

**June 3, 1930 - Begin to build heaven – (continued)**

So my answer to my two questions (to date) would be:

1. "Can it be done all the time?" Hardly.
2. "Does the effort help?" Tremendously. Nothing I have ever found proves such a tonic to mind and body.

Are you building sacred palaces for yourself? I meant to write "places" to be sure, but I think I shall leave the word "palaces" for that is what any house becomes when it is sacred. The most important discovery of my whole life is that one can take a little rough cabin and transform it into a palace just by flooding it with thoughts of God. When one has spent many months in a little house like this in daily thoughts about God, the very entering of the house, the very sight of it as one approaches, starts associations which set the heart tingling and the mind flowing. I have come to the point where I must have my house, in order to write the best letters or think the richest thoughts.

So in this sense one man after the other builds his own heaven or his hell. It does not matter where one is, one can at once begin to build heaven, by thoughts which one thinks while in that place, I have learned the secret of heaven building - anywhere.

This morning I read awhile about the tremendous consecration with which the scientists are studying the finest details about the sun, in an effort to find how to predict the weather, and to know how to use its power. And I feel that not yet have I thrown myself into the crucible of this experiment of mind with all the abandon of the successful scientist. We have heard the saying, "All a man's failures are inside himself." And I am willing to confess that as yet I have not "striven unto blood" to win this battle. What I want to prove is that the thing can be done by all people under all conditions, but I have not, proven it yet. This much I do see - what an incredibly high thing Jesus did.

**Loneliness to Never Alone - Frank Laubach**