

## **Experiencing the Presence of God**

### **Chapter 12: At Arm's Length with God**

I cannot get God by holding him off at arm's length like a photograph, but by leaning forward intently as one would respond to one's lover. Love so insatiable as the love of God can never be satisfied until we respond to the limit. Nor will He be satisfied until His aching arms receive my neighbors, too, and all the surging multitudes of the world, all of us together responding to Him and to one another.

#### **September 28, 1931 - A gentle pressure of the Will -**

When one has struck some wonderful blessing that all mankind has a right to know about, no custom or false modesty should prevent him from telling it, even though it may mean the unbarring of his soul to the public gaze.

I have found such a way of life. I ask nobody else to live it, or even to try it. I only witness that it is wonderful, it is indeed heaven on earth. And it is very simple, so simple that any child could practice it: Just to pray inwardly for everybody one meets, and to keep on all day without stopping, even when doing other work of every kind.

This simple practice requires only a gentle pressure of the will, not more than a person can exert easily. It grows easier as the habit becomes fixed. Yet it transforms life into heaven. Everybody takes on a new richness, and all the world seems tinted with glory. I do not of course know what others think of me, but the joy which I have within cannot be described. If there never were any other reward than that, it would more than justify the practice to me.

Today I have noticed that when I forget other people I become fatigued rather quickly. When I am reminded of my purpose and start again holding people, seen and unseen, before God, a new exhilaration comes to me, and all the fatigue vanishes.

**Loneliness to Never Alone - Frank Laubach**