

Contents

Introduction	9
Note on the Translation	22
Alphonsus's Exclamatory Prayers	24
To Mary, the Ever-Virgin and Immaculate Mother of God	26
Alphonsus's Note to the Reader	28
Alphonsus's Introduction	30
The Meaning of Spiritual Communion	37
Act of Spiritual Communion	40
Prayer to Jesus	42
Prayer to Most Holy Mary	44
Visit 1	46
Visit 2	49
Visit 3	52
Visit 4	55
Visit 5	58
Visit 6	60
Visit 7	63
Visit 8	66
Visit 9	69
Visit 10	72
Visit 11	75
Visit 12	78
Visit 13	81
Visit 14	84
Visit 15	87

Visit 16	.90
Visit 17	.93
Visit 18	.96
Visit 19	.99
Visit 20	.102
Visit 21	.105
Visit 22	.108
Visit 23	.111
Visit 24	.114
Visit 25	.117
Visit 26	.120
Visit 27	.123
Visit 28	.126
Visit 29	.129
Visit 30	.132
Visit 31	.135
Appendix	.139
Notes	.152
Suggested Readings	.156
Index of Names	.157