

When these things happen, My Child, suffer not thy heart to be troubled: but remain in peace, and allow everything to pass, precisely as thou allowest the clouds to pass over thy head.

And truly, of what avail would it be to thee to be troubled by these matters? Shouldst thou not add a burden, and reap bitterness as the fruit of thy toil?

Accustom thyself to bear patiently things adverse, to hear in silence what is unpleasant, to be quiet among the boisterous, to remain tranquil whilst the world is blustering.

6. *The voice of the Disciple.*—But, O Lord Jesus, how hard it seems in practice, when temptations annoy me inwardly, whilst I long to serve Thee faithfully; or when the torments of adverse circumstances and men assail me, whilst I mean well; not to feel them, not to be troubled by them! Verily, O Lord, this seems impossible to me.

*The voice of Jesus.*—My Child, it is no evil to feel things which are burthensome, or capable of disturbing the heart: thou must needs feel them to be able to resist them.

It is certainly impossible not to feel them, how pious soever thou mayst be. For piety does neither destroy nor blunt the powers of the soul; but, on the contrary, it renders them more pure and perfect.

Neither is it possible that the inferior part of the heart be not sometimes affected thereby. But these emotions, unless they be consented to by the superior part, can by no means harm thee: nay more, they may be useful to establish thy peace the more solidly; since, the more victories thou gainest over the inferior part, the more subject and tran-

quil thou wilt keep it, and the greater safety thou wilt enjoy.

But yet, it is ever in thy power to preserve thyself in peace. For—since thou possessest free-will, and receivest ever a sufficient grace—neither the malice of hell, nor the wickedness of men, nor any adversity can disturb thy heart, unless itself be willing.

It depends, therefore, on thyself alone, My Child, ever to possess this good, which is so great, that, next to the state of grace, it is the greatest good of this life.

7. *The voice of the Disciple.*—Yea, Lord Jesus, so it is assuredly. Teach me, then, I beseech Thee, the way of holy peace, which Thou didst show me to be so useful and necessary for all things.

*The voice of Jesus.*—My Child, many there are who say much about the means of obtaining and preserving peace; but I say: learn ye of Me, because I am meek and humble of Heart, and ye shall find rest—the perfection of peace.

First then, a virtuous heart alone—which, living in grace, strives to imitate the virtues of My Heart—can possess true peace, because there is no peace for the wicked.

Again, a humble heart, which is satisfied with holding an inferior place among men, and which, distrustful of self, has, in every difficulty, recourse to Me—can alone preserve an undisturbed peace.

Finally, a heart enlivened by charity, which is united, or at least resigned, to the divine Will, can alone enjoy, without interruption, the sweetness of holy peace, and persevere securely therein.

If thou art perfectly imbued with the sentiments