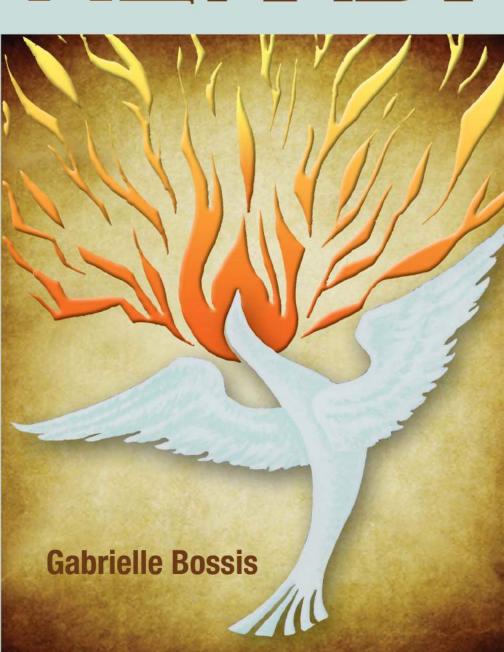
HEANDI



HE AND I

Gabrielle Bossis

Translated and condensed by Evelyn M. Brown Foreword by Kathryn J. Hermes, FSP



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At the request of the translator, we are happy to dedicate this book to our brothers and sisters of every color, creed, and race, in the name of Emmanuel, God-with-us.

And with a special thought for all the divided Christian groups united forever in the name of Jesus in one, indivisible, and eternal Church.

"All of you one: one body, one soul, one prayer. . . .

Let us be one, all of us together."

— He and I

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PART ONE



"Be assured by My loving-kindness that as others are blessed by these words, your cup of joy will overflow in the same proportion. Every reader too will receive the same measure of grace. And all will become members of one united family: the family of My intimate friends."

— He and I

≪ 1936 ≫

August 22—Aboard ship. During a concert of classical music I was offering Him garlands of sounds and all the fragrance flowing from them. Very tenderly He said to me as once before:

"My little girl . . ."

August 23—The piano was being used as an altar, and I was thinking of the seagulls and airplanes that sometimes alighted on the great liners.

"This time it is the Christ."

As the ship was rolling: "You know that everything is for You; so I don't say so."

"You must tell Me all the same because I love to hear it. Tell Me often. When you know that someone loves you it makes you happy when he tells you so."

September 24—Saint-Brieux, Canada.

The chapel is near my room, and every time I pass by I smile at Him.

"Smile at everyone. I'll make your smile a blessing to others."

October 24—Montreal. (In such a gentle voice.)

"When you don't go deep into the inner stillness you deprive Me."

October 25—Feast of Christ the King.

This morning at Mass, Father Boulier consecrated me to God, placing my profession of faith in the paten under the Host.

"Take care of My love. There isn't an orphan more forsaken than I."

November 3—At Mass on the liner taking me back to France.

"Believe that in My blood there is infinite power to purify."

December—In France, on the street.

"I'm walking beside You."
(Gently) "But you don't talk to Me very much . . ."

December 14—"Try to be My smile and My kind voice for

everybody . . ."

December 17—"Let us begin heaven. Moment by moment, love Me while I'm loving you."

One evening.

"Wherever you find perfect beauty and perfect charm, you find Me."

December 19—"Sometimes you doubt that it is I speaking to you. It all seems so simple, so like yourself. But aren't we one?"

December 21—As I was asking Him to give me and mine all the spiritual blessings that so many people refuse, He answered:

"My blessings are given according to measure, but I am rich enough to give you still others. Am I not the infinite one? Be simple with Me, just as you are with your own family."

December 24—"Be hard on yourself and gentle with others."

December 25—"Hide in Me. Let your suffering feed the world. In this way you will be My bride."

December 26—"Your imagination? It's the house dog that wanders here, there, and everywhere. Is one severe with a dog that roams about? Just act as if you had never strayed away."

December 28—"When you love Me, you purify yourself. Be my grace for everyone."

"I transform your prayers into My prayers, but if you don't pray . . . Can I make a plant that you haven't sown bear blossoms?"

≪ 1937 ≫

January 1—"Here is your keynote for the year: Purely and simply."

