

# **Release A Soul From Purgatory**

## **Summary of Norms for Gaining Plenary Indulgences for Souls in Purgatory or Oneself**

**A plenary indulgence is a complete release from temporal punishment for sins already forgiven. If applied to a soul in purgatory, a soul is released to heaven. \***

Conditions for a plenary indulgence:

One must:

Be baptized and in the state of grace.

Receive Communion each time a plenary indulgence is sought

**Go to Confession within 20 days before or after doing the prescribed work.**

Have a disposition of mind and heart which totally excludes all attachment to sin.

Pray for the intentions of the Holy Father, preferably one “Our Father” and one

“Hail Mary”; however, any other pious prayer may be substituted.

Have at least a general intention to gain a plenary indulgence.

Fulfill one of the following suggested spiritual works\*\*:

- **At least a 1/2 hour of adoration before of the Blessed Sacrament**
- **or family or group Rosary**
- **or private Rosary before the Blessed Sacrament**
- **or at least a 1/2 hour of pious reading of Sacred Scripture**
- **or walking the Stations of the Cross in a church or with properly erected display of the Stations.**

\* Canon Law 994

\*\* other spiritual works can be found on the internet.