiest way to make a Plenary Indulgence, concentrating on the Holy Souls in Purgatory.

In order to receive a Plenary Indulgence, you need to complete the following:

- Tell the Lord you want to make a Plenary Indulgence today for the Holy Souls.
- Attend Sacramental Confession and confess all your sins.
- Receive Holy Communion intending to offer your Plenary Indulgence for the Holy Souls.
- Say an Our Father, Hail Mary and Glory Be for the Popes holy intentions.
- Complete an action for the Plenary Indulgence such as:
 - Recite one Mystery of the Holy Rosary
 - Read Holy Scripture for 30 minutes
 - Eucharistic Adoration for 30 minutes in a Catholic Church
 - Inside a Catholic Church, complete the Stations of the Cross
 - Recite any of the Raccolta prayers on our website posted monthly for 30 days
 - There are other options available, but I will not list them now.

I do my best to attend Sacramental Confession once or twice a month. You can make a holy Plenary Indulgence up to seven days after attending Sacramental Confession. Knowing I am in the State of Grace, I do everything I can to make a Plenary Indulgence for the Holy Souls in Purgatory. I had heard that making a Spiritual Communion was a worthy means of receiving our Savior too, so on a Monday (a few months ago), I was not able to attend Mass but did watch TV Mass.

During Communion, I asked Jesus if I could receive Him spiritually and offer my Communion for the Holy Souls in Purgatory. My eyes were closed, while praising our Sweet Savior for His Life, Death and Resurrection and I began witnessing the Holy Souls in Purgatory rising in the air, leaving Purgatory and rising up to Heaven. Jesus allowed me to know how He did receive my prayers for the Holy Souls and that my Spiritual Communion was honored by His holy love.

Overwhelmed by witnessing these souls rising into Heaven, I realized our Spiritual Communion is VALID, and the Holy Souls will receive your Plenary Indulgence for them. Always pray for yourself, your children, your spouse, your family and make a Spiritual Communion for them and always remember the Holy Souls in Purgatory!