January 2—"Offer me each little moment as it passes. This will be enough, because then your whole year will be for Me."

January 5—"Express your hope in Me. Come out of yourself. Enter into Me."

February 7—"Can you doubt My love?"

February 12—"Of course . . . I know all your faults and failings because you are My little girl. If you only knew how touched I am by little things . . ."

February 14—In a car.

"You saw My kindness in the face of that young girl? Be like that always. If My followers were good to one another, the face of the world would be transformed."

"Your longing to love—this is love . . ."

"In your soul there is a door that leads to the contemplation of God. But you must open it."

February 17—"Don't fail to give Me your sufferings. They help sinners."

February 19—Chateau C. . . .

"You can't come to receive Me for these three days that you are spending so far from any church. But I'll meet you. Every morning when you awaken I'll have an appointment with you."

The next morning I was going to forget the rendezvous, when a little golden-crested wren perched on my window sill, and sang with such piercing insistence that I suddenly remembered.

March 1—In the Rhone Valley. At the station.

"You're watching the direction in which the train will come. That's the way My eyes are fixed on you, waiting for you to come to Me."

In the train. "Always keep busy. You will honor Me in My constant work for your salvation."

Watching the flooded Loire River.

"Always be serene and calm. The river reflects the sky only when it is calm."

March 3—In the train.

"My sunsets are also My love. So few of My children look at them to praise Me . . . and yet My love is there."

"If you didn't have little trials, how could I give you big rewards?"

"I am the one who loves the most."

In the evening. "Nothing is small for Me."

Mid-Lent—During the procession I went into a church to console Him. To my surprise, the organ was playing in the empty naves. Some musician had evidently profited by this solitude to practice. It was like an ineffably solemn ceremony, and He said simply:

"I was waiting for you."

"See Me in others. This will help you to be more humble."

March 6—Le Havre.

As proof of the truth of His word in me, in the confessional He allowed me to hear His very words from the lips of Father A... de Saint-Francois:

"Begin heaven. Live with Him just as you do with your family. See Christ in others."

March 9—*I was thinking of leaving at the Elevation. (In a tender voice)* "Don't go so quickly. I couldn't give you all My grace."

March 10—Crossing the Saint-Nicolas, Nantes.

"I am no longer on earth, so take My place."

March 15—After the play at Brest I was thinking: 'If circumstances had led me to film acting, my fame . . .' Immediately, he interrupted me: "I'm keeping you for Me."

March 16—Notre Dame Church.

"Be kind. Take the first step toward your neighbor, tenderly."

"And if what you write makes only one soul stop and think!"

In the train. "Don't say 'Glory to the Father and to the Son' in such a vague way, but wish for this glory in this and that action of yours."

March 18—In the Puy-de-Dôme, I was aching under the weight of my baggage after a night of jostling in the train, and as I climbed the steps of the metro I said, "I'm carrying my cross with You, but You had someone to help You." And immediately a man walking behind me relieved me of my suitcase.

March 20—At the women's detention hospital.

"Be more kind and good than usual. The bride resembles her bridegroom . . . Listen to them. It does them good to talk and to have someone listen."

Assisi.—While someone was saying grace before our meal, I was very absentminded.

"You think a blessing is a small thing? To Me it's very important."

Rome.—Easter. The Minerva Church.

I was thanking Him for His suffering.

"Never will your thanks be filled with as much love and joy as I had in suffering to save you."

Taormina, Sicily.

I was watching the women who had husbands to help them in their little difficulties as they traveled.

"But since I am with you!"

March 23—Genoa.

Surrounded by people speaking in foreign languages.

"This week be one with Me in My silences."

March 30—Palermo.

"You remember when you were little, you said to Me: 'Incline my heart, O Lord, to the words of Your mouth.'

"Listen and I'll speak to you. Would you like to be My confidante?"

From Palermo to Monreale.

"There is more of Me in you than you."

In the Kairouan-to-Sousse bus.

"You remember when you were little, I said to you, 'Tell Me what you did today.' But you didn't believe that it was My voice."

April 8—Sousse.

"Return good for evil. Don't lose a single opportunity."

April 9—Tunis.

"I'll be your smile today."

"Don't get the idea that a saint is a saint at every moment. But there is always My grace."

