



The Marian Protocol

*A 7-Day Guide to Peace, Prayer,
and Holy Detachment*

Walk with Our Lady toward interior freedom





A Personal Note from Josephine

Dedication

This work was born in a time of both grace and sorrow.

As I accompanied my beloved mother through the frailty of heart failure, I learned what holy surrender truly means — not as an idea, but as a daily offering of love, patience, and faith.

Watching her pray, forgive, and let go gently taught me that peace doesn't come from control, but from trust in the Sacred Heart of Jesus and the maternal care of **the Blessed Virgin Mary**.

May this guide bring comfort to every soul learning to surrender, as **Our Lady** did, one quiet day at a time.

My hope is that these seven days will help you slow down, listen deeply, and begin to release what weighs on your heart, and slowly forgive.

Grace works quietly, one “yes” at a time.

With prayer,

— **Josephine Zanetti**

 *NaturalHealthProtocol.com*



What Is The Marian Protocol?

Life can feel overwhelming when attachments — to worry, control, screen time, consumption, approval, or even substances — steal your peace and pull you away from what truly matters.

The Marian Protocol is a simple daily rhythm rooted in the **Holy** Rosary and the spiritual wisdom of the 12 Steps. It helps you identify your attachments, surrender them to God, and build a pattern of prayer that brings clarity, calm, and purpose.

The Blessed Virgin models this path perfectly. At the Annunciation, she surrendered completely:

"Fiat" — "Let it be done to me according to your word." (Luke 1:38)

Throughout her life, she released control, trusted God's plan, and remained faithful even at the foot of the Cross.


This 7-day journal is your introduction to living with that same grace.




How to Use This Guide


- 1 Commit** to seven days. Use the daily template morning and evening.
 - 2 Pray** at least one decade of the Holy Rosary each day
 - 3 Journal** honestly — there are no wrong answers, only encounters with grace.
 - 4 Notice** patterns. By Day 7, you'll see where God invites you to freedom.
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Before You Begin

 Find a quiet place for prayer.

 Keep a journal or notebook nearby.

 Invite the Blessed Mother's presence: *"Mother of God, walk with me through this week."*

 Remember — this is not about perfection, but presence.

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Daily Marian Protocol

(Use this page each day for seven days)

 **Date:** _____ **Day of the Week:** _____

Morning Offering

"O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys, and sufferings of this day for all the intentions of Your Sacred Heart. Amen."

Daily Holy Rosary

Pray at least one decade (build up to the complete 5-decade Rosary, daily).

Circle which mystery you prayed:

Joyful | Sorrowful | Glorious

Today's Intention

What do I want to surrender to God today?

Examples:

X Letting go of resentment toward someone who hurt me

X Releasing a habit that numbs my soul or distances me from prayer

X Accepting what I cannot change and offering it as a prayer

X Choosing silence instead of defending myself

X Surrendering impurity by turning my gaze to the Cross and asking for purity of heart through the Immaculate Heart of Mary

Reflection — Identifying Attachments

Where am I clinging? What is stealing my peace?

Examples:

X Need to control or fix everything myself

X Excessive dependence on comfort, screens, or social approval

X Impatience, judgment, or unforgiveness

X Substances or habits that dull my awareness of God (alcohol, overeating, compulsive scrolling, gossip)

X Impurity in thought or action that clouds my heart's purity

X Fear of suffering or death

X Distraction and neglect of prayer

Prayer for Release

“Mother Mary, I give you my attachment to

_____.
Help me trust that God will provide what I truly need.”

Nightly Examen (15 minutes before bed)

1 Where did I see God today?

2 Where did I resist grace or cling to control?

3 What am I grateful for?

4 Tomorrow, I will focus on...

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.” — Philippians 4:6

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After 7 Days with Our Lady

This week, the Blessed Mother is teaching me...

I notice these patterns in my attachments:

- I try to control outcomes
- I seek approval from others
- I avoid difficult emotions
- I escape into screens or consumption
- I replay the past or worry about the future
- I struggle with purity of heart or intention
- I neglect prayer when stressed
- I serve others but forget to rest in God
- Other: _____

One small step toward greater freedom:

Closing Prayer

The Memorare

A prayer of trust and intercession — traditionally attributed to St. Bernard of Clairvaux.

Remember, O most gracious Virgin Mary,
That never was it known
That anyone who fled to thy protection,
Implored thy help,
Or sought thy intercession
Was left unaided.
Inspired with this confidence,
I fly unto thee,
O Virgin of virgins, my Mother;
To thee do I come,
Before thee I stand, sinful and sorrowful.
O Mother of the Word Incarnate,
Despise not my petitions,
But in thy mercy hear and answer me.
Amen.

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“**Mother of God**, I thank you for walking beside me this week. Teach me to keep my heart open, to trust when I cannot see, and to rest in the love of your Son. Let this be the beginning of a life lived in quiet surrender and holy detachment. Amen.”

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The 12 Steps: A Marian Journey

A Catholic Path of Detachment and Renewal

Phase 1 — The Annunciation: Saying “Yes” to God

- 1** We admitted we were powerless over our attachments.
- 2** We came to believe that God our Lord could restore us to peace.
- 3** We turned our will and our lives over to God, through **the Blessed Virgin's** intercession.

Phase 2 — The Cross: Purified in Love

- 4** We made a fearless moral inventory.
- 5** We confessed to God, to ourselves, and to a priest.

- 6 We became ready for God to remove our defects.
- 7 We humbly asked Him to remove our shortcomings.

Phase 3 — Pentecost: Restored by the Spirit

- 8 We made a list of all persons we had harmed.
- 9 We made direct amends wherever possible.
- 10 We continued daily inventory and promptly admitted our wrongs.

Phase 4 — The Visitation: Carrying Christ to Others

- 1 1 We sought through prayer and meditation to deepen our relationship with God.
- 1 2 Having experienced spiritual awakening, we carry this message to others.

“Do whatever He tells you.” — Our Lady at Cana (John 2:5)

Continue Your Journey with the Blessed Mother

If this **7-day protocol** brought peace or clarity, you’re invited to the **full Marian 12-Step Journey** — a guided Catholic coaching program that helps you:

- ✨ Identify and release attachments that steal your peace
- 🌸 Build a sustainable daily rhythm of prayer and detachment
- 🕊 Experience sacramental grace when accessible
- 💙 Discover clarity, purpose, and interior freedom in Christ


Program Options

- Foundations Track (**3 months**): Steps 1-7 — surrender and humility
- Standard Track (**6 months**): Full 12 Steps with personalized Marian Protocol
- Extended Track (**9-12 months**): Advanced contemplative practices and seasonal integration

Book Your Free Consultation

Let’s discern whether this journey is right for you.

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“I am the Immaculate Conception. Pray the Rosary daily.” — Our Lady of Lourdes