

## — CONCERNING CONTEMPLATION —

“Above everything else, you should endeavor to keep your soul constantly lifted up in contemplation and your spirit always raised to God and the things of God. Other practices may make more of an outward impression, like vigils, the mortification of the body, fasting, and other such exercises. But you should regard all that, necessary as it may be, as a matter of relatively minor importance, and only valuable in so far as it helps you to purify your heart. The reason why so few people ever reach true perfection is that they spend their time and their energies on things that have relatively little value, and pay less attention to the things that really matter. So if you want to reach your goal, enter within yourself and withdraw from everything else, as far as you can. Keep the eye of your heart in tranquil purity by disengaging your thoughts from the forms of inferior beings; set your will entirely free from the cares of the earth and cling to the sovereign Good by fervent love ... and thus your soul, gathered unto God with all its powers and energies, will come to be one same and single spirit with Him; and this, we know, is the highest perfection of life.” (Cassian’s first Conference) □



Our Beloved Lady of Fatima  
in all her Christmas Splendor