



MY HOLY CRESCENDO

A  
SYMPHONY  
OF GRACE

PRESENTED BY  
Bea Whitmarsh



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*Psalm 139:14*

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For every woman who has ever felt like  
they were too much and not enough, all at  
the same time - you are just right.



"For I know the plans  
I have for you,  
declares the Lord,  
"plans to prosper you  
and not to harm you,  
plans to give you  
hope and a future.  
Jeremiah 29:11



# PREFACE

## OPENING THE DOOR.

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Every subject explored in this book is a journey of its own. Each one could fill a lifetime of discovery, reflection and grace. Our goal for this journey is not to arrive at all the answers, but to begin asking the right questions - the kind that bring us closer to the heart of our Creator.

Think of our time together here as standing in the midst of a great mansion, with many beautiful rooms. Each topic - identity, beauty, love, strengths, purpose - is a doorway leading into rooms filled with light, waiting to be explored. In this course, we will not wander through every corridor or study every detail. Instead, we'll simply open the doors, step inside, and let the light spill in.

The hope is not that you finish with certainty, but with wonder at the beautiful masterpiece you were created to be. That you begin to see how every aspect of who you are - your body, mind, and spirit - is a place where God reveals Himself. When we look at ourselves through his eyes, even the smallest things become sacred invitations to love.

This journey is not an ending, but a beginning. A crescendo from seeing the ordinary to the grace-filled extraordinary of a beautiful symphony - you!



# WHY CRESCENDO?

*A symphony of grace, goodness, truth, and  
beauty*

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A crescendo is a gradual rising — a swelling of sound and spirit that builds toward fullness.

It begins softly, almost imperceptibly, and grows as every note joins in harmony. That is how grace works in the soul. It doesn't rush or demand. It unfolds — moment by moment — as we learn to listen for the voice of God within us.

This journey follows that same rhythm. We begin with our foundation in Christ, grounding ourselves in His love.

Only then do we move outward — exploring the body, mind, and spirit He gave us, learning to see each one as part of the masterpiece He's creating.

Each module is a movement in that divine song:

- **Foundation:** Rooted in Christ, we remember who we are.
- **Body:** We learn to honor the form through which His glory shines.
- **Mind:** We explore the ways we think, perceive, and participate in His truth.
- **Spirit:** We discover how grace transforms everything — even our shadows — into light.

And within each week, the triad of Goodness, Truth, and Beauty weaves the pattern of divine harmony:

- Truth is found in the Scripture, grounding us in what is eternal.
- Beauty sings through the music, awakening the heart to wonder.
- Goodness shines through the saint, revealing love made visible.

Together, they tune the soul — aligning heart, mind, and body to the same holy melody.

Crescendo is not about striving to become more. It's about becoming more in tune — allowing the Spirit to bring every part of who we are into harmony with God's love.

When we listen deeply, the music rises. And what began as a whisper becomes a song of praise.

# A NOTE ON THE MUSIC

*You are a symphony — not a metaphor, a reality.*

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Throughout this journey, you'll notice that every aspect of who you are is described in the language of music. This is not decorative. It is the truest language I know for what Scripture tells us about you.

God did not make you like anyone else. He composed you — every element of who you are is a particular note in a song only you can sing. Each week opens another movement of that song:

## Foundation

- Week 1 — You Are Called → the Composer of your song
- Week 2 — Identity in Christ → the Key your song is written in
- Week 3 — Receiving His Love → the Heart of your song

## Body

- Week 4 — Colors → the Timbre of your beauty
- Week 5 — Sacred Style → the Presence your soul carries into a room
- Week 6 — Sacred Silhouettes → the Instrument He chose for your song

## Mind

- Week 7 — Temperament → the Tempo of your natural pace
- Week 8 — Personality → the Melody that is unmistakably you
- Week 9 — Gifts of Grace → the Harmony beneath your melody
- Week 10 — Language of Your Love → the Dynamics of how you give and receive

## Spirit

- Week 11 — Light in the Shadows → the Rhythm that still keeps time, even in the dark
- Week 12 — Virtues → the Pitch that lets you land each note truly
- Week 13 — Charisms → the Texture of the Spirit's voicing through you
- Week 14 — Rule of Life → the Meter that gives your days their shape
- Week 15 — Beautiful Symphony → the Form of the whole piece, finally heard

When every one of these comes into tune — when you stop playing someone else's music and start singing the song God wrote for you — that is the symphony of grace.

