

Core of Luisa's Journal,  
compressed for ascetic  
practice after the manner of  
The Jesus Prayer.

**Notes:**

- 1) All frames are 7.2" high. They are designed for / it is intended that ... one would fold back the frame at mid point (so as to create a front / back frame) and then either laminate it\* or use scotch tape at the edges to protect it.  
\* using *SelfSeal* wallet card-size laminating pouches which are available at virtually any Office Supply store.
- 2) Frame (page) Three has incorporated (from Luisa's Journals) the basis, authority by which we can take our place with Jesus **"who ever lives to make intercession"** (Hebrews 7:25)
- 3) The synopses of Luisa's Journals from which the four primary intercessions are drawn are re-printed in this File. One should study them often, at least once a week so that the potent images conveyed by the 3 words (per each intercession) are immediately grasped in their full context.
- 4) A small frame containing the twelve "trigger words" (to be found at the very end of this 8 pg. file) is intended to be placed on one's wrist\*. This ready-access device should facilitate a very low stress repetition of the four intercessions throughout one's day.  
\* The most comfortable placement is achieved by inserting the *lamine* between the inner and outer ply of a wrist band.

The **Jesus Prayer**, also called the **Prayer of the Heart** by some Church Fathers, is a short, formulaic prayer often uttered repeatedly. It has been widely used, taught and discussed throughout the history of Eastern Christianity~~~ the more common form: "**Lord Jesus Christ, Son of God, have mercy on me, a sinner.**"

The Jesus Prayer is, for the Eastern Orthodox and Eastern Catholics one of the most profound and mystical prayers and it is often repeated continually as a part of personal ascetic practice. Its practice is an integral part of Hesychasm, the subject of the Philokalia, a collection of texts on prayer compiled in the late 18th Century.



*Once the complete text of our four selected intercessions have become embedded in one's heart, the following twelve words (by design, matching the exact number of words of The Jesus Prayer) might serve as one's personal ascetic practice ... even, during Spirit-led segments of one's day, repeated continually.*

**this Blood circulate...**

**threads of light ...**

**Your Will known ...**

**my incessant cry ...**

Oh, Power of Your Will, by Your supreme strength you have empowered me to raise myself to Your Single, Creative Act.

Lord, in the Divine Will, during the Hidden Life, Your Humanity divinized all Human Actions. You continue this Life in me and sanctify my Acts, giving a Divine Merit and Infinite Value to each.

For ~~ by Grace, Your Divine Life is *reciprocally present in me*, in the Eternal Now of Your Single Act.

Lord, You dwell in each individual member of Creation and make flow *a tiny divine coin of an incalculable price*. You use that "coin" as the potential to transform, to bring everyone, in union with Yourself, into the bosom of the Father.

O Power of Your Will, at this moment help me, in union with Your Gracious Love, to create, to predispose and to save Souls ~~~

➤ Blow upon my intelligence ~~~ bind it as by *threads of light* to all created minds that emerge from Your Hands. May every thread of light say: "G A H L T".

➤ My Father, I offer you Jesus' Blood ... Let *this Blood circulate* in Your Eternal Will to cover and defend everyone.

➤ Sanctifying Spirit ~~ make *Your Will known* to all so that, knowing it, they may love it ~~~

➤ Lord, may all hear in You *my incessant cry* that always asks for Souls

#### **Our Lord says:**

"As you work -working because I want to work - My fingers flow within yours. As I work in you with My Creative Hands ~~~in this very instant,

❖ How many am I giving to the Light of this World ?

❖ How many others am I calling ?

❖ How many others do I sanctify, chastise ?

"Now you are with Me, creating, calling, correcting "

*“this Blood circulate”*

My Father, I offer You  
**Jesus' Blood.**

Oh, let this cover  
all the **Intelligences** of Creatures ...  
quench the fire of their passions  
and make reappear  
*holy Intelligences.*

Let This Blood cover their **Eyes**  
and veil their sight  
so that the appeal of  
evil pleasures does not  
enter their eyes.

Let Jesus' Blood cover and  
fill their **Mouths,**  
rendering their lips  
dead to blasphemies  
and wicked words.

