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**A Prayer to the Holy Spirit**

I am going to reveal to you a secret of sanctity and happiness. For five minutes every day quiet your imagination, close your eyes to everything visible and your ears to all external sounds and withdraw into the sanctuary of your baptized soul, which is a temple of the Holy Spirit. There, speak to the Holy Spirit and say:

O Holy Spirit

Beloved of my soul, I adore you.

Enlighten me, guide me,

strengthen and console me.

Tell me what I ought to do

And command me to do it.

I promise to submit to everything

that You ask of me

and to accept all

that You allow to happen to me.

Just show me what is Your will, Holy Spirit.

If you do this your life will be happy and serene. Even in the midst of troubles you will experience great consolation, for grace will be given to strengthen and help you cope with every difficulty. This submission to the Holy Spirit is the secret of sanctity. – Cardinal Mercier