

How shall I describe what to do next?

In this very peaceful state, swallow what you have tasted. At first this may seem difficult, but perhaps I can show you just how simple it is. Have you not, at times, enjoyed the flavor of a very tasty food? But unless you were willing to swallow the food, you received no nourishment. It is the same with your soul. In this quiet, peaceful, and simple state, simply take in what is there as nourishment.

What about distractions?

Let us say your mind begins to wander. Once you have been deeply touched by the Lord's Spirit and are distracted, be diligent to bring your wandering mind back to the Lord. This is the easiest way in the world to overcome external distractions. When your mind has wandered, don't try to deal with it by changing what you are thinking. You see, if you pay attention to what you are thinking, you will only irritate your mind and stir it up more. Instead, withdraw from your mind! Keep turning within to the Lord's presence. By doing this you will win the war with your wandering mind and yet never directly engage in the battle!

Before we close this chapter, I would like to bring up one or two more points. Let us talk about divine revelation. In the past, your reading habit may have been to wander from one subject to another. But the best way to understand the mysteries that are hidden in the revelation of God and to enjoy them fully is to let them be imprinted deeply in your heart. How? You may do this by dwelling on that revelation just as long as it gives you a sense of the Lord. Do not be quick to go from one thought to another. Stay with what the Lord has revealed to you; stay there just as long as a sense of the Lord is also there.