My Father, let This Blood cover their  
**Hands** that so many disgraceful  
acts become repulsive to Man.

*Let This Blood circulate  
in Your Eternal Will  
to cover Everyone  
and defend Everyone.*

*"threads of light"*

"The Uncreated Intelligence  
desires to rest itself in  
the Created Intelligence.

But, **in order to find  
complete repose,  
Uncreated Intelligence  
must find in your Intelligence  
*all the Glory and all the  
Satisfaction that all other  
Intelligences owe Me.*"**

Jesus, blow upon my Intelligence.

Bind it, by *threads of light*,  
to all Created Minds that  
emerge from Your Hands.

May every thread of light say:  
**Glory, Adoration, Honour,  
Love, Thanksgiving \***  
to my three-times Holy God.

**\* GAHLT**

## GHALT and the Jewish Clock



"GHALT", while a useful *memmonic*, can be given a much greater potency when the five Praises are separated. We suggest that this separation be in the manner of the Jewish division of a Day ~~

*Thus:*

Prime ("Daybreak" / Early  
Morning): **GLORY**

Terce (9:00 A.M, extending  
until Noon): **HONOR**

Sext (Noon, extending through  
mid-afternoon): **ADORATION**

None (3:00 P.M. until  
"Evening"): **LOVE**

Vespers (6:00 P.M. until  
Bedtime): **THANKSGIVING**

*“Your Will known”*

I come to correspond with love for  
Everything the Sanctifier does  
for those He sanctifies.

I come to enter into  
The Order of Grace,  
to be able to give  
***the correspondence of love***

as if ***all*** had become holy,  
and to make reparation for  
all the opposition and failure  
to correspond with Grace.

And, since the first Act that He  
does is to bring Your Will ~~~

as a complete Act of our Sanctification,  
in seeing Himself rejected, He grieves  
with unutterable laments. Thus I, in my  
childlike simplicity, say to Him:

***Sanctifying Spirit,***

***I beg and implore You to***

***do it quickly:***

***Make Your Will known to All so that,  
knowing It, they may love It  
and receive Your first Act of  
their complete Sanctification  
which is Your most Holy Will.***

*"my incessant cry"*

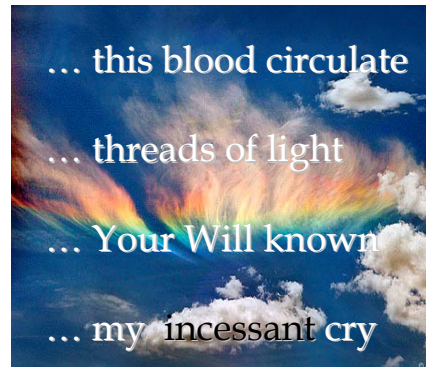
Lord, I want to give You  
my Nothingness  
and unite it to the  
**All** that You are,  
and ~~~  
**I ask of You Souls.**

Thus, as I breathe,  
**my breaths**  
ask Souls of You.

With incessant cries,  
**the beats of my heart**  
ask Souls of You.

**The motion of my arms,**  
**the blood that**  
**circulates in me,**  
**the blinking of my eyes,**  
**the movement of my lips,**  
are asking for Souls.

