

**March 23, 1930**

One question now to be put to the test is this: Can we have that contact with God all the time? All the time awake, fall asleep in His arms, and awaken in His presence, can we attain that? Can we do His will all the time? Can we think His thoughts all the time?

Or are there periods when business, and pleasures, and crowding companions must necessarily push God out of our thoughts? We cannot keep two things in mind at once. Indeed we cannot keep one thing in mind more than half a second. OUR Mind is a flowing something. It oscillates. Concentration is merely the continuous return to the same problem from a million angles. We do not think of one thing. We always think of the relationship of at least two things, and more often of three or more things simultaneously. So my problem is this: Can I bring God back in my mind-flow every few seconds so that God shall always be in my mind?

I choose to make the rest of my life an experiment in answering this question.

Someone may be saying that this introspection and this struggle to achieve God-consciousness is abnormal and perilous. I am going to take the risks, for somebody ought to do it. If our religious premises are correct at all then this oneness with God is the most normal condition one can have. It is what made Christ, Christ. It is what St. Augustine meant when he said "Thou hast made us for Thyself, and our souls are restless until they find their rest in Thee."

Loneliness to Never Alone - Frank Laubach