

# Ave Maria

## Zen Meditation and Natural White Noise and New Age

Ave Maria, gratia plena,  
Maria, gratia plena,  
Maria, gratia plena,  
Ave, Ave Dominus,  
Dominus tecum.  
Benedicta tu in mulieribus, et benedictus,  
Et benedictus fructus ventris,  
Ventris tui, Jesus.  
Ave Maria!  
Ave Maria, Mater Dei,  
Ora pro nobis peccatoribus,  
Ora, ora pro nobis;  
Ora, ora pro nobis peccatoribus,  
Nunc et in hora mortis,  
In hora mortis nostrae.  
In hora mortis nostrae,  
In hora mortis nostrae.  
Ave Maria!

Direct English translation:  
Hail Mary, full of grace,  
Mary, full of grace,  
Mary, full of grace,  
Hail, Hail, the Lord.  
The Lord is with thee.  
Blessed art thou among women, and blessed,  
Blessed is the fruit of thy womb,  
Thy womb, Jesus.  
Hail Mary!  
Hail Mary, Mother of God,  
Pray for us sinners,  
Pray, pray for us;  
Pray, pray for us sinners,  
Now and at the hour of our death,  
The hour of our death.  
The hour of our death,  
The hour of our death.  
Hail Mary!

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