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Spiritual Communion.

Deal with spiritual as you would with Sacramental Communion. If you have learnt to hear Mass after the method suggested above you will naturally participate spiritually in the Sacrifice when you are not doing so sacramentally. Never omit this holy practice. As there is a baptism of desire so is there communion by desire ; since desires are the expression of the will, and, before God, to will deliberately is to accomplish. The grace of spiritual communion is not sacramental, but it is none the less precious for that, God has innumerable ways of communicating with those He loves.

Consequently, when the time for communion is at hand prepare your soul for the spiritual reception of Him who is being received sacramentally by others. Surrender your whole being to the action of the Holy