Gran. Convent of the Trinitarian Sisters. In my cell under the stairs.

"You must aim at perfection. But the perfection of your nature. This is the way you will please Me."

And he made me understand that the work of perfection of one soul is not the same as that of another.

April 16—Algiers. At St. Augustine church, where I had been able to receive Communion immediately after getting off the train.

"Shorten your thanksgiving for kindness' sake."

And as I left, I found the nuns who had missed me at the train station, hunting anxiously for me.

April 18—At the theater.

"Why do you talk to Me as though I were so far away? I'm very near . . . in your heart."

April 20—"Don't feel sad about a distraction even if it lasts some time. Just pick up your loving contemplation where you left off."

April 30—In the train, going home.

"When something needs mending, one puts it into the hands of a craftsman. Put your soul, silent and still, beneath my loving look. I repair."

In the country. While I was planting geraniums on the terrace and twining flowers around the arches.

"Together we'll make beautiful things. I wanted to make man My collaborator, to tighten the bonds of our oneness. Love leads to union."

As I was about to leave again. "Take My gospels and keep them always with you. You will please Me by doing this."

May 5—While I was meditating on the glorified wounds of Christ in heaven.

"Bear in mind that love and the soul's intent to love are what give actions their value."

May 8—Le Fresne.

... "Lower the lamp of love into the depths of your soul. Believe more firmly in My love.

"If you must pass judgment, judge according to the good rather than the evil.

"Don't go to so much trouble to make plans. I am the one who does your thinking for you."

May 12—Nantes.

I was thinking of all the Masses that had been said in my house on Avenue de Launay.

"It was quite natural and simple for Me to come there since you gave Me this house."

And I remembered how one day I had said to Him, "It's for both of us."

May 14—"The very fabric of your being is all woven of My loving-kindness."

May 16— . . . I was thinking that I ought to offer my most insignificant moments, and He said:

"I collect atoms—the dust of time."

May 19—Paris. In the metro.

"I am the Host. You are the monstrance. The golden rays are the blessings I give through you."

May 23—Gevray-Chambertin, the Gold Coast, in the midst of the vineyards.

"Pull yourself up by the roots, and plant yourself in Me."

May 25—Rennes, in the train.

"Why should you create solitude for yourself if I want you before the public? (*then tenderly*) My beloved little child, take Me, take Me to others. Be Christlike."

May 28—I was thinking of Corpus Christi and He said:

"When I have first place, the first place in every soul, then it will really be Corpus Christi."

"Don't be afraid to enjoy me. You see this little insect darting straight into the sky? You do the same. Learn to look and you will learn to see Me, your Creator."

"Do you know what goodness is? Goodness is My mother."

May 30—As I waited for the Nantes-Paris-Lagny train.

"You will be My work of compassion."

May 31—In Seine-et-Oise.

"When you are in church, get rid of all thoughts and cares of the day. Just put them aside as you take off a garment. And be all Mine."

In a coach, as I was tempted to be sharp with a traveler who was sharp with me. He said gently:

"The more Christian one is—that is, the more one is Mine—the kinder one is. So you be the kindest of all women."

June 4—Feast of the Sacred Heart. In the station.

"Today I'll take every smile of yours for Myself." So I decided to smile at everything and everybody.

June 8—*In the country.*

"Don't stop at life's little details. Think only of love—the love you receive from Me and the love you give Me."

June 9—Le Fresne.

"Don't pay any attention to the opinion of this one or that one. Just think of pleasing Me."

June 11—Le Fresne. After Communion.

"I am the Principle and the End."

During an ordeal.

"Now it's your turn to offer."

June 12—"Divide your day into three parts. In the morning, as soon as you awaken, give yourself to the Father Creator, who offers you His Son as food. After Mass, give yourself to the Son, who is in you. And fall asleep in the Holy Spirit, who is love.

"Music lifts man right up above this world. Then why should you be amazed that contemplating Me can be sheer ecstasy? Look at everything in the perspective of eternity."

In the street. "Take careful note of what I'm saying: It's not only by words that one can do good. A look can go straight to the soul and touch it."

"To become little, don't diminish your gifts. Just realize that everything comes from Me."

June 14—*Nantes.* "You know sometimes I ask you to sacrifice a sacrifice."

