enjoyed and adored His glorified wounds, and caressed those Divine Feet. Oh, what embraces would they have given Him had they but known Him!

Remark that this same Lord you have really and truly on the table of the Altar, where He breaks and divides the Bread of Heaven. Delay not to recognise your happiness, for when you bethink yourself it may be too late, and you will remain mourning that you did not obtain Him before. Come near to the Lord, for He will not go from you as He did from the disciples, because His love has imprisoned Him; enjoy His Divine and corporal Presence, adore those pierced Feet, kiss those glorious, beauteous wounds, for He is expecting you, and for you He is waiting. Time and opportunity He gives you, that you may contemplate Him, love Him and receive Him.

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The two disciples remained, divided between painful and joyful feelings, between the happiness of having seen their Master and their grief at losing Him so soon. Hardly seen when gone, they weighed well and justly the favour He had conferred on them, repeating the lessons which He had taught them; their hearts had burned with love when He left them, and now they are all tongue in gratitude at His return. They went back to reiterate with accurate words what He had told them, weighing in their minds both His penetrating power and His actions, and, above all, the celestial sweetness of His countenance. For many days would they speak of nothing else, and even on that same road would they trace their Master's footprints, following those of His holy law. They returned to the place where the Apostles were, to give them news of their happiness, and to renew their enjoyment.

Learn, soul, how to return thanks to your Divine Master on the day in which you sit at His Table; open your lips to sound His praises, as well as your eyes to know Him; see whether it was not owing to your tepidity that you knew Him not before; speak of nothing else for many days, your tongue ever and ever returning to the savour of your joy and the delight of your palate.