

thy mind from worldly vanity, and confirm thy heart and will more to the love of Christ, it is good and profitable for thee to use them. And if thou findest that through custom such works do in time lose their savour and virtue to increase this love; and that it seems to thee that thou feelest more grace and spiritual profit in some other, take these other and leave those; for, though the inclination and desire of thy heart to Christ must ever be unchangeable, nevertheless, thy works that thou shalt use in thy manner of praying, reading, etc., to the end to feed and strengthen this desire, may well be changed, according as thou feelest thyself by grace disposed in the applying of thy heart. Bind not thyself, therefore, to voluntary customs, for that will hinder the freedom of thy heart to love Christ, if grace should visit thee in a special manner.

6. Before thou hast made many steps in the way thou must expect a world of enemies, of several kinds, that will set thee round about, and all of them will endeavour busily to hinder thee from going forward; yea, if they can by any means, they will either by persuasion, flattery, or violence, force thee to return home again to those vanities thou hast forsaken; for there is nothing grieves them so much as to see a resolute desire in thy heart to love Christ, and to travel to find Him. Therefore they will all conspire to put out of thy heart that good desire and love in which all virtues are comprised.

7. Thy first enemies to assault thee will be fleshly desires and vain fears of thy corrupt heart; and with these will join unclean spirits, that with subtle temptations will seek to allure thy heart to them, and to withdraw it from Jesus. But whatsoever they say believe them not, but betake thyself to thy old, only, secure remedy, answering always thus: "I am nought, I have

nought, and I desire nothing but the love of God in Christ; and so hold on thy way, desiring nothing but Christ, Christ only.

8. If they endeavour to put doubts and scruples into thy mind, and would make thee believe that thou hast not repented as thou ought for thy sins, but that some old sins remain in thy heart not yet repented of, and that therefore thou must return back to repent of those sins before thou hast the boldness to go to God through the merits of Christ; do not believe a word of all they say, for by thy sincere repentance the blood of Christ has cleansed thee from thy sins, and there is no need at all that thou shouldst stay to ransom thy conscience; for this now will do thee harm, and either quite put thee out of thy way, or at least unprofitably delay thy travelling in it.

9. If they shall tell thee that thou art not worthy to have the love of God, nor to see Christ, and therefore that thou ought not to be so presumptuous as to desire and seek after Christ, believe them not, but go on and say: "It is not because I am worthy, but because I am unworthy of God's love, that I desire to find Christ, who is worthy, and who will, by uniting my soul to Himself, make me worthy. I will, therefore, never cease desiring to be united to Christ till I have obtained it. For it was for that union only that my soul was created; therefore, say and do what you will, I will desire it continually; I will never cease to pray for it; and by so doing I hope, through God's mercy, to obtain it.

10. If thou meet with any that seem friends to thee, and that in kindness would stop thy progress by entertaining thee and seeking to draw thy soul to sensual mirth by vain discourses and carnal solaces, whereby thou wilt be in danger to forget thy pilgrimage, give a deaf ear to them;