June 15— . . . "Even in your thoughts you should seek Me mostly and yourself very little. Think in Me, not in you, and think just as though you were living in Me. Be like those who have their feet on earth but who talk to Me with their heads and hearts. Don't have any earthly cares. Live in Me and be concerned for My glory and whatever concerns love. Make Me your home."

June 17—"Everything in nature is only an image and a sacrament. Haven't you felt that the magnet is the image of My love?

"Take the little daily trials with a smile and you will dress My wounds.

"It's because you are smaller and weaker than others that I've chosen you. Be one with Me as you suffer in your body; as though I had been mocked and scourged this morning."

June 18—Le Fresne. After Communion.

"Even in a season of dryness, don't interrupt our conversations."

"You admired the carpets of all colors laid down along My route at Corpus Christi? Make more beautiful ones for Me all day long by your sacrifices and good deeds . . ." . . .

June 21—"You're amazed, aren't you, when you are told that you did good to someone in such and such a country? You see, it is not you who do this good; it is I through you. If only you knew what goes on in your soul when My blood purifies it . . . My grace goes farther than your soul."

June 22—Nantes. At the movies.

"Wherever you are, keep Me in your love. If you could know the beauty of a soul!"

June 24—"Be happy when you can offer a little suffering to Me, the suffering one."

June 25— . . . "Don't see sins in what are only nature's weaknesses. What makes Me suffer is indifference."

"Take your memory in your hands and offer it to Me. Do the same with each one of your faculties. In life we always have an inner store of little worries and difficulties that can be used to make amends for our sins and the sins of others."

June 26—"Is it because I'm God that you think I have no need of tenderness?"

"Do you think I remain silent with those who want to talk with Me? Talk with Me . . . "

June 27—"I asked you to wake up in the arms of the Father because each one of your mornings is a new creation."

June 28—"I asked you to fall asleep in the Holy Spirit because your last conscious breath should be in love."

June 30—"Sometimes you feel Me more, sometimes less, but I never change. Don't let praying tire you. Why do you give yourself so much trouble? Let it be utterly simple and heartwarming, a family chat."

July 1—During Communion.

"If you could only see My splendor at this moment!

"Give Me your suffering. No one can give it to Me in heaven. Give it to Me."

July 4—"Now that you have given Me your suffering, ponder on Mine."

July 10—"Don't aim at saying an exact number of wordy prayers. Just love Me simply. A look of your heart. The tender smile of a friend."

July 18—Le Fresne. Showing me the decorations on the altar.

"Yes, you gave Me all that, but it would be nothing if you hadn't given Me your heart at the same time."

July 27—Nantes to Le Fresne. The dear Lord said to me again, as though He wanted us to make a little more progress every day.

"Aim beyond your usual reach to think of Me."

July 28—Le Fresne. As I was hesitating to recognize His voice.

"Don't you believe in Me? (The Host.)

"I am the defenseless God.

"You see these little birds alighting on your chair, in the garden, on the table, on your hat? . . . Before an evil person they would fly away, I don't fly away. . . .

"The more you give to others, the more I'll give Myself to you."

July 30—Absentminded after Communion.

"When a beloved person is in your living room, you don't stand at the window watching the people pass by, do you?"

August 4—Waiting under the trees for a bus.

"You see how imperceptibly the year passes by, its seasons slipping away. It's like that in spiritual progress. So be patient with your slow pace."

August 10—Lyon.

"To become holy, you must first of all desire to be holy. You are born for that alone."

August 12—La Loutesc, Ardèche. In the confessional Father B... said the same words He had said to me:

"You are nothingness. Give God all the glory."

"How can You come down into this little bit of wine in the chalice?"

"With so much joy . . . "

August 16—La Salette.

"Fathom the depths of your nothingness. Wear your qualities and your gifts like jewels given to you by your bridegroom King."

August 21—The water pipe had burst.

"Why do you think so much about these little things? Try to see them as though you were looking down from above."

August 24—"Continue Me. Smile in your soul when you look at Me."

At table, dining in front of the garden.

"You notice how the white butterflies often fly two by two. Always be seen with Me."

August 25—On the terrace.

"You doubt that it is I? Then act as though it were true.

