

Total Consecration Fact Sheet

The devotion, Total Consecration to Jesus through Mary, has been practiced for centuries. It involves 33 days of preparatory devotions, with the Total Consecration made on the 34th day.

The day of Total Consecration (i.e. the 34th day) should be a Marian feast day. There are more than 20 34-day schedules that fall throughout the year for those wishing to make the Total Consecration

Blessed Pope John Paul II completed the Total Consecration, which in part inspired his personal motto, "Totus Tuus."

According to St. Louis de Montfort, the 33 days of preparation include 12 days of "emptying oneself of the spirit of the world" followed by 21 days of "imbuing oneself with the Spirit of Jesus through the Blessed Virgin." The Total Consecration that follows this preparation is a perfect renewal of one's baptismal vows.

The Total Consecration is divided into themes:

- Days 1-12: The Spirit of the World,
- Days 13-19: Knowledge of Self,
- Days 20-26: Knowledge of Mary,
- Days 27-33: Knowledge of Jesus,
- Day 34: Total Consecration to Jesus through Mary.

Step 1:

Read

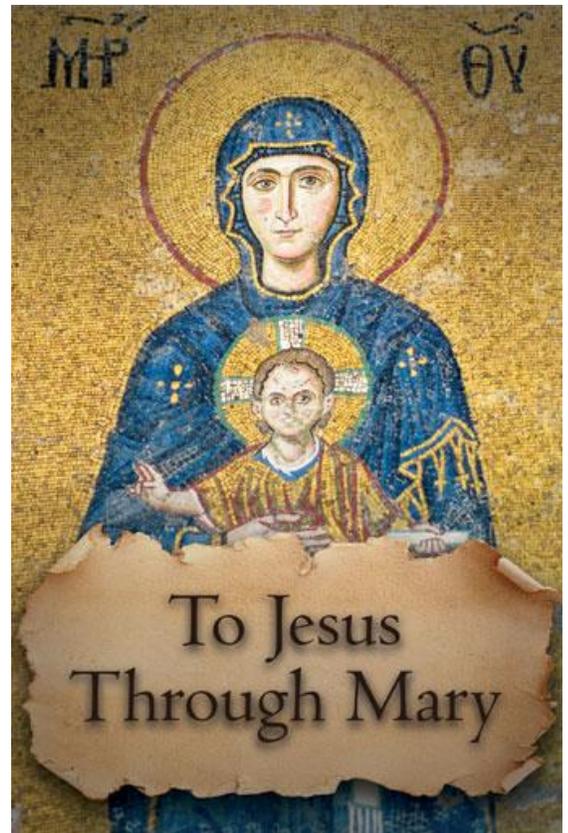
"True Devotion to the Blessed Virgin Mary"

First, read "True Devotion to the Blessed Virgin," written by St. Louis de Montfort himself and decide for certain whether to consecrate yourself to Jesus through Mary. Read carefully, and don't take this lightly; consecrating oneself has the character of a vow.

Step 2:

Choose a day for the Consecration

Now choose the date of a Marian Feast on which to make the consecration. Whichever Feast you choose will determine the date to begin a 33-day period of spiritual preparation, i.e., you follow spiritual exercises for 33 days, and the next day will be the Marian Feast on which you consecrate yourself.



Start of 33-day Plan	Marian Feast You've Chosen	Feast / Consecration Day
9 Jan	Apparition of the Immaculate Virgin Mary at Lourdes	11 Feb
20 Feb ¹	The Annunciation	25 Mar
13 Jun	Our Lady of Mt. Carmel	16 Jul
13 Jul	The Assumption	15 Aug
6 Aug	Nativity of the Blessed Virgin Mary	8 Sep
13 Aug	Our Lady of Sorrows	15 Sep
19 Oct	Presentation of the Blessed Virgin Mary	21 Nov
5 Nov	Immaculate Conception	8 Dec
9 Nov	Our Lady of Guadalupe	12 Dec

