

thy own will and pleasure, thou shalt never be quiet nor free from care: for in everything somewhat will be wanting, and in every place there will be some that will cross thee. . . . On this sin, that a man inordinately loveth himself, almost all dependeth, whatsoever is thoroughly to be overcome; which evil being once overcome and subdued, there will presently ensue great peace and tranquillity. It is but little thou sufferest in comparison of them that have suffered so much, were so strongly tempted, so grievously afflicted, so many ways tried and exercised. Thou oughtest therefore to call to mind the more heavy sufferings of others, that thou mayest the easier bear thy little adversities. And if they seem not little unto thee, beware lest thy impatience be the cause thereof. . . . I have often said unto thee and now again I say the same, Forsake thyself, resign thyself, and thou shalt enjoy much inward peace. . . . Then shall all vain imaginations, evil perturbations, and superfluous cares fly away, then shall immoderate fear leave thee, and inordinate love shall die."