"Keep Me company. I am your intimate one. When you read, don't be with the author of the book. Be with Me. I admit no rivals.

"Set Me as a seal upon your heart.

"Don't be afraid to look at My wounds; they are for you. Enter into your home . . .

"Take from Me things old and new. Don't leave Me. Never leave Me. . . .

"Enter into the realm of the mirror of peace."

August 26—After Communion.

I was doubting.

"Is it because I am God that I should not have the right to speak to My children?"

August 31—"The more light you give, the more you will keep."

September 1—*In the garden.*

"You hear those little goldfinches chatting in undertones without ever stopping?—Bird voices.—Talk to Me like that, ceaselessly, sotto voce.—Soul voices."

September 2—"Lord, does Your blood wash me only at the moment when I confess my sins?"

"Your desire to wash yourself in My heart or beneath the fountain of the cross already purifies you."

September 3—"I'll keep you young, My bride. Shouldn't the bridegroom and the bride be like one another?"

"Ask, ask. Often it's only after a long time of asking that you receive. Act as though your eyes were behind My eyes and you saw everything through Me."

"Lord, do you want me to spend a Holy Hour with You between 4:30 and 5:30 in the morning? Is this your wish?"

"My wish is to be able to reward you later on."

September 5—"If distractions come through no fault of yours, I give you the same grace as if you had been quite attentive."

September 8—Lourdes.—During the High Mass for the forty thousand pilgrims assembled before Cardinal Suhard of Reims, I was thinking of the joy of the Mother of God.

"All women are a little of My mother."

During the procession of the Blessed Sacrament I wasn't thinking of praying in the name of His merits.

"And where do I come in?"

In the church of the Rosary.

"You will take on another face. I'll give it to you marked with humility."

At home. "Try to make everything tidy around you. This is a reflection of holiness. Strive for it."

September 12—In a bus I was saying "My beloved," and He replied:

"My beloved."

It was like a litany all along the way.

"Examine the riches of My infinity. It's like all other knowledge—you have to study it."

September 14—In a church.

"Look at the stained glass windows. Some are in the shadow and have kept all their colors to themselves. Others have surrendered to the sun and are completely lost in its light."

I had come back to the old home and was enjoying the solitude near Him.

"But this is not your goal. You must keep going, keep going, just as I did in My public life. You give Me your whole self better this way."

September 15—"Who could be happier than you, My Christians? The same Father—Mine. The same mother—Mine. And I—your brother. Try to understand then, and be full of joy."

September 17—Saint-Lazare station.

A little girl said to her father: 'Give me your hand.'

"Say that to Me often."

Seine-et-Oise.—I said, "I don't understand how You can love poor creatures so much."

"Can you understand the heart of God?"

In the Bretagne train. "What would you say of someone who had received jewels the mere sight of which gave joy and consolation, and then kept them secretly hidden through laziness or neglect?"

He said that because instead of talking in a friendly way, I remained silent and aloof in my compartment.

As I was dismayed at the distractions of my daily life.

"A daughter doesn't think of her love for her father every minute, but it is all alive in her heart."

October 1—"I thought only of you when I was on earth. Think only of Me and of My glory. Give Me back your life. Never stop asking that the Spirit of holiness, the Holy Spirit, may come and take possession of you. Ask this through the one He covered with His shadow, My mother, your mother."

At Mass. "Would you have the humility to hide yourself in such a little piece of bread and in such a pittance of wine?

"Today is Thursday. Live for the Host like another host. When your feelings are inadequate, take Mine. Weave the fabric of your soul, the one that will clothe it for eternity.

"It's in loving Me that one learns to love Me.

"Make Christ your whole life."

October 3—"Your measure will be to love Me beyond measure. I'll pay you with love.

"Portion off your day in order to be more sure of offering it to Me. Offer Me this visit, that letter, this piece of work. See more of Me and less of you. Rise above these little earthly cares until you think of Me alone."

October 7—"My merits are great enough for your sinner. Ask for his conversion in the name of My merits."

As I was considering the difference between my good desires and my deficiencies, He said tenderly: "My poor little girl . . . Call, keep on calling the Spirit of holiness."

October 8—In the train, reciting the Rosary.

"Honor My mother in the Father's eternal thought because her life was the perfect unfoldment of the divine pattern for her."