¹ 21 Feb when February has 29 days. *The Feast of the Annunciation is the Feast that St. Louis de Montfort recommends most of all as it is this Feast that commemorates God Himself taking on flesh and, thereby, subjecting even Himself to trust in and dependency on Our Lady*

Step 3: Begin the 33-Day Preparation for Consecration

Now begins the 33-day period of exercises. St. Louis-Marie breaks these days into sections of days, each section having its own prayers, and each particular day having its own brief readings with which to fill the mind for that day (the readings come from Sacred Scripture, "The Imitation of Christ," and "True Devotion to the Blessed Virgin Mary"). Don't just read the readings, internalize them; don't let your lips just mouth the prayers, truly pray them.

First comes a 12-day preparation period that consists of emptying oneself of the spirit of the world in penance and mortification. For those 12 days, we pray the Veni Creator, the Ave Maris Stella, the Magnificat, and the Glory Be. Then follow 3 weeks, each week having a specific focus.

The first week focuses on offering up our prayers and devotions for the purpose of coming to understand ourselves and our sins; humility is the key, and the prayers the Litany of the Holy Spirit, the Litany of Loreto, and the Ave Maris Stella help us.

During the second week, we ask the Holy Spirit to help us better understand the Blessed Virgin; we pray the Litany of the Holy Spirit, the Litany of Loreto, the Ave Maris Stella, the prayer to Mary by St. Louis-Marie, and 5 decades of the Holy Rosary each day for assistance.

During the third week, we seek to better understand Christ through meditation and the Litany of the Holy Ghost, the Ave Maris Stella, and the Litany of the Holy Name of Jesus, Montfort's prayer to Jesus, and the prayer O Jesus Living in Mary.

The 34th day will be your day of consecration.

Step 4:

Day 34:

Day of Consecration

On the day of consecration, either fast, give alms, or offer a prayer for the good of another (or all of the above); do some spiritual penance and approach consecration in the spirit of mortification.

Now go to Confession (or, if that is not possible, go during the 8 days prior) and then receive Communion with the intention of giving yourself to Jesus, as a slave of love, by the hands of Mary. Try to receive Communion per the method described in the Supplement of the book, "True Devotion to the Blessed Virgin Mary".

Now pray the words of the consecration. Copy them and have them with you at church, read them after the Mass (in front of the tabernacle would be nice), and sign your copy of the Act of Consecration (See Act of Consecration prayer to your left.)

Step 5:

After Consecration

Once you have consecrated yourself to Jesus through Mary, live that consecration. St. Louis-Marie de Montfort recommended the following:

- Keep praying to develop a "great contempt" for the spirit of this world
- Maintain a special devotion to the Mystery of the Incarnation (e.g., through meditation; spiritual reading; focusing on Feasts centering around the Incarnation, such as the Annunciation and the Nativity, etc.)
- Frequently recite the Hail Mary, a Rosary, and the Magnificat
- Recite, every day if it is not inconvenient, the "Little Crown of the Blessed Virgin" -- a series of Our Fathers, Hail Marys, and Glorias -- one Ave for each star in the Virgin's Crown. St. Louis has a special way of praying the Little Crown, which is recommended.
- Do everything through, with, in and for Mary for the sake of Jesus, with the prayer, "I am all thine Immaculate One, with all that I have: in time and in eternity" in your heart and on your lips
- Associate yourself with Mary in a special way before, during, and after Communion (see Supplement of the book, "True Devotion to the Blessed Virgin Mary" above)
- Renew the consecration once a year on the same date chosen above, and by following the same 33-day period of exercises. If desired, also renew the consecration monthly with the prayer, "I am all thine and all I have is thine, O dear Jesus, through Mary, Thy holy Mother."
- Optional: Join the Confraternity of Mary, Queen of All Hearts. Their address:

Director, Confraternity of Mary Queen of All Hearts
26 South Saxon Avenue
Bay Shore, NY 11706