That is what we are here to discover.

# THE JOURNEY AHEAD



A glimpse into the pilgrimage we'll take together.

Each week is a doorway into another part of God's masterpiece — you.

We'll walk slowly, guided by Scripture, reflection, and the wisdom of the saints, learning to see beauty in every facet of our being.

Let this serve not as a checklist, but as a compass — a map to the mansion of your soul, where grace reveals itself room by room.

## FOUNDATION MODULE — ROOTED IN CHRIST

### **Week 1 — You Are Called (Overview)**

*Stella Maris* — “Look to the star, call on Mary.”

We begin our voyage beneath the gentle guidance of Mary, Star of the Sea — learning to anchor our hearts in God as we set out toward wholeness.

### **Week 2 — Identity in Christ (Our Foundation)**

*St. Clare of Assisi* — “We become what we love and who we love shapes what we become.”

Discover who you are in the light of Christ — a reflection of divine love, radiant and unrepeatable.

### **Week 3 — Receiving His Love (The Way We Love)**

*St. Elizabeth of the Trinity* — “Let yourself be loved.”

Learn the sacred art of receiving — resting in the truth that God's love is not earned but freely given.

## BODY MODULE – EMBODIED

### BEAUTY

**Week 4 — Colors of Creation (Seasonal Color Analysis)**

*St. Hildegard of Bingen – “Every creature is a glittering, glistening mirror of divinity.”*

Celebrate the artistry of creation reflected in your colors — a palette painted by the Creator’s own hand.

**Week 5 — Presence & Grace (Sacred Style “Essence”)**

*St. Cecilia – Patroness of musicians and harmony.*

Embrace the grace that radiates through your presence — the quiet song of the soul expressed through movement, poise, and spirit.

**Week 6 — Shape of Dignity (Sacred Silhouette)**

*St. Pope John Paul II – “The body, in fact, and only the body, is capable of making visible what is invisible.”*

Discover how your outward form reveals inward dignity — a living theology of beauty.

## MIND MODULE – UNDERSTANDING

### THE DESIGN

**Week 7 — Your Way of Being (Four Temperaments)**

*St. Thomas Aquinas – “Grace perfects nature.”*

Understand your natural disposition as a gift meant to be elevated, not erased, by grace.

**Week 8 — Your Way of Seeing (16 Personalities & Cognitive Functions)**

*St. Ignatius of Loyola – “Find God in all things.”*

Discover how your mind perceives and discerns truth — a lens through which divine wisdom flows.

**Week 9 — Strengths as Entrusted Gifts (Gifts of Grace)**

*St. Catherine of Siena – “Be who God meant you to be and you will set the world on fire.”*

Recognize your strengths as sacred trusts — unique expressions of God’s purpose working through you.

**Week 10 — Giving & Receiving (Your Languages of Love)**

*St. Mother Teresa of Calcutta – “Do small things with great love.”*

Explore how you express and receive love — the language through which Christ loves others through you.

**SPIRIT MODULE – LIVING THE  
TRANSFORMATION**

**Week 11 — Light in the Shadows (Shadow Work & Wounds)**

*St. Mary Magdalene – “Those who are forgiven much, love much.”*

Enter the tender space where healing begins — letting God’s light meet your shadows with mercy.

**Week 12 — Growing in Holiness (Virtues)**

*St. Francis de Sales – “Be who you are and be that well.”*

Learn to cultivate virtue as a rhythm of love — the daily practice of becoming who you were created to be.

**Week 13 — The Spirit at Work (Charisms)**

*St. Paul the Apostle – “There are different kinds of gifts, but the same Spirit.”*

Discover the gifts of the Spirit entrusted to you for the good of the world.

**Week 14 — Living Fully Alive (Rule of Life)**

*St. Benedict of Nursia – "Always we begin again."*

Shape a rhythm of life that nurtures peace, purpose, and communion with God.

**Week 15 — Beautiful Symphony (A Celebration)**

*St. Joseph, Spouse of Mary – Patron of quiet strength and holy completion.*

Gather all you've learned into harmony — the lived expression of a soul attuned to divine music.

**The Garden of Grace - Symbolism throughout  
Crescendo**

*A reflection on creation's quiet language of the soul.*

"Let everything that has breath praise the Lord."  
Psalm 150: 6