"My meat was to do the will of My Father."

October 13—The Bordeaux station. Five o'clock in the morning.

"Let your life be one perpetual feast \dots the feast of the will of God."

October 20—Le Fresne.

... "I want to keep you hidden beneath My arm, upon My heart."

I said, "I should like to be the wretched little donkey that carried You on its hack."

"Keep in mind that it was in God's own image that you were created.

"Quicken your love of God and your neighbor. Cultivate it. Use all your wit to make it grow. This is My children's lifework.

"I'm building a house in you—a temple for My glory. Don't expect anything of yourself. Look to Me for everything."

October 25—"Even when you are suffering intensely, there is a part of you where you can take refuge. During My passion there was nothing but torture in My whole body and soul. Pain to the quick . . .

"The three equal Persons are for you, for everyone. Try to think often of their presence in you. It is love." . . .

October 26—After Communion.

"Why do you talk to the tabernacle on the altar when I am in your heart? You are consecrated to Me. Serve Me only."

I said, "The Lord be with you."

"Yet, I am always with you. And you? If you knew how I wait for you... how I wait for souls. Be holy in everything you do today. Call the Spirit of holiness. Ask Him to fill you with love."

November 11—Nice. Alone in the crowd, He said, "Together."

"If your sight is weakening, be one with Me at the high priest's court. I could scarcely see after the blow I had from the soldier's iron glove.

"There are people that I draw into solitude even in the midst of crowds so that they may share the intimacy of My love and give Me

the joy of My most faithful ones. Oh, may they not insult and pain Me by being unwilling to understand. You, child, come."

November 19—*Vico, Corsica. The grace of hope.*

"Hope against all hope.

"Be especially tender with little children. I was once a little child."

November 24—Ajaccio.—The sun was setting behind the Sanguinaires Islands.

"Are you another Jesus Christ? This is the secret of all holiness.

"And if I acted toward you as you act toward others?

"Receive every trial as though it came from My hand. Remember how I kissed My cross.

"When you are tired, think of My fatigue.

"To be My disciple, you must not only carry your cross; you must take it."

November 28—As I waited with my baggage for the train in the station at Nice, I was praying that His kingdom might come.

"Your heart is a refuge for Me. You are the only one praying in this station."

December 7—After Communion.

"Repeat this often: 'Father, may Your will be done. May Your will be done. Can you imagine a world where God's will is done everywhere?'"

December 8—I found myself beneath His blood flowing from the cross, and He said to me:

"Be your Christ. Be your Christ for everyone. Make Me grow in others. Make use of the gifts you have received and you will please Me.

"May My kingdom come? Prepare for the coming of My kingdom by goodness and love.

"The same things are not asked of every person. But I want you to follow what is written for you.

"I am beauty in all its forms."

December 17—La Fere, Aisne.

"Don't wait for the big events of your life to have something to offer Me. Every tiny gesture is just as great in My eyes. Offer Me everything. Pray with all your will to pray well and I'll do the rest."

When He gave me certain good ideas for theater costumes, I said to Him, "You look after these details?" And He replied:

"In my love for you nothing can be called a detail. The fallen angel didn't believe in love and he was deprived of it. Believe in My love and you will have over and above all that you ask or think."

After Communion. "Gentleness, gaiety, charm . . . cultivate them. I have given them to you to give to Me. Live them still more inwardly than outwardly. A child should give back everything with love to his Creator. My little instrument!"

December 22—Nantes.

"Lord, I give You my day today."

"Our day . . . when I shall work in you more than you work."

December 24—Midnight Mass.

"Enjoy it. Nothing must be lost of what I suffered for you in My passion. Bring everything into the inner stillness. Offer Me to Myself."

I was in spirit inside the wounds of His hands and as I was astonished to find myself entirely enclosed, He said to me, "My wounds can hold the entire world. Stay there (on His heart), say nothing. Let us exchange our sufferings and love in secret . . . I live you. My child, live Me."

Christmas—"Don't you live enfolded in love? Give Me all. Everything . . .

"Love Me. Make amends for all the ways others are going to offend Me tonight."

December 27—*Feast of Saint John, who leaned on His heart.*"Tell Me that with every breath of yours you breathe the love of

My heart. What priceless treasure for you!"