Further,  
**I ask this united with You,**  
**with Your Love**  
**and Your Volition,**  
so that  
**All are able to hear in You**  
my incessant cry that  
~~~  
**always asks for Souls.**



... this blood circulate

... threads of light

... Your Will known

... my incessant cry

## The Wrist Band; A Short-Term “Crutch”

We all eventually become what our mind is focused on and, in time, we believe anything we repeat often enough.

These four intercessions will eventually become transmitted to our subconscious mind. Then, through the dynamic of His Faith (“... in whom we have boldness ... by *the faith of Him*” ~ Eph. 3:12), these prayers will become as rhythmic <> active in our mind and spirit as our very breathing.

The Wrist Band is but a temporary aid, an ever present and visible reminder. Our constant repetition will most certainly be absorbed by the subconscious ~~ the result: our very Being is *absorbed into Him* who, Himself, *“ever lives to make intercession”* (Hebrews 7:25)

# Moving out of the Subconscious and into Visualization

Repetitive mental verbalization of the exact words for a given Intercession will inevitably lead one to burn-out not long into the day.

Once the Subconscious has stored both the words and their context, far better to move to one's God-given power of *Visualization*.

The "Sanctifying Spirit ..." plea may not be modular to Visualization, but both "Souls!" and "Let this Blood circulate" can be visualized.

**Note:** Visualization of "Let this Blood circulate ..." can be released by a joining of The Divine Will's unlimited versatility *and* one's own sanctified imagination.

## Visualization of “Blood” & “Souls”



### “Souls”

On the next panel there is a “Flat Earth” graphic. Make a copy, laminate and keep it with you at all times. When the Hour strikes / you come to the “Souls” intercession, place a finger over each portion of that globe and, seeing the millions of Divine Coins on each given Continent, by the *Power of His Will*, speak your plea for “Souls” over <> into them.\*

▪ again, your subconscious knows the full context of that single word ... supercharging it.

### “Blood”

**Note:** Here the initial use of visualization may prove taxing but, after a period of 30 days, it will become part of you.

At the top of each hour, rub (or place) a hand over your own skull, eyes, lips, hands ~~ visualize Jesus’ Blood covering each. Once you have created that mental picture, allow the Divine Will to send out a ***magnetic signal*** that draws to you each and every person at the end of your Threads of Light ~~

Next, allow the Divine Will to effect a ***transplant*** of that Blood into or onto the Mind, Eyes, Lips, Hands of each and every individual whom He has mystically merged to you (via the *Threads*).

# Sharing the Blood of Jesus

## SCRIPTURE

“According to the fore-knowledge of God the Father, by the sanctifying work of the Spirit, ~~ obey Jesus Christ and **be sprinkled with His blood**” (I Peter 1:2).

## THE ACTION

Every living person has a brain, eyes, lips, hands identical to your own. **More importantly**, by the communication of “His Supreme Strength”, your own brain, eyes, lips, hands can be conjoined to and with “the Single Act of God-Creator”.

## THE RELEASE

With arms uplifted and extended outwardly, simply proclaim, **“Oh Power of your Will!”** ~` then allow a brief span whereby you genuinely believe that He has, at this moment, again applied His Blood *to All*\*.

\* To sanctify or to correct or chastise ...



O Soul who lives in My  
Volition ~~~: **I now  
center Everything in you.**

Oh, Power of Your Will,  
You have communicated  
the Supreme Strength  
whereby my Intellect, **as  
by Threads of Light**, is  
bound continuously to all  
created minds that  
emerge from Your hands



(Think in pictures: Visualization,  
generated and led by the Holy  
Spirit, is *creative*.)

## At the top of each waking hour ...



Mar Babai, a Desert Father, wrote (concerning Contemplation), "Do not extend your labor beyond what you have strength for."

It is entirely possible that, lacking a *rhythmic and observable schedule* for this "Divine Prayer" (i.e. the four Intercessions), one can easily burn out (in this "labor") by early afternoon. Eventually, should one experience a burn-out too often, he would lose heart to continue the ascetic labor.

The Mentor has found a simple tool\* whereby, **at the top of each hour**, he is signaled to *stop what he is doing*, enter into this labor with full focus and psychic energy ~~ without suffering burn-out.

\* The "tool" is tiny <> fits nicely into one's pocket, is inexpensive. Its alarm is extremely easy to re-set, hour by hour. (See following frame for more information.)

Having been attentive to the labor for a minimum of twelve "calls" through the waking day, one he will find that he will, "Lie down after his day's labor ~~ like someone who ceases at evening from harvesting."

(Mar Babai



### **Sharp® Ultra Slim Alarm Clock**

**“Razor” LCD Alarm Clock.**

**Folds easily and has an easy-to-read lighted Electro Luminescent (EL) display.**

**Has a constant alarm time display.**

**Uses an included CR2025 battery.**

**(Retail: USD \$9.95)**



In His Volition and  
by *Threads of Light*,  
hourly I reach out  
across the world.



I give myself to it ~  
I embrace all of humanity  
with God ~~  
empowered by  
*His*  
*Supreme Strength.*