

you. You are under a special obligation of overcoming yourself as God wills to use you. So have a great love of your own abjection: this will keep you from worrying too much about your faults.

Take great care to keep your spirit in peace, occupied with high things away from self-preoccupation, particularly when you are depressed and discouraged. Tell our Lord you wish to have this peace and will not consent to troublesome suggestions.

The more poor and destitute you feel of any kind of virtue, the more must you be resolute to do well. Don't be surprised at the evil sentiments that may come to you, however vile they may be, but have great care at such times to multiply ejaculatory prayers and turn to God. And since you have a particular need of gentleness and humility, take care during the day often to put your heart into a humble sweetness. And when you are corrected or reproved, try to love the correction and don't be troubled if your feelings are upset, but bring your superior will to bear and do what you are told.

Strive to be more even-tempered without allowing your moods to show. What is the use of manifesting these imperfections? It prevents you from being used as God would wish. This unevenness of exterior behaviour is detrimental to the full utilising of the talents with which God has endowed you.

So learn humility at all costs as you have a great inclination to pride and self-esteem. Doubt not that having acquired this virtue you will acquire all the others you need. Annihilate yourself very often in the presence of our Lord and our Lady. Annihilate yourself in the knowledge of your own littleness: but immediately afterwards lift up your spirit to ask what God requires from you.

ERRATUM

In the June issue of *LIFE OF THE SPIRIT*, pp. 568-9, the Vth stanza of 'His Name from Afar' should have begun:

No sound of words!
 No music of any song!
 Only the pure tranquillity of our vigil together!
 Only a secret rhythm floods from your throne within me,
 Ruling symphony, sad, strong symphony of time.
 How is it then silent inscrutable sovereign of the ages,
 That my soul within me is watered in wisdom,
 My spirit fed with the bread of understanding and life?