

good pleasure. If He leaves you dark and cold, be dark and cold. If He floods you with light and reveals His wondrous secrets, receive them with holy joy and humble gratitude. If your imagination runs riot thro' no fault of your's, let it run. If your flesh hangs about you like a wert blanket, let it hang ; what is born of the Spir. it is above the flesh. In a word forget your wretched self and be wholly attentive to Our Lord, with peaceful acquiescence in whatever He may do. This is one of the meanings of St Paul's famous text : *I beseech you, Brethren, by the mercy of God that you present your bodies a living sacrifice, holy, pleasing to God ; your service a reasonable one.* (Rom. 12-1). By reasonable service is meant a surrendering of the mind to God.

What we have said is of vital importance to spiritual progress. In fact no progress is possible without this giving up of oneself. At Holy Communion, the more passive the soul is the more is it active, because the