

HOW TO GAIN A PLENARY INDULGENCE FOR THE HOLY SOULS AND FOR YOURSELF IN ORDER TO AVOID GOING TO PURGATORY

When a person commits a sin, Venial or Mortal, the sins must be confessed in Sacramental Confession. After Confession, the sin is removed, but **NOT THE TEMPORAL PUNISHMENT** assigned to each sin you have committed. Temporal Punishment must be removed by either suffering in Purgatory after death, or by making a Plenary Indulgence while you are still living.

There are two types of Indulgences, Partial or Plenary. Plenary Indulgences represents the full and complete remission of all Temporal Punishment. The entire removal of our stay in Purgatory is what we all should strive for and on a daily, weekly or monthly basis. If we make a Plenary Indulgence, then die immediately, we will bypass Purgatory and go straight to Heaven.

Here is the formula for receiving a Plenary Indulgence (referenced in Catholic prayers as “the usual conditions”):

1. You must have the desire and conscience knowledge of wanting to receive a Plenary Indulgence.
2. Attend Sacramental Confession after making a good Examination of Conscience (sins that you had not previously confessed during a prior Sacramental Confession). You can make a Plenary Indulgence seven days before going to Sacramental Confession and seven days after attending Sacramental Confession.
3. Receive Holy Communion.
4. Accomplish one of the items listed from A thru D, as a specific “work” to obtain a Plenary Indulgence:
 - A. Reciting one of the four Mysteries of the Holy Rosary: Joyful, Illumination, Sorrowful, Glorious, or
 - B. Eucharistic Adoration for 30 minutes, or
 - C. Reading the Bible for 30 minutes, or
 - D. Saying the Stations of the Cross in a Church.
5. Praying for the Pope’s holy intentions such as: Our Father, Hail Mary and Glory Be, or you can recite the Credo.

In the Raccolta, which in Latin is called Enchiridion Indulgentiarum, Canon Law states: “All men are to value Indulgences highly: that is to say, the remission before God of the Temporal Punishment due to sin even after its guilt has been forgiven, which ecclesiastical authority grants from the Treasury of the Church in behalf of the living after the manner of an absolution [Confession], and in behalf of the dead after the manner of an intercession [souls detained in Purgatory].”

“In order that a person may be capable of gaining indulgences for him or herself, they must be baptized, not excommunicated, in the State of Grace [Confession of all sins so as to be in the State of Grace] at least at the end of the prescribed works, and the subject of the grantor. Moreover, in order that one who is capable may actually gain the indulgences, he/she must have at least a general intention of acquiring them and must fulfill the prescribed works (listed above) at the appointed time and in an appropriate manner according to the general sense of the grant.” This means you must know and want and request from Jesus, this grace called a **Plenary Indulgence!**

“A Plenary Indulgence, unless it be otherwise expressly stated, can be gained only once a day, even though the prescribed work be performed several times. A Partial Indulgence, can be gained frequently throughout the day, when prescribed work is repeated.” “No one gaining an indulgence can apply it to others who are still living, except for his or her soul.”

Through your Works of Mercy for the Holy Souls detained in Purgatory by offering your Plenary or Partial Indulgences for the removal or expiation of their sentence in Purgatory, you too will be remembered by these souls once they are released from Purgatory and enter into Heaven. For if you do not pray for the Holy Souls detained in Purgatory before your death, neither will you receive prayers for your soul if you should perhaps be detained there for the slightest duration. For more information, refer to your Catholic Catechism.