The phrase **“Ad Iesum per Mariam”** (To Jesus through Mary) is not just a beautiful expression of Catholic piety but a profound theological reality that has guided countless saints and faithful throughout history. In a world where spiritual confusion, relativism, and the loss of Christian identity seem to reign, devotion to the Virgin Mary stands as a sure beacon that leads us directly to the Heart of Christ.

But what does this expression really mean? Is it simply a poetic way of speaking about Mary, or does it contain a deep truth about the relationship between Christ and His Mother? How can we apply this principle in our daily lives? In this article, we will explore the meaning, theological foundation, and practical applications of this teaching, offering a clear path to drawing closer to Jesus through the Blessed Virgin.

1. The Theological Foundation of “To Jesus through Mary”

The foundation of this teaching is found in the **mystery of the Incarnation**. In His infinite wisdom, God chose to come into the world **through Mary**. He did not choose any other means to become man, but took flesh in her virginal womb. If God Himself willed to come to us through Mary, why should we not go to Him in the same way?

Saint Louis-Marie Grignion de Montfort, in his work *True Devotion to the Blessed Virgin*, explains it with these words:

> *“God the Father gave His Only-begotten Son to the world only through Mary. However much the patriarchs had sighed for Him, however much the prophets and the saints of the Old Law had prayed for four thousand years to obtain this treasure, it was Mary alone who merited and found grace before God by the power of her prayers and the sublimity of her virtues.” (TD 16)*

In other words, **Mary is the means chosen by God to give us Jesus**. If we want to find Christ, the safest way is to follow the same path by which He came to us.

Scripture and Mary's Mediation

The Bible is full of references to Mary's role in the work of salvation. One of the most significant passages is the **wedding at Cana (John 2:1-11)**. There, Mary intercedes for the bride and groom and obtains from her Son the miracle of turning water into wine. This scene is a perfect image of how Mary continues to intercede for us today: when we lack grace, when our strength runs out, we can turn to Her, and She will lead us to Christ.

Another key passage is **Luke 1:38**, where Mary responds to the angel:

> *"Behold, I am the handmaid of the Lord; let it be done to me according to your word."*

Her "yes" allowed the coming of the Savior. If Mary was the channel through which Jesus came into the world, she can also be the channel through which we go to Him.

2. The Relevance of "To Jesus through Mary" in Today's World

In an era of **growing secularization**, where the figure of Christ is distorted or rejected, Mary is the great teacher who helps us rediscover Him. She teaches us to love Him, to follow Him, and to remain faithful to Him in times of trial.

Some might think that Marian devotion is optional, but the history of the Church shows that those who became great saints were also great devotees of Mary. Pope Saint John Paul II, for example, made the motto **"Totus Tuus"** (Totally Yours) his own, following the method of consecration taught by Saint Louis de Montfort.

Mary is especially relevant in our time because:

- **She protects us from doctrinal confusion**: In a world where even within the Church there is confusion, devotion to Mary keeps us firm in the true faith.
- **She helps us fight against sin**: As Mother and Queen, she assists us in the spiritual battle against evil.
- **She leads us to a deeper relationship with Jesus**: She teaches us to pray, to meditate on the Word of God, and to live a life of holiness.

3. Practical Applications: How to Live “To Jesus through Mary”

It is not enough to understand the importance of this teaching; we must **live it in our daily lives**. Here are some concrete ways to do so:

a) Total Consecration to Mary

One of the most powerful ways to live “To Jesus through Mary” is through **Marian consecration**, following the method of Saint Louis de Montfort. This consecration involves giving our entire being to Mary so that She may lead us to Christ.

Pope Saint John Paul II strongly recommended this consecration, affirming that it helped him better understand his vocation and mission.

b) Pray the Holy Rosary

The Rosary is the most powerful weapon to draw closer to Jesus with Mary’s help. Saint Padre Pio said:

> *“The Rosary is the ‘chain’ that connects us to God.”*

By meditating on the mysteries of Christ’s life with Mary, we learn to see our own lives through God’s eyes.

c) Imitate Mary in Your Life

Mary is a model of faith, humility, and love. We can imitate her by:

- Practicing **humility**: Recognizing that all good comes from God.
- Living in **obedience**: Accepting God’s will in our lives, even when we do not understand it.
- Showing **love for others**: Living with charity and compassion, as She did.

d) Turn to Her in Times of Trial

When we face difficulties, family problems, crises of faith, or anguish, we must remember that **Mary is our Mother**. At Calvary, Jesus entrusted Her to us when He said to John:

> *"Behold, your mother" (John 19:27).*

If we accept Her in our lives as John did, She will accompany us on our journey toward Christ.

Conclusion

"Ad Iesum per Mariam" is not merely a devotional phrase but a deep and transformative spiritual truth. Mary is not an obstacle to reaching Christ but the **surest, shortest, and most perfect path**. In times of confusion and crisis, let us take refuge in the Immaculate Heart of Mary, and She will lead us to the Sacred Heart of Jesus.

May we, like Saint Louis de Montfort, trust fully in the Virgin and say with conviction: **Totus Tuus, Maria**.

What About You?

Have you already experienced the power of turning to Jesus through Mary? Would you like to begin this journey hand in hand with the Virgin? Start today—consecrate yourself to Her, pray the Rosary, and you will see how your spiritual life is transformed.

Holy Mary, Mother of God, pray for us and lead us to Jesus!